



STAY TREATED. STAY SAFE.

Ms Ita Buttrose

AC, OBE, The Big O Ambassador

Dr Ginni Mansberg

GP & Medical Expert

✓ **KEEP YOUR MEDICAL APPOINTMENTS**

✓ **STAY ON YOUR MEDICATIONS**

✓ **STAY PROTECTED**

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.**

THE BIG

OSTEOPOROSIS

AMGEN® 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

References: 1. The Australian Medical Association (AMA) urges people to continue visiting their doctor for usual care. Media release 6 April 2020. Available at: <https://ama.com.au/media/ama-urges-people-continue-visiting-their-doctor-usual-care>. Accessed 30 April 2020; 2. RACGP campaign expertadvicematters. Available at: www.expertadvicematters.com.au. Accessed 30 April 2020; 3. Cooper C. Am J Med 1997;103:12S-7S; 4. Osteoporosis Australia. What you need to know about osteoporosis. Consumer guide. 2017. www.osteoporosis.org.au. [Accessed 6 March 2020].



\$919
TV



\$439
PRESSURE
COOKER



\$799
DIAMOND RING



**PRIZE
BONANZA**



\$1347
IPHONE



\$1399
WASHING
MACHINE

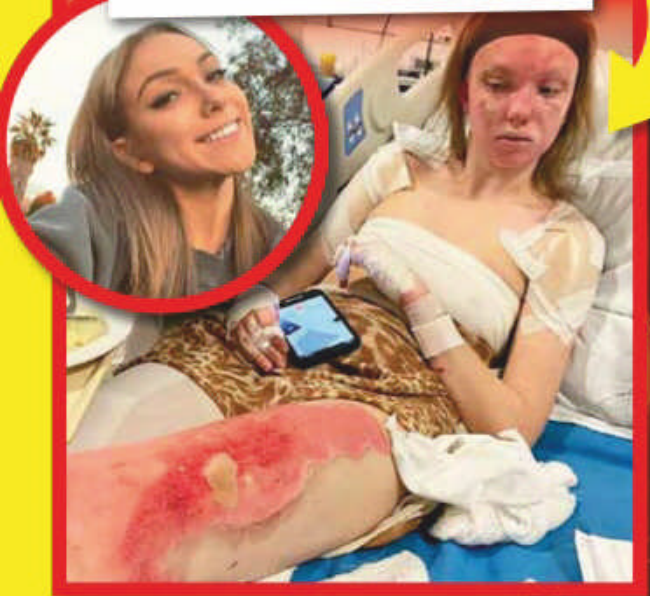


\$26,810
MAZDA SUV

ISSUE 37
September 17, 2020
\$3.70 inc. GST

that's life!

**CLEANING MY CAR
DID THIS**

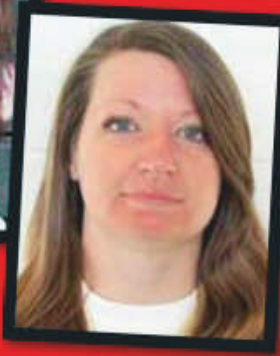


**AUSSIE
LEGEND**



Teen love turned deadly

They hired a hitman to **MURDER** HER MUM



**Our girl's
got HALF
A HEART**



SUPERGRAN
**I'm 73 and
CAN LIFT
72KGS!**



**A SNAKE found me
A HUBBY!**



BLUEY'S GOT HER OWN magazine



ONLY
\$5.99

ISSUE 4 ON SALE NOW at
Woolworths, Coles, Kmart and newsagents



BBC
STUDIOS

BLUEY™ AND BLUEY CHARACTER LOGOS TM & ©LUDO STUDIO PTY LTD 2018. LICENSED BY BBC STUDIOS. BBC LOGO™ & ©BBC 1996.

**NEXT
WEEK**

17

GREAT WAYS WITH

MINCE!

Welcome!

Spring is well and truly here. So I'm pleased that we have a story this week that will put a spring in your step! It's told by Lotto winner, Peter Charleton. As he says on page 10, by the time you read it, he will have given away all of his \$896,511.13 winnings to family, friends and strangers. Peter is the real deal. And while a lot of Lotto winners wish to remain anonymous, Peter was happy to be identified – for one reason, and one reason only. He wants to spread the message of kindness and what a powerful force it can be. We first came across Pete a couple of years ago, when we spoke with a lovely lady, Anne, in Melbourne. She'd responded to an ugly letter that had been posted in her letterbox, complaining about the state of her garden. Normally so house proud, Anne had been through a period of depression and, she later discovered, was suffering from sleep apnoea. It had left her too exhausted to tend her garden. Her response, apologising to her accuser and asking for understanding,



went viral. And it was eventually spotted by Pete. He called Anne and insisted on driving to her home an hour and a half away to fix the garden, which he did over three days. She was touched, and wanted to share her story to show others the power of kindness. As well as Pete, other strangers reached out to Anne with offers of support and friendship. And of course, Anne wasn't the only person Pete has helped over the years. So when we heard he'd won Lotto, we thought it was karma for being such a generous-hearted human being. But it didn't feel like karma to Pete. To him it was an opportunity to spread more kindness and help people in his life who really needed a leg up. If you have a truly kind person in your life, we'd love you to share their story with us. Because kindness is something we can never have too much of!

