STAY TREATED. STAY SAFE.

Ms Ita Buttrose

Dr Ginni Mansberg



At the moment, many things in our lives are on hold. But your health shouldn't be one of them. That's why medical authorities are urging you to keep in contact with your GP.

If you have a serious ongoing condition, like osteoporosis, a fall could cause a break and you may lose your independence.

So keep your medical appointments. Stay on your medications. And stay protected.

Your doctor is available for in-person consultations. So call today to stay treated and stay safe.





Disease education message by Amgen Australia. Amgen Australia, North Ryde, NSW 2113. ABN 31 051 057 428. Phone: 1800 646 998. www.amgen.com.au. AU-13081. Approved May 2020

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THE AUSTRALIAN TO THE AUSTRALI

New recipes from DONNA HAV

EXCLUSIVE DAVID DAVID CAMPBELL My kids are my greatest work

The CROWN PRINCEE COUPLE AND CROWN PRINCEE COUPLE ADD CROWN PRINCEE COUPLE ADD COUPLE COUPLE ADD CO

INTERVIEW

'I *always* just wanted to *be happy*'

HELL OR HIGH WATER AUSSIE SWIMMING CHAMP REVEALS DOMESTIC TORMENT

> Plus Make your own simple scents

GoodHealth Fitter feet, a stronger pelvic floor and how to tune in to your powerful inner voice



Life can be cluttered. So many things, so little space. Storage these days is an absolute musthave. But it can't just be functional, it has to be stylish too. Well, you can have it all when you choose a Kinsman wardrobe.

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editor's letter



Welcome!

here have been so many poignant images to come out of the pandemic, from desolate city streets to empty supermarket shelves. But among those that stick in my mind are the heartbreaking images of elderly care residents greeting family members through glass windows or doors, able to do little more than wave forlornly at desperate loved ones. Sadly, as we know from so many harrowing news stories, these were the lucky ones. There were families who were cut off completely from their elderly relatives, in some cases unable to even reach them on the phone, as the facilities that homed them spiralled into crisis mode. It has highlighted once again the failings in some quarters of our aged care sector. It has reminded us again that we can and should be prioritising the care of our elders to ensure they are treated with the respect and dignity they deserve. This month we explore the topic through the lived experience of some amazing older Aussies, and the families and friends who support them (page 32). It will leave you feeling hopeful for a future where the emotional and physical needs of the most senior members of our community are not simply brushed aside.

Continuing in the spirit of protecting our most vulnerable, *The Weekly* is proud to be part of a new campaign to make Coercive Control illegal across the country. This insidious form of domestic abuse is too widespread to be ignored, and often results in devastating outcomes for the traumatised victims. Read our inspiring story of one woman's battle out of a controlling relationship and into the record books (page 18) and visit nowtolove. com.au/coercivecontrol to sign our petition for change. Enjoy the issue.

C O E R

Nicole Byers EDITOR-IN-CHIEF



ROCK ON

I've been a Weekly reader

since childhood, when it

provided content for my

scrapbooks. As a student,

I analysed it for my PhD

on health messages in

as Helen Reddy (The Woman Behind the Anthem) and Turia Pitt (In Times of Crisis, Shine a Light), and challenges we face, such as fake news (Welcome to Your Fake News Nightmare), I see its value as storyteller and recorder of lives and events. Rock on, AWW. A. Ring, Coogee, NSW



LETTER *of the* MONTH

Open line

I never cease to be inspired and humbled by the courage of Turia Pitt, (In Times of Crisis, Shine a Light, AWW, October). She not only survived the catastrophic burns that almost claimed her life, facing many challenges during her gruelling recovery, but went on to embrace life with a fierce determination, becoming a wonderful role model for people of every generation. Turia has achieved many things in her life, but there's no doubt that the role of motherhood is her greatest yet. It's wonderful to see Turia and her fiancé, Michael, with their beautiful children and I wish them many more happy blessings in the future.

J. Caine, Donvale, Vic

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 page 182 for Are Media Ltd's Privacy Notice.

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Mary reděr

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Prince Frederik and Crown

Princess Mary of Denmark. Photo:

Franne Voigt.

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Justine Clarke

photos shot on location at The

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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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WE CATCH UP on the LAST 30 DAYS

Brief NEWS

Ruth Bader Ginsburg was one of only nine female law students at Harvard. She juggled study and motherhood.

1933-2020

Vale Ruth Bader Ginsburg

RUTH BADER GINSBURG was born into a world where women were not seen as equal to men, and worked her whole life to change that. She laid the foundation for gender equality, case by case, starting with a lawsuit that demonstrated that sex discrimination hurts everyone. As the second woman to sit on the US Supreme Court, she fought for equality for other minorities. Her pointed, dissenting judgments earned her the nickname Notorious RBG. She was 87.



Emmys in isolation



FRIENDS FOREVER Jennifer Aniston (centre) left the Emmys when she was done presenting, but she and friends Lisa Kudrow (left) and Courtency Cox (right) made the night special by watching



WELL-SUITED

Emmy presenters donned hazmat suits and went to the homes of nominees this year. Catherine O'Hara (above left) shipped to Canada for the Schitt's Creek nominees



AS GOOD AS GOLD When Ozark actress Julia Garner was named the best supporting actress, beating Sarah and Meryl Streep, Sarah

Lisa Curry honours loving daughter

AS LISA CURRY mourns the loss of her "caring and bright" daughter with the "loving soul" she has written some touching words about Jaimi, who passed away last month, aged 33. "So loved, so beautiful, so kind to everyone," a heartbroken Lisa wrote. "Rest in peace my beautiful baby. I will miss you every sunrise, I will miss you when the sun is shining and the birds are singing. I will miss you when the clouds are dark and stormy and when the rainbow appears." After laying Jaimi to rest she asked all parents to give their children "the biggest hug" and tell them how much they loved them. Jaimi Lee Kenny is the daughter of Lisa Curry and Grant Kenny.

Cheer Up Week

Emerging publishing

Jeanne Davis says

she was inspired by

Behind The News.

kids' TV news program

talent Frankie



Budding journalist delivers good news

THERE HASN'T BEEN much good news of late, so one bright nineyear-old decided to do something about it. Frankie Jeanne Davis created her own publication, entitled The Cheer Up Weekly, to put a smile on the faces of friends and neighbours. Each week she writes up her favourite jokes,

□ The Cheer Up Weekly □ WEDNESDAY SEPTEMBER 23, 2020 SMILET ISSUE 3 **The Melbourne Edition** 5 Jokes That Will Make 5 Melbourne Facts That You've Got to **Adults Laugh** Read the zero say to the eight? How do poets say hells Day, haven't no metagliss? Why do been have uticky hair Extra Fact The Coconut and the Crah #2 to 5



interesting facts, and even interviews with her friends to produce the periodical from her home in Queenscliff, Victoria. "I was getting bored during homeschooling and lockdown. My teachers kept on giving me projects I did in about an hour; I wanted something a bit bigger," Frankie said. "My friends sometimes help, which is fun." Each copy takes two hours to write and is hand-delivered by the editor herself.



Fly the bubs home

London-based Aussie Carly McCrossin (right) wants to charter a flight to bring lock-down babies home for Christmas. Her little girl, Ailish, hasn't met her Aussie relatives. Another 260 families have registered with Carly's Fly The Babies Home campaign.



A portrait of modern Australia

HISTORY WAS MADE when the Archibald Prize was awarded to an Indigenous artist for the first time. Vincent Namatjira's portrait of himself and former AFL footballer Adam Goodes, titled *Stand Strong for Who You Are* (below), was described by Archibald judge Ben Quilty as an "unbeatable" pairing of bold strokes and subject matter. Vincent Namatjira is the great-grandson of Albert Namatjira, the pioneering Indigenous artist.



Vale Dame Diana Rigg

1938-2020

Enduring star of stage and screen Dame Diana Rigg has died aged 82. Diana rose to fame playing strong young women, including Emma Peel in The Avengers, and the only Bond girl to marry 007. She worked well into her 80s, appearing in the global hit Game of Thrones as the vengeful Olenna Tyrell. Over the course of her career she won BAFTA, Emmy and Tony awards and was described upon her death as an icon of film, theatre and television. Her daughter, Rachael Stirling, said in a statement, "My beloved Ma died peacefully in her sleep early this morning at home surrounded by family".





Archibald Prize finalists this year.

A portrait of Maggie Tabberer (above) by Paul Newton was among

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Kimbe (pictured) and Banjo are a pair of endangered Goodfellow's tree-kangaroos that visitors can get up close to in a special new exhibit at the **Australian Reptile** Park to raise awareness of the threatened creature.

Conservation group Aussie Ark has returned 28 Eastern quolls from its breeding program in Tasmania to its Barrington Tops wildlife sanctuary, marking the species' return to the Australian mainland after 60 years.

Animal kingdom

Australia is blessed to be home to a variety of beautiful and unique creatures, as well as many people devoted to protecting them. We're cheering on our conservationists who've had some wonderful successes this month.

These baby numbats were rescued by wildlife officers after their mother was taken by a raptor in Dryandra Woodlands, WA, leaving them orphaned. They're now being cared for at Perth Zoo, where they'll be weaned before

being released back into the wild.

A cousin of the Tassie Devil, the cute carnivorous crest-tailed mulgara (below) has been reintroduced to NSW after being presumed extinct.



READ IT NOW

DEVIL AND THE DARK DARK NATER

DEVIL MOARK WA

'A GLORIOUS MASH-UP OF WILLIAM GOLDING & ARTHUR CONAN DOYLE'

VAL MCDERMID



BLOOMSBURY

FROM ONE OF THE

MOST INVENTIVE VOICES

IN CRIME FICTION, COMES AN EPIC TALE OF

> AND THE HIGH SEAS STUART TURTON THE

Royals

CROWN PRINCE FAMILY **Near**

They are the most influential family in Denmark, and increasingly Crown Princess Mary is making dynamic and passionate use of her royal platform at home and on the world stage. **Juliet Rieden** charts how the girl from Tassie has become a Princess of purpose.

The Crown Prince Couple with their children, second-in-line to the throne Prince Christian, Prince Vincent and Princesses Josephine and Isabella.

Royals

o celebrate the end of their holidays Crown Princess Mary, Crown Prince Frederik and their family sent a special message to the people of Denmark along with a beautiful set of portraits no doubt designed to lift spirits in these uncertain times. The communication from the Crown Prince Couple was light, breezy and upbeat: "Another summer went by. All six of us enjoyed it around Denmark, and here on the last summer day of the year we send a late summer greeting."

When COVID-19 first hit, the family of six was in Switzerland where the royal children were part way through a 12-week school stay at the prestigious Lemania-Verbier International School. Mary had paused her royal and extensive humanitarian work so she could accompany the children, while their father went to and from the new family base juggling his official schedule. Frederik had spent time studying in France as a teenager, so the decision to send his own children outside Denmark was not entirely surprising. "With the school stay, the Crown Prince couple hopes to give their children experience in an international environment," noted a Palace statement.

But in March the royal couple decided to cut the children's study short and the whole family returned home. It was a perfectly pitched decision with the royals notably in solidarity with their people. "The Crown Prince Couple find it most natural to return home and stand together with the Danish people during a time that requires much of everyone and where there is shared responsibility for taking care of each other," said a Palace spokesperson.

They also had to abandon the previously planned celebration with Queen Margrethe II visiting Southern Jutland to celebrate the centenary of the reunification of Denmark and Jutland. Like so many royal engagements – including most of the 80th birthday celebrations for the Monarch – the visit has been postponed, hopefully to 2021.

Instead, the family first isolated at Fredensborg Palace where virtual meetings, forums and events became the order of the day until the country reopened and slowly Mary and Frederik boosted the national confidence with in-person engagements.

Then, when summer holidays hit, in tune with the rest of the nation the Crown Prince family opted for a staycation, taking their border collie, Grace, with them. They went to Gråsten Palace, the official summer residence of the Danish royals, and then had a short break in the trendy coastal town of Skagen in the north of Denmark, enjoying beach walks, swimming in the decidedly chilly sea and riding bikes.

"It has always been about being with my children."

Parenthood

Beyond the privilege of their positions, there is a sincere normality to Crown Princess Mary and Crown Prince Frederik's attitude to life and parenthood that contributes considerably to their popularity. The children hang out with regular Danish children and, with their parents, are often seen cycling around Copenhagen or cheering their dad on when he takes part in ironman and running events.

"When we began to talk about raising children, we first and foremost agreed on keeping them very close to us," Crown Prince Frederik told Jens Andersen in the biography of the royal, *Under The Beam*. "To me it has always been about being with my children as much as possible. That I have done, since Christian was born, and so on with the next two-threefour ... Mary herself is one of four siblings and has grown up in a completely different way than I, where they were closer together. So for her, the thing about starting a family with many children was pretty much business as usual."

In the book, Mary revealed that Frederik has proved to be a very natural father. "[He's] present, caring, challenging and loving. And he enjoys being a father, he loves to play with the children ... he's also good at sharing from his experiences ... He takes his time with them and ensures that all four of them are seen and heard."

When the royal children turn 18, only Prince Christian, second-in-line to the throne, will receive state funding, with his siblings expected to build their own careers and earn their own wage. The Danish people love their monarchy but they are very pragmatic where public purse taxpayer financing is involved and are not prepared to support the wider royal family in their adult life. In many ways this makes it easier for the Crown Prince's children to take control of their own lives, and ensuring they have the life experience and resilience for this is at the heart of Mary and Frederik's parenting.

Princess of purpose

For Mary's part she is both a handson mum and a mentor for her children. As an impressive mover and shaker in the worlds of gender equality, human rights, refugees, mental health, global health and environmentalism she is clearly marking out values she hopes to pass on to her children. Danes are proud of the varied humanitarian projects their Crown Princess pursues and also the powerful impact on home soil of The Mary Foundation, which tackles issues of social isolation, domestic abuse, bullying and loneliness. Indeed, there is no question she has won hearts and minds in the country she now calls home.

"We are getting an extremely qualified queen in the shape of Crown Princess Mary," says royal journalist and author Trinne Villemann. "She will be worth her weight in gold and already is."

When Queen Margrethe II ascended in 1972 only 42 per cent were in favour of keeping the monarchy; today that figure is around 82 per \rightarrow





The Crown Prince family stood in solidarity with their people, cutting short their children's overseas studies and having a staycation.

Royals



cent. While the increased public support is largely a reflection of Margrethe's flawless reign, the addition of Mary to the Royal House of Denmark engendered new confidence in Prince Frederik and a palpable sense that the future of the monarchy is in good hands.

When you visit Denmark it is obvious that the Crown Prince Couple are role models, and with Prince Christian, turning 15 this month, Princess Isabella, 13, and their youngest twins, Prince Vincent and Princess Josephine, now aged nine, they are definitely Denmark's most influential family.

Part of this royal fairytale is down to the fact that after 16 years of marriage Mary and Frederik still look as united and seemingly in love as ever. The unlikely coupling of an Australian advertising executive and a Danish prince with a party boy history has been captivating to watch. Both have grown into their roles, learning on the job, and the public has watched on in awe. They complement each other but are also their own people with separate interests and identities, a key part of their success.

"We are an interesting mix, him [Frederik] and I, because we are very equal in our relationship, in some ways also very traditional, but we leave a lot of room for each other and I accept completely that I'm not in the front row," Mary told Jens Andersen. "I will always be his best support in fulfilling our roles and duties. But at the same time, he leaves room for me to work in my way, and if that creates interest and attention, he is happy about it. He's glad to see me succeed and see me gain a solid foothold, both as a person and as Crown Princess. He's none the less because of that."

In the past few months Mary's standing on the global stage has burgeoned, especially with her work with the United Nations' Sustainable Development Goals. Five years ago the UN set an agenda for the world, with 17 goals tackling challenges ranging from sexual violence to enforced marriage and gender equity. With 10 years to go, Mary is working hard to implement the goals.

She also recently joined the United Nations Population Fund as a member of the newly established High-Level Task Force committed to working with governments around the world in the areas of preventable maternal mortality, sexual and gender-based



violence and family planning. The new High-Level Task Force will bring together representatives from academia, research, civil societies, human rights activists, the private sector, parliamentarians and youth leaders from around the world. "As a member, the Crown Princess will continue to advocate for gender equality and support efforts that ensure a world where women and girls have equal rights and equal opportunities, to the benefit of all," announced the Palace.

The Crown

Mary is holding her own in the realm of global change makers and putting Denmark on the map with her work. Last year, underlining her support for her daughter-in-law, Queen Margrethe II asked the Danish government to consider appointing Crown Princess Mary as a 'rigsforstander'. This means that if the Queen or Crown Prince Frederik is out of the country, Mary would become the functioning regent. The request was approved and she became the first person not born into the royal family to be granted the position since Margrethe's mother, Queen Ingrid, who died in 1972.

The move prompted commentators to consider the oft-mentioned issue of Queen Margrethe's abdication. But Her Majesty has always said she would reign as long as she is physically able, and her resplendent new official gala portrait released on September 21 speaks volumes on this topic. Not only is the Monarch clearly in fine fettle, she looks every inch the reigning Queen, in full regalia dripping with royal jewels and a beaming smile.

Crown Prince Frederik has said that he and Mary "are prepared for everything" where his future as monarch is concerned, adding "it would be odd if you were not prepared for that time coming sooner rather than later ... We live as much as at all possible in the present, but it is of course more and more in consciousness somewhere.

"Our task is to continue strengthening our platform as a couple, as a part of the whole royal family and individually, so that we are standing as strong as possible the day it happens." And while it's hard to take in how high the girl from Tassie has soared, looking at Crown Princess Mary today there's no question she will make an exceptional Queen consort. **AWW**

Chloë **M c C A R D E L**

SAVED BY THE Secu

Marathon swimmer Chloë McCardel has faced unimaginable challenges, both in the ocean and on land. She tells **Genevieve Gannon** about her most harrowing struggle, and how she hopes her honesty will bring hope to other women who are living through domestic abuse.

he first time she swam the English Channel, champion endurance swimmer Chloë McCardel thought she was going to die. She was in the 24th hour of an attempt at a double crossing, and the sky was pitch black. The wind was howling and two-metre tall waves had been bashing her exhausted body for hours. Then, the boat that was guiding her slipped out of sight. Her chest began to tighten and panic took over.

"I was screaming, 'Please don't leave me behind!" she says. "It was the worst experience of my life."

Hypothermia had set in and Chloë was hallucinating. She knew people had died attempting the Channel. The water temperature sits between 15 and 17 degrees Celsius, and the cold is just one of many perils. The tract of ocean that lies between England and France is one of the busiest trade routes in the world, and part of the boat captain's job is to ensure the swimmer isn't hit by a tanker. Swimmers have been lost by their boat captains and never been seen again. This was flashing through Chloë's mind as her own vessel disappeared from view.

"It was just so distressing," she says. "Huge waves were completely overwhelming me. As a swimmer, you are at the mercy of mother nature and other humans on boats making what are potentially life-and-death decisions. We don't have wetsuits on. We don't have paddles or flippers. We're just a little person in bathers, goggles and cap."

At 24, Chloë's goal was to be the second Australian to complete a double crossing of the English Channel, but as she screamed into the sea, she knew she would not be finishing the swim that night. \rightarrow

Exclusive

"I was bitterly disappointed, but I didn't turn on myself," she says.

Instead, she regrouped and came back the following year to try again, completing the 68km double crossing in less than 22 hours. She has now swum the Channel 36 times, and in August smashed the men's world record for the greatest number of crossings. This spring, if the pandemic doesn't prevent it, the 35-year-old hopes to traverse the treacherous waterway four more times, which will bring her within reach of the all-time world record of 43 crossings. She is nearing a goal that has defined her whole adult life.

"Some people search for a soulmate. Some people yearn for a child. For me, I was searching for a sport where I could express what I wanted to be, and what I wanted to be was excellent. I wanted to know what it was like to be the best and go through the journey of what it takes to perform at my best," she says.

Chloë's drive to excel started early in life in the landlocked Melbourne suburb of Balwyn.

"Because I had much older siblings, they often played games together and would say, 'You're too young to play with us'," she says. "It just made me more and more determined. I really loved getting better at sports at school because I wanted to play with my siblings. I think that helped shape who I am."

When she was 11, she found herself once again feeling like she was behind when she discovered she was the only one of her friends who couldn't swim. Embarrassed, she begged her mother to enrol her in lessons, and as soon as she entered the water, she came alive.

"I loved swimming and I just had this drive to be able to swim," Chloë says. "I took it really seriously, like it was a job. I was on a mission to swim 25 metres. That's all I wanted to do when I was 11."

She sped through the learn-to-swim stages in one year and was soon competing at state level. In no time she was training with an elite squad, with her eye on the Olympics.

"I was one of those kids who really needed a focus, and thankfully I found swimming, or swimming found me," she explains. "It was an amazingly liberating space where I could just focus on this one thing that I needed to do in that moment."

She was swimming up to nine times a week, plus three training sessions in the gym.

"My parents were very handsoff. They said, 'If you want to get to training, you've got to get there yourself.' So I would get on three trams to go to Burwood in the afternoon. I had to be self-driven."

She specialised in the 100m butterfly, one of the most difficult strokes, but that did not deter Chloë. She relished rising to the challenge. Her squad was led by Olympic coach Ian Pope, who trained Grant Hackett, Michael Klim and Giaan Rooney. Chloë also trained alongside future Olympic silver medallist Matt Welsh. She says that having that early experience with a coach who believed in her has helped her to become the champion she is today. "It's a special gift and something I take very seriously," she says.

One day Ian said to her, "You have a choice – whether you want to live a life that's mediocre or whether you want to achieve something incredible."

"I thought, I don't want to live a normal life. I don't want to live an average life," she explains.

Despite her devotion, Chloë reached the natural limits of her body. She realised she would never be selected for the Olympics, and the disappointment was crushing. It took her years to process the fact that her dream was beyond her grasp.

But she didn't give up. In 2007, she signed up for something she had never done before: a swimming marathon. And when she was the first woman past the finish line, she had a wonderful revelation.

"I had this instinct that I'd found the sport I'd been searching for," she says. "It was a beautiful aligning of things for me. It fitted me like a glove."

Chloë threw herself into becoming the best endurance swimmer in the world. The pinnacle of marathon swimming is the English Channel, so that's what she set her sights on, training in Melbourne's frigid waters in the middle of winter.

"I just knew I could do it. I had this understanding, this belief in myself," she says. "I trained in water as cold as nine degrees, swimming up and down, often early in the morning when it's pitch black. I was thinking, 'I'm not just uncomfortable, I'm in pain. Why

are you doing this?' Humans are not designed to swim in cold water. It is completely

Clockwise from top: Chloë swims in Cuba in 2013; all smiles having accomplished her 35th Channel crossing in August of this year; recovering after her incredible swim to Nassau.

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like I was suffocating," she says.

Chloë's partner's behaviour was shifting so subtly she could hardly tell what was happening. He became controlling by inches. She repeatedly uses the word "suffocating" as she talks about the ways in which he eroded her self-confidence – and that wasn't the worst of it.

Her partner "had this power and influence over me that was overriding

"Tve finally found my voice. I feel completely liberated and free. That's something I'd love to share."

a lot of my judgement about what was right and wrong in the relationship," she says. "I had to be careful of what I said or what I did. I was told I was crazy by the person involved and I started to believe that at some level. That was a way to start to control me, because once I believed I was crazy, it planted a seed for other ideas to come in.

"In some ways I was the epitome of girl power, confidence, success, and on the other hand I was living this personal nightmare where I was being convinced I was crazy."

Chloë speaks slowly and carefully. She has never before talked so publicly and openly about what happened, and it is clear that it is difficult. She has to walk a tightrope. She wants to be able to show others going through what she endured that you can come out the other side, but she's cautious too. For a long time, her days were coloured by the coercive control. Having been constantly told she was crazy, she watched everything she did and said, fearful that others might believe it too. She was constantly on tenterhooks.

She thought, "If I do anything strange, people might realise I am crazy so I need to keep things together so people don't realise what I really am deep down."

"It was this deep manipulation to the point that I would then control \rightarrow

unnatural. I would dream about what it would be like to get out and get into the steam room."

She laughs out loud when she describes – 11 years later – how incredibly hard that first failed crossing was. But she returned the following year with a different boat captain, and succeeded.

Amid her many laps across the Channel, Chloë achieved other milestones, including 60 laps of Bondi Beach (48km) and the Rottnest Channel (19.7km) in WA. In 2013 an ill-fated swim from Cuba to Florida was abandoned when she was stung by dozens of box jellyfish and pulled screaming from the water. She told The Sydney Morning Herald that she pulled a tentacle from her mouth "like a piece of spaghetti". The next year, with her heart set on the world record for the longest unassisted ocean swim, 29-year-old Chloë dived into the waters off the southern tip of the

Eleuthera Island in the Bahamas and didn't stop swimming until she reached Nassau more than 124km away – record achieved.

But as she racked up physical triumphs, a greater challenge was emerging, one that would almost cost her the most important thing in the world.

Chloë knows better than most how important it is to have the right support team. When you're in open water, the people you have with you can truly be the difference between life and death. So when she met a man who encouraged her dreams, she thought it was a good sign. She felt he understood her. They fell in love.

"He was very supportive. He knew me really well ..."

She breaks off and a 'but' hangs in the air. Chloë takes a deep breath.

"I just knew that things were very difficult in my relationship at that point in time. I felt ashamed and I felt

Exclusive

myself. That person didn't always need to control me because they'd trained me to control myself to their benefit.

"It was kind of like living under a spell," Chloë continues. "I didn't realise this wasn't normal, even though I should have realised. It's so insidious, it can creep in before you realise what is happening."

Because of the coercion, she was in denial about how bad things were, even after her partner became violent.

"The violence did escalate, and as it escalated he was still in control of the narrative, so he could justify that it was my fault. That things were happening because I caused the person

to do X-Y-Z," she says. "As things got worse, I was still in the same narrative. I had no perspective."

The coercive control eroded her self-respect to such an extent that, eventually it robbed her of the most important thing in the world. She stopped swimming.

Then, at the height of it, Chloë somehow found the strength to break away and begin a slow process of healing. Finally, she felt she could breathe again.

"When I got out, I had this sense of starting to understand what had gone on, having some

perspective, having some relief. 'Oh my God, it's finished now, it's done. It won't happen anymore, I'm free now but I wasn't free.'"

However, years of being mentally ground down had traumatised her. She was beset by anxiety and depression, and diagnosed with PTSD.

"The post-traumatic stress disorder was the hard thing," Chloë says. And when she returned to the water, her confidence was shaken. "I was doubting myself." Clockwise from top: Chloë has always been driven to succeed; she's just completed her 36th Channel crossing; the water always beckons the champ.

WHAT IS COERCIVE CONTROL?

Any behaviour that frightens or disempowers another person. This can include taking away a person's choices and gaslighting. It can also include constant monitoring of activities and digital devices. Coercive behaviour is often central to abusive

relationships.



Getting back in the Channel was as daunting and frightening as the first time she had crossed the hostile sea. But she needed to prove to herself that she could do it, and she found, as she swam, that she was able to rediscover the person she'd thought was lost.

"I was processing trauma while swimming the English Channel," Chloë says. "I was crying into my goggles and hoping

no one on the boat could see. I was trying to not make noise that they could decipher as me crying. It sounds terrible, but it was a good thing. It was just me having that moment of not suppressing it or analysing it, just letting everything out.

"I reconnected to the power that I'd numbed out. [I realised that] even though I'd felt so vulnerable, and that someone had power over me, I'd had that power the whole time – I just didn't realise it. I was still the same



person who had the world record for longest non-stop swimming. I was still this person, despite what I'd been through." Chloë has always

felt free in the water, but that freedom has taken on a new significance. Of course, recovering from PTSD isn't as simple as going for a swim, but it was crucial to her.

As we go to press, Chloë has pulled on her bathers once more and accomplished her 36th crossing of the English Channel. The threat of another lockdown is looming in the UK and she is excited to have got in another swim, bringing her one step closer to the world record.

"I've finally found my voice. I feel completely liberated and free. That's something I'd love to share," she tells *The Weekly*.

"I think it would help if there were more people talking about this," Chloë says with that same determination that drives her across the Channel. "I'm hoping I can be one of those people who others can gain hope from." **AWW**

If this article raises issues for you or someone you know, help is at hand through 1800RESPECT. You can follow Chloë's attempt to break the world record for English Channel crossings on Instagram @chloemccardel

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Exclusive

David CAMPBELL The Frank of the state of the

He's conquered the stage, produced hit records and is a fan favourite on morning TV. But as David Campbell tells **Tiffany Dunk**, his latest project is one that pays tribute to his biggest triumph – being a dad.

PHOTOGRAPHY by ALANA LANDSBERRY · STYLING by JAMELA EJJAMAI





hey say to write what you know. And as a father of three, David Campbell is all too aware of the pain that is the witching hour. From tears over denied screen time to fervent pleas for late-afternoon sugary snacks to tantrums thrown when dinner isn't to their offspring's liking, every parent paddles frantically as the children ride the emotional waves of that perilous early evening period.

"It's horrible," he says with a laugh as Leo, 10, and twins Billy and Betty, both five, happily blow bubbles at each other as we sit down to chat. "There's the Kübler-Ross model of the five stages of grief – which are denial, anger, bargaining, depression and acceptance. That's what toddlers and kids go through at dinner time, and this is something we're constantly going through. Kids now are getting their own autonomy and requesting things but also, we're not a hotel. You're going to get what you get and you're not going to be upset about it."

So when Scholastic came knocking on David's door, asking if he'd be interested in penning a children's book, this topic was, needless to say, one that soon came up. And thus *Stupid Carrots* was born.

Dedicated to the brood he shares with his wife of close to 12 years, producer Lisa, 40, the book is the tale of young rabbit Betty (and yes, she's definitely modelled on their daughter) who cycles through those stages when carrots are served again at dinner time.

"There was a period of time when Betty – and we don't know why – would mumble to people if she didn't like them, 'Stupid carrots'," David, 47, explains of the title's genesis. "She would have been three and a half, and it was quite abusive – cute abuse, but like a swear word. The tone was definitely there. Going into the meeting I was reminded of that by Lisa, and so the term kept jumping out at me."

The natural-born performer of the family ("If the force is strong in one, it's her," admits David), Betty heartily approves of her starring role in Dad's latest project. Her eyes light up as she talks about "my book", asking when they'll be sitting down to read it. As David obliges, all three kids shriek with delight watching their illustrated selves brought to life.

"Billy's first response was, 'What's my book about?" David says of the questions that came after his first reading. "I said, 'Your book is about going to bed.' And then Leo asked, 'What's my book about?' and I said, 'Well, your book is later next year and we'll talk about it. Let's see if this one goes well first and then we can have two or three. That's how business works - if the first Iron Man doesn't work then The Avengers doesn't happen, so let's all settle down!' But really, they're thrilled. They're all in the book and point out, 'That's me there,' so it's great.

"Writing a book is something that I'd never dreamt I'd have done, yet I loved it. And to make the kids the

"I'm very open about going to therapy and my own mental health."

centre was really fun for me, to give them something of a legacy ... And I'm sure in 30 or 40 years' time, that will be the therapy I'm paying for!"

While this is a lighthearted dig at his own expense, therapy is a topic that comes up often as we speak today. An outspoken advocate for men needing to start a conversation, David has never flinched away from talking about his own experiences with anxiety, crippling self-doubt and binge drinking (the therapy has been ongoing since he met Lisa in 2006, and he's been sober since shortly after Leo's birth).

It's been especially pressing for him in recent times, too. Not only has COVID-19 impacted many of his friends in the industry who have lost jobs, but last year he lost his best friend, chef Justin Bull, to suicide.

"For men to talk and for other men to listen is invaluable, and I can't stress that enough," David says of the motivation for sharing his story. "I'm very open about going to therapy and my own mental health, as I'm still realising how that has controlled aspects of my life. It would ruin relationships – business relationships, personal relationships. It would keep me distant from family. It would make me have such self-doubt and low self-esteem. Then I would counteract that by being really egotistical and arrogant at times."

His struggles, David tells us, began in childhood and have had a huge impact on how he parents today.

"I want [the kids] to have more of a sense of themselves than I had," he explains. "I was brought up by my grandmother, who was very strict. But at the same time, even though she was strict, I was very insecure, probably due to stuff that had happened to me as a child. I had great manners, but emotionally I wasn't quite geared up for what was coming my way. So for us, it's about making sure the kids are as emotionally whole and intelligent as they can be, but still mindful of how they behave with other people – what it means to have good manners. We are old-school disciplinarians."

David exudes confidence, both in person and each day on screen on Nine's Today Extra, and it's hard to reconcile this image with someone crippled by self-esteem issues. But then again, with his history, perhaps it's not that surprising. David's story has been oft-told, but still sounds like something out of a movie. The son of Jimmy Barnes – at the time an unknown musician, now Australian rock royalty – he grew up in the care of his maternal grandmother, believing his teenage mother Kim was his sister and Jimmy was just a "family friend".

He learned the truth at 10. And while he admits he wasn't emotionally equipped for the upheaval, it was definitely a blessing. As David says now with a beaming smile, "I inherited this amazing family." By then, Jimmy was married to his wife Jane Mahoney, and the pair were parents to Mahalia Barnes, nine years David's junior. Later, siblings EJ, Jackie and \rightarrow







Exclusive

Elly-May would arrive, and formerly only-child David was now a permanent part of their family holidays and adventures. "Mahalia and I are probably closest because we have had the most time together," he says, with Lisa adding that she speaks to "the sister I never had" every day.

"Being the child outside at first, and coming into the family, it's been a wild journey, but it's beautiful," adds David. "We are all really close and it just shows that family is family."

(In 2010, Jimmy would learn he'd fathered two more daughters, now in their 40s, Amanda Bennett and Megan Torzyn, who have also been welcomed into the fold.)

Before COVID-19, the Barnes family get-togethers were frequent and fun-filled. "Dad's always been the favourite of my kids," David says with a smile. "Even back to when I was a child, whenever there's a children's party, that's him in his natural element – performing for the kids. Going down to my dad and Jane's is always a highlight for [my family]. They're in the kitchen with Jane, they're playing songs and dancing and performing."

Equally, the kids have formed close relationships with Mahalia's two daughters, their cousins Ruby, 10, and Rosetta, four.

"Ruby and Leo want to start their own cooking channel on YouTube," he says of the next potential creative family adventure. "They FaceTime and plan what they'll do when they see each other. It's lovely to see their dynamic."

Also lovely to see is the dynamic between Lisa and David. Clearly head over heels in love, they are also naturally in sync. One will pick up a story where the other left off. Both effortlessly – and wordlessly – tagteam to control the chaos that only a three-child household brings. They laugh together loudly and often while sharing fond glances as their confident offspring pose for our cameras.

It's hard to believe David, who proclaims parenting to be "the greatest thing I've ever done", once believed he would never start a family.

"I never thought about it until I met Lisa," he says earnestly. "I remember Right: David and Lisa married at St. Philip's Church in Sydney in late 2008. Below: Their kids followed in 2010 and 2015.





Below: Aussie legend Jimmy with wife Jane and the entire adult Barnes clan.

quite early on I said, 'I can imagine how great it would be for our kids to look up and see your face.' That was something I felt really powerfully about."

The pair's worlds collided when Lisa, born in England and then an actress, was in Melbourne, touring with the UK's National Theatre in a production of *An Inspector Calls*. David, meanwhile, was working across town at the Melbourne Theatre Company (MTC) in the musical *The 25th Annual Putnam County Spelling Bee*. And their fate was sealed thanks to his co-star Magda Szubanski.

Two of Lisa's colleagues were huge *Kath & Kim* fans, so had gone to see the show, then made their way backstage to meet their idol. A few days later, Lisa was invited to join them all for drinks at the MTC. And once Magda saw her chatting animatedly to David, "she decided that this had to happen," laughs Lisa.

"She started making sure we were sat next to each other at dinner and started pushing us together. So we had a little fling and it was wonderful. But then it was the end of my tour and I had to go back to the UK. I had a stopover in Singapore and I emailed Magda and said, 'Look, this was wonderful, but I don't think anything is ever going to come of it.' And she said – I'm not sure if this

is printable in *The Weekly*, but she said, 'I will not accept this love off a crumb's table bullshit from you. This is a once-in-a-lifetime opportunity. What you guys have is so special.' And she was right."

Six weeks after returning to the UK, Lisa was back on a plane, bound for Australia to join David once more. Two years later the pair wed and have never looked back.

"I absolutely knew," she says of her conviction in their shared destiny. "Because it's so rare to find someone who is that fun, that kind, that clever, that generous and, again, funny because those are the things ... That's who you want to grow old with."

Magda stood up proudly as a bridesmaid when the pair wed. And when the twins arrived in 2015, she delightedly accepted the role of Betty's godmother.

"Betty and Magda have a really sweet relationship," Lisa says, adding that, just like her godmother, Betty has the gift of the comedic gab.



"A couple of weeks ago my phone rang on FaceTime and Magda goes, 'Can I speak to Betty, please?' And Betty disappeared with my phone and they were just chatting away."

"I spoke to Magda last week because Betty had a very, um, *challenging* week with the whole 'How far can I push things?'" adds David. "I said, 'How do I parent somebody who is an incredible improv comic at the age of five, but just doesn't know when the lights go off and the audience leaves and you stop for a bit?' She just keeps pushing the comedy out.

"And Magda said, 'You've just got to listen to her and laugh and try to get her through it. But what are you going to do? That's just who she is.' She didn't have any answers for me!" Of course, Betty is not the only child in the family with a creative streak.