Linda

Linda Smith, Editor
LiSmith@bauer-media.com.au

Contents

on our cover

- 6 Our girl's got half a heart
- 8 Teen love turned deadly – They hired a hitman to murder her mum
- 10 Aussie legend – I won Lotto and gave it away!
- 14 Cleaning my car did this
- 20 Supergran – I'm 73 and can lift 72kgs
- 23 A snake found me a hubby!
- 25 Prize bonanza



**PAGE
6**

more real life

- 58 How tragedy turned to love
- 72 Spooky Story

lifestyle

- 16 What are your dreams trying to tell you?
- 48 Brainwaves
- 49 Real Food
- 62 Living Well

regulars

- 4 Your Life!
- 12 Secret Story
- 13 The Buzz
- 18 Pet Pin-ups
- 24 Your Letters
- 41 Privacy notice
- 61 What would you do?
- 66 Fashion
- 68 Fiction
- 73 Your Stars
- 74 The Warm Fuzzies



**PAGE
19**

It's EASY to contribute



Letters... \$25



Brainwaves... \$25



Pet Pin-ups... \$25

@ email: thatslife@bauer-media.com.au

✉ write: GPO Box 7804, Sydney, NSW 2001

Your **LIFE!**

WE PAY **\$50** FOR EACH PHOTO USED



Celebrating Harmony Day with my friends Jina and Rose. We all wore traditional Philippine costumes.
Virgie Morossi, Hermit Park, Qld



My nanna loves to read *that's life!* and so do I. Now it looks like my two-year-old daughter Morgan loves it too!
Jenny Beasley, Highett, Vic



What's in a **NAME?**

Bowie

I often get asked if my son was named after singer David Bowie, but he wasn't. I heard the name Bowen and instantly liked it but thought Bowie suited my son more.

Alena Jane, Figtree, NSW



Although it rained, our family had the best holiday in Fiji.
Emilie Dick, Glendene, NZ

FAMILY FRIENDS GHS

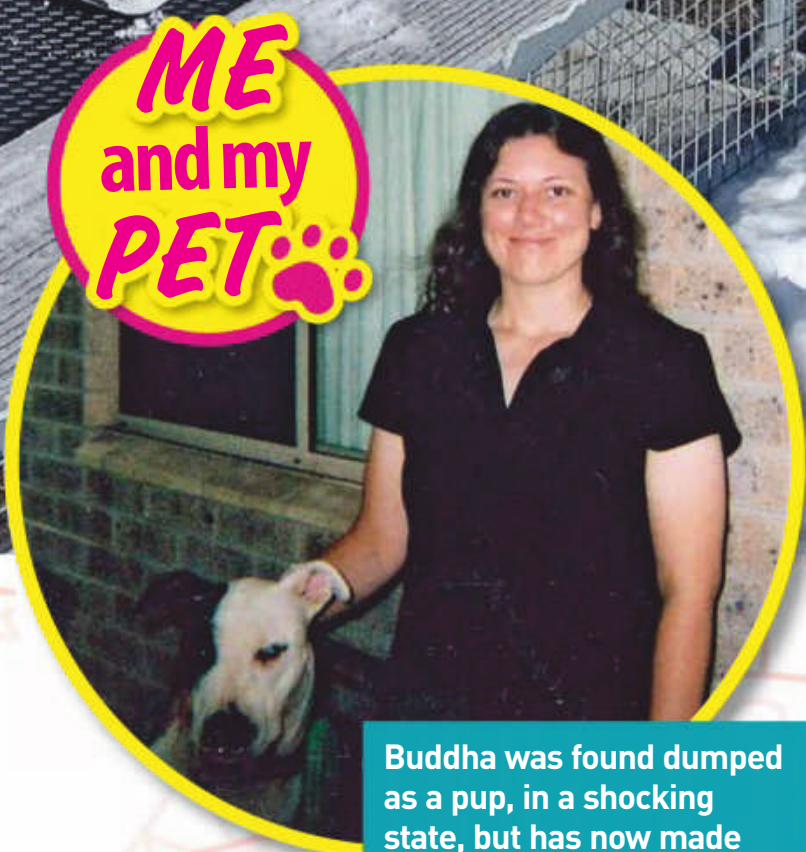


Jack tried skiing for the first time at Coronet Peak, Queenstown.
Rachelle Deans, Invercargill, NZ