"It's different in each of them," explains David. "Leo has Lisa's producer brain and he's really artistic. He's very adept at piano, so he has a musical skill, but he also likes to direct his brother and sister. Betty's the performer; it's going to be hard to keep her off the stage. Whereas Billy, I don't know what he's doing yet – he's still searching and trying to find himself in that dynamic – but he's physically adept at everything. Like, picks up a ball, picks up a bike, rides a skateboard. It will be interesting to see how all their dynamics play out."

For now, Lisa and David are continuing to encourage their brood to follow their passions. Betty and Billy take dance lessons – Leo's now considering joining them – and all three are learning karate. The twins also have musical theatre lessons, while Leo, says his dad, is "a maths head" who is currently obsessed with how to solve the Rubik's Cube.

"We just want to encourage their creativity," David says with a smile, watching as the trio frolic happily on the lawn. "We are at that golden age where for the first time they put on a little show for us – their first show. We were like, 'Oh, this is everything you would dream of as a parent!'"

And should the youngsters choose to follow in their parents' footsteps and go into show business?

"I am not pushing my kids out into the industry and I certainly don't want them to be child stars," David says after a pause for thought. "But I feel like, if they *were* to go out into public life, we'd be good parents for that because we could keep them grounded and give them a realistic idea of what the industry can provide if you work hard enough.

"And if it doesn't work, we can give them the tough love to say, 'Oh well, that didn't happen for you.' I feel like we'd know how to manage that." **AWW**



Stupid Carrots by David Campbell, illustrated by Daron Parton, is published by Scholastic Australia. On sale October 1.

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Behind Palace gates with Juliet Rieden

he look on Princess Charlotte's face when she spied her hero, Sir David Attenborough, in her own backyard was priceless. The five-year-old clutched her face with both hands on her cheeks in unabashed delight, and if there had been a soundtrack to the photo released by Kensington Palace, I imagine we would have heard squealing the like of which is usually saved for rock stars.

Prince George, now a grown-up seven, was in equal raptures, if a little more restrained. The 94-year-old naturalist had come with treasure for this future king – a 23 million-yearold giant shark tooth he had found on a holiday in Malta in the 1960s. (Note to Mum and Dad: the bar for future birthdays has been set high!)

Sir David was at the Palace to show Prince William his latest opus, *A Life* on Our Planet, and the duo were photographed watching the film sitting side by side in the garden on directors' chairs. This is Sir David's



most personal project to date in which he presents the defining moments of his career and the devastating changes to our world he has witnessed. And clearly Charlotte isn't the only one blown away by the icon.

Prince William has found his kindred spirit and shares Sir David's passion for protecting the natural world. They are becoming an increasingly dynamic eco-warrior



duo collaborating on projects that tackle some of the biggest environmental challenges our planet faces. Next up, I'm told, will be The Earthshot Prize – which the World Wildlife Fund bills tantalisingly as "the most prestigious global environment prize in history".

While it's rather wonderful to see that William and Kate are raising their three children with an awe for natural history, William is following in his own father's footsteps. As Prince Charles noted in his keynote speech launching Climate Week 2020 a few days earlier, "I have been at this now for long over 40 years."

Finally, the world has caught up with ideas that William learned at his father's knee. Remember when Charles was branded "potty" for talking to plants? The tide has now turned. And in the wake of thawing permafrost releasing carbon gases and the speed of the spread of the coronavirus, father and son are seizing the day. Prince Charles brands the pandemic "a wake-up call we simply cannot ignore" and is proposing a military-style "Marshall-like plan for nature, people and planet".

Meanwhile, the heir to the throne proudly announced that his Prince's Trust has helped its millionth young person. The charity was set up 44 years ago and has given at-risk youth who have fallen through the cracks the leg up they needed to turn their lives around. In a forceful editorial in a UK newspaper Prince Charles sent out a rallying call to ignore "destructive hopelessness" in this "uniquely challenging" time.

Over in the US, the Prince of Wales' younger son and his wife have also been speaking out, only the reaction has been markedly different. In video messages aired on primetime US TV to herald the announcement of the

Column

annual *Time* magazine 100 Most Influential People, the Duke and Duchess were among former alumni sharing messages. As she has before, Meghan urged Americans to vote in "the most important election of our lifetime". Prince Harry echoed his wife's words adding: "As we approach this November, it's vital that we reject hate speech, misinformation and online negativity."

Unlike his wife, Harry is not a US citizen so can't vote in the election,

and as a titled royal, convention has dictated that he has never voted in the UK, so many felt it an inappropriate arena for the Prince to enter. Buckingham Palace's position was that the Duke is no longer a working member of the royal family and his comments were made "in a personal capacity".

So what does all this mean? On the face of it, the remarks were not overtly partisan with no candidate mentioned, but many

understood them to be a criticism of the President. When asked about the couple's video, Donald Trump quipped that he's "not a fan" of Meghan Markle, adding "I wish a lot of luck to Harry, because he's going to need it!".

In the UK, Harry and Meghan still face a barrage of criticism, but in the US many admire them for speaking their minds and fighting issues like racism, and bullying. I certainly expect them to explore these narratives further in the films they will be championing as part of their lucrative Netflix TV deal.

All of which raises the question: do we want our royals to use their positions to make the world a better place – albeit as they see it – or should they stay silent, shake hands and carry on? The problem here is that the royal title (which Harry still holds) comes with a platform to speak to a much bigger audience than would otherwise



The Queen was delighted by Jack and Eugenie's baby news.

"A wake-up call we simply cannot ignore."

pay attention. And with that reach

Therefore, it's quite right and proper

that what members of the royal family

say and do garners rigorous scrutiny.

And while there is an imperative

the path to a better future.

that the monarchy doesn't use that

influence for political end, surely we

look to the royal family to help lead

So where is the line? How is Princes

Charles and William fighting for new

climate change policies any different

from Meghan and Harry fighting hate

speech and encouraging people to use

There have been reports that Meghan

career and potentially even the top job

of President. Should she throw her hat

would argue that the line would then have been crossed and the Sussexes

their voice in the electoral process?

has set her sights on a US political

into that ring, certainly I think few

there's a potential to influence.



Above: Harry and

Americans to vote.

Left: Prince Charles

has had a lifelong

passion for the

environment.

Meghan urged

and spiteful commentary against his wife who dares to voice her opinion. But this is not the only area of contention for the House of Windsor or the Sussexes. The release of the annual royal accounts has revealed that the Sussex family's

Africa tour

was the most

expensive of

a stretch at

the tour was

the year by quite

£245,643 (about

\$445,00). While

would need to renounce their titles.

But so far, I see no crossed line, only

hurt Brits mourning the loss of Harry

considered a huge success, it was in South Africa that the TV documentary airing Harry and Meghan's distress inside the royal family was filmed, so the fact that the trip cost the taxpayer dearly stings somewhat. The other criticised expenditure was for Prince Andrew who before stepping down from royal duties was flown to an "official business" golf tournament for a cool $\pounds 15,848$ (about \$28,700)!

In other news, since COVID restrictions prevented his attendance, Prince Charles sent a personal letter of condolence to be read at the funeral of former NSW Premier John Fahey. HRH recalled how Fahey had courageously leapt into the path of an armed protester at an Australia Day event in Sydney. "Coming to my assistance, as he so valiantly did, on that Darling Harbour stage on Australia Day 1994, John demonstrated not only characteristic selflessness and valour, but also the hallmark athleticism of a former rugby league player."

And finally to new life ... the Queen expressed her delight that Princess Eugenie and Jack Brooksbank are expecting a baby in early 2021; Her Majesty's ninth great-grandchild. **AWW**

A 105-year-old dancer, a family who busted Gran out of a rest home during COVID and an academic who became an advocate after her parents went into care – Samantha Trenoweth meets the people who want to see greater kindness in aged care.

C SI VEL

PHOTOGRAPHY by ALANA LANDSBERRY

Special report



Pam feels safe in daughter Angela's home and enjoys quality time with her grand-daughter Madeleine.

t was a wet Thursday afternoon in March. A southerly was blowing. Angela Finn closed her laptop and gazed out her front window on a wild, grey Coogee Beach. She was feeling a little bit teary. Australia had that day recorded its 13th death from COVID-19. Prime Minister Scott Morrison was urging people to stay at



home and stressing the need for social distancing. Angela's mother, Pam Bryce, lived across town in an aged care home, and she'd just received an email alerting her that a lockdown would be imposed there immediately. There would be no visitors allowed in and no daytrips out ... indefinitely.

"We had just a day's notice. It was such a shock," Angela tells *The Weekly*. "I was worried. Mum is 87. She has been diagnosed with vascular dementia. With her cognitive decline, the phone is difficult for her. I was petrified for her mental and physical wellbeing. The bushfires at the start of the year had made her very anxious and when COVID hit, her confusion and anxiety increased tremendously. She worried about her family. She would ask again and again, 'What is COVID? What does Mr Morrison want us to do? Is everyone going to be all right?"

The Royal Commission into Aged Care Quality and Safety had released its interim report – ominously titled 'Neglect' – just five months earlier, and that was a worry, too. While the home that Pam was in was "not one of those places you read about; it was a good home", Angela knew the pandemic would create extra pressure. And she knew the aged care sector was already at breaking point. Like so many families around Australia, she began to wonder if she could bring her mother home.

The night before the lockdown, Angela didn't sleep at all, but the next day she rose with a fire in her belly. "How could I leave Mum alone?" she says. "How could I entrust her care to strangers in a time of crisis? It didn't feel right at all."

Thanks to COVID restrictions, her weekend job as a celebrant was on hiatus and the charity that employed her on weekdays had sent everyone home to work remotely. Plus, fortuitously, her youngest daughter Eloise had just graduated from university and was looking to move out on her own. Angela \rightarrow

hoped all that might give her the space and flexibility to care for Pam.

She spoke to her siblings. Some of them were incredulous, but there was no opposition. Then there was her husband, Joe. "If it was my mother, I would do the same," he said.

Within a fortnight of the lockdown Pam was home, just as COVID began to spread through aged care centres in NSW.

Five months later, *The Weekly* has been invited to afternoon tea in the Finn family's cosy kitchen. Pam, who was for many years one of David Jones' 'ladies in black' and is still a picture of elegance, is sorting through old photos with her granddaughter Madeleine. Belle the bouncing corgi is looking for a pat, while Angela is sharing a little of the personal odyssey this family has undertaken, and pondering what the upheavals of 2020 will mean for aged care generally.

It has been disturbing for the whole family to watch the system buckle, as Angela suspected it might, and elderly people die under the pressure of the pandemic.

"To be honest," she says, "COVID has opened my eyes to the fact that we don't cherish and value elderly people as much as we should. Ageism is prevalent in Australian society. You don't see many elderly people out. Where are they? Out of sight, out of mind. We're not acknowledging their gifts or their wisdom or their life experience."

Instead, we've seen them as a problem that needs solving.

The Royal Commission into Aged Care's Interim Report reached a very similar conclusion. "As a nation, Australia has drifted into an ageist mindset that undervalues older people and limits their possibilities," it began, and went on to list a litany of horrors that it had uncovered in the aged care system.

The Royal Commission heard tales of people walking into an aged care home "frail but in relatively good spirits and mentally alert, only to die a few months later after suffering from falls, serious pressure injuries and significant pain and distress". The commissioners found that 22-50 per cent of

people in residential aged care are malnourished. They discovered that 61 per cent of residents are regularly taking psychotropic agents, and that in roughly 90 per cent of those cases, the drugs are being used unnecessarily.

They also found poor pain control; poor treatment of wounds that had led to septicaemia and even death (they were shown images of maggots in open sores); and poor continence management (people left lying in urine and



faeces). The commissioners also found 4013 notifications of alleged or suspected physical and/or sexual assaults in aged care in 2017 and 2018 alone.

"It is shameful," they concluded, "that such a list can be produced in 21st-century Australia."

Nor is it much better for the increasing numbers of older people who continue living at home. The Royal Commission heard reports of such interminable waiting times for home care packages that the applicants died before assistance came through.

Angela speaks for so many of us when she asks, "How has it come to this? How have we become so



Pam is surrounded by happy memories at Angela's hame. Right: Madeleine cherishes her one-on-one time with Pam.



resigned to this? What's wrong with us? What's wrong with this system?"

The subjects of these frightful statistics, she rightly points out, are real people like Pam. They're parents and grandparents, neighbours and colleagues, people who have fought in wars, raised families and steered corporations. And there are probably a few ratbags, too. But "at the heart

Special report

"Baby boomers don't want to go into residential care."



of these problems," the commissioners explained, "lies the fundamental fact that our aged care system essentially depersonalises older people."

Professor Kathy Eagar, Director of the Australian Health Services Research Institute at the University of Wollongong, shares a number of the royal commissioners' concerns. She believes that COVID is shining "a very powerful light" on our attitudes to ageing in Australia, and particularly on the structural faults in the aged care system – faults that she traces back to the Aged Care Act that passed through federal parliament in 1997.

The Aged Care Act was devised in an atmosphere of hysteria about "our ageing population" and an impending "tsunami of older Australians" whose care the government claimed it simply could not afford. The Act transferred responsibility for aged care from the states to the federal government, which essentially wiped its hands of the whole sorry sector and invited private businesses to move in.

Very few regulations or safeguards were put in place for consumers, and there was no requirement for public transparency about staffing, finances or standards of care. There was not even a requirement to have a registered nurse on duty in care homes.

Since then, matters have only got worse. As Kathy explains, the proportion of high-needs residents in aged care has increased dramatically, in part because "social values have changed. Baby boomers, and I'm one of them, don't want to go into residential care unless they have no other option."

But government funding has not kept pace with the increasingly complex needs of residents and the growing demand for assistance at home – and that has led to a steady decline in the provision of care in both areas. Scrupulous providers are offering the best care they can manage while walking a precarious tightrope on the edge of bankruptcy.

Those who are less scrupulous are making hefty profits at sometimes horrific costs to the older people whose lives are in their hands.

Due to the lack of transparency in Australia, it's difficult to compare standards of care here with other parts of the world. But Kathy and her colleagues have compared staffing ratios here and in the US, where there is a star rating system in place to help older people and their families make educated decisions about care. Here's what they have found:

"Fifty-eight per cent of Australian people in residential care are in homes that would only get one or two stars in America, and we define that as 'unacceptable care'; 27 per cent are in homes that would be classified as 'just acceptable'; 14 per cent are in homes that have good staffing; and only 1 per cent are in homes that would rate five stars in the American system. To me, that's frightening."

So, enough of the horror. Is there a solution? Is it simply to throw more money at the sector?

"We do need a substantial increase in funding for aged care," Kathy insists, "but it needs to have really big strings attached. I think we need about a 35 per cent funding increase for residential care, but a condition of that is that providers have to actually spend it on care. So I'm also calling for the introduction of a no-profit care policy. Providers can make money on the 'hotel' component – they can serve wine with dinner if they wish - but they cannot make a profit from the money the government gives them for care. And that needs to be coupled with either a five-star rating system or mandated staffing \rightarrow
ratios with public reporting."

Kathy has said as much to the Royal Commission, which is due to deliver its final report by February next year and is expected to call for a radical rethinking of the system. Even so, there have been more than 20 inquiries and investigations into aged care since the 1997 Act was introduced, and not a lot has changed. Is she hopeful?

"If there is a silver lining to COVID," Kathy says, "it's that it has put the spotlight on how we treat older Australians. And hopefully we will now all stand up as a society and say, 'No more'. In the minds of the general public, I think aged care has been out of sight, out of mind. But this time people seem to have looked up and thought, 'Is this seriously how we treat older Australians?'"

And money and legislation won't be enough on their own. There needs to be genuine attitudinal change as well.

"We have to frame aged care as a matter of human rights," Kathy says. "We haven't done that in the past. Once older Australians enter residential aged care, we somehow assume they have left their human rights at the door. And that is an appalling reflection on us as a society. We are better than this."

Dr Sarah Russell is a public health researcher and an aged care advocate and she, like Kathy, believes that shifting the focus to one of human rights is critical.

"Everyone at the moment has a suggestion about how to fix the sector, but those suggestions are tinkering with the system. We can tinker, tinker, tinker, but the aged care sector is no longer fit for purpose. We need to abolish it and write a new aged care act from scratch," she says with her trademark boldness. "The 1997 Act was written for the purpose of providers making a profit. I want an aged care act that is written with a human rights perspective."

Sarah began to lobby for the rights of older Australians 10 years ago, after her parents moved into residential care. Her father died in 2012, her mother in 2015, and she has maintained



momentum because of a "sense of the injustice," she says. "We need to think about how we can all work together in the community to make life better for older people, because if this was children going through what older people are going through, we would be marching in the streets."

Sarah is quick to point out, however, that there are some positive signs and models on which to build change. Not all care homes are riddled with hideous neglect; some struggle with inadequate funds to deliver the best care possible. And not all home care providers are investing funds provided for care of older Australians to turn a profit.

Sarah has recently been interviewing the clients of a slightly unusual home care provider called Mable, which is set up so that people can choose their carers, rather than having new random strangers appear on their doorstep every week. It's an indication of just how disempowering the sector has become that giving older people some choice sounds revolutionary.

"One of the people I spoke to," Sarah says, "was an older man who loved to go fishing, so his support worker hired a boat and took him fishing, and it was a glorious day. He

Special report

said, 'Who would think an old man with end-stage renal failure would have a wonderful day out fishing with a 24-year-old who just understood him?' They drank wine and had a lovely lunch, and he said that this young carer had helped to give his life meaning. This is wonderful."

Choice, meaning, understanding, joy, respect, purpose: these are words that come up over and over as *The Weekly* listens to older people and their loved ones talk about the kind of lives they want to lead and the services that could help them do that.

"I've looked after Mum through COVID, but I haven't wrapped her in cotton wool," Angela says. "We've taken walks and gone out for coffee. We've stopped to talk to people in the park. We have to live. She has to live."

"Should we be protecting older people against life?" asks Sarah. "No. It's ageist. Somehow you get to a certain age and you're infantalised. I don't

Left: At 105, dancer Eileen Kramer epitomises grace and strength. And she has no desire to slow down! Below: Dr Sarah Russell with her mum, Joan. want that. I want older people to be a fountain of wisdom and I want us to respect them and give them choices."

That's what the older people and their families we spoke to say they want, too. And in those extraordinary instances where it can be provided, what a difference it makes.

"This is the best time of my life," says Eileen Kramer, who at 105 still works in the areas she loves – dance, choreography, art and writing. While the aged care home where she lives (very happily) was in lockdown, she wrote a short story every day and has now amassed a collection of 200 – ready, she hopes, for publication.

Since her 100th birthday, Eileen has written two books and staged three dance productions. She has taught dance, and collaborated both on a range of scarves featuring her artwork and with a filmmaker on a documentary. She has been the subject of countless articles, including one in *The Weekly*, and is currently designing an art installation.

People say she's "keeping busy", but she's actually working, her colleague

> Maggie Haertsch told the Royal Commission. "That goes to the heart of what's important in this concept of age."

"I'm not interested in age," Eileen told the commissioners, speaking with quiet eloquence.

"What interests me is that my spirit is still at work ... I don't feel old. I don't want to behave old. But I realise the spirit has a house to live in and we have to look after that house. That's what aged care is about. We have to look after that house so our spirit can enjoy life. Mine does."

And so do those of Pam and Angela. "Joyful is the first word that comes to mind," Angela says of these past few months. "Every day with Mum is an adventure. She is grateful for everything. She gets extreme joy from simple pleasures – from feeling the hot water on her back in the shower to the sweet blueberries she has with her Weet-Bix for breakfast. She loves it when I towel-dry her hair. She says every time: 'My Mum used to dry my hair like that. Mum was great at drying my hair.'

"She loves watching TV with Joe and I at night, and enjoying an icecream after dinner. Every night, Joe asks if she would like a Magnum, and most often she says, 'I'd love one. I haven't had a Magnum in years'.

"When I go to my workplace one day a week, my daughter Madeleine cares for Mum. Roles are reversed because her granny used to care for her when she was little, and now she's doing it, beautifully too, and the intergenerational contact is fantastic."

Of course, not every minute of every day is idyllic.

"It can be bloody tough," says Angela frankly. "Dementia brings challenges. Mum gets terribly muddled sometimes about where she is and who we are. I spent the last two nights up and down several times with her, as she was very disoriented. In the end, the only way to soothe her was sleeping next to her in bed ... Some days I feel like I'm drowning."

Even so, there's been a family meeting and it's been decided that, post-COVID, Pam won't be going back to the home. Angela and Joe relinquished Pam's room there in August. It might not be perfect, but this pandemic-driven experiment in intergenerational living has been deemed a success.

Pam offers one of her beautiful, twinkly-eyed smiles. She is plainly delighted.

"It's very nice living here," she tells us. "I'm enjoying the extra attention, the outings, being with my family, trying new things. I just feel happy and more secure." **AWW**



"Hopefully we will stand up as a society and say, 'No more'."

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Celebrity interview

'alway vante

In a powerful interview, Dawn French talks to Alice Bedford about motherhood, marriage, losing her parents and the joy of working with best pal Jennifer Saunders on the new film version of *Death on the Nile*.

> **awn Fren**ch lets out a throaty hoot of laughter as she describes her latest project, which will reunite her and comedy partner Jennifer Saunders on screen for the first time in three years. The awardwinning stars were cast by the legendary actor and director Kenneth Branagh to star in a multimillion-dollar movie adaptation of Agatha Christie's *Death on the Nile* – a move which Dawn admits "came as something of a shock" to both of them.

> "Well it's the great Kenneth Branagh, isn't it?" she says, settling into a comfy armchair for a chat. "And it's a very big-budget serious movie, so to put Jennifer and I in as a sort of double act was very brave of him. We were worried – on his behalf – that by having the two of us, it would suddenly seem like a comedy parody. But he was completely insistent we could do it." \rightarrow

Celebrity interview

In the movie – which stars Kenneth as the famous Belgian detective Hercules Poirot, along with Hollywood actress Annette Bening and *Da Vinci's Demons* star Tom Bateman – Dawn and Jennifer reprise the roles made famous by Bette Davis and Dame Maggie Smith in the 1978 version of the crime thriller, which is set in the glamorous '30s.

Jennifer plays the spiky, wealthy American socialite and kleptomaniac Marie Van Schuyler, while Dawn takes on the role of her nurse Mrs Bowers, who is more than a match for her companion. She laughs, "We wanted to do it really well for Ken. He's quite strict, so you really have to raise your game, to know all your lines, to have thought through every move and every action.

"But the real attraction for us was just to be together for a few weeks, and the fact we weren't writing our parts ourselves and doing all the hard homework part of it we normally do when we are working together. So we could just enjoy the process and be together. But we had a plan to make it's always the same with Jennifer."

Her long-standing friendship with the girl she met in her first week of drama school at age 19, and who with her became the iconic female comedy duo French and Saunders, is part of the reason Dawn – now 62 – is so universally loved. There's a solidity, warmth and humanity in this woman, who deliberately chose joy and laughter to get her through the incredibly tough things she's had to deal with in life.

Accentuate the positive

It seems counterintuitive to think of Dawn French as anything but funny, bubbly and a woman whose life has gone marvellously to plan. And it's true she's embraced many negativities with positivity. Never a traditional showbiz size, when the press focused on her weight, she set up her own plus-size clothing company in 1991 – "because 47 per cent of women are a size 16 and over, and they deserve to look beautiful," she said at the time.

When she turned 60, she marked the occasion by posing for a stunning black-and-white portrait shot, looking sexy and proud to be marking her seventh decade. "Well I never thought I'd make old bones," she says. "But I hit 60 and suddenly felt empowered and really rather grateful."

In person, she is everything you'd want her to be – easygoing, hugely entertaining, smart and surprisingly open about her life. As we speak in the tiny cottage in Wales where she is staying while filming a new Christmas movie about the true story of young Roald Dahl meeting a rather grumpy old Beatrix Potter, she tells me several times how "lucky" she is.

On one level, that's true. She was barely out of drama school in 1982, aged just 25, when she and Jennifer (who she always calls by her nickname

"I hit 60 and suddenly felt empowered and really rather grateful."

sure we'd get all our chatting out of the way before we got to set. The filming was shot out of London, so a car would pick me up, then drive to pick up Jennifer and her dog – she always brings her dog [a whippet called Olive] everywhere – and we'd have an hour of catching up and laughing before we got to set. Then another hour of talking in the makeup chair, and then we got serious.

"In between our filming parts, we'd just watch the whole machinery of the movie, sitting back like the two old ladies we are oohing and aahing over the slickness and the hugeness of a big Hollywood studio production. We filmed it last September before the awfulness of COVID-19 hit, so there was lots of hugging, no masks or visors, and we just had a gorgeous time. But "Fatty") burst on to the maledominated British comedy scene alongside Ade Edmondson and the late Rik Mayall in the cult UK television hit *The Comic Strip*. Within three years they were starring alongside Ruby Wax and Tracey Ullman in the massively successful *Girls on Top*, which prompted the BBC to give them their own sketch series, *French and Saunders*. It ran until 2004, with a number of specials in subsequent years.

As solo performers they have both won major plaudits, Jennifer with *Absolutely Fabulous* and Dawn with starring roles in projects from *The Vicar of Dibley* to *Harry Potter and The Prisoner of Azkaban*. Dawn has also written five best-selling books, and her sixth, *Because Of You*, is out this month.

In person, she has a glow about her. She looks exactly the same as she has always done, just a little older the dark bob, the big grin, the sparkly eyes. She has a good life, living in a beautiful riverside home in Cornwall with her second husband, charity executive Mark Bignell. Her adopted daughter Billie, now 29, lives a short drive away and her two stepchildren, Lily, 29, and 26-year-old Olly, are also close by. "Life is lovely," she says. "Obviously I'm getting older - getting up at 5am to start filming, getting back at 9pm, then learning lines for the next day is getting harder, and I have little blips every now and again. But I did hope things would turn out well for me. I think I always believed they would. Maybe I never imagined my life would quite be like this, but I always just wanted to be happy – which I am."

Family trauma

Dawn's life has never been easy, though. She grew up moving from school to school as her beloved father Denys – a corporal technician in the RAF – moved from base to base. Although her father was low-ranking, she and her older brother Gary, now 64, were sent to "posh boarding schools" even though her parents struggled financially, particularly after Denys left the service to settle with his



family in Cornwall.

When she was just 19, Denys committed suicide. The man who told his chubby daughter she always had to remember she

was "beautiful" had hidden his severe depression and two other suicide attempts from his children. Dawn's life imploded. She was due to leave for The Royal Central School of Speech and Drama in London, but told her mum, Roma, she couldn't go.

"She insisted I take up my place, be positive and get on with my life. You make a decision to move forward. It was really hard at the time, but my mum taught me a very valuable lesson in life," she says. "You deal with things, but you keep going and you stay positive."

It made her brave and gave her the grit she needed when she and her then-husband, fellow comedian, Lenny Henry, went through several miscarriages and failed IVF treatments before adopting their daughter, Billie, in 1991. And when he had a very public breakdown resulting from an affair with a woman, dealing a huge blow to their marriage after 15 years, she was strong enough to push him into having therapy, as well

Clockwise from top left: Paired up with "Fatty" in Death on the Nile; she and Jennifer are fast friends in real life; The Vicar of Dibley was a success for Dawn; as was her breakthrough hit Girls on Top.



as accepting she needed it herself. She got through with the help of her close circle of friends – including Jennifer and the

actress Geraldine McNulty, who was at drama school with them – and her mother, Roma, who died of lung cancer in 2012.

A year before she lost her mother, Dawn suffered her own cancer scare and lost seven-and-a-half stone (almost 50kg) in order to have a relatively straightforward keyhole hysterectomy operation to avert any chance of uterine cancer. "It was purely a practical thing," she said at the time. "So I set about dropping a few stone. No magic wand, just tiny, joyless low-cal eating and lots more walking for weeks and weeks. It was grim." It's not something we discuss today because, to her, the experience was dwarfed by the loss of her mum.

"I miss her every day," says Dawn. "My mum was an incredible woman. After my dad died, she went through this complete change. She'd been this woman who was focused on her family, having part-time jobs to support us. Then she became this independent woman who fought for young \rightarrow

Celebrity interview

people and young mothers with addiction and alcohol problems. She was a champion. She set up rehab places and funding projects all over Plymouth. But she was very quiet, didn't want the limelight and just did these brilliant things.

"She always met situations with real stoicism. I loved her absolutely even though there were times growing up I couldn't stand her, but I've realised that's very normal for mothers and daughters. I moved back to Cornwall [in 2006] to be close to her, but I didn't realise then what a short time we'd have together. She was my blueprint for being a mum and she was a wonderful grandmother to Billie. We are just lucky to have had her in our lives."

Being a mum

Dawn admits she needed the help of the women closest to her when she was called by the adoption services and told they were bringing a mixed-race baby to the home she shared with Lenny in 1991. She and Jennifer were due to start filming a new series of *French and Saunders* in a matter of days. The first call she made was to Jennifer, who told her not to worry, that she would use the studio and crew to work on a solo project – which became *Absolutely Fabulous*.

"My mum was always there, as was Jen and also Ade, Jennifer's husband," she recalls. "I remember when Billie was tiny and she would wake in the night crying. I ran out of different ways of trying to deal with it, and Ade told me she was possibly a thirsty baby and to leave a bottle with water and a bit of chamomile tea in it for her to drink in the night. It worked. And to this day she sleeps with a bottle of water next to her bed. He was completely right, but they are part of my life and always have been.

"My mum loved them. Every now and again, she'd sit in my kitchen and say, 'Now, how's work?' and then

Clockwise from top: Lenny Henry and Billie, his daughter with Dawn, in 1992; Dawn married Mark in 2013; she also guest-starred in the first series of Absolutely Fabulous.



"Mum always met situations with stoicism."

she'd say, 'And how is Jennifer, what's going on with her?' We all grew up together." Dawn pauses. "Mum was really proud of me – and my brother. She had no idea about the world of show business. She never wanted a fuss or to come to opening nights, but she always saw everything I did and told me it was marvellous. Which is all you really need."

Dawn and Lenny have worked to maintain a good relationship, and both have moved on. Dawn met charity executive Mark – who worked closely with her mum on various addiction centres – in 2011 and married him two years later. Lenny has been in a relationship with theatre producer Lisa Makin since 2012.

They are bonded by their love of

their daughter. Dawn's brilliant new novel is dedicated to Billie, and focuses on a story of two women, one girl, secrets, lies and motherhood.

The book is a revelation, brilliantly written, complex

DAWN

and confident, about a mother who does a shocking thing that both breaks and then strangely heals two families. It is at once heartbreaking and heartwarming, and the clever way Dawn has managed to

seamlessly thread together life's darkness and light is a tribute to her as a writer, a mother, a daughter and a woman. The blend of sadness and happiness and the life-affirming message of positivity is a reflection of Dawn herself. "I am so proud of this book," she says. "It's incredibly important to me because being a mother is the biggest thing in my life."

She admits her journey as a parent hasn't always been easy and, ever-protective of her daughter, does not go into great detail, but says: "There are struggles. Being a mum can be really hard, but it's also the best thing I've ever done. We've had our moments, but I love my daughter more than anything. She is my family, I see a line of women going back to my mum and her mum and I love to think of all these women."

Since marrying Mark, Dawn's family has grown with the addition of his two grown-up children, who she describes as "the most gorgeous kids in the world. I was very mindful of not stepping over lines. I am not their mother, but they made it so easy for me and I can't thank them enough for that. They just wanted their dad to be happy. And we are. And I'm very, very grateful." **AWW**

Death on the Nile will be in cinemas soon. Dawn French's novel Because of You is published by Michael Joseph. On sale October 20.

WHY RISKIT? Dangers of Pesticides - Benefits of Organic

By Dr John Tickell

What we expose our mind, mouth and body to can have a massive impact on our immediate and long term health and happiness.

On my last visit to the Okinawan islands, off the southern end of Japan, I was talking with farmers who were so proud that their healthy crops were not exposed to the spraying of poisonous pesticide chemicals, which had become so common in the western world. The Okinawans are the longest living, healthiest people on our planet. In our 'developed' country we may be living longerbut the last precious 10-20 years are not necessarily healthy.

Many farmers are still respecting their forefathers' traditions of growing foods without added toxic pesticides, added hormones and antibiotics. Americans in Okinawa call this food "organic". Okinawans call it "normal" !

A Century Ago

Humans began to create anti-pest formulations from poisonous chemicals which were spread on the crops to harm the pests and kill them. Medical Scientists realised that these toxic chemicals were also being absorbed by humans. DDT was one of the first popular toxic chemicals to be promoted as a Wonder Chemical, worldwide - causing cancers, infertility, nerve damages, miscarriages. This disaster pesticide was banned in the USA in 1972, by the newly formed EPA - Environmental Protection Agency.

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Then the DDT era was replaced with the chemical industry building a war chest of mixtures of poisonous chemicals, which have not been adequately tested for safety, long term, on human beings.

Pennsylvania State University noted that, "All pesticides must be toxic, or poisonous, to be effective against the pests they are intended to control – and hazardous to humans".

Whilst the population of the world has doubled, we are now using 50 TIMES more poisonous, toxic pesticides!

The World Health Organisation (WHO), in collaboration with FAO (Food and Agriculture Organisation of the United Nations) is responsible for assessing the risks to humans, of pesticides.

WHO noted that "Highly hazardous pesticides may have acute and chronic effects and pose particular risks for children", So why don't we ban them? Money before morals? The quote continues, "Their widespread use has caused health problems and fatalities in many parts of the world".

The human dangers from pesticides also increase over time - it's called "bio accumulation". The acute effects researched include nausea, vomiting, fatigue, headaches, convulsions, coma. The chronic effects include nerve disorders, blood disorders, hormonal and endocrine changes, tumours and malignant cancers.

Poisonous pesticides enter the human body through the skin, from topical products; the intestines from toxic food; and by breathing via our lungs. So please chose your food and skin and hair products wisely.



Dr John Tickell is an Australian doctor, author, former athlete and speaker who graduated from the University of Melbourne with a degree in Medicine.

Why Risk It?

In Australia, more than 7,000 chemical pesticides are "registered" for use in agriculture, horticulture, livestock, forestry, commercial premises, parks, homes and gardens. According to the Australian National Toxics Network, more than 80 of these are prohibited in the European Union – and over 10 of them are known or likely carcinogens.

Life is about choices for ourselves and our families - why risk it?

The benefits of Certified Organic are many, whether it be what you put on your skin and hair, breathe or eat. It's about avoiding poisonous chemicals, benefiting from a higher level of pure nutrients, experiencing a cleaner taste, avoiding genetically manipulated food ingredients, avoiding hormones, antibiotics and drugs, preserving our ecosystems, reducing pollution and protecting our water and soil, preserving agricultural diversity, supporting local farming directly, keeping our children and future safe.

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Never *underestimate* PPILE

He was "an alpha male in a beta role", but according to biographer Ingrid Seward, the Duke of Edinburgh's influence has been profound. Here, she talks to **Juliet Rieden** about what *really* makes the royal consort tick.

ccording to Ingrid Seward, the image of Prince Philip delivered in hit TV drama *The Crown* is way off beam. "The actor Matt Smith, who played him in the first two series, missed Philip's big personality and I think wasn't nearly strong enough," she says. "He looked a little bit hangdog, a little bit whipped cur, which isn't Philip at all."

Seward is the Editor-in-Chief of *Majesty* magazine, UK's august fanzine of the House of Windsor, joining the title back in 1984. She has written a clutch of royal biographies and her latest, *Prince Philip Revealed*, took two years to write, pulling together decades of interviews with friends, family and courtiers.

It's a fascinating read which paints a portrait of a man driven by duty with a rigorous intellect and, beneath the curmudgeonly exterior that has been his tabloid-driven stereotype, an innate empathy and jokey sense of humour. Though accepting his role two steps behind his wife, Philip, says Seward, is a high achiever with an inner strength to match his exterior steeliness. He is a deeply complex character, she posits, who mistrusts cap-doffers and abhors the media, is fiercely loyal to his wife and marriage, while also appreciating the company of beautiful women.

He wrote heartfelt and poignant letters of support to his daughter-inlaw Princess Diana when her marriage was breaking down, harbours "strong opinions" on his grandson Prince Harry's decision to quit his royal day job, while also personally "taking great pleasure in defying convention".

"I wrote a book called *My Husband and I* about the Queen and Prince Philip as a couple, but I think he's a really interesting person," Seward explains. "I've met him quite a few times. He's always been extremely brusque towards me and I wanted to know more about this man – what makes him tick and what makes him feel he can behave in the way he does.

"I knew about his relationship with his wife. They have an amazing relationship because she accepts him for what he is. He in return gives her this extraordinary devotion to duty and protecting her. But now I thought it's time that I just wrote about *him*."

Up close and impersonal

Prince Philip was in his mid-50s when the author first encountered him. She was one of a group of girls helping to raise money for a theatre he was a patron of. "I thought he was urbane and charming," Seward recalls. "But the next time I met him was when I first went on a royal tour. It was March 1984 and I'd just started working for *Majesty*."

Prince Philip was with the Queen on a state visit to the Hashemite Kingdom of Jordan as guests of King Hussein and Queen Noor. "On the first day there was a reception for the royal press corps, of which I was one, to meet the Queen and Prince Philip, and in those days royal tours were wonderful because there weren't so many people. They walked down a line [of royal correspondents] and \rightarrow



Royals

there was a master of ceremonies who said, 'This is Ingrid Seward of Hanover Magazines' – the publishers back then. After that, Prince Philip's equerry came up to me and said, 'His Royal Highness would like to meet you'. He'd picked me out of the group of these really hardened journalists. I thought, 'Ooh, how nice!'.