While volunteering in Hawaii, I met former Navy diver Paul de Gelder, a host of Discovery Channel's *Shark Week*.
Karen Ngwenya, Chevron Island, Qld



 **DON'T I KNOW YOU?**



ME and my PET 

Buddha was found dumped as a pup, in a shocking state, but has now made a complete recovery.
Genevieve Dunbabin, Ball Bay, Qld

Thank you, *that's life!* for my 12-piece Stanley Rogers knife set.
Teresa Schofield, Bridgetown, WA



 **WINNERS** are grinner

Our tiny girl after her first surgery

Little Luna

HER BO

DOWN

YOUR
real-life
stories

After a devastating diagnosis, Luna is defying doctor's expectations

Olivia Clark, 29, Auckland, NZ

As the *thump, thump, thump*, of my baby's heartbeat echoed through the room, I glanced at my husband, Donovan, then 27.

That's the most beautiful sound in the world, I thought, smiling.

Having moved from Auckland to the Cayman Islands three years earlier, we hadn't planned on starting a family so soon.

But when I fell pregnant in September 2015, we were over the moon.

When we discovered it was a little girl, we decided to call her Luna.

Then, during a routine scan at around 28 weeks, the sonographer revealed that the right side of Luna's heart looked slightly enlarged.

'There's no need to

worry, but you should get it checked again once you move back to New Zealand,' she advised, explaining that the scan wasn't completely clear.

Around six weeks later, once we'd settled back in Auckland, I was scheduled for my next ultrasound.

This time, though, the look on the doctor's face told me something was seriously wrong.

He informed us that Luna had a condition called hypoplastic left heart syndrome.

It meant that the left side of Luna's heart hadn't formed properly and

couldn't circulate blood around the body.

Our girl was literally missing half her heart.

'It's likely she'll only survive a week outside of the womb,' he said.

Now, we could choose to abort the pregnancy or opt for palliative care after she was born.

There was a chance she'd be able to have surgery, but they wouldn't know for sure until after the birth.

We were shattered, but we had to give our girl a fighting chance.

At 40 weeks, little Luna was born via caesarean.

Holding her in the NICU, it was hard to believe how sick she was.

She looked perfect, like a pretty pink marshmallow.

Incredibly, her cardiologist revealed she was well enough for the operation.

So, at just two days old, Luna had her first open heart surgery, where doctors installed a shunt in her heart to help blood flow

to her lungs.

Thankfully, 13 hours later, the surgery was deemed a success. But our little girl's journey was far from over.

Just two weeks later, a CT scan revealed her shunt wasn't pushed in far enough, so she underwent another open heart surgery to have it fixed.

Defying expectations, Luna was released from hospital seven weeks after being born.

Five months later, our brave girl endured her third open heart surgery to redirect blood flow from her upper body to her lungs.

Afterwards, it was amazing to watch her learn and grow outside the hospital walls.

Referring to the scar on her chest as her zipper, it didn't faze Luna.

Then, when she was two, we discovered I was pregnant again.

Luna couldn't wait to be a big sister and kissed my belly every chance she got.

Still, we knew that it was only a matter of time before her final open heart surgery to rewire her heart.

Me with Luna

Luna going through testing

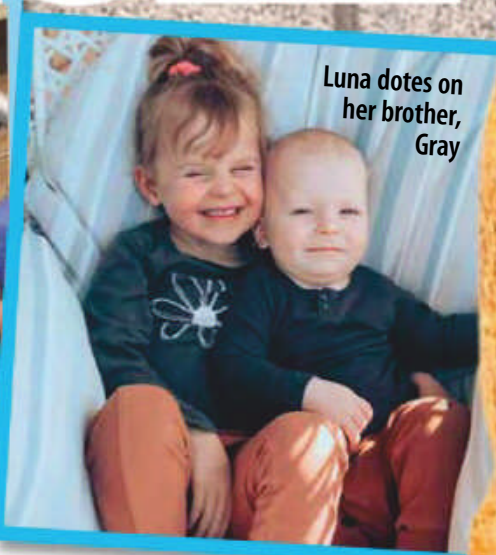
Some days are very hard

Luna, Donovan, me and Gray

ODY WAS ING ITSELF



My girl is so brave



Luna dotes on her brother, Gray

'You need to have another operation to help fix your special heart so you can run faster and jump higher on the trampoline,' I gently explained.

Although she'd already been through so much, Luna wasn't afraid.

'I can't wait for doctors to zip me up,' she'd say.

When the day finally came, in April 2019, I was racked with nerves.

'I love you more than all the stars in the sky,' I told her.

Thankfully, the surgery went well.

But three days later, doctors noticed that the fluid in her body wasn't draining properly and was milky in colour.

A test revealed she had chylothorax – a rare condition where lymphatic fluid builds up between the lungs and chest wall.

Over the next four months, Luna remained in hospital and her condition

only worsened.

Her hair wasn't growing, her skin was dull and she was severely underweight.

Despite countless tests, doctors were completely stumped as to how to stop the fluid from building up.

By now, it was also sitting around her heart.

It was like her body was drowning itself.

'You'll likely only have four more weeks together if her body keeps filling up at this rate,' doctors explained.

So, in August 2019, just two weeks after welcoming our son, Gray, Donovan and I made the heartbreaking decision to take Luna home to make precious memories together instead.

Back home though, something inside our girl changed.

Doting on her baby brother, she'd shower him in kisses.

Within a few weeks, Luna started eating better, was less breathless and seemed

to be improving.

An X-ray showed that there was still fluid on her lungs – but over time, it miraculously started to drain.

Now, aged four, Luna is thriving.

Starting preschool earlier this year, she's not able to take part in contact sports or be in playgrounds, but she's loved seeing her friends.

When she's not running around with Gray, now one, she's grooving with friends at her dance class.

When we ask what she wants to do when she grows up, she says, 'I want to be a nurse on the heart ward and help kids like me.'

Our girl may only have half a heart, but it's certainly the biggest and kindest. ●

As told to Amber Wemyss

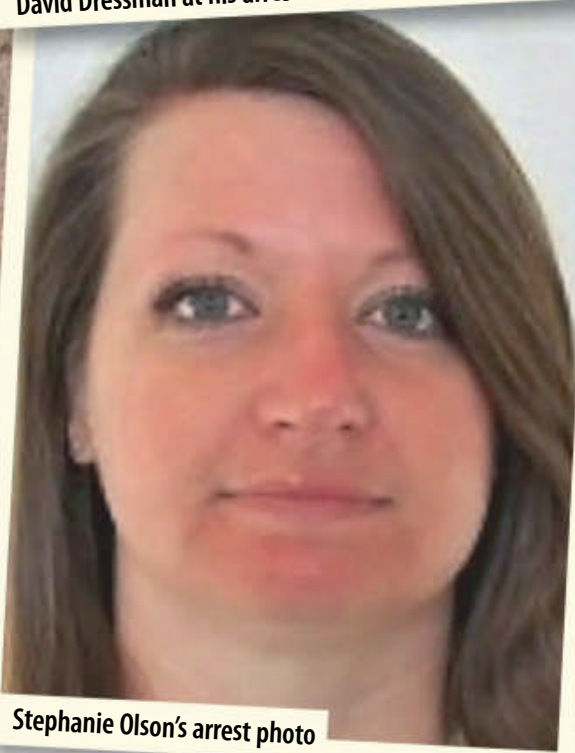
'I love you more than all the stars'

Luna is thriving at preschool

Is your child a medical miracle? Have they defied the odds? Tell us at thatlife@bauer-media.com.au



David Dressman at his arrest



Stephanie Olson's arrest photo

TEEN LOVE TURNED DEADL

Diane Snellen was betrayed by the one person who should have loved her most in the world

Teenagers often argue with their parents. Boundaries are pushed, hormones are high.

Usually, things calm down as kids reach adulthood and everyone becomes friends again.

Tragically, this was not to be the case for Diane Snellen, 41, who died before she and her 17-year-old daughter, Stephanie Olson, could reconcile.

On the morning of June 6, 2002, Stephanie returned home after staying at a friend's house.

The scene that greeted the teen was straight out of a horror movie.

Her mother was in Stephanie's bedroom in a pool of blood.

She was nude from the waist down and her pyjama top had been ripped from her body. She'd been stabbed 27 times in the head, neck and chest.

'Um, either my mum killed herself, or somebody came and murdered her,' Stephanie stammered down the phone to emergency services.

'What makes you think that she's dead?' the dispatcher asked.

'Well, 'cause she's lying in a puddle of blood in my room,' Stephanie replied.

As police swarmed the home, their assumption was that Diane had interrupted a burglar. She had lots of bruises and defence wounds as if she'd tried to fight someone off.

'It looked like... somebody came in, assaulted her,

raped her and left,' Detective Tom Bell from the local police department said.

But there was one big problem with that – there was no sign of a break-in or of sexual assault or rape.

The scene seemed to have been set up to *look* like this.