"He came over and said, 'Are you German?'. I said, 'No', and he just turned around and walked away. I suppose with a name like Ingrid and working for Hanover Magazines it was a possibility. But as soon as he realised I wasn't [German], he turned on his heel. I was humiliated – I couldn't understand what I had done."

Seward later discovered that this is standard Prince Philip behaviour. "If he's not interested, he walks away. It's very disconcerting," she says. "Because of who he is, it's never challenged and also there's the other side of him, which is really charming. I don't know how he gets away with it, but I suppose in a way he didn't get away with it because for years people were quite down on Philip and his rudeness and what were called his gaffes. On royal tours, most people would go with the Queen and there'd always be one reporter on what they used to call 'gaffe report' with Philip, to see if he said anything outrageous.

"That's why, in a way, there's such a book to be done about him, because I don't think people listened to a lot of the things he actually achieved."

Behind the myths

Certainly, Prince Philip's media persona has been blighted by often erroneous assumptions. This is partly

Prince Philip and Queen Elizabeth II during filming of the doco *Royal Family*.





because he has mostly refused to engage with reporters. But Seward was determined to explode some myths and says that one of the most frustrating misconceptions is that Philip came from a 'broken home'.

"He was born in 1921, when aristocratic families saw their children once a day, and I think Philip's family was closer than that because they were more pushed together. Because of their financial circumstances [fleeing their home in Greece when Philip was a baby], they didn't live in a huge castle; they lived in a borrowed house in Paris. His father couldn't go to work because he was in exile and his mother worked in a local shop, so they were around much more."

The family moved around Europe a good deal and Philip was educated in Paris, Germany, England and finally at Gordonstoun School in Scotland, which he loved. His mother, Alice, suffered from bipolar disorder and spent several years in a sanatorium, but family prevailed and she ended her days living with her son at Buckingham Palace.

"It was perceived that he was abandoned, but he wasn't," Seward says. "He had a loving relationship with his father. Yes, once he went to school in England his father went off to Monte Carlo, but he still saw him and his sisters. And Philip never held that against his father, never."

"From his father Philip acquired his sense of fun and humour," writes Seward. "His sister Sophie said: 'My father died in 1944. He was so like him. Philip had the same mannerisms, movements, way of standing, walking and laughing – the colossal sense of humour, really seeing the funny side of things always, and making everybody else laugh.'

"...The principles of hard work, self-discipline and helping others to which Philip stayed true throughout his life were instilled initially by his mother Alice."

The course of Prince Philip's romance with Princess Elizabeth is well-charted and when King George VI died and Elizabeth suddenly became Queen, Seward agrees that life was tough for the highly independent naval officer who was used to being in charge of his domain. All of a sudden, Philip's illustrious career – which many believed would have taken him to the very top of the Royal Navy – was cut short. His new role as prince

"The Queen was unworldly, naive and very in love."

consort was nebulous and determined by what he *couldn't* do, rather than what he could.

"I think he found it very difficult in the beginning because of the restrictions of living in Buckingham Palace with his mother-in-law and the courtiers giving him a very hard time," Seward says. "Things have changed, but the structure is still the same and I think Philip was pretty fed up at certain stages of his marriage, which is why the Queen thought it was a good idea that he went off and opened the Olympic Games in Melbourne [in 1956] and then took the world trip."

Prince Philip sailed aboard the Royal Yacht Britannia with his private secretary, Australian Mike Parker, as his companion. They were away for months on end.

"The Queen knew, because she was an old-fashioned girl, that if you let him go, he would come back, as it were. Give him enough rein and he would be fine; he wouldn't hang himself. She knew he wouldn't and so she never put too many restrictions around Philip," Seward explains.

When I suggest that might have been a risky strategy, Seward laughs. "I think it was the only way she knew how. She was very unworldly and very naive and very in love. She was in a man's world and when she married Philip, women were second rate."

While they were at sea, Mike Parker's wife, Eileen, sued for divorce. A divorce so close to the royal family was considered distasteful, with Philip's reputation also potentially sullied by his friend's behaviour. Rumours of Parker's infidelity filled the media, but weren't substantiated. And in TV's *The Crown*, a fictional storyline also implicated Prince Philip in questionable behaviour.

But Seward says she could find nothing to support this, nor later rumours about supposed \rightarrow



Royals



Above: Ingrid Seward with the Prince; Ingrid's new book. Right: Prince Philip attended a naval dinner in 1961. Below left: Polo player Prince Philip on *The Tatler* in 1962; and carriage driving in 1981.

relationships with other women that have circulated about the Prince over the years. Philip undoubtedly enjoys the company of beautiful women who share his interests, but they are not lovers, notes Seward. "After more than 70 years of marriage, not one iota of hard evidence of his supposed affairs has emerged ... No female has come forward saying that her relationship with Philip was anything other than platonic," she writes.

Seward cites the example of an alleged relationship Philip was said to have pursued with 1950s actress Pat Kirkwood. Philip went to see her at the London Palladium and afterwards, with others, they went dancing.

"Philip was seen to monopolise Pat on the dance floor," writes Seward. "Philip and Pat never met again socially, although they met once more in 1960 when Pat was in the receiving line of the cast presented to Philip at a charity concert at the Theatre Royal in Drury Lane. On the basis of their single social evening, a myth has existed for more than 50 years that Pat was Philip's mistress."

While Seward can't know the Queen's reaction, she suspects it was calm acceptance. "I think she just saw it as part of her life," she says.

Meanwhile, Her Majesty watched and learned, slowly mastering the unique, intense role of monarch.

"The Queen was a feminist but she was very gentle, and because she was thrown into this man's world and didn't know what to do, she just followed what her father had done," Seward says. "She allowed things to happen, rather than kicking up and making a fuss, which is what the more modern royal ladies have done, with disastrous results, instead of waiting their time. She said, 'I'll make my mark, when I'm in a position of more influence than I am now'. I think it was very clever."

Family matters

There's no question Philip supported his wife behind the scenes, sometimes in surprising ways. One of the most revealing parts of Seward's book is the close relationship Prince Philip nurtured with Princess Diana, carried out via a series of tender letters which he signed "Pa". In them, Philip tried to counsel Diana through the difficulties of her marriage to his son. But, in the end, Diana's infamous tell-all TV interview put an end to the relationship. Philip was equally horrified when daughter-in-law Sarah Ferguson dragged the House of Windsor into the gossip columns.

"Watching Fergie and Diana tearing apart what he considered sacrosanct – the institution of the monarchy – for their own ends made him very angry and hurt him considerably," Seward writes.

Prince Philip reportedly refused to be in the same room as Sarah Ferguson for decades. "He was so unbelievably astounded at her behaviour. We've all forgotten, but she did some really crazy things. Philip knew about it all and he was furious because he saw it as her undermining what he had taken years to establish – undermining the monarchy, undermining her own husband.

"Whatever he thought about his son and however disappointed he was [with Prince Andrew], he didn't like the idea that Fergie was having affairs with other men. He also thought, 'If she wants out of the royal family, she can stay out, but we can't have this halfway house'."

Seward says it was only in 2019 that he would finally be reconciled with Sarah, Duchess of York. \rightarrow





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Royals

"He was at a lunch at Windsor Castle with the Queen, Fergie and Andrew. They never touch on the past, as Philip sees no point in that, but he is able to be in her company without making her feel awkward."

Seward believes that Prince Philip deliberately did not take part in the 'Sandringham summit' this year, when the Queen and Princes Charles, William and Harry met to discuss Harry's plan to redraw the boundaries of his royal work. "He would have had something to say about it, but he very pointedly left and was photographed leaving the house."

The outcome was no doubt a shock to everyone involved and Seward says Philip would have taken it hard. "I think he'd be disappointed because of his grandson's military career and the fact that Harry was going to take over Philip's position in the Royal Marines," she says. "Above all, Prince Philip is loyal. He is loyal to the Queen and the institution of the monarchy – which they've both given up so much to support - and it grieves him that the younger generation do not all appear to have the devotion to duty that has always been his byline. For him, duty is at the centre of everything; the framework from which other things follow."

As we contemplate his 100th birthday in 2021, I ask Seward what Philip's legacy will be. "He's been asked that and he said, 'I don't give a damn, I won't be here to see it', which I love. He says what we'd all like to say.

"But I believe it will be that he was probably underestimated. I think people underestimated his influence, his intelligence. He modernised the monarchy and he started the charities for young people, headed by the Duke of Edinburgh's Award. He was one of the first to look to future generations and ultimately that will be his legacy." **AWW**

Prince Philip Revealed by Ingrid Seward, published by Atria Books, is on sale on October 20. Clockwise from right: Queen Elizabeth II and Prince Philip earlier this year; the Captain General, Royal Marines at a parade in 2017 – his final solo engagement; Philip at the Royal Windsor Horse Show in 2019; the Prince with Princess Diana; and with Sarah Ferguson in 1990.



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Incisive actor, *Play School* veteran, cabaret singer and now documentary TV host. Justine Clarke talks to **Juliet Rieden** about her child-star beginnings, finding her father, the seismic shift of approaching 50 and why family will always come first. "I'd dated a lot of guys and I wanted someone who was kind."

ustine Clarke has been on our TV screens and in our theatres in an impressive array of roles for four decades. It would be ageinappropriate to call her a national treasure – she's not yet 50 – but it's tempting. Justine can switch from Ibsen on the New York stage opposite Cate Blanchett, to searing Aussie TV dramas - think Tangle, The Time of Our Lives, Hungry Ghosts - to Humpty Dumpty's sidekick on Play School, not to mention a musical career that takes in sing-alongs for cheering kids as well as cruisy jazz standards in cabaret clubs. And hold on ... just when you thought there was nothing Justine hadn't mastered, her latest outing is factual TV presenter.

Sporting an enviable wardrobe of outfits representing every decade – mostly fabulous air-hostess uniforms – Justine heads up the three-part SBS documentary *Come Fly With Me*. As it turns out the series unintentionally evokes a hanky-wringing aura of nostalgia and poignancy, for as Justine declares: "Since we started filming there's a whole new world order."

2020 marks a century of civil aviation in Australia and also potentially the year the industry faces devastation thanks to COVID-19 travel restrictions. No doubt when the show was first mooted it was intended to be a celebration of an industry reaching for the stars, but with the Flying Kangaroo, Qantas, pretty much grounded, *Come Fly With Me* is a reminder of what we used to enjoy – the wonder of travel.

"I feel like plane travel is not going to happen for some time and I'm not sure it will ever really be the same again," posits Justine, who had a ball filming the show. "The good thing is it's more about the history of Australia. The flying is the backdrop to our social history. I loved learning about Australia through the lens of civil aviation and I've done a lot of travelling myself since I was really little, as a child actor, a lot of unaccompanied minor domestic air travel for work. I've always felt very comfortable on planes," she adds, which is just as well because among other escapades in the show she takes to the skies alfresco in a vintage Tiger Moth – which she says was "an incredible opportunity".

Justine recalls her only international travel as a child was on a family holiday to Fiji. "We'd dress up in our best clothes when we flew. Mum would wear all white and we'd go to a lot of trouble with our travelling clothes," she laughs. "I remember how other-worldly air hostesses were. There was so much more glamour to flying than there is now."

Landing a job as an air hostess was highly sought after. "Back then your only options as a woman were nurse and teacher, so the women that the airlines attracted were smart, amazing women. They ended up fighting for equal opportunities," notes Justine who, in the series, tracks down the feisty women from the '70s and '80s who fought for equal pay and conditions, including the right to work past the age of 35! "They were fabulous. Mum and Dad were working class so I didn't know those educated women. It was so exciting seeing what they achieved," she says.

Justine was raised in Sydney's eastern suburbs when "Bondi Junction was just a windy little town that you did your shopping in". Her mother, Beverley, was a dancer and choreographer. "She danced up until she was in her mid-30s. She was at the Tivoli, the APIA Club and Chequers nightclub and all those '60s clubs that were full of live music. They'd have the house band and then the ballet. Mum would choreograph the ballet and make the costumes. She'd pack the car with all the costumes and the girls and drive around to each of the clubs to do the show."

With a car full of sequins and the smell of greasepaint it's no wonder performing got under Justine's skin. She and elder sister Vanessa would go with their mum to the acrobatic dance studios run by Hungarian-born Tibor Rudas above Sydney's Tivoli theatre. "Mum worked for Rudas. It was a vaudevillian troupe and they had all kinds of acts. They had a studio connected to the company and we went there as kids and we'd dance and do acrobatics too."

Justine loved acting while Vanessa was more of a dancer. "We did a lot of modelling for catalogues too. We did everything," she says. It all sounds very Judy Garland and Justine admits it was "a little bit", especially when you add in the singing. "That was just me and I got it from my dad [Len]. He was a beautiful singer. He managed the Redfern RSL and would sing in the clubs and I think that's what Mum fell in love with, his singing voice and his sense of humour."

Her parents separated when Justine was eight months old, so Beverley was essentially a single mother with Len a distant figure in the background of Justine's childhood. "We moved to Melbourne for a few years because that's where Mum's side of the family was from and then we moved back to Sydney. I think they tried to get back together a few times and they never fought. They were never mean to each other. They just didn't work, being together. They stayed friends. They were very respectful of each other."

We are sitting in Justine's family home with youngest son Max upstairs and rescue dog Benny curled up in a patch of sun by the door to the backyard. Before we started chatting, seizing the opportunity to multi-task, Justine hastily gathered her family's freshly-dried clothes from the outdoor line into a laundry basket which is now by her side. As she talks, she folds. But when the topic of her father comes up Justine pauses, deep in thought. "Dad was 47 and Mum was 37 when I was born. They were older and Mum's very independent and I think it was the era when men weren't involved so much in the day-to-day family life. They went to golf and to work and Mum realised that she was raising us on her own anyway. So, they separated and we left."

When they were back in Sydney, Justine says she and Vanessa would see their dad once a week or perhaps it was once a month. "He was always the same. He was Lennie. We'd have dinner with him at Pinocchio's at the \rightarrow

Exclusive

Cross, which was near where he worked ... I do have a couple of very strong images of Mum and Dad as a couple with me as a little girl. One is in the water with them and holding both of their hands. Another is of them walking ahead of me and they were holding hands. But that's it."

In her 20s Justine felt a need to connect with her father. "I went looking for him. I wanted to know who he was and I wanted to know 'why wouldn't you have stayed?'. It just didn't make sense to me, but I understand it now."

When I ask if Justine liked what she found, her eyes twinkle. "Oh yes I did. He had a lot of friends and he made a lot of people happy. He had a really good sense of humour and you had a laugh when you were with Dad."

That sense of celebrating life was something both parents shared and passed on to Justine. Her mum is "hilarious and back then was a real clown," she says laughing. "Mum was very loving and very caring and very open-minded, and that's something she definitely instilled in me."

For the last five years of his life Lennie came to live with Justine and her family. He died 11 weeks after youngest Max was born. It was a special time for everyone and when I ask if this late reunion with her father made her feel she had missed out in her childhood, again she pauses. "Yes, I think I did. I didn't miss him because I didn't know what I was missing. I didn't ever think, 'oh I wish I had a father', because I didn't know what it was to have one who was present and interested. But now when I watch my husband, Jack, with our daughter, Nina, I think she's so lucky. I can see the benefits of it. I can see now what I had to teach myself or learn through life experience, that you can see Jack's teaching her now. That would have been so good for me as a child."

Justine's childhood was mostly about acting. "I did performances in the lounge room for Mum, and when Dad was around, my sister and I would do skits, a comedic take on the latest commercial. We thought we were pretty funny," she chuckles. At the age of seven Justine landed her first professional job. "It was for Mike Willesee's new TV show at six o'clock and I had a lisp. They got me to say 'Willesee's at six' which was cute and funny. Then I got my lisp corrected and I did a Humphrey B. Bear biscuits' commercial where I got to do a cartwheel and eat a biscuit. As a really little girl I remember thinking it was pretty fun. Although in primary school they thought I was up myself ... but I didn't care."

In 1985 Justine earned her big break with a role in *Mad Max: Beyond Thunderdome*. A run of three

or four TV series followed and then Home and Away. Justine was in the show's original cast playing bad girl Roo Stewart and it was then that she tasted the downside of her new celebrity. "Roo was a troubled teen. Her mother had died of cancer and she was living with her father but she wasn't really being properly acknowledged for what she was going through so she was lashing out. She was a bully. People started calling me 'bitch' in the street and giving me the finger shouting: 'How dare you do that to Bobby!' Bobby [played by Nicolle Dickson] was a very popular character so any time you were mean to Bobby, it was seen as

dreadful." Justine is laughing about it now but at the time she struggled. "I found that really hard. I'd been working a lot and I was used to the idea of having a bit of notoriety within my school group, but not that level of recognition. Whatever your character was doing at that point on screen was how you were received with the public."

After 18 months she chose not to renew her contract and instead signed

"I don't think turning 50 is a drama ... but it definitely got a weight to it."

Justine wears outfits from every decade in the series, including an original TAA uniform (below) and vintage suit (bottom).





up for drama school. It was a bold move for someone who in many ways had already learned her trade, but was probably the smartest career move she could make. "By the time I left *Home and Away* I'd been acting for 10 years. I felt already a bit burnt out by it because I was relying on childish instincts. It was just coming from somewhere, not conscious. It wasn't growing with me," she explains. "I did this funny little play with these



wonderful actors and two of them were British and they'd trained in LAMDA [the prestigious London Academy of Music and Dramatic Art]. Just watching the way they worked, how they moved in the rehearsal space, I remember thinking, that's a craft that I know nothing about. I think I know, but I actually don't. It was an outdoor theatre and we really had to project and I knew I didn't have any power in my voice."

The training gave Justine confidence. "It was the key to saying, I choose this. It's not just something I've fallen into. I needed to make that decision for myself."

Theatre became her soul food for the next five years and Justine admits if she could only choose one discipline it would be the stage. "That exchange between audience and actor is really special and I really miss it with the theatres closed down. It's the one thing I can't wait to go back to, just to sit in the audience. Not even to be on stage."

It was also where she met actor Jack Finsterer. They were rehearsing for a production of *Cyrano de Bergerac* and immediately clicked. "I'd dated a lot of guys and I wanted someone who was kind, and he was really kind. I think we both had figured out what we didn't want in relationships."

When Jack proposed it was accidental, says Justine with a giggle. "We were at the Melbourne Theatre Company and the lights were just about to go down at the beginning of act two.

It was a Shakespeare. I can't remember which one, I want to say *The Tempest*. Anyway, he was kind of posing the question, asking me if I was really serious about this relationship, and then he said, 'would you marry me?' I was like, yeah. And he said 'you really want to marry me?' And then the lights went down. That's why I can't remember what the play was. I remember sitting there thinking 'oh my God, what just happened?'. It was really lovely."

As an acting couple they treat their profession as a family business. "We have always thought that together we've had one really good career. We've tried to let each other have our moments when we needed them and pull back if the other one was thriving and likewise, if you felt you wanted a break, then the other one would pick up." And as soon as they had their three children, Joe, now 19, Nina, 17, and Max, 11, despite her passion for her acting, Justine says family always came first. "I think the decisions I've made about my career are not based on what's right for me; they've been based on what's right for everybody."

One job that has totally fitted with family life is *Play School* and it's also a role Justine longed for. "I'd always wanted to be on *Play School*. I'd watched it as a kid and from a young age I recognised how skilful those actors were. They were so great at drawing you in and making you feel like you were their friend and everything was going to be okay. I watched it for much longer than I probably should have. I think I was 10 or 11 when I stopped. When I finally got an audition, it felt like this was going to work out. And it did."

Justine was a natural and the series inspired her spin-off music videos and shows for children. Her own children loved watching Mum in *Play School* but, "They don't like watching me in character. I think it's too confronting and they're just not interested in watching my work. Thank goodness!"

Next year Justine faces the big 5-0 and as she finishes folding the last item of washing, she ponders on the landmark age. "I don't think it's a drama but it's definitely got a weight to it. I can feel that in this late part of my 40s, there's physiological, seismic shifts in the way I see the world, in my body, and everything really. I think the last time I felt this much change was probably just before I got married. I was 28 and things were moving without me feeling like I was doing it myself. This feels like another big turn." There's no party planned yet but if there were it's unlikely to be a big bash. "The best dinner parties we have are just with our family." **AWW**

Australia Come Fly With Me airs on SBS at 8.30pm from October 14.

Mamitu Gashe went from a poor peasant girl whose life was saved by Dr Catherine Hamlin to a surgeon in the Aussie heroine's fistula hospital in Ethiopia. Sue Williams tells her story.

amitu Gashe was only 13 when she was told by her parents that she was to marry a man she'd never met. He was 11 years older and lived close to her small village in the remote highlands of Ethiopia, and she was devastated. She didn't want to marry a stranger, and she didn't want to leave her parents and the only home she'd ever known. Once she started sobbing, she found it hard to stop.

But she had to obey her father. That was the way things were and how she girl living in a poor community of peasant farmers, her life had been already mapped out. She would never go to school or have a job or even own a pair of shoes; instead she would marry early, bear lots of children, and look after them and her husband for the rest of her life.

Today, looking back on her childhood, she smiles. Incredibly, these days Mamitu is celebrated as one of the top surgeons in her field in the world, travelling the globe teaching other doctors how to perform life-changing operations for young women. With so many top specialists also heading to Ethiopia to learn from her, she's been hailed as the face of the future of medicine in Africa. And she still can't read or write. But she does wears shoes. Most of the time.

"My life has changed completely," Mamitu says softly. "And that's all because I had the good fortune to meet imagined they'd always be. As a young Dr Catherine Hamlin and her husband Dr Reg. Without them, I wouldn't have a life. They have given me so much, and enabled me to give back to other women around the world."

Mamitu's old life back in her village ended the day she went into labour in her mud-and-thatch hut with her first child. Far from any hospital, midwife \rightarrow



Trailblazer





lifelong friends; the book Healing Lives tells their story; Catherine and husband Reg worked together.

or doctor, she spent four days and nights in absolute agony with an obstructed birth. Her baby son died inside her and she sustained terrible internal injuries that left her, to her horror, unable to control her body and leaking both urine and faeces.

"At first, when I woke up, I didn't know what happened," says Mamitu now. "So my mother told me. I think I was in shock. I thought I might die. I was in so much pain, I actually wanted to die. My mother told me not to worry, that I'd be all right. But I could see in her face how worried she was. I could see that even she didn't believe her words. I said, 'Please God, help me – or take me. I cannot stand to live like this for much longer."

Mamitu persuaded her husband, family and neighbours to carry her on a homemade stretcher of eucalyptus tree branches 12 hours down the treacherous mountainside to the nearest road. Still drifting in and out of consciousness, she was then lifted on to a bus to the country's capital, Addis Ababa.

Having been told by doctors at one hospital that they couldn't help her, she heard about two foreigners doing great things at another hospital, and asked to be taken there. That's where she met Australian Dr Catherine Hamlin and her New Zealander husband Dr Reg Hamlin, who'd come to Ethiopia three years before to set up a school of midwifery at one of the hospitals.

They'd been shocked on arrival to discover fistula blighting so many young women's lives. It's a condition where a prolonged, obstructed labour continually pushes the baby's head against its mother's pelvis, leaving her with holes (or fistulas) in the tissue barriers between the vagina and bladder or rectum. As a result, the women leak urine or faeces, or both, uncontrollably.

It's a condition now unknown in the developed world with easy access to clinics, hospitals, caesareans and other birth interventions, but common in countries with few facilities and little infrastructure between towns and

villages. As a result, the Antipodean doctors taught themselves from books how to operate to cure the condition.

"These are beautiful young women in the prime of their lives, who suffer this terrible torture," Catherine said. "They go into labour, but instead of having a lovely baby, they end up with a dead child and the nightmare afterwards of leaking. Then they're often abandoned by their husbands and cast out of their villages because of their offensive state and smell, left to wander and rely on some kind soul to bring them food. They are the modern-day lepers."

When Mamitu arrived, Catherine and Reg rushed to help. They were the first Europeans Mamitu had ever seen, and to her they looked like angels. She became convinced of that when they reassured her they'd be able to cure her and would take care of her like a daughter. "I couldn't believe these foreigners would be so caring towards me," she says. "I thought they truly were angels."

On Catherine's part, she was

instantly drawn towards her young patient. "She was so tiny and beautiful, and obviously courageous," said Catherine. "She won our hearts straight away. We wanted to do everything we could for her."

As soon as Mamitu was strong enough, she underwent a series of operations to repair her broken body. Her injuries were so severe, however, that she could never be fully healed. But in gratitude to Catherine and Reg for their heartwarming level of care, she began helping out around the hospital, mopping floors, making beds, reassuring new patients, doing anything that needed to be done. The doctors were so taken aback, and already full of admiration for the girl who'd now gone through 10 operations without a word of complaint or selfpity, that they told her they would be honoured if she would think of them as her second parents.

"I was so happy," she says. "I was crying. They were so good to me, I felt like their daughter from that first day. I was so far from my father and mother in the village, but then I felt like I found my father and mother again."

From that moment on, Mamitu called Catherine "Emaye" – Amharic for mother – and Reg "Abaye", or father. In turn, the Hamlins, who already had a son, regarded Mamitu as their daughter.

Over the year, the bonds grew stronger and Mamitu became indispensable to the pair's work in Ethiopia, supporting them through the military coup that led to the death of long-time emperor Haile Selassie, 17 years of brutal communist rule with its series of massacres, and famines that decimated the population. She also helped them set up their own dedicated fistula hospital in Addis Ababa, only the second fistula hospital in the world after one in New York in the 1800s.

"Now I can operate myself and help patients be cured."

Mamitu proved startling in other ways, too. She started assisting on fistula operations, and proved so competent that she was encouraged to operate by herself. "I felt very confident," she says of her very first operation in 1987. "Of course, I didn't tell the patient it was my first operation. That would not be a good idea. But afterwards, when she is cured, I tell her. She is very thankful to me. Afterwards, I operate by myself a lot, and I asked Emaye and Abaye if they were nervous about letting me operate, but they say not at all. They said they know I am clever and can do it right. I am happy. I have watched and helped for a long time, and now I can operate myself and help patients be cured."

but they say not at all. They said they know I am clever and can do it right. I am happy. I have watched and helped for a long time, and now I can operate myself and help patients be cured."





Clockwise from top left: Mamitu with the latest of her many awards; Catherine met Mary, Crown Princess of Denmark in 2015; the pioneer with two graduating midwives in 2014. Mamitu proved a top-class surgeon, and very soon it became clear she had a natural gift for teaching, too. At one point, she taught fistula surgery to Catherine's nephew, Australian obstetrics and gynaecology specialist Dr David Knox. "She was a very good teacher, very patient and unflappable, with sparkling eyes and a shy smile, wrapped up head-to-toe in traditional white Ethiopian dress," he says. "I still remember her teaching me to put stitches in very deeply – 'into the bones,' she said, 'into the bones'. I've never forgotten it."

Doctors came from all over Africa, Asia, Europe and Australasia to learn fistula surgery from Mamitu, and a delegation from the prestigious

> Royal College of Surgeons in England arrived in 1989, with its president – famed colorectal surgeon Sir Ian Todd – asking \rightarrow



Above: Catherine was interviewed by Oprah Winfrey in 2004. Below: "It's a woman's issue and nobody has done anything about it," said Catherine of the fistula reconstructions she offered.



Trailblazer

to watch Mamitu operate. He was incredulous that an illiterate peasant girl would be in such a role and attain such status. He then presented Catherine, Reg and Mamitu with the esteemed Honorary Gold Medal, one of the college's highest honours.

After Reg's death from cancer in 1993, Mamitu, at the time 47, and Catherine, then 69, grew closer still, with Mamitu encouraging Catherine to stay on in Ethiopia to continue to run the hospital. Its work expanded massively, and a new hospital was built to replace the old one in 1995, thanks largely to donations from Australian supporters through the Catherine Hamlin Fistula Foundation and the government's overseas aid program. Catherine was nominated twice for the Nobel Peace Prize for her work, won the admiration of Oprah Winfrey and brought Mamitu to Australia to introduce her to her family.

"I loved seeing kangaroos," Mamitu laughs. "One had a baby coming out of its tummy. It looked very strange. But I didn't like escalators. I went shopping with Emaye and, unless there were stairs, I'd sit and wait for Emaye to return."

The pair became inseparable, a close

Below: Dr Catherine Hamlin was laid to rest on March 23, 2020, in Addis Ababa, mourned by a massive crowd of locals.





friendship that nourished both of them throughout their lives. As Catherine grew more frail, Mamitu would give her smaller, simpler operations to perform so she could still pursue her love of surgery, while Mamitu kept a careful eye on each procedure. "Emaye [loved] her work, so I wanted to help her continue as long as she wanted." At the same time, Catherine

was overjoyed as Mamitu won more and more recognition for her work and incredible life story. "I am very proud of her," she said.

In 2007, the president of The Royal College of Surgeons, Bernard Ribeiro, called Mamitu "the forerunner of the non-medically qualified practitioner", saying that in areas where there is so little healthcare, her pioneering example as a "barefoot doctor" could bring the promise of help and comfort to many. The World Journal of Surgery also talked about her as an outstanding non-physician clinician, signalling the future of surgical care in low- and middle-income countries, where an estimated two billion people have no access to essential surgery. They labelled her a "living legend" who, "without a degree, without formal medical education, without high school, or without even primary education, achieved surgical greatness".

In 2014, at the age of 89, Catherine gave up surgery, and Mamitu scaled

Clockwise from left: Mamitu took on more of Catherine's operations; at least 550 staff are employed by the Foundation, and more than 60,000 women have been treated.





back her work to take care of her friend. But both delighted in Mamitu's ever-growing recognition, as she was given a number of Ethiopian and international awards, including being named by the BBC as one of the top 100 most inspiring and influential women around the world.

When Catherine died in March this year, Mamitu, now 73, was distraught, but agreed to return to the operating theatre to continue her dearest friend's great legacy of helping some of the poorest women on Earth and striving to eradicate fistula.

"We miss Emaye terribly, but the hospital – and other fistula hospitals now set up around the world as a result – will carry on their important work," Mamitu says. "I am very sad, but very lucky to have known her. She will never be forgotten." **AWW**

Healing Lives by Sue Williams is published by Pan Macmillan Australia. On sale October 13. **BRAND PROMOTION**





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Community

Jackie FRENCH

She has lived in NSW's Araluen Valley for over 40 years and when last summer's bushfires threatened her property, Jackie French was humbled by "miracles of kindness" as people and animals looked after each other.

he stumbled down the firelit garden at 2am – a small black wombat with charcoaled feet, desperate to reach the food and water station where perhaps a hundred wombats, wallabies, possums were already feeding. She almost made it. She collapsed 10 metres away. Above her, the sky pulsed red, from fires to the south-east, south-west, north-east, north-west. The air was thick with smoke and the scent of stricken animals.

I was on ember watch that night, on the lookout for debris blown from the fire fronts, as well as a sudden change in wind speed or direction that would mean we'd run for the cars. My husband, Bryan, was due to take over soon.

I carried water to the little wombat. Either she knew I was trying to help her, or she was too exhausted to care. She drank, slowly. After an hour or so, she staggered up and crept towards the food bowls. All the other animals stood back for her – even Wild Whiskers, the stroppiest of wombats who normally bites any animal or human within reach. I'll never forget that sight. It was a small miracle of kindness in a time of extraordinary desperation.

The first fire near here flared last November, far enough to the west that we seemed safe. I drove to Canberra to a book launch. By the time I got there, Bryan rang to say there'd been an evacuation notice. The local roads had been closed even before we'd been notified the fire was moving fast towards us. There was no escape, nor could I return.

He was heading to a friend's house surrounded by paddocks – bare dirt after the long drought – that could be defended more easily than our home in a narrow bush valley.

Just as I was about to speak at the event, our friend rang. She had expected Bryan an hour ago. This end of the valley had vanished in plumes of dark-grey smoke ...

I gave the speech, in an adrenaline rush of grief and anger, believing I'd lost my husband and my home, knowing that our bushfire resources had been cut year after year by politicians who had ignored the warnings from scientists and bushfire experts. \rightarrow

"All the other animals stood back for the wombat, even Wild Whiskers."

Community

As I sat down, my phone rang. It was Bryan. He'd stopped to fix our water system, and was safe on our friend's verandah with a cup of tea and plate of scones. He'd join me when the roads opened.

The next two months were hazy, as fire after fire hit us. The packing and storage of things we loved most, the four evacuations, hunting for places to stay as more friends' homes and so much of our country burned, all merged.

But I remember the kindness. When asked how many of their students were traumatised by fire, a local school replied: "All of them. They have either spent nine hours watching flames lick their homes as their parents battle to save them, driven through hundreds of burnt or drying animals, or have seen the blank or scared faces of their friends."

The school spent the last weeks of term creating fun and joyous events, from sausage sizzles to mock Academy Awards, where teachers were given prizes for 'most colourful hairdo' or 'best shoes'.

I can't remember Christmas. On the night of January 4, half our valley burnt. Neighbours' orchards, sheds, homes, businesses were gone. I held one friend as she sobbed and wondered why she'd battled to save her house when everything around it was gone.

We'd already turned our property into the Neverbreak Hills Conservation Area, home to many endangered species. I fed the wildlife and Bryan kept the water going. We were their only safe water source for many square kilometres. Day after day more animals and birds arrived, seen through the days' smoky, dark-grey air and the nights' red skies. Time vanished.

Like everyone, we just did what we

Clockwise from below: Jackie was inspired by the resilient wombats; smoke billowed on the horizon as the fire approached; Jackie's new children's book, *The Fire Wombat*.



could. Twitter and Facebook were my companions in the late-night watches. I raised money by auctioning "anything I can do that's legal" for the local fire brigade, wildlife rescue, and the Children's Book Council of Australia fundraiser for books for kids in fire-struck regions.

Bids came from across the world for anything from mentoring to naming rights for wombats in my books.

I will never forget the kindness from across Australia as well. The cafe that wouldn't take our money. The friends and acquaintances who left messages, offering spare rooms. Publishers who just said: "Whatever you need", in response to requests to give or auction books, just as *The Weekly* did last year when I helped find books for fire-struck Merimbula. The wonderful people who drove up in the brief periods when the roads were clear to drop off sacks of carrots, sweet potatoes, corn, apples, pears, celery, lucerne pellets and bales of hay. The possums were in gourmet paradise.

That first day, the fire wombat staggered under the house to sleep in the shade. By the second night, another wombat let her share her nearby burrow, along with several other wombats and a small wallaby and probably a few snakes.

The charcoal dropped from her feet – I think it had protected them from burns. Her coat proved to be brown, stained with smoke and the edges singed.



"It was the worst of times. It was the best of times."

I wrote a poem for Twitter that second night:

She came from fire country Her coat was painted black Too weak to get to water The others all stepped back. They waited as we helped her, And no one tried to bite. This is her second evening. We think she'll be alright.

The fire had reached the ridge 4km to the south of us by then. Gale-force winds meant the flames spread in vast, 20km gulps – a wind change and we'd have been swallowed, too. But the wind blew from the north for almost a week, bringing floods. The floods reached us before the fire, a wild crash of water washing the charcoal smoke and embers from our roof, the creek, and from the land. The grass leapt up in days. The animal refugees began their journey home.

I turned the late-night poem into a children's book with brilliant artist Danny Snell. I knew we needed this book this year.

The ridge down the valley still looks like black echidna quills.

Neighbours are still discussing whether to replant or rebuild. Families along the coast still camp in tents or caravans. Rubble remains uncleared, so even those with insurance can't rebuild. Burnt bridges and black trees waiting to fall mean roads are closed. I can't bear to think of the forests I love that are now bare ground, the houses I helped build long ago that vanished in the flames, and the animals gone forever. I'll think of them later. I'm not ready yet.

It was the worst of times. It was the best of times. You know who has a heart of compassion wrought with steel after times like those – people who stand together across the nation and the planet and offer what they can. Heroes with hoses defended neighbours' houses; old men and women drew from generations of knowledge, forcing their painful bodies to fire fronts to explain where the flames would leap to next.

The local 'Mosquitos' – volunteers with water tanks and hoses who took over when the bushfire brigades were exhausted, or climbed or abseiled into steep country where the RFS wouldn't let the brigade members go. Humble men and quiet women became leaders.

They saved us. Whatever is left, we owe to them. We also owe them the knowledge that we can come together and fight fires – fight anything! – when we work as a community.

I saw the fire wombat six weeks ago, further down the valley. She'd left a week after the rain. She's plump now, and brown, but the baby at her heels is black, as if born from the bushfire that almost took her mother.

Good things will grow again. **AWW**

Jackie French AM is an award-winning writer, wombat negotiator, the 2014-15 Australian Children's Laureate and 2015 Senior Australian of the Year. In 2016, she became a Member of the Order of Australia for her contribution to children's literature and her advocacy for youth literacy. The Fire Wombat, published by HarperCollins, is on sale on October 29. A portion of its proceeds will support The Wombat Protection Society of Australia.

Through the meet

In the Northern Territory's dry season, Liz Cook has one of the most dangerous jobs on Earth – wild cattle and buffalo ringing. She shares her unlikely journey with **Tiffany Dunk**.

hen Liz Cook first arrived in the Top End in 2013, she had one broken arm and was carting six-month-old son Blake in the other, while two-year-old Charlie trailed behind. The trio was finally joining Liz's husband, Willie, who had taken a contract flying for North Australian Helicopters five months earlier. He'd been forced to find a new job after their dairy grazing farm in New Zealand's Central Otago was sold by the bank when a client defaulted on a large payment.