Delving deeper, police soon discovered Diane and Stephanie's tumultuous mother-daughter relationship.

Diane was a single mum. Her son, Stephen, had moved out some time before, leaving Stephanie, who was desperate to grow up and fly the nest.

As a result, the pair often butted heads.

Their most recent problem was Stephanie's new

boyfriend – 18-year-old David Tyler Dressman – who Diane disliked.

A month before Diane's murder, the pair had run away together but were found and brought home after Diane filed a missing person's report.

Stephanie finished high school early and wanted to move out, but Diane refused her request.

Instead of waiting out a



Stephanie in 2015

THE MURDER OF DIANE



Stephanie Olson was jailed three years after her mother's murder



Diane and her daughter at home



Diane Snellen



few months before she became an adult, Stephanie, police soon discovered, decided to take matters into her own hands.

It came out that David had asked a new friend, Timothy Wayne Crabtree, advice about 'how to kill someone in a quiet place'.

His response was not to shoot the person but to stab them in the lungs as he believed they wouldn't be able to make any sound.

As well as freeing Stephanie to live how she liked, she stood to gain more than \$270,000 from Diane's life insurance payout.

On June 5, 2002, Stephanie left her mum a note saying she was staying at a friend's place.

When Diane called her and ordered her home, Stephanie turned up with David and Timothy.

The ensuing fight left Diane brutally murdered. One wound pierced her

chest cavity and came out of her back, and at least nine of the stab wounds were to her head.

Authorities believe the group then staged the scene to look like a sexual attack, washed the blood off themselves and hid the knife.

The next day, Stephanie reported the crime.

Dressman and Crabtree were arrested in April 2003 and 10 months later, Stephanie

Denise Olson was charged with complicity to murder.

In May 2005, she faced court. Prosecutor Gordie Shaw called the murder one of the worst he had ever seen, saying Olson wanted her mother dead because she disapproved of her relationship with Dressman, and so she could live her life without restrictions.

They washed the blood off themselves

The court heard she had conspired with Dressman and Crabtree to kill her mother, and had offered Crabtree some of her mum's life insurance payout.

'She couldn't wait six months to turn 18,' Shaw said. 'I don't know what goes through the mind of

somebody like that.'

During the trial, witnesses testified that, while Crabtree was in prison for an

unrelated crime, he confided in his cellmate that he had gone with David Dressman to kill Diane.

The manager of the restaurant where Dressman worked part-time said, one day before the crime, his daily tally of kitchen knives revealed one was missing. And an autopsy found Diane's wounds were

consistent with that type of knife.

The jury deliberated for eight hours.

'Guilty,' came the verdict.

'Oh my God,' Olson screamed.

Sobbing, she was led away. Later, she was sentenced to 25 years in jail.

Timothy Crabtree, 26, entered an 'Alford' plea to conspiracy to commit murder in exchange for a six-year prison sentence. It meant he acknowledged the evidence against him without admitting guilt.

David Dressman, 22, was found guilty of complicity to murder and complicity to burglary. He was handed a 20-year sentence with eligibility for parole after 17.

Four lives were wasted for the sake of waiting six months but, no doubt, Olson will be learning a lesson about patience in her cell. ●

COMPILED BY EMMA LEVETT

When KINDNESS comes around

Peter scooped a fortune, but it's what he's doing with the money that's the best part of all

Peter Charleton, 46, Yarra Ranges, Vic

Another trip to the doctor meant more bad news. 'He won't survive the year,' the GP said, talking about my uncle, Charlie.

The news wasn't a shock. In his late 60s, poor Uncle Charlie had end-stage chronic lung disease.

But as I helped Charlie out to the car, some of my

dad John's last words rang in my ears.

'Look after Charlie for me,' Dad had said before he passed away in 2014.

Charlie, who was Dad's youngest brother, didn't have any kids, so Dad only meant that I should call in and check up on him occasionally.

But six years on, his wishes took on a whole new meaning.

I've always been a softie. I think my big heart came from Dad, who was the most generous bloke I've ever known.

'It doesn't matter how big or small, if you can do something for someone, just do it,' he always taught me.

Over the years, I'd gone a bit overboard!

I ran a free jumping castle service, spending many a weekend lugging

it to kids' parties. I never made a cent, in fact it cost me money! But seeing families so happy made me feel happy too.

In 2017, I saw a story in the local newspaper about a lady called Anne, 59, who'd been struggling with

depression and could no longer tend to her garden.

I was only going to pull up a few weeds but I ended up doing three days.

that's life!

even heard about it and wrote a story.

As always, I loved helping out, but now, my own flesh and blood needed me.

'Why don't you come and stay with us Uncle Charlie?' I suggested.

So he moved in with me and my family. And despite

all the medical predictions, Uncle Charlie soldiered on for months.

I became his full-time carer, rigging up a bell system so he could call me any time day or night.

When I wasn't working, I was with Charlie.

A year later, my partner and I separated.

And when Uncle Charlie passed away in July this year, I found myself alone but not altogether unhappy.

Charlie wasn't suffering anymore and I was proud that I had been able to look after him until the end.

Two weeks later, I was getting ready for my week with my nine-year-old daughter, Chelsea.

Popping to the shops, I picked up some rabbit cages for her new pets.

Using Uncle Charlie's pocketknife, I cut the cable ties on them then put the knife on the roof

'Big or small, if you can do something for someone, just do it'



My daughter Chelsea and her pet rabbits



Me with one of my jumping castles



Carefully checking our lotto tickets



Uncle Charlie and my mum, Shirley



Me and Chelsea celebrating my big win

Has fate helped you win a prize? Tell us at thatslife@bauer-media.com.au

of my car. I only remembered it when I was on the main road home.

That'll be gone, I realised, annoyed.

But when I did get home – 50km and an hour later – I was amazed to see the knife was still there.

'Maybe my luck's changing,' I laughed, making a video for social media. 'I'd better buy a lotto ticket!'

The next day, I was out when I remembered the promise to myself.

My local lotto shop would be a detour so I ended up grabbing three QuickPick tickets in Lower Plenty.

Leaving them on my dashboard, it was the next day, August 2, before I checked them.

I downloaded the TattsLotto app and scanned the tickets.

The first one was a fail. Second one came up with nothing.

What a waste of money, I groaned as I scanned the third ticket.

Suddenly, something flashed up. *You are a*

high winner, it said.

A huge number ran across my screen – \$896,511.13!

It couldn't be right... *could it?* I deleted the app, turned off my phone and then reloaded it.

Scanning the ticket again, the same message came up.

My hands were shaking as I called the number at the bottom and had it confirmed.

I'd won nearly \$1 million!

Ringling my brother, Andrew, and mum, Shirley, they couldn't believe what had happened either.

After a few more calls, I let it sink in.

I don't need to tell everyone, I realised.

In fact, I had a better way of letting people know about my new fortune...

It was a tense 17 days before the money was transferred into my account.

By then, I knew exactly what I was going to do with the windfall.

I put some aside to pay off my mortgage and bought second-hand cars for myself and my ex.

Next, I wanted to help all the people I'd always seen

struggling and never been able to do anything for.

My immediate family got the biggest deposits, with each of them receiving enough to

take the pressure

off. Then, my huge extended family, followed by various friends who had been doing it tough.

A local family's house had burnt down a few months before.

Suddenly, I was in a position to do something.

'I've done over an armoured vehicle and have all this cash I need to hide,' I told a few people

I wanted to help all the people I'd always seen struggling

as I transferred huge sums.

'Are you serious?' they gasped, as I burst out laughing.

I had as much fun handing out my winnings as they had receiving it.

One evening at the takeaway, I paid for everyone's pizza.

By the time this story is out, I'm pretty sure I'll be broke again, but I'll be happy broke.

A set of weird coincidences put me on this path and I like to think that Uncle Charlie was behind it all.

He couldn't help me in this life but he's managed it in transit to the next.

For that, I, and all the people around me, will be forever grateful. ●

Underwhelmed by her engagement ring, Hayley, 31, hatched the perfect plan

FOR RICHER OR POORER

Sitting down to dinner with my boyfriend, Charlie, 28, we glanced over the drinks menus in front of us.

'I think I'll just stick to water,' he mumbled under his breath.

I loved him more than anything, but Charlie could be a bit tight with money.

We never went to fancy places and he never paid for anything that wasn't absolutely necessary.

But I didn't really see it as being an issue. I had a good job and if I wanted us to go to a show or an expensive restaurant, I paid instead.

When talk turned to marriage, however, I decided to lay down the law. I didn't mind the wedding and honeymoon being on the cheaper side,

but there was no way I was settling for a cheap ring!

'I'll do my best,' Charlie replied, anxiously.

The following week I pointed out the perfect ring in a jeweller's window.

It was a one-carat solitaire on a platinum band.

'Isn't it beautiful?' I smiled.

'It is,' he agreed, whistling when he saw the price tag.

A few weeks later, he got down on one knee.

'Will you marry me, Hayley?' he asked.

In his open hand was a little blue box from my favourite jewellery store.

'Of course I will,' I cried, kissing him.

But my joy soon turned to disappointment when

I looked inside the box.

It was a platinum band with a tiny, cloudy

diamond on top.