The sweltering heat, red dust and isolation were a far cry from the lush green hills, relatively close quarters and chilly temperatures they were used to, but Liz was determined to make a go of their new life Down Under.

And so, as she waved her husband off on what was supposed to be a six-day trip to a property some 1500km away (it would prove instead to be six long weeks, thanks to a series of floods), Liz gathered the kids and stepped inside their new home ... where she promptly found a snake in the toilet.

"During the time Willie was away, Charlie got stung by a paper wasp and I'd never seen one of those before," Liz chuckles to *The Weekly*. \rightarrow

Life on the land



(2)

MICHAEL BENNETT.

Der

Life on the land

"We're an hour away from town and I was like, 'Will that cause a major reaction?' Then there was the time I had to go and start a bore that was about 50km from the homestead.

"I went out in a Toyota that wasn't exactly reliable and had to crank the handle and pull it away before it let go. There were a couple of times it swung off and went flying over, narrowly missing my head, and there I was with the two little boys. It was a tough time out there ... I thought, 'God, what have I done?'"

But the former ER nurse is made of tough stuff. Looking at the other women in the area, Liz realised she needed to take a leaf out of their book to not only survive, but thrive, in her new outback home.

"Australian women are so capable," she says. "We've got neighbours, girls who will shoe 10 horses and do pregnancy tests on the cattle and brand all the calves, and I looked at these girls and thought, 'If this is what I've got to be, then I've really got to step up.'"

So, she got to work. When Willie finally returned, Liz started helping him out with the odd job, in addition to taking on short stints nursing in remote areas. And then, one day, she filled in when one of his men was away, jumping in the bull catcher and collaring her first wild buffalo. And she's never looked back.

Outback ringing is a high-risk, high-reward job which very few women take up. And now Willie, 39, and Liz, 41, are among several in the region whose adventures have been captured for the upcoming ABC documentary series *Outback Ringer*.

The process starts with negotiations. Willie will meet with local landowners – some traditional, some partial lease-holders – to ask permission to remove the wild cattle and buffalo from their remote properties. These animals are causing havoc in the region, eating native grasses, making a mess of the watering holes and damaging the environment.

Previously, they would simply be culled: shot from the air and their

bodies left to rot. But by enlisting an outback ringer – who then sells the captured cattle and buffalo either for breeding or live export – this is a humane way of not only solving the problem, but creating a cashflow for both parties.

Once permission is granted, the action begins. Willie spots targets from the air, giving directions from his helicopter, while Liz roars towards them on land in a bull catcher – an armoured vehicle with a mechanical "catching" arm which wouldn't look out of place in a *Mad Max* movie.

"I feel really safe in the bull catcher," Liz says of the daredevil machinery, adding it's only when you dismount that the danger increases.

Once the bull or buffalo is captured by the mechanical arm, she'll wrap a rope around their horns, making sure her fingers are clear and she's

"The bull picked me up and threw me in the air like a rag doll."

far enough to jump back should they push towards her. It's also a juggling act to load them onto the truck, although she says she's learnt to read their body language.

"If he's got his head up and horns up, and he's turning and looking at you, tracking you, then he's going to charge you," Liz explains. "If you push him a little bit on his hip and he just moves off, then he wants to run away. They react in what their survival techniques are – fight or flight."

Despite this knowledge, Liz has copped several serious injuries over the years. Once, she was kicked in the head while branding a large bull. Another time, she was struck across the chest with a panel, which had dislodged after a buffalo charged at the fence separating the pair.

"We had one day where two big bulls came up and the panels broke open," she recalls with a shudder. "I was right in the path of one of them and he just picked me up, threw me in the air like a rag doll and tossed me across the gravel, straight on my face. I was battered and bruised but, luckily for me, after that he just ran off."

There are other dangers, too, especially when it comes to raising young boys on the land. Charlie and Blake are now nine and seven respectively and, "they don't go far away from me – I know where they are all the time," Liz says. "When I grew up in New Zealand, we'd take the horses down for a swim in the river and Mum wouldn't be worried that we'd stand on a snake or be eaten by a crocodile or anything!"

The boys are homeschooled, given their property, Bauhinia, is 650km from Katherine, the nearest town. It's also a three-hour round trip to visit the nearest medical centre, and in an

> emergency, it would be a fourhour care flight to the hospital in Darwin. But the family wouldn't have it any other way.

> "The boys have a really charmed life out bush," Liz says. "They have a pet freshwater crocodile that we've relocated, they adopted orphaned kangaroos and foals and calves.

They're learning to weld – they're actually better at it than me – and they're good with mechanics, too. They're learning some good life skills."

And for now, it looks like both will follow in their parents' footsteps. "Charlie is mad on helicopters, so Blake will say, 'You're going to fly and I'm going to ride the bull catcher'," their proud mum says.

"We are very fortunate because we get to go onto places a lot of people haven't been before. On some Indigenous properties, no white people have ever been there before. We get to sit around the camp fire and hear the stories of the Dreamtime and the stories of yesteryear and how people coped. We are very privileged to get to hear the story of the land." **AWW**

Outback Ringer starts on ABC and iview on October 20 at 8pm.





Clockwise from top left: Liz says her young sons are fortunate to experience outback life; a bloodied and bruised Liz after her frightening encounter with a bull; from dolled-up to behind the wheel; Willie, Charlie and Blake; Liz and Charlie love their exciting outback adventures.










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Woman we admire

Finding Managements

Lowitja O'Donoghue is our greatest Aboriginal leader, a so-called Stolen Generation "success story". But, in a profoundly moving authorised biography, **Stuart Rintoul** unravels the truth about her painful childhood.

boriginal leader Lowitja O'Donoghue has received many honours over the course of a long life: Commander of the Order of the British Empire, Australian of the Year, National Living Treasure, Companion of the Order of Australia, and even Dame of the Order of St Gregory the Great, a papal honour.

As Chairperson of the Aboriginal and Torres Strait Islander Commission, she led a \$1 billion organisation with fierce integrity. She sat opposite Prime Minister Paul Keating to negotiate the first native title laws.

In 1996, she was a contender to be Governor-General, and had Australia voted to become a republic, she would also have been a contender for the nation's first president.

Keating called Lowitja "a remarkable Australian leader". Indigenous lawyer Noel Pearson called her the greatest Aboriginal leader of the modern era: "the rock who steadied us in the storm".

But when Lowitja was born in 1932 to an Aboriginal mother and a white father in the harsh, ruggedly beautiful landscape of Central Australia, the expectations for her life could not have been more different.

At the age of two, Lowitja was handed over to the missionaries of



the Colebrook Home for Half-Caste Children in Quorn, South Australia, and cut off completely from her people and her culture. She would not see her mother again for more than 30 years, while her father faded from her life altogether.

Some of those who were children at Colebrook will carry the ache of being separated from their mothers all their lives, while others describe it as "a loving sanctuary" and say that they were not stolen from their mothers but saved – from violence, or abuse, or poverty.

One of the children, Faith Thomas, remembers constant love and attention. Another, Nancy Barnes, will write of her time at Colebrook: "We didn't miss out on anything, as I recall. Except perhaps our mothers."

For Lowitja, Colebrook was both childhood and deprivation; questions that no-one would answer: Who am I? Where is my mother? It was a place of rigid discipline and joyless religious observance, bad food, and endless praising of the Lord. It was the ringing of the triangle that hung near the well, and being punished for "childish things". The sting of a strap soaked in water and allowed to dry to make it harder.

"I am sometimes identified as one of the 'success stories' of the policies of removal of Aboriginal children," Lowitja says. "But, for much of my childhood, I was deeply unhappy. I felt I had been deprived of love and the ability to love in return. Like Lily, my mother, I felt powerless. And I think this was where the seeds of my commitment to human rights and social justice were sown."

In this extract from Lowitja, the authorised biography of Lowitja O'Donoghue, she is reaching the end of her 15 years at Colebrook, where missionaries Ruby Hyde and Delia Rutter prayed to God to provide for their house of many children. \rightarrow

Woman we admire

AT THE COLEBROOK HOME

for Half-Caste Children, Violet O'Donoghue runs through the house, bare feet padding on the floorboards, calling out for her little sister.

"Iti," she calls, using the Pitjantjatjara word for baby. "Iti ..."

Lowitja is "the baby", although by now she is a child, the youngest of the O'Donoghue children at the Colebrook Home. Vi is her protector. Their bond will run deep all their lives. It will be Lowitja's earliest memory, the loving sound of her sister running through the house calling for her, and then, as she gets older, riding on her brother Geoffrey's back with her feet tucked into his pockets, all the two miles to school.

It is a crowded house, full of children taken from their parents and told to forget, watched over by spinster missionaries Ruby Hyde, who is short and stout with hazel eyes that see everything, and Delia Rutter, who is small and thin and gentle. The missionaries are devoted to God and to the children; but at night, when the house is quiet, a child is often crying.

Lowitja does not feel loved. She is fond of Sister Rutter, but regards Matron Hyde as cold and stern, and calls her by the Pitjantjatjara name the children give her: *kungka pikati* – "the angry woman".

Lowitja is often in trouble: "I remember in my very earliest days

standing up for what I believed in. One of the earliest memories I have is of coming between the matron and the strap. I would often stand in the way when the strap was intended for others, with the result being that I, too, got a beating."

The children are told that Aboriginal culture is "of the devil". They are forbidden from asking questions about their past, their parents, and they are forbidden from speaking their native languages. So, out of earshot of the missionaries, they make up their own secret "Aboriginal" words, and cling to those they remember, including the Pitjantjatjara words *tjitji tjuta* – "many children".

When new children come into the home, they huddle around them and ask the questions that the missionaries will not answer: "Do you know my mother? Do you know where she is?"

In this way, Lowitja learns that her mother's name is Lily, that she is "a full-blood Aborigine", and that she is living "up there ... in the bush".

"Our hearts ached to know who we were, where did we come from, where were our mothers, and who were our fathers, and why wouldn't they tell us. These words were never spoken, so the ache continued."

Two years after she arrives at the home, an article appears in the Adelaide *Advertiser*, marvelling at the transformation of the Aboriginal children: "Those who have seen the Colebrook Home children are surprised by their charm, their intelligence and the fact that they are 'like ordinary children'. It is only the training of a Christian home that has made them so. When they were brought in from the bush, they were wild, frightened, dirty and ignorant. Few of them had known anything of civilised life."

A spokesman for the home tells *The Advertise*: "The Home training has two objects: first, to make Christians of these children, and second, to merge them into the white population. As they are half white, it is better to develop in them the instincts of Europeans, and to make useful citizens of them, than to leave them in camps to become Aborigines."

The missionaries rely on faith and charity – God's provision. Sometimes





Left: At Colebrook Children's Home. Lowitja is front row fourth from right, laughing. **Missionary Ruby** Hyde is left, and **Delia Rutter** stands on the right. Lowitja was fond of Sister Rutter, but called Sister Hyde kungka pikati – "the angry woman".

"The Home training has two objects: first, to make Christians of these children, and second, to merge them into the white population."

the baker bakes too much bread, or burns the crusts, or the greengrocer has left-over cabbages, or someone brings them a load of wood, and then the missionaries ring the triangle that hangs by the well and the children have to run to thank the Lord. For every act of charity they receive, they sing the hymn *Praise God from Whom All Blessings Flow*:

Praise God, from whom all blessings flow;

Praise Him, all creatures here below; Praise Him above, ye heav'nly host; Praise Father, Son, and Holy Ghost! ...

At mealtimes, the children line up on the veranda and march into the dining room, singing *Marching Beneath the Banner*. They sing *Onward Christian Soldiers* and the Colebrook hymn, in which little girls serve Christ and boys are washed from sin. All her life, the hymn will come quickly to Lowitja's mind:

Christ paid the debt for all the little children, Christ paid the debt for us all; Christ paid the debt for all the little children, in the Colebrook children's home.

Happy is the girl who is serving Him, happy is the boy who is washed from sin; Never to a child will the Lord say no, So let us all to the Saviour go; For Christ paid the debt for all the little children, in the Colebrook children's home.

And to be washed of their sins, they sing *Whiter Than Snow*:

Whiter than snow, yes, whiter than snow, Now wash me, and I shall be whiter than snow.

On Sundays, the children go to

church, three times. Sometimes they go in Matron Hyde's car, the one she calls Jonah, and then later in the one she calls The Whale: "We'd all climb in, the big girls first and we little ones over the top, sitting on their knees. There was always such a fuss made by the big girls about their stockings. 'Don't crease our clothes', they'd warn us. And 'don't ladder our stockings'."

Some go to the Salvation Army and some to the Methodists, where they play in the band and sing in the choir. No games are played on the Sabbath; but one of the big girls, Miriam McKenzie, has a love and gift for music and plays a steel guitar.

Colebrook is also climbing trees and playing in the creek and games of Kick the Tin and Knucklebones. Sometimes they find wildflowers as they walk to school along the highway into Quorn, scrambling over the dry rocks of the Stony Creek and the \rightarrow

Woman we admire



equally stony Pinkerton Creek. Or they jump a fence to chase a kangaroo and forget to go to school altogether.

At the edge of town, where a park will later be created to commemorate the pioneers, the white children at the Catholic school, alongside the Church of the Immaculate Conception, see them coming down the road, all the Colebrook children, and taunt them with a murderous rhyme: "Nigger, nigger, pull the trigger." And the Colebrook children chant back at them: "Catholic dogs, jump like frogs, in and out of the water."

In the town, they pass a pretty house. To Lowitja, it looks like something out of a picture book. "That's the best house in Quorn," she says, over and over. "One day, when I'm older, I'm going to buy that house."

And one day, she does.

At night-time, they pray together: "Gentle Jesus, meek and mild, look upon a little child." After which, in (mission historian) Violet Turner's pungent expression, they drift into "the land of forgetfulness".

In Turner's expurgated telling of it, in her book *Pearls from the Deep*, there is no sadness, or longing, only the joy of salvation:

Nothing pleases the children more than to gather around the little organ and sing hymn after hymn. They know by heart dozens of hymns and choruses, and a number of chapters of Scripture. As they sang, our eyes wandered around the group, and we pictured each child as he had been when first he came to the Mission. We could see again, in memory, the frightened, wild faces, the dishevelled hair, the expression of blank ignorance, almost stupidity, that had characterised them then.

Now, what a change had been wrought by the grace of God! Faces eager and full of animation, eyes sparkling with health, voices raised in songs of praise to Him who had called them out of darkness into His marvellous light – such they were now, and our hearts followed their voices in praise for what He had done.

The children are very young. In November 1941, the secretary of the United Aborigines Mission, Reverend A.B. Erskine, writes to South Australia's chief protector of Aborigines, William Penhall, saying the mission prefers children to be seven years of age or under: "Over this age it becomes increasingly difficult to control them, as they have learned so much of the bush ways and habits."

In photographs, Lowitja is a little girl in grey second-hand clothes, wishing she had something bright and frilly to wear. She tries desperately to be noticed and spends hours brooding over how she has come to be here, without a mother and a father, and why no one comes to get her: "When I was very tiny, I would ask, 'Who am I, who is my mother, who is my father, where do I come from?'"

By the time she is seven or eight, she stops asking: "I wasn't getting any answers. The other children in the Home became my family." **AWW**

This is an edited extract from Lowitja, the authorised biography of Lowitja O'Donoghue by Stuart Rintoul, published by Allen & Unwin. On sale now.



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The search for answers about her mysterious family history, via her

My story

elusive godmother Nan, left **Monica McInerney** reflecting on the importance of family storytelling.

As a child, I was obsessed with a family mystery – the sudden death of one of my aunts. I always believed that my godmother, Nan (my father's older sister), held the key to unlocking it.

Dad and Nan's half-sister drowned, aged 44, in an underground water tank on the family farm in South Australia in 1957. Her death was always spoken about in hushed tones. Conversations stopped if any of us from the younger generation came into the room. I always felt sure there was more to it ... Had it been an accident? Was it suicide? Or something more sinister?

Dad said he didn't know. I felt sure my godmother did. All I had to do was find the right time to ask the right questions. But I knew it wouldn't be straightforward. From an early age, I'd realised Nan wasn't an easy nut to crack.

Nan was born in 1924. At the age of 14, she contracted polio and spent a year in a hospital for infectious diseases. At home, her father was gravely ill with tuberculosis. My gran made the day-long journey from their farm north of Adelaide every week, even though she wasn't allowed into the hospital. She would stand outside as Nan's bed was moved to the window so they could see one another. Scenes during the COVID-19 pandemic often reminded me of that heartbreaking story.

Polio forged Nan's personality. Although the disease severely restricted her mobility and left her reliant on walking sticks for the rest of her life, it made her fiercely determined and independent. As she grew older, she also became obsessively religious and increasingly eccentric.

At 17, I moved to Adelaide to work on Channel Nine's



Here's Humphrey children's TV show. Nan would turn up unannounced outside the studio in her car, sounding the horn until I – or someone else – emerged. Another time, after moving interstate, I was staying in a 12-storey Adelaide hotel on a work trip. A beeping horn far below brought me to the window one morning. Nan, once again.

She used the same technique with bank staff, pharmacists and – most memorably – her local priest, who found himself summoned from lunch one day to hear her confession in the car. As the joke in the family went, Nan pioneered drive-through shopping.

She travelled overseas once in her life, on a religious pilgrimage to holy sites in France and Ireland. On her return, I visited, eager to see her photos. She'd taken hundreds from the tour bus, she told me, handing me the packets. All that was visible in each was a sliver of window and the seat in front, occupied by a woman who clearly wore a large hat every day.

As Nan grew older, she began hoarding new clothes, ordered over the phone from catalogues, in pre-online shopping days. I was often dispatched to collect or return her purchases to shops all over Adelaide. When I helped pack up her unit in 2001, after she decided to move into a nursing home, I found six wardrobes filled with new dresses and blouses – many still with the tags on.

Over the years, I tried hard to get to know her. I visited

Family ties

as often as possible, sitting among the holy pictures and religious statues, hoping for a special godmother-goddaughter relationship. A chance to hear stories of her childhood, and yes, learn more about my late aunt's death.

I learnt that Nan was more skilled in evasive answers than the most seasoned politician. She wouldn't so much give a vague reply as answer a question I hadn't asked. I would start simply: "Did you enjoy your childhood on the farm?" After a pause, an answer: "The weather's nice today." Another time, I asked about her relationship with her mother. A long pause. "You've got nice hands," she said.

One afternoon, the year I turned 20, she invited me for lunch (asking me to "pick up a chicken" on my way). I arrived with a bottle of wine, too, hoping a glass might help her relax and open up. Two hours later, I staggered out with the empty bottle. Her glass was untouched, her lips still sealed.

Occasionally, I took her on day trips, hoping they might lead to deeper conversation. "Do you have many memories of getting polio?" I asked her once as we drove through rural South Australia, near her childhood farm. "They gave us a nice cup of tea after Mass last Sunday," she said.

Some kilometres later, I asked if it had been difficult at times having four older half-siblings, from her father's first marriage. "Are they new shoes?" she asked. As the yellow paddocks flashed by, I decided to try the direct approach. "Nan, do you think there was more to your half-sister's death than a drowning accident?" There was a long pause. She gazed out the window. Finally, she spoke. "The trees are holding their own," she said.

After that, I gave up on the idea of solving the mystery of my aunt's death. Instead, I turned my attention to Nan herself. I yearned to break through her protective layers; to hear the truth of her life. I felt sure she had important stories to tell. She'd grown up through the Depression, moved from the country to the city, found work as a telephonist, learnt to drive.

A photo of her in her 20s showed a bright-eyed, pretty woman. Had there ever been a suitor? She was very close to her mother and several elderly aunts, living together for years, in dark rooms, sleeping on single beds. (Mum said as children we would ask: "Why does that house have so many dead people in it?"). I longed to ask Nan: "Is this the life you wanted? Did you ever wish you could escape from your family? Have you been happy?"

It didn't matter how much time I spent with her, how gentle my questions were, how genuine my curiosity. Her skill at batting away anything I asked almost became a game between us. Nan died in 2008 at age 84, outliving all her brothers and sisters, and taking everyone's secrets

Clockwise from right: Nan was a spirited, attractive young woman; Nan and me in 2001 as we packed up her unit; Nan holding me as a baby in 1965; resolute Nan kept all her memories to herself.



with her. She left behind a great deal of religious material – and many dresses with the tags on.

The idea of one generation hiding something from the next still fascinates me as a writer. My new book, *The Godmothers*, follows two women – the custodians of many secrets relating to their goddaughter, the only child of a beloved, troubled friend who died too young. It's a story full of moral dilemmas. Is it always best to tell the truth? Or is it sometimes better to lie?

I'm now a godmother myself, to my sister's second daughter, aged 25 and living in Berlin. I treasure our close relationship. We talk often, visit one another (I live in Dublin) and meet at family gatherings. But what if she starts asking me searching questions – about her mother, aunts and uncles, about *me*? Seeking more details about this or that family story, one I believe shouldn't be shared?





None of us were angels, after all. Will I always tell her the truth? Or will I discover I've inherited a skill for evasion, too? I suspect I know the answer: "The trees are holding their own." **AWW**

The Godmothers by Monica McInerney, published by Michael Joseph, is on sale now.



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2

Briana Collins For the love of Gran

Bri Collins devised a revolutionary way to defend the environment and is helping young Queenslanders take Clive Palmer's company to court – and it's all thanks to her courageous grandmother, writes **Samantha Trenoweth**.

s a kid, Bri Collins' happy place was gardening with her grandma in the rambling yard behind the family's Queenslander in suburban Brisbane. "That," she says, "is where I learnt my love of nature."

These days, however, spare time to spend in the garden is a rarity. At just 24, this newly-minted law graduate is helping young Queenslanders take on Clive Palmer's Waratah Coal in the Land Court. It's a David and Goliath battle, conceived as a final-year uni project, which could have far-reaching implications for both the environment and the law.

Bri says that she has both her mother and grandmother to thank for the mix of empathy and determination that is helping her to see this case through.

"I was very much born into a family that understood social justice," she says. "And because my parents and my sister and I lived with my grandmother, she was a very direct influence on my life. The first and most obvious thing I learnt from her was a fortitude of self. She was very true to herself, had an incredible conviction, could be quite fierce but very warm-hearted, and she taught me strength ... Spending time with her, you wouldn't have any idea of the horrors she'd endured."

Bri and her sister Melita called their maternal grandmother "Omi", but her name was Vladislava Kozlovskis. She'd fled Latvia with her husband and young family after WWII and the brutal occupation of her homeland by Nazi Germany and the Soviet Union.

Vladislava found shelter in a refugee camp in Denmark, along with her seven children – her eighth was born there. Then the family secured passage to Australia and moved first to the Greta migrant camp in the Hunter Valley, then on to Brisbane, where Bri's mother Ingrida was born.

"Omi suffered all the trials of refugees at that time – coming to Australia by ship, facing the language barrier, living in financially tough circumstances," Bri recalls. "My grandfather died when Mum was eight, so Omi became a single mother. She worked as a cleaner and as a factory hand in the Golden Circle pineapple factory. She had married at 15 and had her first kid by 16 or 17. In Latvia, she'd never had access to formal education, never been to primary or high school, so she had a starkly different upbringing from me. It was amazing for her to watch her granddaughters grow up and have a really fulfilling education [Melita has studied music]. I think that's something she was very proud of."

And her granddaughters were proud of her in turn.

"As a young woman growing up," says Bri, "to hear her stories of how she was able to take life so head-on was very inspiring. I wouldn't live in Australia and have the opportunities that I have if it wasn't for her odyssey coming here and all the sacrifices she made. I think that's a very Australian experience – that awareness of the sacrifices of the immigrant generation for the generations to come."

In part as a result of her grandma's stories, Bri grew up with "a passion for international law and human rights" and a determination to make a difference. \rightarrow





After school, she enrolled in an Arts/Law degree at the University of Queensland and got involved in a number of social justice projects.

"I also had the great privilege of spending time in Greece, in a warehouse run by a charity called Help Refugees," she says. "I packed up food and clothing donations. That was the beginning of 2018. It was a cold winter and there were Syrian refugees freezing at the borders and sleeping rough." Bri couldn't help thinking of her omi.

Meanwhile, she had been reading about climate change, and realised that people were displaced by things other than war. The World Bank had recently estimated that 143 million people would be displaced by the effects of climate change by 2050 in South-East Asia, sub-Saharan Africa and Latin America alone. Bri came to see that climate change was not just an ecological issue. "It is a racial issue and a poverty issue – a human issue – as well."

Back at university, it was time to begin work on her final research project, and Bri hoped she could devise a thesis that would bring together her two great passions. She'd won a scholarship to study under "an amazing environmental law professor called Dr Justine Bell-James, who said, 'This is your project. I want it to be something you're passionate about.'"

Coincidentally, while Bri was trying to decide what that project might be, the Queensland government introduced the Human Rights Act 2019, and she realised this new legislation might hold the key. Would it be possible to argue, she wondered, that the impact of climate change was violating our human rights?

"I used to work across the hall from Justine, and I would work alone for several hours and then rush across they get a second opinion from the Environmental Defenders Office. "I ended up in the office of their

principal solicitor at the time, Sean Ryan," Bri remembers with a jubilant smile. "We went there truly with the intention of saying, 'This is our idea for a research paper. Do you think it makes sense?' And Sean said, 'I want to run the case.'"

That's how Bri ended up working with the EDO to take her university project to court.

The EDO is representing a local nature reserve and a

group of young Queenslanders who go by the name of Youth Verdict. They're arguing that Waratah Coal's proposed mine will adversely impact both the local ecosystem and young people's human rights, including their rights to culture and to life, by exacerbating climate change.

The case will make legal history. It is the first time human rights arguments have featured in a climate change case in Australia, the first time a case like this has been led by young people and, if it succeeds, could set a critical legal precedent. As if that wasn't enough, Bri is also a finalist, this year, in the *Lawyers Weekly* Law Student of the Year Awards, and in September she was admitted as a lawyer.

Her omi passed away three years ago at 98, but Bri knows that, if she was still here, she would be proud. She might even run up a batch of her legendary piragi (dumplings). "When

"Omi's stories of taking life head-on were very inspiring."

with what I naively thought was a brilliant idea. She would often say, 'Well, we need to think about this a bit more.' But I do remember talking to her one day about human rights as an avenue for climate litigation and seeing her eyes light up."

Bri returned to her desk with renewed energy and buried herself in research until she had a draft of the idea that she felt confident about. Justine was impressed, and suggested there was a big family gathering, we would stand around the table with my grandma and pump out hundreds of dumplings because, if you've ever cooked with Eastern European women, you'll know they can't make 10, they have to make hundreds!"

Bri suspects her recent achievements would call for at least 100 dumplings.

"Literally everything we did was amazing to Omi," she says. "She would have been incredibly proud." **AWW**

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Humour



Neighbourhood watch

Staying within the lockdown boundary has led this columnist to develop an unexpected new hobby.

y dog Eric has had the best year of his life. In 2020 he's been #soblessed with constant companionship at home and – due to the fact that we've been unable to travel - no dog-sitters or weekend kennels. He's never been happier or more popular going on daily walks with all six members of our family, the next-door neighbours and the man across the road. Subsequently, he's the only person in this house who hasn't stacked on the COVID kilos and is swimsuit-ready for summer.

At first I was bored with the idea of only navigating my neighbourhood, as I'm a lady who likes to get around town and Eric needs new fences to pee on and butts to sniff. I mean, who doesn't? But I decided I wouldn't



whinge about restrictions, as some have it far worse than us. Instead, I saw this time strolling my

local streets as an opportunity to participate in something I never have time for – perving

over fences, through gates and down driveways. Oh, don't get me wrong, this isn't a Peeping Tom "I'd like to steal your underpants off the line" perv. Rather it's a Shaynna Blaze "I'd like to redecorate your house because you need help" kind of perv.

Well, actually, that's not always the case. Sometimes I'd just like to change a paint colour (please no more Victorian Green EVER), reposition a letterbox, box away the box hedging or up the ante on the upkeep. The sight of weeds cascading from the guttering of a suburban three-bedder like a tribute to the Hanging Gardens of Babylon leaves me wanting to dob the owners into the council for a breach of by-laws. Unlike the Seven Wonders of the World Hanging Gardens, I have the exact location thankyouverymuch council.

I'm not always Negative Nellie, though. Sometimes I play my favourite game where I fall in love with a house and mentally move myself in. Usually these are the ones with tennis courts, agapanthus-lined driveways and expansive front lawns, and usually it's only me and Eric who make the shift. We're happy and peaceful there, holding paws, drinking gin and watching the sun set over our vast land holdings – until the fantasy is shattered by a call from one of the kids wanting to know where am I, what I'm doing standing in front of somebody's house like a weirdo, why I've been gone so long, and when the load of washing finishes because they really want to wear their favourite T-shirt. No it wasn't dirty, apparently, and it's their prerogative to leave clothes lying damp on the bathroom floor. I should just leave them alone.

Bingo. This is what I've enjoyed most about my walks: Closing the door and leaving my troubles (mostly the two teenagers) behind. I've loved the alone time strolling the suburb as it's left space for another pleasure: eavesdropping. When I walk past a house and hear somebody else yelling at their kids about not turning on the bathroom fan, I become delirious with joy. Arguments about whose turn it is to unpack the dishwasher stimulate my spray arm. Brothers and sisters screaming that one put a booger on the other usually sends me insane, but from children not born of my loins, I find it highly amusing.

I'll miss this when it's all over and we're back to speeding through life and our neighbourhoods in tin boxes with wheels. Perhaps I'll walk more, talk less and listen harder. Because the sounds of them, of people on my patch getting on with life as best they can, drives home the fact that we're all in this together. We really are. **AWW**

ABOUT THE WRITER Amanda Blair lives in Adelaide with her four children and a husband she quite likes when she sees him.

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BEST IN RANGE

TOP MOUNT FRIDGE



WTB4600W = \$1099

THE FEATURES

With a streamlined flat door design, this fridge will look at home in any kitchen. Internally, it offers a full-width humidity controlled crisper bin and a FamilySafe lockable compartment plus SpillSafe glass shelves.

THE BENEFITS

The efficiency of the FreshSeal crispers helps to reduce wastage by keeping your food fresher for longer while the FlexStor adjustable door bins gives you complete flexibility for jar and bottle storage.

ENERGY RATING

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ENERGY RATING



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MR-LX630EM-GSL-A **\$**3199

THE FEATURES

RI

With a dedicated vegetable drawer, LED control panel and wide chilled case, this Mitsubishi French Door fridge offers a generous 630L of chilled and freezer space. The freezer also features an automatic ice maker which doesn't require plumbing. Comes in black, white or silver finish wth glass front panels.

THE BENEFITS

The dedicated vegetable drawer (117L) is perfect for health conscious meal preparation – store ingredients for longer, keeping them as fresh as when they were picked. Wide shelves offer plenty of space for large platters and family-sized meals.

ENERGY RATING

If saving money on household bills is important, this family size fridge will certainly help.

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BEST IN CLASS

BOTTOM MOUNT FRIDGE

Hisense HR6BMFF519B = \$1699

THE FEATURES

With its sleek black finish, this sophisticated refrigerator delivers good looks and outstanding features all round. Enjoy a multifunction control panel, electronic temperature control, easy-slide drawer and a twist icemaker for your convenience.

THE BENEFITS

The Inverter Compressor Motor offers advanced chilling functions while the reversible doors allow for complete flexibility in your kitchen space.

ENERGY RATING

With Australia's highest energy rating ever for a fridge (six stars*) this model is engineered for efficiency and bill-savings.

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BEST IN RANGE SIDE-BY-SIDE FRIDGE

Hisense HR6SBSFF624SW = \$1299

THE FEATURES

Bring the perfect balance of form and function into your kitchen with the Hisense side-by-side fridge - perfect for large families. The flexible water tank offers indoor chilled water and ice while the electronic temperature control and Holiday Powersave function allows you to minimise power usage in low-use periods.

THE BENEFITS

The 624L capacity offers plenty of space all year round, including large fruit and vegetable drawers and a modular wine caddy.

ENERGY RATING

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BEST IN RANGE DISHWASHER

Míele

G7314SCUCLST = \$2499

THE FEATURES

Dishwashing is a seamless experience with the superior technology and design behind the new Miele G7314SCUCLST dishwasher. A world-first in dishwashers, it uses an automatic 'AutoDos' dispensing system with integrated PowerDisk so you can schedule your wash cycle with a touch of your phone via the Miele@mobile app.

THE BENEFITS

The PowerDisk offers exceptional cleaning outcomes, particularly for glassware and silver. It also ensures complete efficiency of detergent usage thanks to a unique Miele granular detergent which guarantees outstanding washing and drying results.

ENERGY RATING

The Miele G7000 dishwasher range offers a 4.5 star energy rating and a 6-star WELS rating for water efficiency.

EVERY EXTRA STAR SAVES 30% OF RUNNING COSTS ON DISHWASHERS



ane. \$

BEST IN RANGE

TOPLOAD WASHING MACHINE



THE FEATURES

Saving water and energy on every wash can add up, especially for large families and frequent loads. Featuring a TurboDrum to improve the washing action, this LG top load washing machine has a nine kilo capacity. The Inverter Motor (with ten year warranty on parts) ensures constant reliability.

THE BENEFITS

The machine has no agitator which allows for more room in the drum while the Smart Diagnosis can troubleshoot via a compatible smartphone and the LG ThinQ® app, saving time and money on unnecessary technician call-out.

ENERGY RATING

Save money on every wash thanks to the 4-star energy rating.

EVERY EXTRA Star Saves 27% **OF RUNNING COSTS ON WASHING MACHINES**

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ENERGY EFFICIENCY ESTIN CLASS



BEST IN RANGE

FRONT LOAD WASHER

AEG LF8E8411A **-** \$1899

THE FEATURES

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THE BENEFITS

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ENERGY RATING

Wash with confidence that both your clothes and the environment are being looked after thanks to a five star energy rating.

EVERY EXTRA STAR SAVES 27% of running costs on washing machines





BEST IN RANGE D R Y E R Miele Twf720wp = \$2499

THE FEATURES

The Miele Heat Pump Tumble Dryer is an incredibly efficient laundry partner with precise drying outcomes and a generous eight kilo capacity. Households can enjoy 12 drying programmes, an automated 'FragranceDos' fragrance setting and a honeycomb textured drum to deliver gentle garment care.

THE BENEFITS

Thanks to heat pump technology the dryer offers a eco-friendly drying solution which reduces the condensation output and effect on furniture and rooms.

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Family matters



Play it again, Pat

Will the return of an old family favourite be music to everyone's ears?

ot bad for an old girl who hasn't had her ivories tinkled for a while," said Max. "Why thank you," I gushed. "He means the piano," said the MOTH (Man Of The House). "Not you!"

Max and Reg were big blokes. They carried the piano to our living room from a basement storage cage where it had been 'resting' between engagements.

With grunts and a few terse orders (CAREFUL! OTHER SIDE NOW! WATCH THE WALL! OKAY! ON MY SIGNAL – DOWN!) Max and Reg placed the piano in the designated spot.

I'd felt guilty seeing the piano, alone and unloved down there, when I went to the storage cage for suitcases or the highchair because another grandchild



had arrived. I wanted it back in our lives. Well, back in I'd had piano

MY life! I'd had piano lessons growing up and so did each of the kids. Talented or not, our

children sang in school choirs and studied piano, violin, flute and cello. A daughter-in-law plays the bass. Even the MOTH played something called a tonette. "It was a plastic flute," he said when questioned by our son Patrick, who at the time played a real flute.

When they weren't playing their own instruments, the kids would play a battered guitar left in the garage after a party. A neighbour rang. She said there were a finite number of times she and her husband, who wasn't a well man, could listen to *Hotel California*. Especially played so badly.

So we're not the Von Trapp Family, but surely the McDermotts could put together a small chamber orchestra.

"We have four grandchildren. It's not too early to start their music education!" I told the MOTH. "Remember all those school concerts? You have to admit they were lovely."

"They were certainly long, I'll give you that," he muttered.

"Mrs Bolton would be pleased to know I was playing again." Mrs Bolton was my long-suffering, and long dead, piano teacher. In the winter she insisted I warm my fingers in front of the fire before playing.

"That's what Mozart did, dear." Max, Reg, the MOTH and I looked at the piano. "Perfect!" I said.

Then Max sat down at the keyboard and played a rousing version of Elgar's *Land of Hope and Glory*. It was like being at the Royal Albert Hall on the last night of The Proms, only without the Queen! Reg had a go, too. He played *Ode to Joy* from Beethoven's choral Symphony No. 9. Flawlessly!

There was a crowd in the hallway when Max and Reg opened the door to leave. Our neighbours had heard the music. They wanted more! Max and Reg agreed to play a few favourites.

Purcell's *Trumpet Tune* and Handel's Arrival of the Queen of Sheba filled the room. I put out drinks and nibbles. The MOTH considered selling tickets.

Then Reg's mobile rang. His wife wanted to know where he was. The concert had to end. The applause was deafening. Max said to me, "Remember everybody wants to play, but nobody wants to practise. You gotta practise!"

"I'm learning a few Christmas carols," I said to the MOTH as I ran through my scales. "I'll play *The Little Drummer Boy* when the kids are here."

"Just don't play *The Little Drummer Boy*," he shouted. "It goes on and on and on!"

"Are you wearing earplugs?" I asked. "Can't hear you! I'm wearing earplugs!" **AWW**





Take cues from the screen icons of yesteryear as the temperature rises. Hit the road, throw a garden party, head to the country or enjoy a summer staycation.