I knew he'd cheap out on me, I thought, hurt.

Still, I tried not to let my dismay show. After all, I'd been dreaming about this moment my whole life and I was going to marry this

man for richer or poorer.

But there was no way I could wear that hideous ring to work and I was too embarrassed to show it to my family and friends.

So, when Charlie slipped it into my hand and asked me what I thought of it, I lied through my teeth.

'It's beautiful, but a bit loose,' I said.

The following day, I took it back and I poured my heart out to the manager.

'I want to exchange my ring for this,' I said, pointing to the one I'd seen earlier.

Handing over my credit card, I asked him to exchange the rings and charge me the difference.

'Just don't tell my fiancé,' I pleaded.

Back home that afternoon, I told Charlie they'd taken the ring to be re-sized and said they'd polish it up for us too.

Ten days later, we went to pick up my ring.

Slipping it onto my finger, it fitted like a charm and was just as beautiful as I'd remembered it.

'It looks so sparkly now,' Charlie smiled.

He clearly couldn't even remember what the other one had looked like.

When I showed my friends and family, they were stunned.

'It must have cost a fortune,' my mum said, amazed.

'She's worth it,' Charlie grinned back.

Now, two years on, we're happily married and expecting our first baby.

Whenever Charlie catches me admiring my lovely engagement ring, I can tell he's proud of his choice.

Though I've only just finished paying it off, the money really doesn't matter to me.

But if Charlie ever found out what I'd done, it might cost us our marriage! ●

There was no way I could wear that hideous ring to work

AS TOLD TO JULES LEWICKI PHOTOS: GETTY IMAGES ALL NAMES AND IDENTIFYING DETAILS HAVE BEEN CHANGED PHOTO RE-ENACTMENT POSED BY MODELS

Shhhh!
Have you got a secret? Let us know!
Your story will remain anonymous
thatslife@bauer-media.com.au



Pierre loves Pingu

Pierre the penguin has been busy watching his favourite TV shows while in rehabilitation at Perth Zoo. The flightless bird was feeling a bit under the weather due to feather moulting. To help him feel less lonely, staff treated the rockhopper penguin to episodes of the children's show Pingu, nature documentaries and live streams of other zoos.



COIN MASTER

Jim Holton, a Wisconsin-based painting contractor, was able to turn his loose change into more than \$7000. The father of four started saving all his coins more than two decades ago. Feeling compelled to help after hearing of a national coin shortage because of the pandemic, Jim took his large stash to a bank and was surprised to find he'd accumulated \$5366.05 USD.



PHOTOS: NBC; 7NEWS; PASSIONS OF PARADISE



Cut-out makeover

An old cardboard cut-out of singer Ricky Martin has helped keep a couple 'virtually together' during lockdown. Rod Medew from Bundaberg, Qld, and his wife Cathy Zanella, who was stuck in Canberra, had been separated since February due to border closures. Cathy pinned a photo of her smiling face onto the borrowed cut-out, which was delivered to Rod in her absence.



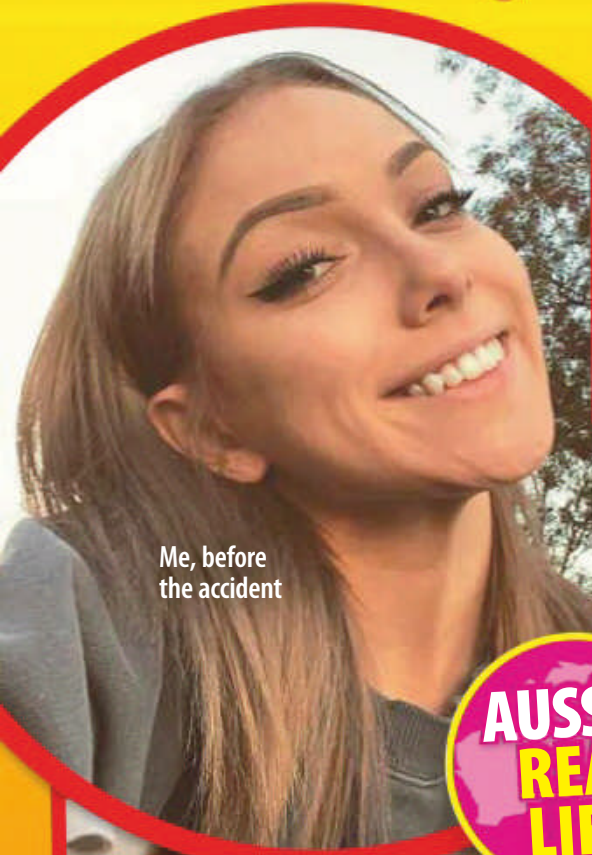
Saving our reef

Despite the negative impact that COVID-19 lockdowns have had on the tourism industry, there has been a positive for our marine life. With fewer tourists around, Australian scuba tour operator Passions of Paradise has been able to plant more than 1000 pieces of coral on the Great Barrier Reef to help restore the marine ecosystem.