Fashion



Sportscraft jacket, \$349. 2. LMND bag, \$60. 3. J.Crew T-shirt, \$39.95. 4. H&M Conscious Collection silk scarf, \$29.99. 5. Trenery pants, \$179.
Trelise Cooper dress, \$499. 7. Valet headband, \$69. 8. Saba pants, \$249. 9. Hush Puppies ballet flats, \$139.95. 10. Saba shirt, \$249. 11. Boden denim dress, \$170. 12. Bondi Born pants, \$525. 13. AM eyewear, \$280. 14. COS cardigan, \$150. 15. Oroton backpack, \$399. 16. Bondi Born bikini top, \$160, and bottoms, \$140. 17. Ultra Violette suncream, \$35. 18. ASOS shirt, \$36. 19. Seafolly hat, \$49.95. 20. Sandro trainers, \$390. 21. Bondi Born silk shirt, \$525. 22. Seed earrings, \$19.95. 23. LMND bag, \$249.



H&M skirt, \$79.99. 2. Coop shorts, \$169. 3. Reliquia necklace, \$249. 4. Maje dress, \$575. 5. Senso sandals, \$220.
Oroton bag, \$369. 7 Sportsgirl sunglasses \$39.95. 8. Uniqlo top, \$49. 9. Uniqlo pants, \$49. 10. Gucci fragrance, \$280. 11. Reliquia earrings, \$189.
12. COS shorts, \$115. 13. Oroton shirt, \$329. 14. H&M dress, \$59.99. 15. Senso ballet flats, \$220. 16. H&M dress, \$59.99.

Fashion

COUNTRY WEEKENDS

8

Khaki and neutrals are perfect to pack for a weekend away.

ASOS pants, \$56 2. R.M. Williams jacket, \$399. 3. Auguste dress, \$199. 4. Seed bucket hat, \$39.95. 5. Country Road hat, \$39.95.
6. Zara skirt, \$189. 7. Zara pants, \$189. 8. Pandora bracelet, \$229. 9. Clarks wedges, \$159.95. 10. Oroton shorts, \$349.
11. COS dress, \$150. 12. John Frieda hair masque, \$15. 13. Sandro belt, \$270. 14. Hush Puppies shoes, \$149.95. 15. Zara jacket, \$99.

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Katharine Hepburn in casual

mode

on the African Queen set.

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Fashion



Bohemian Trader dress, \$249. 2. JW Anderson X Uniqlo T-shirt, \$19.90. 3. Ginger & Smart jumpsuit, \$599. 4. Uniqlo knit, \$49.90.
Seafolly hat, \$59.95. 6. Country Road towel, \$64.95. 7. Burberry lip gloss, \$37. 8. Auguste dress, \$199.
ASOS trousers, \$56. 10. Senso slides, \$89. 11. Ginger & Smart jumpsuit, \$599. 12. Country Road tote, \$69.95. 13. Oroton shirt, \$329.

Audrey Hepburn remains a style influence.

10

SUMMER STAYCATION

Opt for soft, ladylike pastels for a touch of seaside glamour.

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1. **Reliquia** earrings, \$189. 2. & 3. **Zara** blouse, \$65.95, and shorts, \$39.95. 4. **Maria Farro** sandals, \$199. 5. **COS** jeans, \$135. 6. **Valet** hair pin, \$59. 7. **Oroton** dress, \$479. 8. **Teva** sandals, \$109.95. 9. **ASOS** T-shirt, \$24. 10. **Oroton** pants, \$299. 11. **Bec & Bridge** swimsuit, \$150.

finner

Contraction of Contra

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HELLO SAILOR

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Channel Brigitte Bardot with classic seaside stipes and playful gingham.

Brigitte's natural beauty epitomised the 1960s.

> THE AUSTRALIAN WOMEN'S WEEKLY ICONS ISSUE 7, \$9.99, ON SALE OCTOBER 26. VISIT MAGSHOP.COM.AU

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WOMEN'S WEE

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Trenery T-shirt, \$59.95. 2. Uniqlo shirt, \$49.90. 3. H&M hat, \$19.99. 4. JW Anderson X Uniqlo jeans, \$59.90. 5. Zara knit, \$55.95.
Zara lace-up top, \$169. 7. Karen Walker sunglasses, \$250, at the iconic.com.au 8. Pandora earrings, \$79.90.
Trelise Cooper top, \$349. 10. Clarks slides, \$139.90. 11. Brigid McLaughlin pants, \$299. 12. OPI nail vanish, \$12.50. 13. Senso thongs, \$220. 14. Seed tote, \$79.95. 15. Bec & Bridge bikini top, \$80, and high-waisted briefs, \$85. 16. Sportscraft pants, \$179.99.

Fashion

Happy birthday Swarovski!

The world-famous crystal brand celebrates 125 years of craftsmanship with a new collection paying homage to its rich legacy. Back in 1895, when Swarovski was founded in Wattens, Austria, the family-owned business vowed to take on the world with its dazzling crystal and glass accessories. And that it's done! To celebrate its 125th birthday, Swarovski has launched a new collection of the brand's timeless classics, reimagined with a modern twist.

Above: Swarovski Time hoop earrings, \$99; Time necklace, \$399. Below: Swarovski Thalia ring, \$99.



BARGAIN BUYS

Online retailer The Iconic has launched an online outlet stocked with leading Australian and international labels and where even more bargains are to be found. Head to outlet.theiconic.com.au for more – and happy shopping! Bared THP sneakers, \$239.

FASHION EDITOR'S PICK we love this loungewear set from papinelle, which has collaborated with new zealand designer karen walker for its new spring collection.



Papinelle x Karen Walker Love Letter Floral Boxer PJ, \$109.

Fashion hereb by Jamela EJJAMAI

ONE STEP AT A TIME

Melbourne shoe label Bared has pledged \$50 from each pair of its new Hornbill THP sneakers sold to not-forprofit The Hunger Project. Inspired by a trip to Malawi, Africa, founder Anna Baird says the funds will go to help the Malawi community sustainably end their poverty and hunger. Available in two colours, chic leather trainers are perfect for your summer wardrobe. Visit bared.com.au and thp.org.au for more.

Clockwise from above: J.W. Anderson x Uniqlo shirt, \$49.90; coat, \$129.90; and skirt, \$59.90.

Collaboration alert

Japanese retailer Uniqlo is famous for its simple, high-quality, low-cost apparel and collaborations with designers including Marimekko and Jil Sander. October 29 sees the release of its latest pairing, this time with London-based fashion house J.W. Anderson. The summer collection also includes gingham checks and patchwork, accessories and a kid's line. Visit uniqlo.com/au

Australia's unique natural flora has become a veritable goldmine for skincare scientists. Juliette Winter does some digging on the Aussie natives that are changing the face of the beauty industry.

f you've ever picked up May Gibbs' classic children's book series *Snugglepot and Cuddlepie*, you'll understand the captivating magic of Australia's natural landscape.

From the cheeky gumnut babies to the sweet little wattle babies, Gibbs recorded the enchanting beauty of native plants with fresh eyes. What she saw was a country that was unique for its diverse plant life; flora that managed to magically thrive in the harshest of climates.

"Many people don't realise that the Australian landscape actually has more biodiversity than the Amazon and Asia combined," says Biologi founder and cosmetic chemist Ross Macdougald. "Aboriginals have long been tapping into the power of Australian natives, leveraging natural ingredients for health and skin benefits. We've been sitting on a veritable skincare goldmine for years, but have only recently tapped into it."

While research and development in natives is still in its infancy, scientists have made headway in bridging the knowledge gap between Indigenous and non-Indigenous Australians.

"Many native extracts have been used for hundreds of years by

FINGER LIME the great anti-ager

"Many varieties of finger lime contain three times the vitamin C found in a mandarin, and more antioxidant content than goji berries," says Ross, adding that finger lime can help to improve your skin's hydration, support collagen production, and also help with premature ageing from too much sun. "Finger lime interrupts keratinisation, the barrier that holds dead skin cells together with a glue-like substance, which reduces oil build-up, wrinkles and uneven skin tone."

> Em & Mary Facial Moisturiser, \$34.99. Mukti Organics 2-in-1 Resurfacing Exfoliant, \$79.95. Biologi BL Nourish Lip Serum, \$24.

em & mary

FACIAL

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2-in-1 RESURFACING EXFOLIANT

MUKTI

ALLSKIN TYPES

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"We've been sitting on a veritable skincare goldmine."

Indigenous Australians for their wound-healing ability and antiseptic properties, along with their ability to treat ailments such as sore throats and ear infections, and to boost immunity," says Anna Mitsios, naturopath and founder of Edible Beauty. "I'm blown away by the incredible profile of the extracts that are found in our own backyard."

Beauty

Ingredients such as Kakadu plum, finger lime, quandong and wattleseed have put Australia on the global skincare map, thanks to their extraordinarily high levels of bio-active ingredients. "They differ from the traditional, free-radical scavenging activity found in normal blueberries and pomegranates, and have superior anti-ageing, protective and hydrating benefits," Anna says.

"Some extracts boast 50-100 times the antioxidant activity of vitamins C and E. They're also rich in phenolic acids, which encourage skin elasticity, and flavone glycosides, which intensify the antioxidant action of vitamin C, while also hydrating and protecting the skin."

When it comes to applying active native ingredients, it's wise to choose the one you need most, rather than mixing and matching several at once.

"What can happen when you mix Australian natives is that the active ingredients can diminish each other," Ross explains. "Instead, choose your favourites and apply to specific areas, or at different times during the day, but never layer them."

Thanks to a general cultural shift towards natural skincare ingredients, A-Beauty (Australian beauty) is captivating consumers globally.

"More people are beginning to understand the potent power of native ingredients and their benefits for skin," says Natio Product Development Manager Allison Harvey. "Australian products will always be celebrated globally, as our environment is richly diverse. Native ingredients have a strong future." →
Beauty

QUANDONG the solution to sun damage

"Quandong inhibits melanogenesis and provides a strong defence against free radicals and UV damage that causes sunspots and pigmentation," Ross says. "Pigmentation is often a harmless condition, but prevention and cure are both possible with quandong, which can leave skin looking healthy and increase your confidence."

Happy Skincare Perfectly Light Anti-oxidant Cream, \$34.95, House of Immortelle Gentle Milky Cleanser, \$26.98. Nude By Nature Beach Glow Liquid Highlighter in Moonlight, \$21.95.

KAKADU PLUM the world's richest source of vitamin C

"Vitamin C is an important nutrient in collagen production and also acts as a potent antioxidant," Allison says. "It's good for skin firming, it adds radiance and helps reduce wrinkles." Thanks to the high vitamin C content, this native fruit is also good for your health. "Kakadu Plum has been found to have the highest levels of ascorbic acid and antioxidants of any known food, and has been used to treat colds, the flu, and headaches," Ross says.

Saba Organics Hand Sanitiser Rose & Kakadu Plum, \$21.95. Alkira Antioxidant Night Cream, \$23.95. Natio Tinted Moisturiser SPF50+, \$19.95. Nude by Nature Natural Illusion Eyeshadow Trio in Nude, \$29.95. *"Vitamin C adds adds radiance and reduces wrinkles."*

NATIO

TINTED MOISTURISER SPE 50+ IROAD SPECTRUM

AND XAUSS T

GENTLE MILTI CLEANSER



WATTLE SEED shrinks pores and reduces inflammation

ACEMAS

The bright yellow blossoms might steal the show, but the small brown seeds of the wattle plant pack a skincare punch. "Wattleseed is a great ingredient for encouraging healthy skin cell regeneration because of the triterpenoid saponins – a fancy word for a type of antioxidant that has been found to reduce the activation of inflammatory

activation of inflammatory markers in the skin," Anna says. "The seeds have wonderful cleansing properties, which makes it an effective agent in shrinking pores, and they are also rich in amino acids and gallic acid, which promote youthful and supple skin."

Em & Mary Face Mask, \$34.99. Edible Beauty No. 1 Belle Frais Cleansing Milk, \$59.

Beauty Dews EDITED by TIFFANY DUNK



SHAKE UP YOUR COLOUR PALETTE WITH THESE NEW EYESHADOW RELEASES AS THE PARTY SEASON HOTS UP.

Fenty Beauty Snap Shadows Eyeshadow Palette in Pastel Frost, \$39. DIOR 5 Couleurs Couture in Denim, \$107. Lancome Hypnose Eyeshadow Palette in Brun Adore, \$87.

Why serums deliver the goods

Discovering powerful ingredients is one part of the skincare puzzle – getting them where they're needed is another. Skincare scientists often favour serums as they're easily absorbed. "Serums are stronger than a lotion or cream in terms of the potency of actives in them," explains Anna Mitsios, naturopath and founder of Edible Beauty, "and, as they're waterbased and have small molecules, they penetrate the skin more deeply than lotions and creams."



Ella Bache NeoBright Correcting Serum, \$119. The Jojoba Company Ultimate Serum, \$69.95.





Do your bit for the planet when you restock your beauty cabinet this month.

This new Australian range of natural deodorants is vegan, sustainable, palm oil and paraben free, and offers the world's first 100 per cent biodegradable refills. ASUVI refillable deodorant, \$22, and refill, \$20.



Take yourself to the Amalfi Coast (without leaving a carbon footprint) with luxury fragrance brand Lumira's Paradiso Del Sole hand wash. The glass bottle and refill pouches are both fully sustainable and will massively cut your plastic waste. Lumira hand wash, \$35, and refill, \$30.

Keep your family safe this tick season



Tick bites can cause a range of medical conditions from minor local swelling and itching to much more serious conditions. Serious reactions include tick induced anaphylaxis—a sudden and severe allergic reaction that can be life threatening and mammalian meat induced anaphylaxis causing mild to life threatening reactions to meat such as beef, lamb, pork, goat and venison.

These conditions are caused when the tick is disturbed, scratched or traumatised trying to pull it off, which makes Medi Freeze Tick Off a much safer way to remove ticks as it freezes them dead.



Available in all Pharmacies. Freeze don't squeeze with Medi Freeze Tick Off

Always read the label. Follow the directions for use. If symptoms persist talk to your health professional.

GoodHeath **EDITED** by **TIFFANY DUNK**

Your guide to the latest health news and breakthroughs, fitness tips and wellness trends to help keep you and your family happy and healthy.

is the impressive amount the Australian Women's Health Diary has raised to date for breast cancer research! For 23 years, The Weekly has proudly partnered with Breast **Cancer Trials to produce** this annual diary, which features facts, tips and reminders that every woman needs. Grab your 2021 copy at your local newsagent or head to magshop.com.au

Cheer up

Feeling down? Cracking a smile - even when you're not in the mood – has been scientifically proven to increase your happiness! "When your muscles say you're happy, you're more likely to see the world around you in a positive way," lead researcher Dr Marmolejo-Ramos says of the University of South Australia's breakthrough study, which confirms the act of smiling tricks the brain into taking on an emotionally positive state.

swap

Natural Free of plastic, latex, silicons and parabens, these hypo-allergenic, vegan, cruelty-free bamboo bandaids from Aussie brand Patch are suitable for the most sensitive of skins. Best of all, they're biodegradable and compostable after use. \$6.99 for 25, patchstrips.com

Motorbikes for mindfulness?



According to research from ING, hitting the open road on two wheels could have unexpected benefits. More than half of the female motorbike enthusiasts polled declared that the positive mental health effect was what drew them to riding. Freedom and time spent in nature added to the sense of mindfulness, they said.

November health watch

Put these events in your diary.



NOVEMBER 8-14 Becoming a mum during the pandemic is hard enough. Add perinatal anxiety and depression on top, and the message to seek help this PANDA Week is more important than ever. For expert advice, go to panda.org.au

November 13

It's the gift that keeps on giving! By being kind to another person in honour of World Kindness Day, you'll give yourself a boost of serotonin and dopamine, leaving you both happier and healthier.

NOVEMBER 14

The fastest-growing chronic condition in the country, it's approximated 280 Aussies are diagnosed with diabetes every day. This World Diabetes Day, learn how you can reduce your risk at **diabetesaustralia.com.au**

NOVEMBER 15-21

By the end of 2020, the Cancer Council estimates 16,000 Australians will be diagnosed with melanoma. Mark National Skin Cancer Action Week by booking your annual check-up. And slip, slop, slap! For more, go to **cancer.org.au**

Handle with care

Turns out, all our handwashing this year has had a surprising secondary health benefit. "Food poisoning cases have reduced by about 20 per cent," reveals Lydia Buchtmann, communication director for the Food Safety Information Council. Except, that is, with one group of people – those who added chickens to the family. "There was some salmonella poisoning, particularly with kids who were handling eggs and baby chickens and not washing their hands,"

Lydia says, adding that home food fermentation also had the occasional nasty side effect. Head to foodsafety.asn.au for advice on staying healthy.



What is... Orthosomnia? A disorder in which people obsess over what their sleep tracking apps tell them, leading to an even worse slumber as a result. Time to give your Fitbit a rest?

MEDICAL UPDATE

Cancer breakthrough

Could your ability to overcome cancer be linked to your gut? New research from the Snyder Institute for Chronic Diseases at the Cumming School of Medicine has not only identified the gut bacteria which, in some patients, find and fight cancerous tumours but, more importantly, worked out *how* they do so. "Recent studies have provided evidence that gut microbiota can positively affect anti-tumour

immunity and improve the effectiveness of immunotherapy in treating certain cancers, yet, how the bacteria were able to do this remained elusive," says Dr Kathy McCoy, PhD. She hopes the find will improve patients' wellbeing and survival rates.

Suffer from vertigo?

Taking Vitamin D and calcium supplements twice a day could potentially cure the problem, says a newly published study in the medical journal of the American Academy of Neurology.

BEST FOOT

They're the first things to get moving in the morning and the last to stop at night. **Tiffany Dunk** explores why it's time to step up and take better care of our feet.

ince early humans developed the ability to walk upright, our feet have performed one of the most important functions of our entire body. They need to be strong enough to absorb the shock of our weight with each step; nimble enough to perform intricate movements that allow us to pivot, rise on our toes and leap; as well as stable enough to ensure good posture and prevent us from falling.

With 26 bones, 33 joints and more than 100 ligaments, muscles and tendons in each foot, they are incredibly complex, as well as extremely susceptible to injury. So, why is it one area of the body that – apart from pedicures to beautify them – we tend to neglect? Katrina Richards, president of the Australian Podiatry Association (APodA) and a practising podiatrist, says that our feet are not only a keen indicator of our overall health, but warns that not looking after them can lead to bigger problems.

"How your foot touches the ground and the type of angle it hits affects all the way through your body, which is why flat feet can lead to knee, hip and back problems," she says. "Or, if you have a high-arched foot, then you're not getting as much shock attenuation that you'd get with each step if your foot was flattening out nicely. So, that's where orthotic therapy to get the angles within your foot posture right, as well as footwear, becomes important."

Here, Katrina tackles some common foot questions ...

GoodHealth

What should a perfect foot look like?

"It doesn't matter what your foot looks like – what matters is how it *feels*, and your foot shouldn't hurt," Katrina says. "You have the perfect feet for you if they can tolerate whatever activity you are doing."

What can your feet tell you about your overall health?

While callouses, corns and bunions can reveal a lot about what kind of shoes you wear daily, your feet are also a great indicator when it comes to diabetes – which is, says Katrina, the second leading cause of lower-limb amputation in the world after trauma.

"Diabetes can ravage your feet," she explains. "You can lose sensation, so you can't feel if you've cut yourself or have a stone in your shoe. It's a huge workload within podiatry."

Why do I have foot pain in the mornings?

"There's a phenomenon called 'first step pain' which can often be a sign of plantar fasciitis," Katrina says. Felt most commonly in your heel, not only can it occur first thing in the morning, but after any significant amount of time off your feet. One of the most common orthopaedic complaints, this occurs after your plantar fascia – the ligament which connects your heel to the front of your foot – becomes inflamed.

"The pain can be a very debilitating problem which we would treat with things like footwear modifications, orthotics, taping and strapping, recommending pharmacological options and stretching programs," Katrina says, advising that you should see a podiatrist if you experience these symptoms.

How can I repair cracked heels?

Aside from self-care at home with a pumice stone and a foot moisturiser (avoid leaving unabsorbed lotion between your toes to prevent fungal infections), a podiatrist is your safest bet for not only removing dry and cracked skin, but also stubborn corns or callouses on the soles of your feet using sharp debridement. "It's generally painless, unless you have a really deep crack that has broken the skin," Katrina says. "Going to your podiatrist is the safest way to remove hard and dead skin from your feet because we have amazing infection control standards, as well as being a regulated professional."

What should I watch out for when it comes to my toenails?

"They should be easy to cut and easy to maintain but it's very common to get things like fungal infections," Katrina warns. "If your toenails get really thick and flaky and crumbly, it's likely a fungal infection which is caused by a bug similar to tinea."

Thick nails can also be a sign of trauma. "I call it 'boy feet' – you know, tradies with their toes hitting the end of their steel-capped boots or people who play a sport like soccer," Katrina says.

And lastly, there's the dreaded ingrown toenail. "If you don't cut your nails properly and get the whole nail out, then a little spike can grow up into the skin and cause trouble," Katrina says. She adds that it's essential to see a podiatrist and not to attempt to treat this painful

condition yourself.

Footloose

Try these gentle exercises to help relieve tired feet ...

BIG TOE STRETCH for relief from tight shoes:

 Sitting in a chair, raise your left foot up to rest on your right thigh. Using your fingers, stretch your big toe up, down and to the side. Remain in this position for 5 seconds; repeat 10 times.
 Repeat with your right foot.

ROLL WITH IT

for discomfort in the arches:

 Sitting in a chair, place a tennis ball under your left foot.
 Move it around, pressing as hard as feels comfortable.
 Continue for 2 minutes.
 Repeat on your right foot.

ACHILLES STRETCH to relieve strain:

Place your palms against a wall at waist height. Move your right foot back – keep the knee straight, while bending the left knee. Keep feet flat on the floor.
Push your hips forward until you feel your calf muscles stretching. Hold for 30 seconds. Switch legs; repeat three times.

What's worse for our feet: flip-flops, ballet flats or high heels?

Turns out, all three are problematic. "We don't like being the fun police, but sometimes we have to be!" Katrina says. "If you're buying a flat shoe, get one that has a nice contoured support throughout the arch.

Really high heels can increase the pressure on your forefoot, plus they are usually narrow, so can predispose towards corns and calluses, and throw your centre of gravity [leading to falls]. And there's a correlation between cracked heels and backless shoes – there's that repetitive banging against your foot." Opt for sandals with straps at the front and back of the foot.

GETTY IMAGES.

GoodHealth

How often should I change my runners?

At least annually; closer to every few months if you're a keen jogger. "Don't take the grip of your sneakers wearing out to be the sign it's time to get a new pair," Katrina warns. "It's really about the support level within the shoe, and if you run a lot, you should change them frequently."

I have pain in the ball of my foot. Why is that happening?

While bunions are common in that area, surprisingly, they're actually unlikely to be the cause of pain (unless this is paired with a set of often-worn, ill-fitting shoes). "You can get nerve impingements between your toes in the forefront region," Katrina says of another potential cause, "but sometimes it's just as simple as getting a corn removed because they can be terribly painful underneath your feet. A corn is just that hard skin building up in a really specific spot, usually under a joint. A callous is more diffuse and probably not as painful."

Any last tips?

"If you have diabetes, look at your feet every day and make sure they look normal because you can't rely on pain to be an indicator of a problem," Katrina says. "And if there's a pair of shoes that hurt, don't wear them! People pay good money for me to tell them to just throw those uncomfortable shoes out!" **AWW**

Three steps to fitter feet

These easy exercises – all performed while sitting upright in a chair – will help keep your feet strong and flexible.

HEEL RAISES

for overall foot strength:

Start with both your feet flat on the floor. Raise both heels, stopping when only the balls of your feet remain on the ground. Hold for 5 seconds, before lowering until feet are once again flat on the floor. **2.** Raise your heels and point your toes until only the tips of the second and big toes are touching the floor. Hold for 5 seconds, before lowering.

Baise your heels
while curling your toes
inwards, so that only
the tips of your toes
are touching the floor.
Hold for 5 seconds,
before lowering.
Repeat 10 times.

MARBLE PICK-UP

to increase strength on the underside of feet and toes:

 Place an empty bowl and a bowl of marbles (20 is a good start) on the floor in front of your feet, which should start flat on the floor.
 Using only the toes of your left foot, pick up each marble and place it in the empty bowl. B. Repeat, using the toes of your right foot.

TOE SPLAY for improved

OF AUSTRALIANS WAKE UP WITH HEEL, ARCH

OR FOOT PAIN AT LEAST ONCE A WEEK.

2in3

WOMEN ADMIT

THEY BUY SHOES

FOR FASHION OVER FOOT HEALTH.

muscle control:

• Start with both your feet flat on the floor. Spread toes as far apart as possible without straining. Hold for 5 seconds.

 Repeat 10 times.
 To increase difficulty, try looping a rubber band around toes for resistance.

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THE AUSTRALIAN WOMEN'S

Health 9

SUPPORTING BREAST CANCER TRIALS RESEARCH

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This diary does more than help organise our lives every day, it's packed with expert health advice important to every woman – like breast, heart, family and mental health, along with diet, exercise and lots more. Plus you'll be helping identify new treatments for Australia's most commonly diagnosed cancer, giving hope to the 54 women diagnosed with breast cancer every day.

Buy the diary for yourself, or as a gift for someone special, and help to save lives today, tomorrow and forever.



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Intuition [noun]: The ability to understand instinctively, without conscious reasoning. We all have it yet fail to harness it. **Jo Chun Yan**, author of *The Intuition Journal*, has devised a crash course to help you recognise, and act on, that inner voice.

s a trained intuition coach, I like to think of intuition as the wise, guiding voice within that tells us to chase after our wildest dreams – whether to move halfway around the world, start that creative business you've been drawn toward for so long, or just live each day with more simplicity.

You've probably felt that inner nudge or spark that accompanies intuition. It may be a feeling, an energy or a moment of inspired insight. But at its core, tuning into your intuition is simply the act of listening to your body and the whispers of your heart.

Tapping into intuition

We're all born with intuition and have the ability to refine this skill throughout our lives.

Most people receive intuition through a primary sense called a "clair" sense. You may have heard this term in the context of psychics and clairvoyants, but if you've noticed the feeling change in a room after an argument or sensed the emotion in the text of a letter, you are using your clair senses. To identify your strongest clair sense(s), tick the boxes, right, that best apply to you. Keep the results of this assessment in mind as you move through the journal, looking for intuitive insights.

Clairvoyance (sight)

O I see symbols, visions or vivid dreams in my mind's eye
O I express myself naturally by sketching or drawing
O I feel drawn to the visual arts, design or photography
O I see auras, energy, ghosts or non-physical entities.

Clair-cognizance (knowing)

O I experience persistent thoughts or nudges to act
O I believe strongly in the truth
O I feel drawn to philosophy, ethics or scientific research
O I receive premonitions or unexplainable knowing.

Clair-audience (sound)

O I feel inspired and moved by music and languages
O I express myself naturally through music or speech
O I feel drawn to performing, singing, writing or speaking
O I find myself hearing sounds with no physical source.
Clair-alience (smell)
O I find that scents avalue memories

O I find that scents evoke memories and experiences
O I have a heightened sensitivity to smell and fragrance
O I feel drawn to floristry, wine tasting or perfumery O I find myself conjuring or sensing an odour with no physical source.

Clair-gustance (taste)

O I find that eating conjures up feelings and memories O I love cooking and good food O I feel drawn to baking, working with food or food writing O I find myself conjuring or sensing a taste with no physical source.

Clair-tangency (touch)

O I find objects evoke strong sensations
O I love working with my hands
(woodwork, pottery)
O I feel drawn to healing with reiki, kinesiology or massage
O I receive intuitive insight through physical touch.

Clair-empathy (emotional sensing)

O I have an acute sense of emotional perception

O I attune to the emotion of others' feelings and thoughts

O I feel drawn to acting, therapy or teaching

O I sense the truth by feeling the energy of it around me.

Clair-sentience (visceral emotional feeling)

O I experience strong visceral and physical reactions

O I feel the emotions of others in my body

O I feel drawn to healing, nursing or therapy

O I sense the truth by feeling the energy of it in my body.

GoodHealth

Week 1 Intuition Focus: Recognising intuitive messages

Spending time getting to know your unique intuitive "voice" will make it easier to attune to it as you journal. So let's start this week by bringing more awareness to the tell-tale signs of when your intuition is speaking to you: the micro-sensations, both physical and emotional, that you experience.

What were your top three clair senses from the "Tapping into intuition" exercise, so that you can look out for these moving forward?

1		
2		
3		

What do you feel when you experience these clair senses in your body? Circle the words that apply below or add your own.

Light	Heavy	
Hot	Cold	
Expansive	Contracting	
Persistent	Occasional	
Relaxed	Tight	
Changeable	Grounded	
Tingly	Dull	
Certain	Clear	
Open	Closed	
Focused	Diffused	

Write down where in your body you experience physical sensations of intuition. Example: My heart feels open.

GoodHealth

Week 2 Intuition Focus: Connecting to your higher self

Practising the Higher-Self Embodiment Ritual (below right) at the start of this week will help you tune into how it feels to be authentic and intuitive. This embodiment of your higher self, as noted at the top of the pyramid (below) will bring you closer to the most complete version of yourself.



Choice of intuitive action for the week

Make a commitment to look out for the above aspects of your higher self as you move through the week ahead and do something every day to cultivate this further.

Four qualities of instinct

Ensures that your basic needs and comforts are met
 Encourages you to choose the safest option
 Has a sense of urgency
 Focuses on the outcome.

Four qualities of intuition

Nudges you to expand beyond your comfort zone in order to grow Asks you to explore what feels most in alignment to you Allows things to unravel fluidly, in their own time Focuses on the experience.

The Higher-Self Embodiment Ritual

Take a few moments to settle into your breath. Tune into a moment when you felt at your most expansive and truthful. This is your higher self. Describe this moment in detail – the sensations you felt in your body, your emotions, thoughts and actions:

Instinct versus intuition

The words "instinct" and "intuition" are often used interchangeably. So what is the difference between them? A moment of instinct is likely to feel like a physiological reaction that has to be actioned quickly to keep us safe. As with eqo, instinct can often lead us to avoid experiences that feel uncomfortable. Intuition, on the other hand, tends to channel through with less urgency, feeling more fluid and open for exploration. Below left is a reminder of the main qualities of each trait. Look at them now and again to strengthen your ability to tell the difference between the two.

GoodHealth

Week 3

Intuition Focus: Flourishing in all areas of life

Flourishing is the feeling when you move through each day in flow, with a deep sense of balance, purpose and connection to your higher self. So let's start this week by looking at areas of your life you feel could do with more time, care and nourishment – in order for you to flourish as holistically as possible.

Choose one area of your life that you feel needs more nourishment:

Work	Abundance	Learning
Relationships	Health	Creativity
Spirituality (Cree		your own)

Why do you feel that this area needs more care to bring it into balance? Example: In health, I haven't done much to move my body recently.

Identify three things you could do to bring this area back into energetic balance. Example: Make time to move my body first thing each morning.

l. =	 		
2			
3			

Choice of intuitive action for the week

Integrate the three actions into the week ahead and see how this shifts how you feel. Once this area of your life feels more balanced, address other areas in the same way.

Week 4-Intuition Focus: Strengthening your energy body

We often focus so much on our physical body that it can be easy to forget about our subtle energetic body. Becoming more aware of your energetic body, sometimes also called your aura, and working to strengthen it will build your capacity to do more profoundly transformational inner work.

Enhancing your energy – a guided visualisation

Step 1: Sit comfortably, close your eyes and take slow, deep breaths. Scan the outer edges of your body, see if you can get a sense of where your energetic body sits in relation to your physical body and set the intention to strengthen this. **Step 2:** In your mind's eye, visualise droplets of light energy collecting together to form a swirl of light around you. Allow this to intensify, pulling in energy around you like a magnet. **Step 3:** Visualise this swirl coming into your solar plexus area as an intense ball of energy. Then see it move upward, bringing light to your heart, throat, third-eye and crown chakras. Exhale the light out through your crown chakra. **Step 4:** When you sense the visualisation is complete, open your eyes, bring yourself back into the room and write your thoughts below.

Choice of intuitive action for the week

Commit to being mindful of your energy levels during the week ahead. When you observe that your energetic boundaries feel weak, do this visualisation for as long as you need, and see how things shift for you.

What did your energy body look and feel like? Example: It looked vibrant, and felt strong but a little uneven in places.

Compare how you felt before and after the visualisation. What has changed? Example: I felt ungrounded at first but more centred and clear afterward. "The more you cultivate your ability to tap into this, the more you'll be able to flourish."

Week 5 Intuition Focus: Living in energetic flow

Let's start the final week of your intuition journey by exploring a range of self-care rituals that could help you increase your capacity to channel the infinite wisdom of universal energy. The more you can cultivate your ability to tap into this, the more you will be able to flourish in life – from a state of energetic flow.

List one from each of the categories of self-care practices below that intuitively appeal to you.

In your body ...

O Do a gentle detox using organic foods

O Explore meditative yoga postures such as Corpse Pose (Savasana)
O Explore Kundalini Yoga kriyas [postures and breath] that move energy and cleanse your aura
O Try reiki, qigong or acupuncture.

In nature ...

O Hike to the top of a peak to see the world from a wider perspective

O Diffuse essential oils such as lavender, frankincense and myrrh O Work with herbs such as peppermint, holy basil and gotu kola O Invest in crystals such as clear quartz, selenite, moonstone and white calcite.

In your mind ...

O Make a conscious effort to release old, limiting habits, beliefs and patterns

O Remain open to synchronicities O Be mindful of aligning your words, intentions and thoughts to embody a sense of your higher self.

Other rituals ...

then your crown chakra.

O Focus on being of service and value to others in every key decision you make
O Take intuitive action toward things that help you to expand beyond what you thought was possible
O Visualise light energy moving from the base of your spine up through your body to your third-eye chakra,

Choice of intuitive action for the week

Decide on one or more of these self-care practices to introduce into your life during the week ahead and observe how, after a while, they help to strengthen your energetic and intuitive abilities.

Congratulations for completing this journey of self-enquiry! You should feel incredibly proud of yourself for having worked through all phases of intuitive growth. Every intention you have set and action you have taken will have helped to strengthen your intuition and connect to your higher self. **AWW**



This is an edited extract from The Intuition Journal, by Jo ChunYan (RRP \$27.99), published by Watkins Media.

NOVEMBER 2020 | The Australian Women's Weekly 121

Steps to PELVIC FLOOR

Try these easy exercises to strengthen your pelvic floor muscles (and help put a stop to any embarrassing accidents). s a pelvic floor physiotherapist, Lori Forner works with women who are experiencing the all-toocommon problem of incontinence. It's a crucial role as keeping the pelvic floor – which acts as a hammock to support your uterus, bladder, small intestine and rectum – fit will help to prevent you leaking

urine, passing wind unexpectedly or

experiencing fecal incontinence.

But while Kegel exercises are easy to find on the internet, "we know with research that somebody following a pamphlet often does them the wrong way because if the muscles are weak, people may not know where their pelvic floor area is," Lori tells *The Weekly*.

So, how can you fix this at home? "Become aware of that area by thinking of how it feels if you're holding on to wind or wee," Lori says. "Tighten the muscles, then relax it and let go. By doing this, you can work out where to target."

Then, Lori recommends starting this simple daily program (have an empty bladder before you start). If there's no improvement within six weeks, see a pelvic floor specialist.

GoodHealth



Exercise I 5 REPS

Lie on your back with your legs bent and feet flat on the floor. Keep your legs hip-width apart and gently rest your hands beside you or on your tummy, breathing steadily. 2. To activate your pelvic floor, imagine you are trying to stop yourself from passing wind or urine – you should feel a lift within your pelvis and you may also feel a gentle tightening of the muscles low down in your abdomen. **3.** Hold this position for 5 seconds, then relax.

Exercise 2 10 REPS

Lie on your back with your knees bent and your feet flat on the floor. Engage your pelvic floor, then lift your hips up into the air by pushing through the heels.

2. Hold in this bridge position for 5 seconds. **3.** Relax back down slowly, release pelvic floor and repeat.

TIP: Pelvic floor work (contracting and relaxing) should be included in your regular physical activity.



Exercise 4

I. Start on your hands and knees, with your hands under your shoulders, and knees under your hips. Tighten the pelvic floor and abdominal muscles. 2. Extend one leg and the opposite arm simultaneously, making sure you maintain good control in your torso. Do not allow your body or hips to rotate. Breathe steadily throughout. 3. Repeat on other side.

10 REPS

Exercise 5 **10 REPS**

I. Sit on a chair with your feet flat on the floor. 2. Cross your arms in front of your chest so you are not tempted to push on your thighs for momentum. 3. Contract pelvic floor muscles, then hold this contraction while you breathe out to stand up. L. Contract pelvic floor once more and breathe steadily as you return to a sitting position. 5. Relax, then repeat.

Exercise 3 12 REPS

Lie on your back with your knees bent and feet flat on the floor. maintaining hip-width distance between both knees and feet. 2. Exhale and tighten your abdominal and pelvic floor muscles. Simultaneously, slowly raise one leg, keeping your knee at 90 degrees. **3.** Inhale holding this position, then exhale and lower your leg to the floor. Repeat this movement on the other side, ensuring you do not twist or arch your torso.



Exercise 6 5 REPS

I. Stand up straight with your legs hip-width apart. Keep your knees soft so they are not in a locked position.

2. Activate your pelvic floor and focus on breathing steadily as you hold for 5 seconds, before releasing.

TIP: If you experience pain, it's vital to see a pelvic health specialist for assessment.



In additi<u>on to</u> performing Kegels, the Continence Foundation of Australia recommends incorporating these health habits into your daily routine ...

KEEP HYDRATED

counterintuitive, but getting enough fluids helps us maintain digestive health.

DRINK WELL

caffeinated beverages

UP YOUR FIBRE

Eating the of fruits, nuts, vegetables and whole grains will help improve bowel function.

DON'T GO **"JUST IN CASE"**

Emptying your bladder too often means it may never fill up properly can lead to the feeling of needing to go to the toilet more frequently.

GET MOVING!

It's not just your pelvic beneficial for overall health, including your bladder and bowel.

TURN 350 GRAMS OF CHOCO O HALFS

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EDITED by FRAN ABDALLAOUI

HE AUSTRALIAN

NIDDIREAST REAST

Donna Hay's fuss-free food

PAGE 126

Delicious spiced dishes

PAGE **136** womensweeklyfood.com.au

Strawberry & cream shortcake

USTRALIGH

EERLY

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PAGE 150

PHOTOGRAPHY by CON POULOS . RECIPES AND STYLING by DONNA HAY

Donna's note

"The punchy flavours of maple and teriyaki are best matched with a firm, robust-flavoured fish like salmon. Ocean trout and kingfish stand up well, too. But as always, feel free to try it with whatever is fresh, sustainable and local to you."

> Maple teriyaki salmon with lettuce cups and pickles

recipe page

fuss-free food

This month, Australian food celebrity, author, stylist and businesswoman Donna Hay shares with us fast, nutritious recipes packed with flavour. Her new book *Everyday Fresh Meals in Minutes* will solve the dinner dilemma ... A great meatball should be well-flavoured enough to fit any occasion at a moment's notice – from a hearty pasta to a drinks platter for when friends drop by.

Pork and fennel meatballs with whole-wheat pasta, parmesan and lemon

RECIPE PAGE

Minted lamb, eggplant and feta pie serves 4

3 x 350g medium eggplants, thinly sliced into rounds 500g lamb mince (good quality lean mince) 1 cup (70g) fresh wholemeal breadcrumbs 2 tablespoons honey 2 teaspoons ground cumin ¹/₄ cup (4g) chopped mint leaves, plus extra mint leaves to serve 2 tablespoons pine nuts Sea salt and cracked black pepper 150g firm feta 8 oregano sprigs 1 teaspoon sumac Extra virgin olive oil, for drizzling MINTED YOGHURT 1 cup (280g) plain Greek-style (thick) yoghurt 2 tablespoons shredded mint leaves Sea salt flakes

Preheat oven to 180°C.

2 Brush a 28cm round baking dish with oil. Layer half the eggplant in a circular motion on the baking dish, starting from the centre and working your way out.
3 Place the mince, breadcrumbs, honey, cumin, mint and pine nuts in a large bowl with salt and pepper, and mix to combine.

4 Press mince onto eggplant and crumble over the feta. Add another layer of eggplant starting from the centre and working your way out. Sprinkle over oregano sprigs, and top with sumac and drizzle with oil.
5 Bake for 40-45 minutes or until the lamb is cooked through and the eggplant is golden. While the pie is cooking, make the minted yoghurt.
6 While the pie is cooking, make the minted yoghurt, mint and salt to taste to a bowl and mix to combine.

7 To serve, divide pie between plates and top with minted yoghurt and extra mint.

Donna's note

"It's a pie, but not as you know it. I've taken classic Greek ingredients and recreated them into this layered creation that makes each flavour really shine. It's impressively tasty with minimal effort."

Free-form lasagne with cavolo nero serves 4

6 cups (180g) shredded cavolo nero (Tuscan kale) (about 2 bunches), blanched 2 tablespoons chopped dill leaves Sea salt and cracked black pepper 6 fresh lasagne sheets, blanched 1⁴ cup (20g) finely grated parmesan 8 thin slices pancetta, halved **CAULIFLOWER CHEESE SAUCE** 1kg cauliflower, cut into florets 2 cups (500ml) milk 3⁴ cup (60g) finely grated parmesan Sea salt and cracked black pepper

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Preheat oven to 220°C.

2 Place cavolo nero, dill, salt and pepper in a bowl. Mix to combine.
3 To make the cauliflower and cheese sauce, place the cauliflower and milk in a large saucepan over low heat and bring to a simmer. Cover with a tight-fitting lid and simmer gently for 8-10 minutes or until the cauliflower is soft. Allow to cool slightly. Using a hand-held stick blender, blend until smooth. Add parmesan, salt and pepper and stir through.

4 To assemble lasagnes, place 1 lasagne sheet into the bases of 2 lightly greased 16-18cm ovenproof dishes or frying pans. Top with ³/₄-cupful of cheese sauce, then ¹/₄ of the cavolo nero mixture. Repeat layering with remaining lasagne sheets, cheese sauce and cavolo nero mixture, finishing with remaining cheese sauce. Top with parmesan and pancetta.

5 Place on a baking tray and bake for 25 minutes or until golden and bubbling.

Family faves

Zucchini, chicken, kale and pine nut ravioli serves 4

 $1\frac{1}{2}$ cups (45g) shredded kale leaves, blanched 150g chicken mince ¹/₂ cup (120g) fresh ricotta 2 tablespoons chopped flat-leaf parsley leaves $\frac{1}{4}$ cup (40g) toasted pine nuts, plus extra to serve 1 tablespoon finely grated lemon rind Sea salt and cracked black pepper 6 zucchini, thinly sliced on a mandoline Extra virgin olive oil, for brushing **BAKED TOMATO SAUCE** 750g cherry tomatoes 2 tablespoons extra virgin olive oil

6 small sprigs of thyme
½ cup (125ml) chicken or
vegetable stock
2 tablespoons red wine vinegar
1 tablespoon pure maple syrup
Sea salt and cracked black pepper

1 Preheat oven to 200°C.

2 To make the baked tomato sauce, make a small cut into each tomato, squeeze out and discard seeds. Place tomatoes into a large baking dish with the oil, thyme, stock, vinegar, maple, salt and pepper and bake for 20 minutes or until soft.
3 While baked tomato sauce is cooking, make ravioli. Combine the kale, chicken, ricotta, parsley, nuts, zest, salt and pepper.

4 On a board, lay 4 slices of zucchini overlapping in centre (it will look like a star). Place a heaped tablespoon of chicken mixture in centre. Fold over zucchini to enclose filling. Turn over the ravioli so the zucchini ends are underneath. Repeat with zucchini and chicken mixture.

5 Place ravioli onto hot tomato sauce. Brush with oil. Bake for 20 minutes, until zucchini is light golden. Serve with extra nuts and parsley.

Pork and fennel meatballs with whole-wheat pasta, parmesan and lemon serves 4

400g dried wholemeal spaghetti 1 tablespoon finely grated lemon rind finely grated parmesan, baby basil, sea salt and cracked black pepper, to serve

PORK AND FENNEL MEATBALLS

1 cup (70g) wholemeal fresh breadcrumbs ¼ cup (60ml) milk 2 teaspoons fennel seeds, plus ¼ teaspoon extra 1 teaspoon sea salt flakes 550g pork mince+ 2 teaspoons honey ¼ cup (20g) finely chopped flat-leaf parsley leaves 2 tablespoons extra virgin olive oil 2 sprigs rosemary

 To make the pork and fennel meatballs, in a small bowl, place breadcrumbs and milk. Mix to combine and set aside for 2 minutes to soak.
 Place fennel and salt in a mortar and pestle and gently crush.
 In a large bowl, place pork, breadcrumb mixture, fennel salt, honey and parsley and mix to combine.
 Roll heaped tablespoonfuls of mince mixture into balls.

4 Heat a large non-stick frying pan over medium-high heat. Add the oil, rosemary and extra fennel and cook for 2 minutes or until fragrant. Add the meatballs and cook, turning occasionally, for 8-10 minutes or until browned all over and cooked through.
5 Cook the pasta in a large saucepan of boiling salted water for 8 minutes or until al dente. Drain and add the lemon rind to the pasta and mix to combine.

To serve, divide pasta between bowls and top with the pork and fennel meatballs, pan juices, finely grated parmesan, baby basil, salt and pepper.

+ If you prefer, you could swap the pork mince for chicken mince.

Maple teriyaki salmon with lettuce cups and pickles serves 4

8 cos lettuce leaves

2 cups (330g) cooked jasmine rice 2 green onions, thinly sliced on the diagonal Mint leaves, coriander leaves and lime wedges, to serve MAPLE TERIYAKI SALMON ¹/4 cup (60ml/2 fl oz) pure maple syrup ¹/4 cup (60ml/2 fl oz) pure maple syrup ¹/4 cup (60ml/2 fl oz) soy sauce 1 tablespoon finely grated ginger 1 clove garlic, finely sliced 4 x 150g skinless salmon fillets, pin boned QUICK PICKLES

⅓ cup (80ml) apple cider vinegar
1 tablespoon pure maple syrup
Sea salt flakes
4 baby cucumbers, thinly sliced

1 Preheat oven to 200°C.

2 For maple teriyaki salmon, in a small saucepan, add maple, soy, ginger and garlic. Simmer over medium heat for 2 minutes. Place salmon on a baking tray lined with non-stick baking paper. Spoon over maple Teriyaki sauce and bake in oven for 5 minutes, basting halfway through cooking.

3 For quick pickles, combine vinegar, maple and salt in a bowl. Stir through cucumber and set aside for 5 minutes.
4 Fill lettuce cups with rice and maple teriyaki salmon. Serve with quick pickles, green onion, herbs and lime wedges.



THIS IS AN EXTRACT FROM DONNA HAY'S EVERYDAY FRESH MEALS IN MINUTES, AVAILABLE FROM BOOKSELLERS AND DONNAHAY. COM.AU WHAT IS AVAXHOME?

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Domesticallychallenged mum and TV presenter Jessica Rowe is braving the kitchen alongside some of the nation's greatest butchers to learn the tips and tricks of preparing easy family meals.

PHOTOGRAPHY by JOHN PAUL URIZAR STYLING by MICHELE CRANSTON FASHION STYLING by JAMELA EJJAMAI

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Bonnie's healthy rissoles

SERVES 4 PREP AND COOK TIME 20 MINUTES

500g lean beef mince 1/2 red onion, finely chopped or grated 1 small carrot, grated 1/2 zucchini, grated 1 tablespoon olive oil, plus extra for cooking salad, tomato chutney, for serving

1 In a large bowl, combine beef mince, onion, carrot, zucchini, olive oil and a good pinch of salt and pepper. Mix well. 2 Divide mixture into 8 and form into balls. Gently press the top of each rissole to flatten slightly. 3 Drizzle a little extra oil into a large non-stick frying pan over medium heat. Cook rissoles for 4-5 minutes per side, until browned and cooked through. Transfer rissoles to a clean plate; cover loosely with foil to rest for 5 minutes. **4** Serve rissoles with salad and tomato chutney. Uncooked rissoles suitable to freeze. Not suitable to microwave.

BUTCHER BONNIE'S TIPS FOR THE PERFECT RISSOLE

Mixture can also be formed into 4 burger patties or 12 meatballs.
When rolling the mince into balls, lightly flatten. The best way to avoid a raw middle is to make a small indent in the centre of each rissole. This will prevent the meat from puffing up. Cook in an oiled pan on a medium heat for 5 minutes a side.

• To ensure they are cooked all the way through, gently press down with a spatula. If the juices run clear they are ready to serve.





A former chef, Bonnie was familiar with cutting meat but her knowledge was limited. Aged 22, she decided to try butchery. She loves being a butcher, knowing the process of paddock-to-plate and understanding where meat comes from. Lucas Meats is known for its quality beef and lamb. All free-range and grass fed, carcasses are broken down on site each day, with meat often dry aged to increase the tenderness, says Bonnie. Recently, aged just 25, Bonnie won the title of 2020 National Apprentice of the Year for butchery.

Family meals

Cooked to your liking

MEDIUM RARE – 2 minutes each side MEDIUM – 3 minutes each side MEDIUM/WELL-DONE – 4 minutes first side, 2 minutes 2nd side.



Sarah's honey soy oyster blade steaks

SERVES 4 PREP AND COOK TIME 25 MINUTES

¼ cup (60ml) soy sauce
2 tablespoons honey
2 teaspoons finely grated ginger
2 cloves garlic, grated
1 teaspoon sesame oil
4 x 185g oyster blade steaks
(cut to 1.5 – 2cm thickness)
steamed rice, bok choy, toasted sesame
seeds, green onions, coriander,
for serving

Combine the soy sauce, honey, ginger, garlic and oil in a large ceramic dish or snap-lock bag. Add the steaks and turn to coat with marinade. Allow meat to marinate as it comes to room temperature, 15-20 minutes.

2 Preheat a barbecue or a heavy-based frypan to medium-high. Drain excess marinade from steaks and cook for 3 minutes (for medium) per side, or until cooked to your liking.

3 Transfer cooked steaks to a clean plate, cover loosely with foil and rest for 5 minutes.

4 Serve steaks and resting juices with steamed rice, greens, sesame seeds, green onions and coriander. *Not suitable to freeze or microwave.*

BUTCHER SARAH'S TIPS FOR THE PERFECT STEAK

• This marinade will pair perfectly with other steak cuts too. Try rump or sirloin, adjusting cooking time to your liking. The longer your meat is marinating the better. This helps to add more flavour to the meat, break it down and also tenderises the meat a little.

Always take your meat out of the fridge before cooking it for at least an hour to get it up to room temperature.
Beef oyster blade steak is an economical cut and there are so many things you can do with it.

Sarah Wadland Farmgate To Plate, Miranda

and Burraneer, NSW Sarah is a fourth-generation butcher who started her apprenticeship when she was just 16. Having grown up her whole life around meat, Sarah finds it greatly rewarding and fun to be a part of the butchering industry. It now takes her just 30 minutes to break down an entire cow! Whether it's serving customers, making snags, breaking up a side of beef or preparing orders, Sarah loves every part of it. She says the majority of customers are coming into the store after work or school pick-up and just want something simple and easy for dinner. Preparing pre-cooked, ready-made meals that are tasty and wholesome is one of the highlights of her job.

"The tips they've shared with me have improved my meat cooking skills enormously and are why I'm a staunch supporter of Meat & Livestock Australia in showcasing women in butchering."



PHOTOGRAPHY by ALICIA TAYLOR STYLING by OLIVIA BLACKMORE

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At the heart of Middle Eastern culture is a fragrant and delicately spiced cuisine coupled with a strong tradition of hospitality. Eating is a communal experience, and the table is covered with generous amounts of food for all.



Test Kitchen

Seeded carrot and cabbage fillo pie

SERVES 6 PREP AND COOK TIME 1 HOUR (+ COOLING TIME)

¹/₂ cup (125ml) extra virgin olive oil 1 large leek (500g), white part only, sliced thinly 3 cloves garlic, crushed 2 teaspoons caraway seeds 3 medium carrots (360g), grated coarsely 375g savoy cabbage, shredded $\frac{1}{3}$ cup (55g) currants $\frac{1}{3}$ cup finely chopped fresh mint 14 sheets fillo pastry (210g) Greek yoghurt or labne, to serve **SEED TOPPING** $\frac{1}{4}$ cup (50g) pepitas (pumpkin seed kernels) $\frac{1}{4}$ cup (35g) slivered almonds $\frac{1}{4}$ cup (25g) coarsely chopped walnuts 1 tablespoon poppy seeds 1 tablespoon sesame seeds

Heat ¼ cup of the oil in a large frying pan over medium heat; cook leek, garlic and caraway seeds for 5 minutes. Add carrot; cook for 3 minutes. Add cabbage; cook for a further 5 minutes or until vegetables are soft. Stir in currants and mint. Cool to room temperature. **2 SEED TOPPING** Combine all ingredients in a small bowl.

3 Preheat oven to 180°C (160°C fanforced). Oil a 25cm springform pan. <u>4</u> Divide filling into seven portions. Brush one sheet of pastry with a little of the remaining oil; top with a second sheet. Keep remaining sheets covered with baking paper topped with a clean, damp tea towel to prevent them from drying out. Place one portion of the filling lengthways, in a thin line, along pastry edge; roll pastry over filling. Starting at the centre of springform pan, carefully form the pastry roll, seam-side down, into a coil. Repeat with remaining pastry sheets, a little more oil and filling portions, joining each roll to the end of the last one and coiling it around until the base of the pan is covered. Brush top with remaining oil. 5 Bake fillo pie for 20 minutes. Cover pie evenly with seed topping; bake for a further 10 minutes or until golden. Serve fillo pie with Greek yoghurt. Unbaked pie suitable to freeze. Not suitable to microwave.

Shirazi cucumber salad with yoghurt dressing and roasted broad beans

SERVES 6 (AS PART OF A BANQUET) PREP AND COOK TIME 40 MINUTES

400g can broad (fava) beans, drained, patted dry 1 teaspoon sea salt flakes 1 teaspoon ground cumin $\frac{1}{4}$ cup (60ml) extra virgin olive oil 1 large lemon (200g) ³/₄ cup (200g) Greek yoghurt 2 cloves garlic, crushed 3 telegraph (hothouse) cucumbers (1.2kg) 2 celery stalks (300g), sliced thinly 2 fresh long red chillies, seeded, chopped finely $\frac{1}{2}$ cup fresh mint leaves, chopped finely, plus extra leaves to serve 2 teaspoons ground sumac

1 Preheat oven to 200°C (180°C fan-forced). Line a large oven tray with baking paper.

2 Combine broad beans, salt flakes,

cumin and 1 tablespoon of the oil in a bowl. Spread onto lined tray. Roast, stirring halfway, for 30 minutes or until golden. Cool.

3 Finely grate rind from the lemon, then squeeze juice.

4 Combine yoghurt, garlic and $2\frac{1}{2}$ tablespoons of the lemon juice in a small bowl; season.

5 Chop cucumbers into random chunks and slices. Place cucumber in a large bowl with celery, chilli, lemon rind, chopped mint, remaining oil and remaining lemon juice; season and toss to combine.

6 Serve cucumber salad on a serving platter; top with roasted broad beans and yoghurt dressing, sprinkle with sumac and extra mint leaves and shredded lemon rind, if desired. Not suitable to freeze or microwave.

Test Kitchen tips: Canned broad (fava) beans are available at most large supermarkets and Lebanese delicatessens. The salad will create more liquid as it stands; these delicious juices can be mopped up with warmed pitta bread.

Baked whole snapper with lemony tahini SERVES 4 PREP AND COOK TIME 45 MINUTES

250g microwave brown and wild rice $\frac{1}{4}$ cup (40g) dried currants $\frac{1}{2}$ cup finely chopped fresh flat-leaf parsley, plus extra leaves to serve 1 clove garlic, crushed 2 teaspoons finely grated lemon rind 2 tablespoons extra virgin olive oil $\frac{1}{2}$ cup (125ml) lemon juice 2 whole snapper (2.4kg), cleaned $1\frac{1}{2}$ tablespoons ras el hanout $\frac{1}{2}$ cup (140g) tahini Lemon wedges, to serve

Preheat oven to 200°C (180°C fan-forced). Line two large baking trays with baking paper. Heat rice according to packet directions. 2 Place rice in a medium bowl with currants, $\frac{1}{3}$ cup of the parsley, the garlic, lemon rind, 1 tablespoon oil and 2 tablespoons lemon juice; season, then toss gently to combine. <u>3</u> Using a sharp knife, make two shallow diagonal cuts in the thickest part of the snapper flesh on both sides. Drizzle fish with remaining oil; rub both sides with ras el hanout, season. Fill the cavity of each fish with rice mixture. Place fish on lined travs. Bake fish for 35 minutes or until just cooked.

4 Meanwhile, process tahini and $\frac{1}{4}$ cup (60ml) water with remaining parsley and remaining lemon juice until smooth; season. Serve fish with lemony tahini, extra parsley leaves and lemon wedges.

Not suitable to freeze or microwave.

Test Kitchen

Crispy Middle Eastern seed and spice potatoes

SERVES 4 PREP AND COOK TIME 55 MINUTES

1.6kg brushed potatoes, scrubbed, unpeeled, cut into 4cm chunks 1 medium bulb garlic, cloves separated, unpeeled 1 tablespoon coriander seeds 1 tablespoon cumin seeds 2 teaspoons white sesame seeds 2 teaspoons black sesame seeds 3 teaspoons sea salt flakes 1 teaspoon smoked paprika $\frac{1}{2}$ teaspoon dried chilli flakes 1.5 litres (6 cups) vegetable oil, for deep-frying $\frac{1}{4}$ cup fresh flat-leaf parsley, chopped finely 1 tablespoon finely grated lemon rind

Place potatoes and garlic in a large saucepan with enough cold, salted water to cover; bring to the boil, covered, over high heat. Reduce heat; simmer, uncovered, for 15 minutes or until tender and skin is just starting to loosen. Drain in a colander. Remove garlic; peel away skin, discard skin. Stand potatoes for 5 minutes to steam dry. Toss potatoes in the colander a few times to roughen the edges slightly.

2 Meanwhile, toast the seeds in a medium frying pan over medium heat for 6 minutes, stirring often, or until fragrant. Transfer to a mortar and pestle; cool for 5 minutes. Pound until coarsely ground. Stir in salt, paprika and chilli flakes. Heat oil in a deep, heavy-based saucepan over medium heat until it reaches 180°C (or until a cube of bread turns brown in 30 seconds). Cook potatoes and garlic, in batches, turning halfway through, for 10 minutes, removing garlic after 3 minutes or until very golden and crisp.

3 Remove garlic and potatoes with a slotted spoon to a large bowl. Add seed mixture, parsley and lemon rind; toss gently to combine. Not suitable to freeze or microwave.

Pickled fennel and radish lentil salad with figs and cinnamon dressing SERVES 6 (AS A SIDE) PREP AND COOK TIME 25 MINUTES

 $\frac{1}{2}$ cup (125ml) apple cider vinegar ¹/₄ cup (55g) caster sugar 1 teaspoon salt flakes 3 small fennel bulbs (390g), shaved, fronds reserved 1 bunch small radishes (500g), trimmed, quartered 1¹/₂ tablespoons extra virgin olive oil 400g can brown lentils, drained, rinsed, patted dry 6 small purple figs (250g), halved or quartered $\frac{1}{2}$ cup fresh flat-leaf parsley leaves ¹/₂ cup fresh mint leaves CINNAMON DRESSING 1 teaspoon ground cinnamon 2 teaspoons cumin seeds, toasted

1/2 tablespoons lemon juice

1 Place vinegar, sugar and salt

in a medium bowl; season well with pepper, stir until sugar has dissolved. Add fennel and radishes; stir to combine. Stand for 15 minutes to lightly pickle. Drain, reserving pickling liquid. 2 Heat oil in a medium frying pan over medium-high heat. Add lentils; cook, covered, shaking pan occasionally, for 7 minutes or until crisp. Drain on paper towel; season. 3 To make cinnamon dressing, whisk ingredients in a medium jug with 11/2 tablespoons reserved pickling liquid to combine. Season. 4 Arrange pickled fennel and radishes, lentils, figs, herbs and fennel fronds on a large platter, then drizzle with cinnamon dressing; toss gently to combine. Not suitable to freeze or microwave.

Spiced lamb and fig vine leaves

MAKES 22 PREP AND COOK TIME 1 HOUR 25 MINUTES (+ COOLING TIME)

½ cup (60ml) extra virgin olive oil
1 small brown onion (80g), chopped finely
4 cloves garlic, crushed
250g minced lamb
1½ tablespoons ras el hanout
1½ tablespoons pine nuts, toasted
2 tablespoons lemon juice
70g soft dried figs, chopped finely
⅓ cup (65g) pearl barley
1 cup firmly packed fresh flat-leaf parsley
leaves, chopped finely
33 large preserved vine leaves (165g)
1 small lemon (65g), sliced thinly
Olive-oil spray
Hummus and Greek yoghurt, to serve

1 Heat 2 tablespoons of the oil in a medium frying pan over medium heat; cook onion and garlic, stirring, for 5 minutes or until soft. Season with salt and pepper. Add lamb and ras el hanout; cook, stirring to break up any lumps, for 5 minutes or until cooked. Stir in pine nuts, lemon juice, figs, pearl barley and parsley. Cool slightly. 2 Rinse vine leaves. Add leaves to a large saucepan of boiling water, in batches, for 1 minute. Transfer leaves to a colander; rinse under cold water, drain well. Place a vine leaf, smooth-side down, on a clean work surface, trim large stem. Place 1 tablespoon of lamb mixture in the centre. Fold stem end and sides over filling; roll up firmly. Repeat with more leaves and remaining lamb mixture to make 22 rolls in total.

Spray a 22cm, round (top measurement), heavy-based saucepan with olive oil; line with remaining vine leaves. Position rolls in pan, seam-side down, in a single layer, packing in closely. Top with lemon slices. Pour 1¼ cups (310ml) water and remaining oil over rolls. Place a 16cm plate on top of the rolls to secure. Place lid on pan; simmer, covered, over low heat for 1 hour or until leaves and barley are tender. Remove from heat; remove lid. Cool for 30 minutes.

<u>4</u> Serve vine leaf rolls with hummus and yoghurt.

Suitable to freeze. Not suitable to microwave.


Salted dark chocolate and tahini tart

SERVES 12 PREP AND COOK TIME 50 MINUTES (+ REFRIGERATION AND COOLING TIME)

2 eggs

3 egg yolks ¹/₃ cup (75g) caster sugar 260g dark chocolate, chopped coarsely 185g butter ¹/₂ cup (140g) tahini ¹/₂ teaspoon sea salt flakes 1 cup (280g) Greek yoghurt Halva, crumbled, to serve CHOCOLATE PASTRY 1¹/₃ cups (200g) plain flour

¹/₃ cup (2009) pure icing sugar
¹/₃ cup (55g) pure icing sugar
⁷Og Dutch processed cocoa
110g cold unsalted butter, chopped
3 egg yolks
2 tablespoons chilled water

1 CHOCOLATE PASTRY Process flour, icing sugar and cocoa until combined. Add butter; process until mixture resembles fine crumbs. Add egg yolks and chilled water; pulse until just combined. Turn pastry onto a lightly floured surface; form into a disc, then wrap in plastic wrap. Refrigerate for 1 hour. 2 Lightly oil a 24cm round, 3cm deep, loose-based tart tin. Roll pastry between two sheets of baking paper until large enough to line tin. Lift pastry into tin, pressing into base and side (leave any pastry overhanging; edge is trimmed after baking). Cover, refrigerate for 1 hour. 3 Preheat oven to 180°C (160°C fan-forced). Place tart tin on an oven tray. Line pastry with baking paper; fill with dried beans or rice. Bake for 10 minutes. Remove paper and beans; bake for a further 10 minutes or until pastry is just cooked. Cool in tin. 4 Whisk whole eggs, yolks and sugar in a bowl until pale. Place chocolate, butter, 1/4 cup (70g) tahini and the salt flakes in a medium heatproof bowl over a saucepan of simmering water; stir occasionally until melted and combined. Fold chocolate mixture through egg mixture. 5 Using a small serrated knife, carefully trim pastry edge level with the tin. Pour chocolate filling into tart shell. Dollop remaining tahini in spoonfuls on filling; swirl gently through mixture with a skewer. Bake tart for 30 minutes or until filling is just set. Cool. Serve tart topped with yoghurt and halva.

Baked or unbaked pastry shell suitable to

freeze. Not suitable to microwave.



Women's Weekly Middle Eastern

Delicious sweet and savoury dishes to nourish and satisfy.

The Australian Women's Weekly Middle Eastern, RRP \$39.99, is available in November from all good booksellers and awwcookbooks.com.au

It's just not cricket!

Legend of Australian cricket Ricky Ponting has collaborated with Ben Riggs. an award-winning Australian winemaker, to create Ponting Wines. There are four varieties in the current range, created in regions across South Australia and Tasmania. Each of the wines reflects Ricky's life and has been carefully crafted by Ben to ensure flavour, structure and complexity are of the highest quality. To read Ricky's journey into winemaking, goto threekingswinemerchants. com.au

Quick bites

EDITED by FRAN ABDALLAOUI

test kitchen secrets to better baking

Clever cookware

.....

We're

LOVING

Using quality cookware does make a difference to your cooking, and I recently tried out Tefal's Ingenio range of stackable cookware. The clever design includes a removable handle, which maximises space in your kitchen cupboards, and allows you to go from the stovetop to the oven or table. The titanium non-stick coating suits all cooktops. 3-piece set from \$249 at tefal.com.au

LOUISE LISTER PHOTOGRA

RUBBING-IN METHOD

This method is ideal for scones, pastry, biscuits and slices. Chop chilled butter into cubes and, working quickly, use your fingertips to squash cubes through the flour. We use White

White

Premiun

CSR

Wings' range of premium flours made from Australian wheat.

CREAMING METHOD

PONTING

PONTING

When making a butter cake, this is what the creamed or beaten butter and sugar mixture should look like before you add eggs. It should be aerated, light in colour, creamy in texture and still with

undissolved sugar. For fine crystals and top quality, use CSR Caster Sugar.



EMERGENCY

For first aid treatment for cuts, abrasions, minor sunburn, minor burns and scalds keep Medi Antiseptic Cream and dry touch Medi Pulv powder at home, in your sports bag or travel bag—ready to provide first aid support when its needed.



Always read the label. Follow the directions for use.

Buy less, Waste less

Use it all

If you're left with a small amount of fresh herbs to use up, don't bin them! Chop finely, pop into an ice-cube tray, top with olive oil and freeze. Defrost and use in a salad dressing or add a cube to a hot pan before sautéing fish or potatoes.

(HIMICHURA

PHOTOGRAPHY by CATH MUSCAT . STYLING by VANESSA AUSTIN

Cornersmith duo Alex Elliott-Howery and Jaimee Edwards have penned a practical guide to preventing food waste in your kitchen by showing simple ways to turn tired produce into something truly delicious.

144 The Australian Women's Weekly | NOVEMBER 2020

SPICY GREEN

Book extract

Soft herbs

We define soft herbs as being, well, soft ... with soft leaves and edible stems. These herbs have a higher water content than other herbs and are lower in aromatic oils. For this reason, they tend to have less flavour when dried, so use them fresh and in abundance. For the most part, we add soft herbs at the end of cooking to retain their flavour – think of them as a way to liven and freshen up cooked meals. We also add them by the bunch to salads, and Alex uses every kind of soft herb (even the limp, neglected bunches at the bottom of the crisper) to make a whole spectrum of versatile green sauces and pestos.

Like all leafy vegetables, soft herbs are high in vitamins A, C and K, and each herb is also prized for its medicinal properties, which we extract in home-brewed healing teas. Soft green herbs are very delicate and need to be cared for – unfortunately, neglect means they are one of the most wasted ingredients bought at the supermarket. If you can, buy small amounts regularly and please try not to buy herbs wrapped in plastic. Smaller grocers with a high turnover will often sell herbs in bunches without plastic. Even better, grow your own herbs and pick the leaves as you need them.

You can store herbs in a glass of water on the benchtop or in the fridge for a few days. For longer storage, wrap them in a slightly damp tea towel and then place in a bag or airtight container in the fridge for 5-7 days. Mint and basil are the exception here, as their tender, warmth-loving leaves turn black in the cold. Cut stems should be stored in a glass of water in dappled light on the benchtop. Make sure there are no leaves below the water level.

Basil

The less you cook basil the better. Don't add basil at the beginning of any cooking process. Keep things as fresh as possible and you will retain basil's complex flavour. Tear basil or chop with a sharp knife so as not to bruise the leaves. Basil is very high in vitamin K and magnesium and its essential oils are known to have anti-inflammatory properties, as well as reducing blood sugar.

Parsley

We use flat-leaf parsley. You hardly see poor old curly-leaf parsley these days, and the flat-leaf variety has more flavour anyway. Parsley has a grassy freshness that goes with just about everything, and pairs well with all other soft herbs. It is particularly good with seafood, potatoes, garlic and eggs. Nibble parsley to freshen your breath and eat it to eliminate water retention. Parsley stems freeze well and are indispensable in stocks and green sauces.

Chives

Common enough but not shy in flavour, chives have a strong allium taste. They are most punchy when freshly snipped, so grow them if you can. Use only as a garnish as their flavour does not hold up in cooking. They go well with cheese and sour cream, and pair perfectly with eggs, potatoes, leafy greens, green beans and white fish.

Coriander

Warm and a little citrusy, coriander has travelled the world and appears in many →

Book extract

cuisines. One of the best things about a bunch of coriander is the changes in flavour along the stem. The leaves are bright and fresh-tasting, the stems a little more grassy, while the roots have a deeper, more intense flavour. You can save the stems and roots and add them to the spicy kitchen scrap paste or the chimichurri. Coriander is also said to stimulate the appetite.

Dill

The scent of dill is reminiscent of aniseed. Jaimee, who grew up with a Russian mother and grandmother, remembers everything in her childhood tasting of dill. Dill and sour cream are meant to be; the same is true for cream and yoghurt. Dill goes well with other acidic foods, such as lemon and vinegar, and is a classic addition when it comes to pickling. It's also good with potatoes, tomatoes, beetroot, cucumber and white fish. Dill is also said to calm an upset tummy. We add dill stems to pickled cucumbers and sauerkraut.

Mint

The very definition of a fresh and cooling ingredient, mint is easy to buy, but it's even easier to grow. Its natural sweetness is perfect with fruits, as well as being a great foil to spicy foods. Add it to the plainest salad (think iceberg lettuce and cucumber) and suddenly you have something perfectly simple and fragrant. Mint is lovely with peas, potatoes, garlic, strawberries and watermelon. There is also plenty of flavour in mint stems and you can use them to flavour a sugar syrup to use in cocktails.

Tarragon

Along with dill, tarragon is another flavour from Jaimee's childhood. Tarragon has an aniseed flavour and is pleasantly sour. It goes well with mustard, mushrooms, asparagus and oily fish. We also like it mixed through mayonnaise in a chicken sandwich. We put tarragon stems with a pinch of salt and sugar into a jar of white wine vinegar and let it sit for a few weeks to flavour the vinegar.

Green sauces for using up tired herbs

Spicy green Thai-style sauce

MAKES ABOUT 1 CUP. Stir through noodle salads or serve with seafood or rice paper rolls. In a food processor, place 1 cup (50g) coriander leaves and stems, 1 tablespoon grated ginger, 1 garlic clove, 1-2 long green chillies, 2 tablespoons fish sauce, 2 teaspoons caster sugar, 1/4 teaspoon salt and the zest and juice of 1 lime. Blitz until chopped but not as smooth as a pesto. If you want to make this a dipping sauce, loosen the mixture with about 1 tablespoon good-quality vegetable oil or more fish sauce. It will keep in a jar in the fridge for up to 2 weeks.

Salsa verde MAKES ABOUT 1 CUP.

This is lovely with ricotta or goat's cheese on toast, oily fish, a lentil stew or roasted carrots. Or add green chillies and a pinch of ground cumin, coriander and paprika and serve it with tacos or on tortillas. In a food processor, place 75g herbs such as parsley, dill, mint, basil or fennel fronds with 2 garlic cloves, ¹/₃ cup (75g) chopped pickles such as cucumber, dill pickle (gherkin), fennel or jalapeños, 2 tablespoons pickle juice, 2 tablespoons capers or the zest and juice of 1 lemon or lime, a pinch of chilli flakes (or a Thai green chilli) and 1/4 teaspoon salt. Pulse until roughly chopped, then taste and balance the flavours by adding more salt, extra chilli or a pinch of sugar. Add ¹/₃ cup (80ml) olive oil and blitz until just combined. You can also make this by hand: finely chop the ingredients, then combine in a bowl with the oil. Store in a jar or container in the fridge for 7-10 days.

Pesto MAKES ABOUT 1 CUP.

Alex believes a house is not a home without pesto in the fridge. Use this base recipe to make a pesto out of any small amount of leftover greens. Place 80g herb leaves or greens, 40g nuts or seeds, 1 garlic clove, 40g grated parmesan (if using) and a pinch or two of salt in a food processor and blitz to a paste. With the motor running, add 100-150ml olive oil until well combined. Transfer to a clean jar and store in the fridge for up to 10 days. COMBINATIONS WE LIKE: + Parsley, walnut, lemon zest and 1 tablespoon lemon juice

- + Celery leaves, cashews and parmesan
- + Kale, sunflower seeds and parmesan

Chimichurri MAKES ABOUT 1 CUP.

This Argentinian herb sauce is used in cooking and as a table condiment for grilled meats. It's an absolute winner and we make it almost every week to top tacos and pitas, drizzle over roasted vegetables, marinate chicken or serve with grilled fish. Add a few tablespoons to a salad dressing for your next slaw. Place about 80g herb leaves and stems – use one type or a mix of coriander, parsley and dill – in a food processor with 1/2 teaspoon cumin seeds, 1 chopped garlic clove, 2 tablespoons red wine vinegar, ¹/₄ teaspoon salt and a pinch of chilli flakes if you want a little heat. Blend to a paste, then with the motor running, add 100ml olive oil until combined. Pour into a jar or container, cover with oil and seal. Store in the fridge for up to 2 weeks.

Best vegetable slice SERVES 4-6

Eggs bind other ingredients as they cook, and what you might think are a few random bits and pieces – half a broccoli, a few sprigs of parsley – can become a complete meal when combined with eggs. This recipe is for those occasions when you have a few ingredients left over in the fridge and you want to make them taste great with little effort. Eat it the next day for breakfast, pop it in your lunchbox or gobble it up on a crusty roll with green leaves and plenty of chutney. Olive oil 140g chopped/sliced veg -1 small onion sliced leeks and their tops finely sliced fennel thinly sliced capsicum 2-3 garlic cloves, crushed 500g grated vegetables (a mix works well) – cauliflower and stems, broccoli and stems, zucchini, potato, mushrooms 1 cup (30g) chopped soft herbs or leafy greens – parsley, dill, rocket, baby or **English spinach** 1 cup (100g) grated parmesan 130g self-raising flour 6 eggs 1/4 teaspoon salt 1/4 teaspoon freshly cracked black pepper Preheat the oven to 180°C. Brush a 20 x 25cm baking dish with a little olive oil and line the base with baking paper.
 Heat 1 tablespoon of olive oil in a frying pan over medium heat. Add the chopped or sliced vegetables and garlic and sauté for 5-10 minutes, until soft, translucent and sweet. Transfer the mixture to a large bowl. Squeeze out any excess liquid from the grated vegetables, then add to the sautéed vegetables, along with the herbs or leafy greens. Stir through the parmesan and flour.

3 In a separate bowl, whisk the eggs until fluffy, then add to the vegetable mixture. Season with the salt and pepper and gently combine. Pour the mixture into the prepared tin and smooth the top with the back of a spoon.

4 Bake for 30-40 minutes, until firm to the touch. Serve hot out of the oven or allow to cool and store in an airtight container in the fridge for up to 4 days.

Eggs

Eggs get us from breakfast to dinner. We love them because they are economical, nutritious and simple to prepare. Some eggs are really cheap, while others are more expensive. In short, the price of an egg often reflects the quality of life of the chicken that laid it. Free range means that chickens have access to the outdoors during daylight hours and live on a farm with a low density of chickens per hectare. Sadly, the life of a factory-farmed chicken bears no resemblance to this. Even at the pricier end of the scale, a free-range egg is still often the least expensive source of good-quality protein you can eat.

Free-range eggs are widely available at supermarkets, and at farmers' markets you can often buy from the farmers themselves. There are great apps you can download that will tell you exactly how free range your eggs are, so being informed has never been easier.

Despite years of having a reputation for being bad for your health, eggs (with their ability to elevate levels of 'good' cholesterol) are now recommended as part of a healthy diet. They are high in vitamins A, B and folate, as well as phosphorous and amino acids. One egg provides 20 per cent of our daily recommended protein intake.

Temperature fluctuations are not good for eggs. If you leave a cold egg out of the fridge, it will sweat, which can encourage bacteria growth leading to egg contamination. Store eggs at the temperature you bought them, unless you live in a warm climate – store them in the fridge. Keep eggs in the cardboard container they came in, as it prevents moisture loss. Eggs will stay fresh for up to 6 weeks.

What to do with egg whites

Whiskey sours MAKES 2

Make these classic whiskey sours using two leftover egg whites.

Make a sugar syrup by dissolving 1½ tablespoons caster sugar in 1½ tablespoons warm water. Pour 120ml whiskey (or use bourbon or brandy) into a cocktail shaker along with 45ml lemon or lime juice, 2 egg whites and the sugar syrup. Fill with ice and shake vigorously, then strain and serve in fancy glasses, with a pickled grape if you have it!

Spicy nuts and seeds

MAKES ABOUT 1 CUP. Coating nuts and seeds in egg whites helps spices stick and makes them crunchy when toasted. Toss through salads or enjoy them as a snack with a drink. They'll last for up to 1 week in an airtight container. Preheat the oven to 160°C. Whisk an egg white until foamy, add 1½ teaspoons salt, 2 teaspoons caster (superfine) sugar and 3-4 teaspoons ground spices of your choice. Add 1 cup (140g) mixed nuts and seeds and mix until they are well coated. Spread out on a baking tray lined with baking paper and roast for 15-20 minutes, until golden brown. Shake the tray every 3-4 minutes for even cooking.

Spice mixes we like

- + 2 teaspoons ground cumin,
- 1 teaspoon smoked paprika, pinch of cayenne pepper
- + 1 teaspoon ground fennel seeds, 2 teaspoons lemon zest or powder, 1 teaspoon chilli flakes
- + 2 teaspoons chopped fresh or dried rosemary, 1 teaspoon smoked paprika, 1 teaspoon freshly cracked black pepper.

Toasted muesli

Coat your muesli mix in egg white and spices, then bake following the instructions in the previous recipe. We like ground cinnamon, nutmeg, allspice and orange zest or powder.

Use it all

Some recipes call for only whites or yolks to be used. Most of the time the remaining part of the egg gets stored in the fridge with the best of intentions, only to be forgotten.

Book extract

Cured egg yolks

This really simple preserving process turns leftover egg yolks into a flavour and texture similar to a hard cheese. Cured eggs yolks can be grated over salads, pasta, risotto, baked potatoes, and avocado or tomatoes on toast for an extra hit of nutty umami.

Combine 2 cups (560g) pure salt and 2 cups (440g) caster sugar in a bowl and whisk well. Pour half the salt and sugar into a shallow dish. Make four egg yolk-sized indents in the salt and sugar and carefully place a yolk into each one (don't freak out if they break, it will still work!). Cover with the remaining salt and sugar, then cover the tray with plastic wrap and store in the fridge for 1 week.

Remove the yolks from the salt and sugar, rinse and pat dry with paper towel, then transfer to an oven rack. Pop into a preheated 60°C oven for 30 minutes or until the yolks are dry to touch (you want the yolks to be firm but not rock hard). Allow to cool and store in an airtight container in the fridge for up to 4 weeks. Grate as needed.





Coconut macaroons MAKES 16

Make these in next to no time. They are light and chewy and perfect for afternoon tea. Preheat the oven to 170°C and lightly grease a baking tray. In a stand mixer or using electric beaters, beat 2 egg whites (80g) until soft peaks form. Little by little, add ½ cup (110g) caster (superfine) sugar while continuing to beat the eggs until stiff peaks form. Beat until satiny, then fold through 1½ cups (90g) shredded coconut. Drop teaspoons of the mixture onto the baking tray, and bake for 15-20 minutes. The longer they cook, the chewier they will be.

Waste tip:

Place egg yolks (or egg whites) in an airtight container and freeze for up to I year. Make sure you use them as soon as they are defrosted.



USE IT ALL BY ALEX ELLIOTT-HOWERY AND JAIMEE EDWARDS, MURDOCH BOOKS, RRP \$39.99. AVAILABLE FROM ALL GOOD BOOKSELLERS OR CORNERSMITH. COM.AU

GIVE

TESTED

Berries and cream signal the arrival of summer! This month, we've created layers of fragrant colour within a tiered shortbread masterpiece. It'll make your next celebration truly special.

on

LO

Fresh strawberries add natural sweetness to cakes, pies and tarts.

handler a

PHOTOGRAPHY by BEN DEARNLEY, LOUISE LISTER STYLING by SOPHIA YOUNG, EMMA KNOWLES

Test Kitchen

Baking made easy

There's something about baking that makes it one of the most rewarding parts of a cook's repertoire. And while baking takes time, care and plenty of patience, the skills involved can easily be learned. *The Australian Women's Weekly Baking Class* takes you through different skill levels with recipes for delicious cakes, breads and pastries: each level builds on simpler bakes, to create impressive show-stoppers. No matter what kind of baker you are or want to be, you'll find inspiration and confidence in these beautiful pages.

Strawberry & cream shortcake

PREP AND COOK TIME 1 HOUR 30 MINUTES (+ REFRIGERATION & COOLING TIME)

The trick to cutting a spectacular layered cake like this is to ensure that it is refrigerated for a few hours to allow the shortbread to soften slightly. Choose a good sharp knife and cut with a fast sawing action – avoid applying too much pressure or the filling will ooze out.

250g butter, softened 1 cup (160g) icing sugar 1 egg 3¼ cups (485g) plain flour 500g strawberries, sliced crossways PASTRY CREAM

1/3 cup (75g) caster sugar
2 tablespoons plain flour
2 tablespoons cornflour
1 teaspoon vanilla bean paste
1 cup (250ml) milk
4 egg yolks
300ml thickened cream
STRAWBERRY COMPOTE

2 tablespoons caster sugar1 tablespoon lemon juice2 tablespoons water250g strawberries, sliced crossways

 Beat butter and sugar in a small bowl with an electric mixer until light and fluffy. Beat in egg. Transfer to a large bowl; stir in flour to form a soft dough. Knead dough on lightly floured surface until smooth. Divide dough into four portions; enclose each portion in plastic wrap. Refrigerate for 30 minutes.
 Line four oven trays with baking paper. Roll each portion of dough between two sheets of baking paper to about 3mm thick. Cut each portion into a 22cm round. Using the baking paper for support, transfer rounds to trays; prick all over with a fork. Refrigerate for 15 minutes.

3 Preheat oven to 180°C (160°C fan-forced). Bake rounds for 12 minutes or until lightly browned. Cool on trays for 5 minutes, before transferring to wire racks to cool. **<u>4 PASTRY CREAM</u>** Combine sugar, flours, vanilla and ¼ cup of the milk in a medium bowl. Heat remaining milk in a saucepan until almost boiling. Gradually whisk hot milk into flour mixture. Return mixture to pan; cook, stirring, over medium heat until mixture boils and thickens. Remove from heat; quickly whisk in egg yolks. Transfer to a medium bowl; cover surface with plastic wrap. Refrigerate for 2 hours or until cold. Beat cream in a bowl with an electric mixer until soft peaks form. Fold cream into cold custard, in two batches.

5 STRAWBERRY COMPOTE Stir sugar, juice and the water in a small saucepan over low heat until sugar dissolves. Bring to the boil, reduce heat to low; simmer for 5 minutes or until thickened slightly. Add strawberries; remove from heat. Cool.

▲ Place one shortbread round on a cake stand or serving plate; top with a quarter of the pastry cream and a third of the fresh sliced strawberries. Repeat layering two more times. Finish with the fourth shortbread round and last quarter of pastry cream. Spoon strawberry compote on top, drizzled with the syrup.

7 Serve shortcake dusted with extra sifted icing sugar, if you like.







Shortbread

To make shortbread bases, place a 22cm upturned plate on dough; using a sharp knife cut each portion into a round. Place rounds on trays; prick all over with a fork.

Pastry Cream

To make pastry cream, combine sugar, flours, vanilla and ¼ cup of the milk in a medium bowl. Heat remaining milk in a small saucepan until almost boiling. Gradually whisk hot milk into flour mixture. Return mixture to pan; cook, stirring, over medium heat until mixture boils and thickens. Remove from heat; quickly whisk in egg yolks.

Strawberry Compote

To make the strawberry compote, stir sugar, juice and the water in a small saucepan over low heat until sugar dissolves. Bring to the boil, reduce heat to low; simmer for 5 minutes or until thickened slightly. Add sliced strawberries; remove from heat. Cool.



You can replace the strawberries with other fruit, such as raspberries, blueberries or thinly sliced mango.

This beautiful shortcake makes an ideal Christmas Day dessert, too!



The Australian Women's Weekly Baking Class, \$39.99, available from all good booksellers and awwcookbooks.com.au **DO AHEAD: Shortbread layers can be made 3 days ahead; store in an airtight container, or freeze for up to 3 months. Cake is best assembled on the day of serving.**

Scents of Scents of Support of the states of

Create homemade potpourri Making potpourri is

easy, fun and cheap! Line the base of a roasting pan with greaseproof paper. Pick the leaves, petals

and buds from gathered herbs and flowers. Scatter on the tray, along with thin slices of citrus fruit, and place in the oven at 110°C (90°C fan-forced) for a few hours (keep an eye on them, so they don't burn!). Once cool, use a dropper to sprinkle over drops of your favourite essential oil. Blend, then place into a bowl, ready for use.

Craft



Gently heat a simmer pot

Make your whole home smell amazing with a steaming pot filled with fresh herbs and citrus fruit. Simply fill a saucepan with water, then chop up your favourite scented herbs and fruit – we chose rosemary and lemon – and add to the water. Bring to the boil, before turning the heat down to create a steady simmer.

Tip: When you've finished simmering, you can bottle and store the liquid in the fridge to reuse another time.

Perfume with orange peel flowers

Freshen up linen and laundry cupboards with aromatic orange peel flowers. Peel an orange, taking off the outer skin and some of the pith, ensuring the peel comes off in one piece. Cut a small length from the top end, about 5cm, and roll into a cone shape. Take the remaining peel and, starting from the bottom, roll up around the cone, keeping it tight as you go. Place on tissue while you make the other peel flowers, then arrange in dishes with herbs and flowers.

Display and dry fragrant herbs

Tie herbs to a wreath to create a perfumed display. Cut herbs – and flowers, if you like – leaving long stems, and group into even bundles. Tie with twine, then secure into place on the wreath, hanging each bundle an equal distance apart. Hang the whole wreath with plaited twine or rope tied to four sides.





Light citronella candle jars

Keep mosquitoes away with citronella! Wrap wire around the rim of a jar, then make into a loop for a handle. Add fresh lemon peel and rosemary sprigs to the jar to keep the water clear. Pour in some water, then add a few drops of citronella essential oil; stir gently. Place an unscented floating candle on top of the water and light to keep your home mozzie-free.

LUXC GOV LOSS Upstyling your home needn't cost of fortune writes Poter Criffithe

a fortune, writes **Peter Griffiths**, so long as you know where to make those transformative touches.

hat grand renovation is on most people's domestic bucket lists, but the funds to make it happen are far less frequently available. Still, according to Sydneybased interior designer Shilpa Mohan (sjsinteriordesign.com.au), there are some easy ways to instantly give your home a touch of luxury, no matter your budget. Here are her top tips for some low-cost transformations ...

Pick up a brush

Start by thinking big. The feel of your nest is dictated by the four walls in every room. Not only will a new paint job set you back less than a thousand dollars, it will help you tap into the latest in interior fashion.

The Dulux Colour Forecast 2021 recently revealed the hottest colour palettes which both reflect global trends and align with how we are feeling around Australia right now.

"The Nourish palette in particular is a real trend," shares Shilpa. "These are colours that have been around for decades and are coming back in a more contemporary tone. The shades of beige and yellow will embrace you like a warm hug. Try painting the walls of a room in Dulux Burnside, and you'll walk into it with a smile plastered across your face."

Colour blocking is still a top stylist tip, while suitable lighting can add pleasing accents as well. "An oversized floor lamp, table lamps or swapping out old light fixtures for contemporary pendants or wall lights will create visual interest," adds Shilpa. Putting some thought into the colour of a feature wall and adding art can make a massive difference to the space.



Living large

A quality couch can act as a statement piece in your living space. "The best sofas I've seen are deep enough to lounge back in, but not so deep that you get lost in them," says Shilpa. "And if you're not ready to buy a new one, you can class up your existing sofa by tufting the fabric – adding buttons etc. Luxe up the legs with more ornate versions or wood that complements the rest of the room, and change the height to suit the dimensions of the space."

Adding in a good quality throw can make all the difference between dull and delicious in an otherwise functional room.

"One of my favourite things to

have is a seasonal throw," says Shilpa. "In winter I'll put out a dark, wool throw, but in summer I'll use a linen throw. You can also play with different colours, because in autumn you can bring out the rich mustards and burgundy colours, but in spring you can play with pastels."

Alternatively, are you a 'chairperson'? They're not just for sitting on. 'Chairscaping' is a fresh trend in which a funky chair becomes a table on which can sit plants, books, your latest copy of *The Weekly* and all manner of lovely items. Bedroom? Use it for shoes. Bathroom? Add toiletries. The humble chair, if chosen with care, can add style and utility to any room. \rightarrow

Put it on paper

If you're shy about paint, a textured wall (think fabric, wood, swatches) offers pizzazz. Wallpaper gives you a lot of bang for your buck, too – and if you're scared of pattern, you can opt for a textured finish like grasscloth.

"Wallpaper is the quickest way to transform a space," notes Shilpa. "Be it a feature wall or all four walls in a powder room, it's sure to get people saying, 'Now *that's* a before and after'."

A picture wall makes a statement, and you can spend as much or as little as you want while luxeing up the frames. Just match the mount, weight and colour to the art. "You don't have to curate it," says Shilpa. "You can get art of all sizes and place them almost randomly for a unique design element."



Plaza 3.5 seater fabric

sofa with chaise, \$2999, Harvey Norman. Lisette

armchair, \$519, **Brosa**. Australian Bushland

Floored

"A rug can dramatically change the mood of a room," says Shilpa. "It can make it appear larger, and feels lovely if you have floorboards or tiles."

Homes



Fly off the shelves

Shelving is practical, but doesn't have to *look* practical. Take away mass-produced bookcases and laminated wood to make the shelves themselves part of the decor.

"You can head to your local timber yard and pick up pieces of timber to use as floating shelves in a kitchen, living space, bathroom or bedroom," says Shilpa. "These are great for placing trinkets or decorative jars on – and if you have a small room, placing things up on a shelf will make a room feel more spacious."

Consider what will be going on them, too. A talkingpoint item can lift a room, so there's no harm in being quirky and displaying treasured items or objet d'art that reflect your taste. "For starters, think about branches and foliage," suggests Shilpa. Glassware or a fine dinner set will be their own decoration out on display, too.



Cook up something new

You don't have to go to the trouble of replacing your whole kitchen. One of the most effective (and cost-effective) updates you can make is swapping out your existing cupboard handles. "Also look at replacing your splashback; find a complementary tone in your benchtop, then locate a tile or similar material that suits, and use that as your new splashback," says Shilpa.

There are DIY options for replacing fittings. If you want to upgrade your cabinets cheaply, consider measuring the doors, having medium density fibreboard cut to size, painting them and adding quirky handles for bespoke cupboards.

As the dominant appliance in your kitchen, you can give the entire room a lift by updating your refrigerator, too. "French door fridges give a space a look of opulence," notes Shilpa. "Choose one that complements the colour of your tapware and other appliances. The trend in kitchen utilities these days is away from white, and towards black and stainless steel – unless you're going for a retro effect!"



Harvey Norman has recently dubbed the four-door Mitsubishi Electric MR-LX630EM, \$3199, best in class when it comes to Frenchdoor fridges within its range.

It's easy being green

Plants are makeover winners and cost barely a thing, but settling on the right options can be challenging. Generally, use one large plant for height, then add smaller neighbours for variety.

"Pick up Kentia Palms or Fiddle Leaf fig trees to make a bold statement," says Shilpa. "If you prefer smaller plants, invest in Devil's Ivy, as it is easy to take care of and the trailing leaves make it a design statement. If your style is more boho, use basketweave holders; if your style is more luxe, try marble pots." Attaching a small, pretty selection of flowers to walls also provides a welcome burst of colour and natural design. **AWW**

Colour swap

To make hydrangeas a more intense blue (or change them from pink to blue), dissolve 1 tablespoon of alum in 3.5 litres of water and sprinkle into the soil every 3-4 weeks over spring and summer.



Surprise ingredient

A large carrot, grated into your Christmas cake batter, will help to keep the cake moist during long, slow baking and storage – and you can't taste it.

Tool kit

Magnetic knife strips aren't just for knives – hang one in the garage, shed or laundry to hold pliers, scissors and other small metal tools.

Clean sweep

Does your dust pan leave a rim of dirt after sweeping? Instead of a dust pan, wet the edge of newspaper sheet, lay it on the floor, sweep dirt over the wet edge onto the paper, then fold up and dispose of it.

Frozen moment

Store infrequently used dried herbs and spices in their labelled jars in a plastic basket or container in the freezer – they will stay fresher for much longer and can be used frozen.

Home aroma

For an inexpensive air-freshener spray, combine 1 teaspoon Epsom salts and several drops of citrus essential oil in a 500ml mist-spray bottle, top up with water and shake well.





Q: How can I remove some rust stains from a pair of white cotton pants? *M. Murphy, Doncaster, Vic.*

A: Sprinkle the rust marks thickly with salt, then slowly squeeze on some lemon juice until the salt is damp. Allow the salt to dry completely in the sun, then brush it off the pants. Repeat if necessary.

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.

Home

D-I-Y Tips

HOHE HOHE HOHE EDITED by GEORGINA BITCON

READER'S PRIZEHIN'I

Here is another excellent use for hand sanitiser – after your stainless steel sink is cleaned and dried, smear hand sanitiser onto a moist cloth and wipe all over sink. It gives a brilliant shine, removes any streaks, smells fresh and sanitises all at once. *K. Burfitt, Norwest, NSW.*



Quick trick

If you find it difficult to thread a hand-sewing or machine needle, rub the tip of the thread with a little lip balm.

Sticking point

If you're having trouble removing a self-adhesive wall hook, hold a warm hair dryer near the hook for 30 seconds, then work a piece of dental floss gently down between the adhesive strip and the wall, warming it again if necessary.

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Love song to the west

Almost two decades after Tim Winton wrote his awardwinning epic *Dirt Music*, the book is hitting the big screen. *The Weekly* takes an exclusive peek behind the scenes.

> hen David Wenham walks into a draughty shack on a drab day in the remote

West Australian town of Esperance, he doesn't look at all like a movie bad guy.

The air is grey, thanks to a thick cover of cloud that has settled over the seaside community, but when the golden-haired star takes a seat and smiles hello, the room suddenly seems a little sunnier.

His latest filming schedule has given him a glowing tan, and he spends the first few minutes of the interview asking polite questions. David Wenham is so charming that he even sees the good in the ruthless character he plays in the big-screen adaptation of Tim Winton's novel *Dirt Music*.

"He's a victim of circumstance," David says. "I see him as a good guy. He goes on a journey of redemption."

David – or Daisy, as some of the team call him off-camera – plays

Jim Buckridge, the widowed crayfish baron whose power in the fictional town of White Point stifles his live-in girlfriend, Georgie Jutland, and forces her love interest, Lu Fox, into a dangerous life of illegal poaching.

In the film's earlier scenes, Jim simmers with what reads as barely suppressed rage. But David takes a kinder view of the fisherman.

"He's lost his wife and he's there with the kids. That's the thing that informs Jim more than anything. It's the interesting element of Jim – how that scarred him," the actor says.

Australia fell in love with David when he played the affable Diver Dan in *Seachange*, but everyone knows he does a great antagonist. From twitchy pyromaniac Doug in *Cosi* to the villainous Neil Fletcher in Baz Luhrmann's epic *Australia*, he's as menacing a foe as any director could hope for. But Jim is an altogether more real and complex character.

Jim, David explains, has been shaped by the unforgiving life he was

Exclusive peek

born into. "You can imagine towns like this can be very bleak throughout winter and the harsh environment that informs all of that," he says.

David spent many hours with local fishermen – who played extras in the movie – gaining an understanding of what a tough life a man like Jim Buckridge would have.

"Two guys I spoke to are in their 60s now and they said it's very difficult to maintain a proper personal life because, when they go out, they're on the boat for 15 days at a time," he says. "You spend a lot of time by yourself out on the sea."

That harshness is captured by the film, which takes place against a backdrop of WA's azure oceans, white sand peaks and vast red plains.

As producer Angie Fielder explains: "Location is a huge character in the book and a character in the story."

The geographical scope of *Dirt Music* posed a logistical challenge for the filmmakers, but it was one that excited the cast and crew, who came from all over to bring the story to life.

"It's a grown-up love story, in the sort of *English Patient* way, that you just don't see in the cinema anymore as much as you should," New Zealandborn producer Finola Dwyer says.

The romantic lead, Lu Fox, is played by American Garrett Hedlund (*On The Road*; *Troy*), but it was the character of Georgie Jutland, played by Scottish actress Kelly Macdonald (*Boardwalk Empire*), who most excited Finola.

"Georgie's a very unconventional woman in a very conventional town. That really spoke to us; we thought it was really strong," she says.

The music that weaves around the narrative is from the Fox family – Lu and his brother Darkie, played by George Mason (*Home and Away*) and sister-in-law Sal. Singer-songwriter Julia Stone (of Angus & Julia Stone) was a creative driving force behind the sound that courses through the \rightarrow







Clockwise from top: Lu and Axle (Gordon Churchill) at Menzies Camp in *Dirt Music*; striking landscapes make an ideal backdrop; co-stars David Wenham and Kelly Macdonald; WA's breathtaking scenery. Left: Wandering lovers Georgie and Lu.



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story and gives it life. Julia came onboard after Finola went to see her and brother Angus perform in Brixton, London, and asked if they'd consider writing music for the film.

It was a hectic time, Julia says. "We recorded a couple of songs mid-tour somewhere in France and sent that over."

Julia was then invited to audition for the role of Sal, but had to clear a few hurdles first: "I hadn't acted, except for music videos ... and I did A Country Practice when I was six."

In addition, she was still touring, but she wanted to be in the film, so in a hotel room in Turkey, her boyfriend helped her shoot an audition tape. She was cast, and then worked with the crew to tackle the challenge of how to get the Foxes sounding like a real band.

"It's called 'Dirt Music' – it had to sound cohesive," Julia says. "I know how long it takes, as a family band,

to come out with a sound that feels like years and years have passed. You have to live with someone and understand their voice and sing in harmony."

So, that's what they did. Julia, George and Garrett moved into a house together in Melbourne and spent time "becoming" the Foxes. "We turned up as strangers at this Airbnb. It was an unusual situation," Julia

says. "But we were very lucky in that almost immediately we became very close friends, and I think that has a lot to do with the music. Music has a way of dissolving any inhibitions."

The Weekly is invited to watch a scene in a pub where the Foxes perform. On stage Julia, Garrett and George play as if they've been touring together for years, while our bad guy, Jim, leans against the bar and leers at Sal. As the camera rolls he stares, unabashed, and nods to the music, his intent visible just below the surface of his golden complexion.











Exclusive peek





Top: Resentment grows between ill-suited partners Jim and Georgie. Above: The *Dirt Music* crew. "The crew were amazing," Angie says. "You bring people together and suddenly they become so much more than the sum of their parts."

"It was important for us to find locations that were cinematic and dramatic and help us tell the story, but also had logistical considerations," says Angie, whose 2016 film *Lion* earnt her an Oscar nod. "This is very much a story about a woman who follows the man she loves through the landscape, and the landscape heals them both in different ways."

Before Esperance, a capsule crew travelled 2000km north to a remote group of islands called the Buccaneer Archipelago for the final scenes.

"They're stunning. They're totally uninhabited ... these beautiful boulder islands just jutting out of the ocean," Angie says. "It was an unbelievable shoot because the terrain is very arid and rocky. I've got a great photo on my phone of the crew making a daisy chain of people, and equipment being passed up rocks so we could do a shot at the top. It was unusual, intrepid filmmaking." **AWW**



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He gives her an allowance

He insists on dropping her off and picking her up

He checks her receipts

He monitors her phone calls and messages

He tracks her location

He says she's better off without her 'friends'

Join the dots

He puts her down in front of other people

He doesn't like her going out without him

He makes it hard for her to see her family

Persistent humiliating, demeaning and intimidating behaviour in a relationship isn't something to ignore.

Coercive Control is a sustained pattern of dominating behaviour which can include emotional abuse, isolation, sexual coercion, financial abuse and cyber stalking. It is a complicated situation that can evolve over many years, leaving victims feeling trapped and worthless. While it plays out in all types of domestic relationships, it is women who are overwhelmingly affected – with tragic outcomes. It is up to all of us to recognise the signs and join the dots. Criminalising Coercive Control will save lives. If you or someone you know is affected by abuse, call 1800 RESPECT on 1800 737 732.

He has strong opinions of what she should wear



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For more information, visit nowtolove.com.au/coercivecontrol

THE Reacing BOOK CLUB GREAT **EDITED** by JULIET RIEDEN **Women's Wee**

Literary fiction

The Living Sea of Waking Dreams by Richard Flanagan, **Knopf** Australia

There's a nightmarish aura to Richard Flanagan's new novel that creeps up on you unawares. The shocks are muffled because they are ignored by his characters, even though humanity and nature are imploding.

Matriarch Francie is dying – if only her children would let her. Siblings Anna and Terzo throw money at keeping Francie alive, while brother Tommy argues for a respectful final curtain. But it's as if losing Francie means losing themselves, which is actually also happening. First, Anna loses her finger, then her knee. She's not the only one disappearing, but no one talks about it.

Author Richard's own mother's death was the opposite of Francie's, but deeply influenced his novel.

"Mum was 95. She had her large family with her – so many that the bedroom was packed and people spilled into the corridor. She had lived her life for others, and at her death others gathered for her. She slowly slipped away over three days. Each person would go to her ... and to each one she found something special and apposite to say. Her final words: 'Thank you all for coming. I have had a lovely time.' Her death was one of the most beautiful things I've ever seen. And



READ

About the

Richard Flanagan is one of the most versatile and important voices in

contemporary Australian fiction. He has won a plethora of literary awards, including the Man Booker Prize in 2014 for The Narrow Road to the Deep North, inspired by his father's experiences as a POW working on the Thai-Burma Death Railway, and has also written for film. Growing up in the Tasmanian mining town of Rosebery, he left school at 16, but later returned to education, earning a BA degree and then winning a Rhodes Scholarship to Oxford University. Today, Richard lives in his beloved beautiful Tasmania with his wife and three daughters.



I thought, 'How cruel to not allow people to die that way ...' We no longer know how to die because we no longer know how to live."

Francie is in hospital in Tasmania, and around her nature is also crumbling. It's a narrative that environmentalist Flanagan is keen to propagate. "Living in Tasmania, I became very conscious that many beautiful things – wondrous animals, birds, fish, places – were on the verge of vanishing and my grandchildren would never know them," he says.

In his tale, a magical place not unlike paradise hovers outside Francie's window, and with this comes hope. "As Francie says, 'The world is so beautiful. But we never see it until it is too late'," notes Flanagan. "I hope the book makes people see the beauty in the small things: family, friends, birds, water, wind, the kindness people show each other." A powerful tour de force.

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Books



Global fiction

The Mountains Sing by Nguyen Phan Que Mai, Oneworld

"One bite when starving, equals one bundle when full," says 12-year-old Guava's grandmother Tran Dieu Lan, as she thanks the Vietnamese mountain farmer's wife who fed the fleeing strangers while their city Ha Noi burned below. "I smiled. Grandma had told me proverbs were the essence of our ancestors' wisdom," says Guava. Born in

Vietnam in 1973, author and poet Nguyen – who won a scholarship to university in Australia – weaves this beautiful, vital novel with lyricism. Her words comfort and draw us close as the horrific atrocities of the Vietnam War unfold in this family fable. Schoolteacher Tran will not let her students go back to Ha Noi, as rumours echo that it's safe to return in December 1972; President Nixon "taking a rest from war for Christmas peace". Guava's mother and father are soldiers. "As my mother got ready to go to the battlefield, she told me of Grandma, 'She's been through great hardships. Stay close and you'll be alright." That night Grandma opens the door on her own war-scarred past to agog Guava.



Wartime

LETTERS FROM BERLIN by Tania Blanchard,

Simon & Schuster This is the third novel tales, and we start in Australia in 2019 with a letter from Berlin. It's about a deceased estate biological daughter of the letter writer. Cue Berlin in 1943 and Susanna Gottman, 18, to protect her adopted enlisting a Nazi officer.



Murder mystery

THE KILLINGS AT **KINGFISHER HILL** by Sophie Hannah,

HarperCollins Agatha Christie's perfect

Hercule Poirot mysteries. which takes place in the

Devonport family in leafy Surrey. Can the Belgian

Devonport's fiancée Helen from the gallows



Historical

SPIRITED by Julie Cohen, Hachette

It's England in the 1850s and the wedding day of childhood sweethearts Viola and Jonah. They've years and those years apart have changed them. Jonah has been in India and is haunted by Siege of Delhi, while Viola is grieving for her father and uses her passion for photography spirit. Add medium have a compelling



Biography

Vida by Jacqueline Kent, Viking

When suffragist Vida Goldstein took to the streets of Melbourne in 1912 to campaign for British women to gain the same rights to vote that Australian women already had, it was scandalous. Passers-by were used to seeing boys selling newspapers, but "nice women" did not. Armed with tabloid Votes for Women, she stood her ground, already a celebrity. The first Australian woman - indeed first in the world to have stood for election for national parliament in 1903, she was unsuccessful; but she made headlines. Born to a successful landowner and developer, Jacob Goldstein, and his well-heeled wife Isabella, it was the latter who shaped Vida's fearless stands. She hired governess Julia Sutherland to educate the children; Vida was the only one who really relished study and would attend the Presbyterian Ladies' College, the curriculum of which did not include the domestic arena. Isabella whooshed past the high tashion emporiums of Melbourne, instead heading to the city slums, where she did good works. Born 30 years before Federation, Vida died four years after the end of WWII. Inspirational.



Historical fiction

ISLANDS OF MERCY

by Rose Tremain, Chatto & Windus In 1865 Clorinda leaves Dublin, clutching her deceased mother's ruby necklace bequest. In hoity-toity English spa town Bath, she refuses the pawn shop's offer and, renting a posh hat, sells her heirloom in a society jeweller. Reinventing herself as a widow, she opens Mrs Morrissey's High Class Tea Rooms. Her quality Assam tea and compassion become her trademark aenius: confessions made over lemon cake. When Dr Valentine's marriage proposal is spurned by "Angel of Bath" Jane, the nurse escapes to artist Aunt Emmeline in London. At Emmeline's soiree, sixfoot Jane is happily seduced by Julietta, but feels small afterwards. Meanwhile in Borneo, self-styled rajah Sir Ralph wants to build a road – but where to?

ISLANDS

of Mercy

ROSE

TREMAIN

Literary fiction

THE MORBIDS by Ewa Ramsey, Allen & Unwin This impressive debut novel is both uplifting and incredibly sad, with a universality that cuts through. Caitlin is a regular twentysomething when a car accident causes her life to spin off its axis. She's convinced she should not have survived and two years on, under the strain of crushing guilt, we find her drinking, selfmedicating and alone. The 'Morbids' of the title is the nickname for her death-related anxiety therapy group. Here everyone harbours irrational feelings that they will die. Then her former best friend announces she is getting married, and Caitlin is forced to confront her trauma. In turn we confront issues of friendship, love and, yes, death as the deeply relatable narrative takes over.

ТНЕ

EWA RAMSEY

Friendship

WHAT ARE YOU GOING THROUGH

IOVEMBER

2020

by Sigrid Nunez, Virago Expect insightful and laugh-out-loud ironic observations as we journey with a writer accompanying a terminally ill friend on a trip to end her life. Along the way we meet a cast of characters whose frailties are exposed. The friend has good news – a 50/50 chance – but is upset as her disgruntled daughter (the product of break-up sex) says casually and uncaringly of more guinea pig life-saving trials: "The choice is yours." The friends rent a house for "the end" and of course everything goes wrong. But: "the love of our neighbour in all its fullness simply means being able to say, 'What are you going through?" said philosopher Simone Weil. Unforgettable.



One family's death-defying act to escape the Nazis and start a new life in Australia

THE FREEDOM CIRCUS

'A story of extraordinary bravery, resilience and love that needed to be told.'

> Heather Morris, author of The Tattooist of Auschwitz



Books

<u>Coffee table</u>

Celebration

Alice: Curiouser and Curiouser

by Kate Bailey, V&A Publications

It's hard to believe that Lewis Carroll's *Alice in Wonderland* was first published in 1865. It has never been out of print, has been translated into 170 langauges and is still fascinating children and adults. This playful and visually stunning tome investigates the *Alice* phenomenon and includes dreamy illustrations and quotes from a host of aficionados, including Stephen Fry.







The illustrations are by award-winning artist Kristjana S. Williams.

Children's corner



0-5

MUM'S ELEPHANT by Maureen Jipyiliya Nampijinpa O'Keefe, Magabala

Our natural-born storyteller grew up in the remote community of Ali Curung in the Northern Territory, where this real-life tale unfurled. Her mum had a silver-coloured elephant which only came out on special occasions, otherwise resting beside her bed. The big reveal is that it was a silver teapot in the shape of an elephant.

5+

TO THE BRIDGE by Corinne Fenton, Walker

The delightful true story of a boy's fascination with the building of Sydney Harbour Bridge and his journey on the back of a pony to see it. On February 3, 1932, the nine-yearold rides out of the family farm in South Gippsland to travel 600 miles to Sydney, battling bushfires on the way. Stopping at towns for food and shelter, he becomes a folk hero. He meets Prime Minister Joseph Lyons and, after 33 days, rides into George Street.

7+

SUPER SPORTY GIRLS, AUSTRALIA'S AMAZING SPORTSWOMEN, Puffin

Ash Barty, Sam Kerr, Sally Fitzgibbons, Ellyse Perry and Liz Cambage are among the elite group in this super compendium of Australia's amazing sportswomen. With action shots and fun cartoon illustrations.



Non-fiction

How To Pronounce Knife by Souvankham Thammavongsa, Bloomsbury Circus

A heart-wrenching, powerhouse collection of short stories about the plight of immigrants and refugees, set in an unnamed city. Born into the Lao refugee camp in Nong Khai, Thailand, in 1978, Thammavongsa is now an award-winning poet in Canada where she resides. In the eponymous title story, a child's father tries to help her read a book with pictures and words explaining what they are. But one word doesn't have a picture. "It's kaheneyff," he announces. At school a yellow-haired girl shames her with: "It's knife! The k is silent" as the girl reads out loud in class. In Paris, Red ("Dang" in Lao) works at a chicken factory. She got her name because her nose is always red from the cold. She wishes she could have a nose job like the boss' wife Nicole, who he is taking to Paris for Valentine's Day. "The only love Red knew was that simple, uncomplicated, lonely love one teels for oneself in the quiet moments of the day. It was there every night, in the dark, spectacular and sprawling in the quiet and it all belonged to her." These stories will stay with you forever.

THE EAGERLY AWAITED NEW NOVEL

AUSTRALIA'S NUMBER ONE BESTSELLING AUTHOR

MONICA MSINERNEY

the GODMOTHERS



They know all the family secrets.



Elena Ferrance

100

Fiction *extract*

In her eighth novel *The Lying Life of Adults*, global best-selling author **Elena Ferrante** takes us back to Naples and inside the head of teenage Giovanna as she unpicks the emotional minefield that is adolescence.

wo years before leaving home my father said to my mother that I was very ugly. The sentence was uttered under his breath, in the apartment that my parents, newly married, had bought at the top of Via San Giacomo dei Capri, in Rione Alto. Everything - the spaces of Naples, the blue light of a frigid February, those words remained fixed. But I slipped away, and am still slipping away, within these lines that are intended to give me a story, while in fact I am nothing, nothing of my own, nothing that has really begun or really been brought to completion; only a tangled knot, and nobody, not even the one who at this moment is writing, knows if it contains the right thread for a story or is merely a snarled confusion of suffering, without redemption.

I loved my father very much; he was an unfailingly courteous man. A refined manner perfectly matched a body so slender that his clothes seemed a size too large, and this, to my eyes, gave him a look of inimitable elegance. His features were delicate, and nothing – deep-set eyes with long lashes, impeccably engineered nose, full lips – spoiled their harmony. With me he had an air of cheerfulness on every occasion, whatever his mood or mine, and he never shut himself in his study – he was always studying – unless he got at least a smile out of me. He especially liked my hair, but it's hard to say, now, when he started praising it, maybe when I was two or three. Certainly, during my childhood we had conversations like this:

"What lovely hair, so fine, so shiny – will you give it to me?"

- "No, it's mine."
- "How about a little generosity."
- "If you want I can lend it to you."
- "Excellent, then I just won't give it back to you."
- "You already have yours."
- "What I have I took from you."
- "That's not true, you're lying."

"Check for yourself: yours was too pretty and I stole it."

I would check but just to play along, I knew he would never steal it.

And I laughed, I laughed a lot; I had much more fun with him than with my mother. He always wanted something of mine, my ear, my nose, my chin: they were so perfect, he said, he just couldn't live without them. I loved that tone, which proved to me over and over again how indispensable I was to him.

Naturally, my father wasn't like that with everyone. At times, when he was really caught up in something, he tended frantically to mash together sophisticated arguments and uncontrolled emotions. At other times, instead, he was curt, resorting to brief, extremely precise phrases, so dense that no one could refute them. These were two fathers very different from the one I loved, and I had started to discover their existence at the age of seven or eight, when I heard him arguing with the friends and acquaintances who on occasion came to our house for meetings that could become very heated, on issues I knew nothing about. In general, I stayed with my mother in the kitchen and paid little attention to the squabbling just a little way off.

But sometimes, when my mother was busy and closed herself in her room, I was left alone in the hall playing or reading – mostly reading, I would say, because my father read a lot, and my mother, too, and I loved being like them. I didn't listen to the arguments, I broke off my game or my reading only when there was a sudden silence and those alien voices of my father's arose. From then on he would dominate, and I waited for the meeting to end to find out if he had gone back to his usual self, the one with the gentle and affectionate tones.

The night he made that statement, he had just learned that I wasn't doing well in school. It was something new. I had always done well, since first grade, and only in the past two months had started doing badly. But it was very important for my parents that I be successful in school, and at the first poor grades my mother, especially, was alarmed.

- "What's happening?"
- "I don't know."
- "You have to study."
- "I do study."
- "And so?"
- "Some things I remember and some I don't."
- "Study until you remember everything."

I studied until I was exhausted, but the results continued to be disappointing. That afternoon, in fact, my mother had gone to talk to the teachers \rightarrow

The night he made that statement, he had just learned that I wasn't doing well in school.

Exclusive

and had returned very unhappy. She didn't scold me, my parents never scolded me. She merely said, "The mathematics teacher is the one who is most dissatisfied, but she says that if you want to you can do it."

Then my mother went into the kitchen to make dinner and meanwhile my father came home. All I could hear from my room was that she was giving him a summary of the teachers' complaints, and I understood that she was bringing up as an excuse the changes of early adolescence. But he interrupted her, and in one of the tones that he never used with me – even giving in to dialect, which was completely banned in our house – let slip what he surely wouldn't have wanted to come out of his mouth: "Adolescence has nothing to do with it: she's getting the face of Vittoria."

I'm sure that if he'd known I could hear him, he would never have used a tone so far removed from our usual playful ease. They both thought the door of my room was closed, I always closed it, and they didn't realise that one of them had left it open. So it was that at the age of 12 I learned from my father's voice, muffled by the effort to keep it low, that I was becoming like his sister, a woman in whom – I had heard him say as long as I could remember – ugliness and spite were combined to perfection.

Here someone might object: maybe you're exaggerating, your father didn't say, literally, Giovanna is ugly.

It's true, it wasn't in his nature to utter such brutal words. But I was going through a period of feeling very fragile. I'd begun menstruating almost a year earlier, my breasts were all too visible and embarrassed me, I was afraid I smelled bad and was always washing, I went to bed lethargic and woke up lethargic. My only comfort at that time, my only certainty, was that he absolutely adored me, all of me. So that when he compared me to Aunt Vittoria it was worse than if he'd said, "Giovanna used to be pretty, now she's turned ugly."

In my house the name Vittoria was like the name of a monstrous being who taints and infects anyone who touches her. I knew almost nothing about her. I had seen her only a few times, but – and this is the point – all I remembered about those occasions was revulsion and fear. Not the revulsion and fear that she in person could have provoked in me – I had no memory of that.

What frightened me was my parents' revulsion and fear. My father always talked about his sister obscurely, as if she practised shameful rites that defiled her, defiling those around her. My mother, on the other hand, never mentioned her, and in fact when she intervened in her husband's outbursts tended to silence him, as if she were afraid that Vittoria, wherever she was, could hear them and would immediately come rushing up San Giacomo dei Capri, striding rapidly, although it was a long, steep street, and deliberately dragging behind her all the illnesses from the hospitals in our neighbourhood; that she would fly into our apartment, on the sixth floor, smash the furniture, and, emitting drunken black flashes from her eyes, hit my mother if she so much as tried to protest.

Of course I intuited that behind that tension there must be a story of wrongs done and suffered, but I knew little, at the time, of family affairs, and above all I didn't consider that terrible aunt a member of the family. She was a childhood bogeyman, a lean, demonic silhouette, an unkempt figure lurking in the corners of houses when darkness falls. Was it possible, then, that without any warning I should discover that I was getting her face? I? I who until that moment had thought that I was pretty, and assumed, thanks to my father, that I would remain so forever? I who, with his constant acknowledgment, thought I had beautiful hair, I who wanted to be loved as he loved me, as he had accustomed me to believing I was loved, I who was already suffering because both my parents were suddenly unhappy with me, and that unhappiness distressed me, tarnishing everything?

I waited for my mother to speak, but her reaction didn't console me. Although she hated all her husband's relatives and detested her sister-in-law the way you detest a lizard that runs up your bare leg, she didn't respond by yelling at him: you're crazy, my daughter and your sister have nothing in common. She merely offered, instead, a weak, laconic: "What are you talking about, of course not." And I, there in my room, hurried to close the door so as not to hear anything else. Then I wept in silence and stopped only when my father came to announce – this time in his nice voice – that dinner was ready. I joined them in the kitchen with dry eyes, and had to endure, looking at my plate, a series of suggestions for improving my grades. Afterward I went back to pretending to study, while they settled in front of the television.

My suffering wouldn't end or even diminish. Why had my father made that statement, why had my mother not forcefully contradicted it? Was their displeasure due to my bad grades or was it an anxiety that was separate from school, that had existed for years? And him, especially him, had he spoken those cruel words because of a momentary irritation I had caused him, or, with his sharp gaze – the gaze of someone who knows and sees everything – had he long ago discerned the features of my ruined future, of an advancing evil that upset him and that he himself didn't know how to respond to? I was in despair all night.



In the morning I was convinced that, if I wanted to save myself, I had to go and see what Aunt Vittoria's face was really like. **AWW**

This is an edited extract from The Lying Life of Adults by Elena Ferrante, published by Europa Editions, on sale now.

RETIREMENT PLANNING

Stay safe at home

If there's one thing that 2020 has taught us, it's that life does not always go to plan. Although it's presented its challenges, 2020 has also reminded us of the importance of a place called home.

Most Australians prefer to stay in their own home throughout retirement – and why not? Your family home has been the centre of your life for years and most retirees look forward to many more good years at home. Recent events have also seen our homes become our refuge.

What do you need to keep you safe at home?

While retiring at home may be your preferred option, you might need some renovations or modifications to make your home safe and comfortable.

You may need a little help along the way ... someone to help weed your garden, take you shopping or provide vital nursing care.

Many retirees like the peace of mind that comes from having a contingency fund in case of unexpected expenses.



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We understand the emotional attachment to the family home – it's not just a house, it's the place where we come together and find security.

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Money

EDITED BY GENEVIEVE GANNON

Loyalty programs have become big business, offering rewards for your dedicated spending. But how do you make yours work for you, and avoid the traps?

The true 4 1 **price of loyalty**

hether you're tapping your membership card at the supermarket or getting a stamp for a free coffee at your local cafe, the promise of the rewards program is simple: loyalty is rewarded with discounts and special offers.

But with so many brands clamouring for our attention, it's hard to know which schemes are worthwhile. And lengthy terms and conditions about expiration dates and data collection only add to the confusion.

"Picking the programs that are going to deliver the best value can be tricky because we're saturated with them," says Stacey Lyons, marketing director at Loyalty & Reward Co. "A good-quality loyalty program needs to be simple to join, simple to understand and simple to use."

Certainly, you can find real value in rewards programs, but you have to

make sure you're getting enough for what you're putting in.

"It's not one size fits all. You've got to ask, is the saving worth my time?" says Canna Campbell, an ambassador for Klarna (klarna.com), whose "buy now, pay later" shopping app was launched in Australia earlier this year.

The key, both women say, is picking a small number of rewards programs to follow, rather than having a wallet overflowing with membership cards.

Here, Stacey and Canna talk us through the various types of rewards programs, and how you can avoid the traps and maximise their value.

Locally loyal

Stacey and Canna agree that hyperlocal rewards programs, like coffee cards, are among the best. A free coffee for every 10 purchased is a value proposition that's hard to beat.

"The humble coffee card is probably one of my favourite loyalty reward programs of all time purely because of its simplicity," Stacey says. "If you think about it, they're nearly giving you 10 per cent back."

And, Stacey adds, the coffee card doesn't ask you to hand over any personal data.

Local loyalty cards reward customers with something that is of value to them, and a small vendor is more likely to work harder to cultivate a relationship with their regular customers.

"Like beauty salons that will send you a \$50 voucher for your birthday," Canna says.

STACEY'S TIP: "If you have to spend a lot or you have to traverse a very long pathway in order to unlock a reward, then that is a red flag."

The big time

At the other end of the scale are the big four coalition rewards programs

that reward members with points that can be redeemed for discounts or products. These are Qantas Frequent Flyer, Woolworths Rewards, Velocity Frequent Flyer and flybuys.

"Those coalition loyalty programs allow their currency to be earned at multiple different partners, which drives demand for that currency," Stacey says.

It might seem obvious, but being a member of multiple coalition rewards programs will reduce the amount of value you're able to get out of them.

"Shopping with brands that are in the same program really helps," Stacey explains. "It's all counting towards a much higher value reward from one program, rather than all these smaller amounts of reward value and points and status credits being scattered everywhere across multiple, individual programs that you can't keep track of and can't get any worth from."

Keeping the number of coalition loyalty programs you're a part of to a minimum also makes it easier to keep on top of the information they send you, which means you won't miss deals and offers.

"They're often running double, triple or even a 10-times points bonus promotion, which can really help you reach your reward goal much faster," Stacey says.

Reading emails from your rewards program may sound like a chore, but it's something the ACCC recommends so you're aware if they make changes to their policies.

Canna says in order to get the most out of a rewards program, it's important to read the fine print.

"Also watch out for time frames. Sometimes points expire," she adds.

When it comes to airline rewards, Canna advises sticking with just one.

"Pick one and use it," she says. "Unless you're someone who flies excessively, I'd never recommend [joining] a loyalty program of four different airlines."

STACEY'S TIP: "There are more economical ways to redeem points.

You get much more bang for your buck if you redeem Frequent Flyer points on a flight, rather than a toaster. The same goes for supermarkets. You get a lot more value if you redeem your grocery points on '\$10 off your shop' than when you convert them into Frequent Flyer points."

The middle of the road

Programs that reward customers for being loyal to a single brand can offer some excellent benefits, but this is where it is important to be judicious.

Stacey says stores such as Mecca, Priceline and Country Road offer meaningful rewards to their customers, while Canna says Nike delivers good value for her family.

"Concentrate your shopping on the brands you like because being more loyal to one program means you're going to be showered with more love and rewards from that program," Stacey says.

It's also important to understand exactly what the brand is offering, so you don't find yourself being bombarded with marketing material.

"Ask the customer service officer what you get for being a member," Stacey explains. "If they can't simply explain the program and its benefits, there probably aren't any, so don't join. These are the companies that will probably collect your email address and bombard you with emails five times a week, just trying to sell you anything and everything."

Stacey advises that the sign-up process is a good indicator of how easy the program will be to use.

"If the process is not seamless and speedy, it's likely the rest of your experience engaging in the process will be the same," she says.

Canna adds: "Something like a minimum spend to qualify is always a red flag because quite often the criteria to qualify is a bit unrealistic or you're almost being forced to spend to save."

STACEY'S TIP: "If you look at the privacy policy and you can see that your data is going to be shared with a number of third parties rather than be used to enhance your experience with the company, that's a red flag."

Long-term loyalty

Increasingly, insurers and utility companies are seeking to reward customer loyalty with benefits. Stella Insurance General Manager Renee Cosgrave says consumers can reap valuable rewards by shopping around for a service provider with benefits that meet their needs.

"A lot of shoppers tend to just look at price – they're not looking at the value of those benefits. Are they really suiting their needs?" Renee says.

She advises spending time looking at your service provider's website to understand the full value proposition of a company's rewards program.

"Go the extra mile and look at the benefits and what the brand is offering you," she says. "What are they providing beyond your traditional insurance? Research the insurer and their brand and what they stand for. What is perceived as value to you? What's important to you?" **AWW**

A note on data

When signing up for a rewards program, it's important to be aware of the value of your data. "Data is now the most valuable resource in the world," Stacey says.

"Multi-program operators can make lots of money in several different ways from customer data, and customers need to know they can be rewarded appropriately for this. If the reward isn't valuable enough, don't just hand over your data."

The ACCC has recently called on companies that offer rewards programs to improve the way they communicate with customers about how their data will be used.

"If a program is asking for a whole heap of personal information – with no context – when you join, that's a red flag," Stacey says.

Promotion

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*Source: Australian Institute of Health and Welfare Report, 2006.



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Women's Weekly

Find A Word

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WIN 5 X \$50 We've hidden a variety of headgear names in the grid. These words can be spelt horizontally, vertically, diagonally, backwards and forwards, but always in a straight line. When you have found all the words listed below you should have 11 letters left over, and these will spell the winning word. Write the winning answer on the coupon on the last Puzzles page for your chance to win \$50.

AKUBRA	DERBY	PORK PIE
BEARSKIN	FEDORA	RIDING
BERET	FEZ	SAFARI
BIRETTA	HOMBURG	SAILOR
BOATER	HOOD	SHAKO
BONNET	KEPI	SOMBRERO
BOWLER	MATADOR	STETSON
BUCKET	MOBCAP	STOVEPIPE
CLOCHE	MORTARBOARD	TEN GALLON
COCKED	PICTURE	ТОР
COSSACK	PILLBOX	TOQUE
DEERSTALKER	POKE	USHANKA

Easy Crossword



ACROSS

- Country's representative overseas
- 5. Settee, couch
- 9. Swallowed liquid
- 10. Abbreviate
- 11. 007 movie, For ... Eyes Only
- **12.** Real estate, land holdings
- 14. Want, crave
- **15.** Gave out, ... orders
- 18. Carry on, ... as before
- 20. Metallic element
- used in sunblock
- **23.** Copenhagen is there
- 24. Small group of trees
- 25. 24-hour periods
- **26.** Denounces, criticises

WIN 5 X \$50 When you complete the crossword, the letters on the shaded squares, reading left to right, top to bottom, will spell the winning answer. When you have the winning answer, write the answer on the coupon on the last Puzzles page for your chance to win \$50.

DOWN 1. Father, papa

- 2. Bar snacks, salted ...
- 3. Acorn trees
- 4. Soak up like a sponge
- 6. External surface, shell
- 7. Aggravated, made cross
- **8.** Write music
- **13.** ETA, estimated time of ...
- 14. Made up your mind
- 16. Military or school outfit, eg
- **17.** Black Forest clock bird
- 19. Live-in child-carer
- **21.** Sailing teams
- 22. Became older, matured

Solution in next month's issue.

The Colossus

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AC	ROSS	80.	Tiny specks,
1.	Cycle, a bike		of paint
4.	Hitch, delay	82.	Horse's muzzle
8.	Jeered		feeder
13.	Housewife gigastar,	85.	Contaminating
	Dame	88.	Indian lentil dis
16.	Latvia's capital	91.	Gulf State
	Coloured part of eye	92.	Sharp, hearir
	Cab for hire	95.	Petroleum bore
20.	Ruined ship	96.	Quirky figurine
	Grandma		garden
22.	Inserted design	99.	Batman film,
23.	-		The Dark Rise
	magnum	100	Eased off,
24.	-		the storm
	pop	102.	Construct, build
25.	Sunrise direction	104.	Grinding food
26.	Carol, The First		in the mouth
27.	Principal religion	105.	Daredevil, risk-
	of Iran	108.	Sand hill
29.	Perfumed liquid,	109.	Invitation reply
	of roses, eg		request (1,1,1,1)
32.		111.	Placing inside,
34.	Lowest part of the		Wandering
	face		restlessly, ab
35.	Staves off, disaster	121.	Not correct, o
	Nightcrawler actor,		Australian mov
	Jake		about a pelica
41.	Russian emperors		Storm
	Arnold	124.	Unique, of a
	Schwarzenegger's		Dirt Music auth
	nickname		Tim
45.	Baby's grow-suit	127.	Tree-dwelling,
	Opportunity, latitude		animal
49.	Australian TV	128.	Shortly
	channel known as	130.	Old fainting rer
	"Aunty" (1,1,1)		salts
51.	Accurately arrange	133.	Person who ha
53.	Brings about,		broken the law
	a fine	137.	Fiery gem
55.	Hawaiian greeting	138.	Fruit of the pine
56.	Rules despotically	140.	Playwrights
59 .	Media maven and	142.	Fluid for writing
	TV personality,	144.	Office-docume
	Buttrose		transcriber (4,6
61.	Rowan Atkinson's	147.	Unpleasant gri
	historical sitcom	149.	Take away, ext
63.	Explosive device	150.	Looks at lasciv
64.	Deeply regrets	151.	Juniper-flavou
65.	Ignite again,		spirit
	the romance	152.	Adjusted to the
70.	5		correct pitch,
	of hair		the guitar
73.	Become limp and	154.	Meagre, a ar
	floppy	157.	Touch lightly w
74.	Towelling dressing		the elbow
	gown		Revise for exan
76.	Lemons and limes,		Temperature so
	fruit		Commend
77.	Umpire	167.	Earl Grey and
78.	Actress, Thurman		Darjeeling, eg

80.	Tiny specks,		Decorative sticker
	of paint	170.	Disappear
82.	Horse's muzzle		deliberately,
	feeder		of sight (4,3)
85.	Contaminating	174.	Veranda
88.	Indian lentil dish	176.	Sacrament, holy
91.	Gulf State	178.	Scram!
92.	Sharp, hearing	179.	Dropped from
	Petroleum bore (3,4)		schedule, the
	Quirky figurine,		program was
	garden	180	Having lots to do
99	Batman film,		Scent, cooking
•••	The Dark Rises		Tell tales on, in
100	Eased off,		Immature insect
100.	the storm		Laterally, at the
102	Construct, build		Pop concerts, eg
	Grinding food		
104.	2	10/.	Aircraft personnel,
105	in the mouth	100	eg Din ee fer
	Daredevil, risk	188.	Pines for,
	Sand hill		her heart out
109.	Invitation reply	189.	Financial backer,
	request (1,1,1,1)		team
	Placing inside, in		With a valid will
116.	Wandering	191.	Discharge or radia
	restlessly, about		
	Not correct, claims	-	WN
122.	Australian movie	1.	Circular building
	about a pelican,	2.	Nickname for the
	Storm		southern US States
124.	Unique, of a kind	3.	Garlic mayonnaise
125.	Dirt Music author,	4.	Noticed, observed
	Tim	5.	Rising warm
127.	Tree-dwelling,		air current
	animal	6.	Foot-leg joint
128.	Shortly	7.	Male monarchs
	, Old fainting remedy,	8.	Woodwork joint
	salts	9.	Come together
133.	Person who has	10.	Bank clerks
	broken the law	11.	Decorating or hom
137	Fiery gem		repairs (1,1,1)
	Fruit of the pine tree	12.	Variety of steak (3-
	•	14.	Downward distance
	Playwrights	14. 15.	
	Fluid for writing		Time off school, eg
144.	Office-document	19. 22	Lazy person
747	transcriber (4,6)	23.	Irish writer, Wild
	Unpleasant grin	28.	Company emblem
	Take away, extract	30.	Washbasin
	Looks at lasciviously	31.	Young male horse
151.	Juniper-flavoured	33.	Cricketer turned
	spirit		politician, Khan
152.	Adjusted to the	36.	, , ,
	correct pitch,		Dick (3,4)
	the guitar	37.	Back of a boat
154.	Meagre, a amount	39.	Mouth rims
157.	Touch lightly with	40.	Monastic head
	the elbow	41.	Dusting powder
159.	Revise for exams	43.	From Tel Aviv, eg
161.	Temperature scale	44.	Mark as correct
	Commend	46.	Hindu religious
167.	Earl Grey and		teacher
	Darieeling eg	48	Symbol on a stave

48. Symbol on a stave

(3,4)**50.** Veteran US actor, ... Heston 52. Coastal bird, oly ... Pacific ... 54. Trainee officer 57. Tasmania, the Apple ... 58. Australian actress, ... De Rossi **60.** Prince William's first son he ... **62.** Lump of earth **65.** Move back like , eg the tide onnel, **66.** Cupboard for pots and pans, eg(7,4)67. Greenland's capital ker, 68. Widespread **69.** Share a common boundary radiate 71. Bark of pain 72. Regressing, ... ground 73. West Indies cricket great, ... Hall r the **75.** Old record label (1,1,1) States 77. Underground part nnaise of plant 79. Unknown author erved (abbrev) **81.** Made up, ... his losses **83.** Clogged, ... pipes **84.** The Big Bang Theory actor, Johnny ... 85. Frozen hazard for ships r home 86. Collapsing to the ground 87. Gave a deep ak (3-3) listance ringing sound ool, eg 89. Shade of yellow 90. Dark-brown Wilde pigment, burnt ... blems **92.** Period of time, the Jazz ... **93.** Open-back van norse 94. Established (abbrev) Khan 96. Instinct, ... feeling 97. Acorn tree actor, 98. Location of the cochlea 101. Unpleasant smells 103. Hair-grooming tool **106.** Pimples condition 107. Kitchen tool, can ... eg 110. Think about deeply, ... over

112. Crushing snake,

... constrictor

49. Arabian Nights tale,

... and the 40 Thieves

- **113.** Charlotte Bronte novel. Jane ... **114.** Hangs down wearily **115.** Irritating **117.** Agreement, give your ... **118.** House entrance **119.** Alehouse, tavern 120. Name as evidence 123. Loosen, ... your grip 126. Opposed to **129.** Of doubtful quality **131.** French mime artist, Marcel ... **132.** Dance under a pole 134. Everest's country 135. Makes certain 136. Antlered male deer **139.** Ripped up 141. Abound, ... with 143. Horse's sound 145. Replenish, ... your glass (3,2) 146. Refuse to admit, ... the claim 148. Excessive, too ... 150. Pub spirits dispenser 153. Put off, ... them from coming 155. At a distance, from ... 156. Restaurant's bill of fare **157.** Worth remembering, ... victory **158.** Effusively sentimental 160. US actor, Benicio ... (3,4) 162. Old-fashioned word for large shops 164. Argentina's capital, Buenos ... **165.** Ophthalmological check (3,4) 166. Legendary handsome youth 168. Advantageous possession **170.** University officials 171. More peculiar 172. Satellite's course 173. Cash drawers 175. Group of concubines 177. Phrase, cliche
- 181. Small horse-like animal
- 184. Winning tennis serve

Solution in next month's issue

Insider WIN 5 X \$50

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 answer. When you have the winning answer, write it on the coupon on the last Puzzles page for your chance to win \$50. **Solution in next** month's issue.



GETTY IMAGES.

Clueless

26	6	7	8	9	4	12		21	6	24	9	19	10	16
3		9		25		4	6	9		20		16		9
23	20	16	24	10	22	20	-1	16	20	13	13	9	16	8
15		15		15		17	26	11		4		10		2
26	10	3	24	23			10		1	9	23	23	4	9
9		16			7	10	11	13	9			9		15
8	23	11	4	9		6		- v.	2	10	16	16	20	23
	17	2	9		22	16	6	12	23	2	10		17	
15	20	4	22	9	16			6		8	23	3	24	8
4		9			10	13	9	23	8			24		3
10	15	23	6	24	19		19			23	16	10	7	2
8		23		9		5	20	23	*	16		17	1	16
8	18	3	9	9	14	9		10	21	9	16	10	19	9
6		15		22		23	6	2		10		16		7
15	26	9	9	8	9	8		9	25	23	16	9	7	9



WIN 5 X \$50 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 answer. When you have the winning answer, write it on the coupon on the last Puzzles page for your chance to win \$50. **Solution in next month's issue.**



Got your hands on the latest AWW Puzzle Book yet? On sale now at \$9.99, it's packed with crosswords, clueless, find a words, cryptics, quizzes and more, plus hundreds of great prizes! Available at stores and newsagents.

Cryptic Crossword



ACROSS

- 7. Attempt to perform a dancer's twirl, perhaps? (4,2,1,5)
- 8. Rats come back from church with carbs (6)
- **9.** Terrible word, yes, for marital payment (5)
- Centaurs destroyed ancient Italian (8)
 Rafael partially held
- up at a distance (4) **15.** Meagre work somewhat
- increased (4)
- 16. Quiet perseverance, we hear, by those in doctor's waiting room (8)
- **17.** Use your loaf to get money! (5)
- **19.** Elaborately adorned or terribly neat? (6)
- **21.** Oscar's prize? (7,5)

Solution in next month's issue.

DOWN

- One who stirs trouble got tiara again (8)
- 2. Rave madly to allege as fact (4)
- 3. Put lit on evening drink before bed (8)
- 4. Hospital room where injured finally put after conflict (4)
- 5. Who's new luggage by display furniture (8)
- **6.** Military force may turn on right (4)
- **11.** Wine duly shifted it's hard to carry (8)
- 12. Imaginary shift onto nail (8)
- **14.** Distance upwards reveals
- new latitude (8)
- **17.** Support from the rear! (4)
- **18.** Made new title (4)
- 20. Every other one onto yacht with Biblical boat builder (4)

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".

22 SMART 26 TERRIFIC 30+ BRILLIANT! Solution overleaf.

Sudoku

Each number from 1 to 9 must appear in each of the nine rows, nine columns and 3 x 3 blocks. Tip: No number can occur more than once in any row, column or 3 x 3 block. **Solution overleaf.**

	9		7	1			
4		6				8	
	2	6 5					6
2	23						
			6				7
9					6		8
			1				
1		2		7		4	
			4		2	3	

Spot The Difference

Test your powers of observation. The two pictures at right may look the same, but we've made five (5) changes to the one on the right. Can you spot them all? **Solution overleaf.**







Write your puzzle answers on the relevant line, then cut out the whole coupon and MAIL to:

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.....

.....

Find A Word:

Easy	Crossword	•
Lusy	C10550010	Le

Insider:	

Clueless:

NAME _____

ADDRESS _____

TEL -EMAIL

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Answers

November

WORD MAKER: Apse, Aspen, Enwrap, Nape, Napper, Neap, Newspaper, Pane, Paper, Pare, Parse, Pawn, Pawner, Pear, Pease, Peep, Peer, Prawn, Preen, Prep, Rasp, Reap, Repawn, Resnap, Sapper, Seep, Snap, Snapper, Span, Spar, Spare, Spawn, Spawner, Spear, Spree, Swap, Swapper, Sweep, Warp, Wasp, Weep, Wrap.

SPOT THE DIFFERENCE: 1. Petal missing from white flower upper left. 2. Leaf added to stem of green flower top centre. 3. Flower removed from central blue cluster. 4. Flower changed from pale pink to yellow near bottom right. 5. Pistil removed from green flower bottom left.

6 9 8 3 7 1 4 5 2 4 7 5 6 2 9 1 8 3 3 2 1 5 8 4 9 7 6 2 3 6 7 9 8 5 1 4 5 8 4 1 6 2 3 9 7 9 1 7 4 3 5 6 2 8 SUDOKU 8 4 2 9 1 3 7 6 5 6 3 2 5 7 8 4 9 1 7 5 9 8 4 6 2 3 1

October_____



EASY CROSSWORD: Winning answer: Dance.



CRYPTIC CROSSWORD:



FIND A WORD: Winning answer: Transparency.

CLUELESS: 1=X, 2=F, 3=L, 4=I, 5=U, 6=J, 7=G, 8=Q, 9=H, 10=D, 11=M, 12=N, 13=K, 14=T, 15=E, 16=P, 17=S, 18=O, 19=Y, 20=A, 21=R, 22=V, 23=W, 24=Z, 25=C, 26=B. Winning answer: Chalet.

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OCT 24-NOV 22

Best look for your birthday month? Hot, but not bothered, as November directs its laser focus towards relationships, and finding ways to reconcile conflicting perspectives. The spirit-lifting new moon in Scorpio strengthens your mojo, so you'll make all the right decisions to carry you through the coming months. After Jupiter, Saturn and Pluto's recent lessons in authentic communicating, if anyone can handle the truth, it's you. And this month, with wordsmith Mercury and compassionate Venus in Scorpio handing you the mic, it's your time to make a difference.



Aquarius JAN 21-FEB 19

The full moon on day one torches November's intense emotions – not a rational Aquarian's favourite scenario. The upside? If you haven't been able to convey how you really feel, here's your chance for a heart-to-heart to clear up misunderstandings and discuss what can be accomplished. With Venus adding glamour to your social and work-related life, business and pleasure look like a promising and profitable mix. Full moon eclipses often bring surprises, and if the end of November activates a clash involving leadership roles, alternative solutions are much more likely to emerge if you don't lock into either/or thinking.



Sagittarius

November energy for Sagittarians is about taming the chaos and getting organised. Admittedly, people aren't the easiest to read, with messenger Mercury in enigmatic Scorpio making it hard to get the answers you want, but your intuition's peaking, so observe and assess – especially your own reactions. Wait until the end of the month, when Neptune turns off its fog machine and more emotional control is available, before addressing important issues. And put certain resentments to rest, for your own sake, before November's last week fires the starting gun on your own fiery month in the sun.





This month is all about repairing fractured bonds and refreshing your nest. While Venus has you in a sizzling, seductive mood, it's worth unplugging, deactivating devices, losing the earbuds and thinking how you could feng shui your love space to be more inviting. And the space inside your own skin: how about lavishing some love there? As Mercury and Mars move forward, career challenges settle, making it easier to repair relationships. Best news of all is November's finale, with your mentor planet Neptune ending the five-month roller-coaster of anxiety in your sign, restoring optimism and clarity.



Capricorn Dec 22-JAN 20

As cosmic channels open up and Venus polishes your public profile, you've got the green light for industry events, power lunches, pitching ideas, expanding your virtual network and discussing the latest upgrades with tech-savvy friends. While a pair of full moons on the first and last days of November could stir the drama pot if progress is stalled by authorities, Mars and Mercury both exiting retrogrades should improve group dynamics. Around mid-month, new moon teamwork makes the dream work, so map out your end-of-year objectives and tie off loose ends so you're ready for the season of unreason.



Aries Mar 21-Apr 21

The full moon on November 1 in your money corner usually brings new opportunities. Nothing being offered? Look around and see what's possible. Now that Saturn is on the move, past work pays off – though perhaps not in the way you expected. With Mars in your sign providing two more months of forward drive, if something's not happening fast enough, stay patient as applying pressure will only create resistance. This month's sassy energy could have you wondering: "Did someone actually just say that?" Yes, they did! Vivacious Venus ensures you're a fabulously flamboyant attraction magnet.

Horoscopes with LILITH ROCHA



Taurus Apr 22-May 21

The annual full moon in Taurus on November 1 is your lunar birthday, so give yourself some credit for all you've achieved this year in spite of adverse circumstances. With the sun, Mercury, Venus and mid-month new moon all guiding you towards the right time, place and ways of speaking your mind, there's less likelihood of dummy spits. Just remember that blame games aren't the best recipe for resolving stressful negotiations, nor is pressuring those who don't want to talk. The really fun part of November is getting partnerships back in sync, and enjoying spicy one-on-one time with significant others.



Gemini May 22-Jun 22

Vixen Venus in a fellow air sign turns you into a super-flirt this month, but taking care of business is still number one on your agenda. There's astral assistance galore as Gemini's planetary guide, Mercury, supplies information you've been waiting for - possibly via a "Eureka!" moment when the penny drops, the light-bulb goes on and you can finally make that judgement call. The end of November's full moon eclipse in Gemini is your annual gift from the cosmos to take time out for numero uno, so look around at all the support you have to lighten the load of trying to figure out everything yourself.



Leo

JUL 24-AUG 23

While November sees some power ploys ease their stranglehold, others are still playing out. It's a stubborn month, so keep exercising your flex. When mid-month Mars stokes your motivation to get up and go, libidolifting Venus likes this revival of your flirty, charming style. With Mercury and late-month Neptune heading out of retrograde, it's easier to have conversations without the danger of spontaneous combustion or being taken the wrong way. November closes strongly with plenty of momentum for social networking, as a second full moon highlights the need to choose the right partners.



Virgo Aug 24-sep 23

With Mars and Neptune giving a clearer read on who and what to trust, you'll be operating less on the basis of guesswork this month. As Virgo's guiding planet Mercury emerges from its final retrograde for 2020, November sees you blasting through administrivia in the problemsolving areas, where your Virgo skills shine. Just remember that trying to fix people's flaws and toibles is a recipe for frustration: we're all human, doing the best we can. Affectionate Venus in the sensual, slow-cooking part of your chart brings melting private moments, and in the social sphere, if you're smart, money-making possibilities.



Cancer JUN 23-JUL 23

Bookended with full moons on the first and last days of the month, November delivers the Crab clan a double lunar dose of insight and inspiration. Congenial Venus in your domestic sector is cosy for couples and families – if socialising is possible, plan some entertaining chez vous. As mid-month's dynamic planetary line-up corrects course to clear a path through the present existential unrest, tensions lessen and new options will become available. The icing on this month's cake? The full moon on November 30's galvanising eclipse could help in releasing an emotional albatross - what a relief!



Libra SEP 24-OCT 23

At last! Harmony-loving Venus arrives in your sign to soothe domestic dramas and economic uncertainty. When she moves into your money zone on November 22, ask the hard questions about your financial future with partners and/or a professional planner. While the recent retrograde of irritable Mars may have sent shock waves through relationships, the excitable red planet's back on track and pushing for results – although Venus prefers a slower approach. Finding a happy medium may not be easy, but it could be fun – especially after the mid-month new moon, when decision-making abilities soar. AWW

Memory lane



WOMEN'S WEEKL

t had been a tumultuous year. The Suez Crisis, and uprisings in Hungary and Poland, had thrown international relations into chaos. A handful of countries had withdrawn from the Olympic Games in protest, but animosities were largely set aside in November 1956 when the world met as one in Melbourne. Elizabeth Boulton, a dietitian who worked at the Games, told her daughter, our very own Editor-at-Large Juliet Rieden, that the small contingent of Hungarian athletes who had escaped Europe were greeted with cheers as they arrived at the Olympic Village. And the atmosphere behind the scenes was "fantastic ... I had the time of my life. For four weeks, I sat in my dining room and the world came to me." It was the first Olympic Games held in the Southern Hemisphere. And for the first time, at the closing ceremony, all nations marched together rather than in separate teams, as a show of unity. This Aussie innovation – suggested by a local high school student, John Ian Wing – has become an Olympic tradition. This was also the first internationally televised Summer Olympics. And for locals watching in the stands and on Australia's brand-new TV channels (Nine, Seven and the ABC) the action was heart-stopping. An outstanding Olympic team – including Betty "Golden Girl" Cuthbert (top left), Shirley Strickland (top centre), Dawn Fraser and Murray Rose – earnt an unprecedented medal tally. By the Games' end, the Aussies had placed third on the medal table, with 14 bronze, eight silver and an extraordinary 13 gold. *The Australian Women's Weekly* described it as the "Olympic Gold Rush". **AWW**

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