that's terrifying

AUSSIE HORROR



Me, before the accident

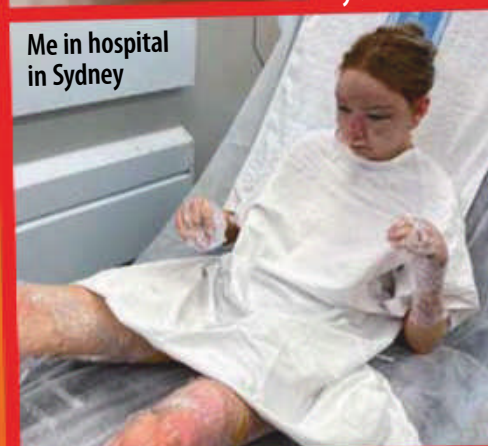
AUSSIE
REAL
LIFE

CLEANING M DID TH

A single spark turned Ruby's world upside down Ruby Lee, 17, W



My swollen face



Me in hospital in Sydney



The dressing to aid healing

My face peeling in the shower in Emergency



As the sun set over the lake, the sky erupted with beautiful streaks of orange.

I'd pulled up in my silver hatchback with my friend Mia*, to take in the view.

Glancing down, I noticed the space below the CD player and air-con vents was clogged with dust.

Gross, I shuddered.

Reaching behind me, I grabbed a can of air freshener that I kept in the car and gave the dirty spots a spritz.

Soon, the sun had dipped below the horizon and darkness began to descend on the car park.

Spotting a lighter in the side pocket of my car door, I grabbed it and flicked it.

Suddenly, *whooooosh!*

The tiny flicker of flame exploded into an orange ball of fire.

Oh God! I panicked.

The spark must've ignited the gas vapours from the air freshener that were still floating around and exploded!

Now, the car, which had the windows rolled up, was filled with scorching blue flames!

Scrunching my eyes

shut against the deadly heat, Mia and I began to scream.

Wearing a short denim skirt with stockings and a singlet top, my bare skin was licked by fire and it burned my face.

As quickly as the flames had erupted, they died.

'I can't get out!' Mia yelled.

Flying out of the car, I ran around to her side and wrenched open her door.

Wearing jeans and a hoodie, Mia had escaped the full brunt of the flames, but was still burned on her face and fingers.

I felt so guilty. I'd put her in danger – and the entire saga could've been avoided so easily.

My face... I fretted, gently touching the charred, sensitive skin.

Checking my reflection in my phone camera, I could see my raw skin was starting to blister. My eyebrows had been singed off and my mascara had melted into my eyelashes leaving weird little clumps.

Tufts of my blonde hair were falling out too.

Luckily, I'd kept my eyes slammed shut.

I could've been blinded, I thought.

My hands had completely peeled, and, looking down, my stockings had fused to my legs.

My hands had completely peeled, and my stockings had fused to my legs

'Ruby, we could've died,' Mia said.

'All that matters is we're okay – we're alive,' I replied, shakily.

In fact, my whole body was trembling

from shock. At least the adrenaline was blocking out most of the pain...

After phoning Mia's dad, he raced to pick us up, then rushed us to the hospital.

At Emergency, I was immediately put under a cold shower. I was still in there when my shocked mum, Mandy, who I'd called on the way, walked in.

'Am I looking sexy?' I teased.

She gasped and laughed at the same time, but I could tell she was relieved I was well enough to joke.

She was disappointed

OR MY CAR IS!

Wagga Wagga, NSW

when I told her about my silly mistake, but she didn't give me a hard time.

'I'm just glad you're alive,' she said.

Given pain meds, I was discharged that night.

'She doesn't need surgery, she'll heal by herself,' a doctor said.

Waking up the next morning, though, my face had blown up like a balloon to double its size!

My eyes were so swollen, I could barely see.

Bundling me in the car, Mum drove me five hours to a bigger hospital in Sydney with a dedicated burns unit.

'Why wasn't she here within hours of the accident?' a doctor there asked Mum.

I'd suffered second and



Waking up, my head was completely bandaged

I had second and third degree burns

Do you have an incredible survival story? Tell us at thatslife.com.au

third degree burns to 20 per cent of my body.

After I was wheeled into theatre, surgeons scrubbed away the dead and damaged skin, replacing it with artificial skin made from pig collagen.

Waking up afterwards, I was shrouded in bandages, like a mummy.

When they were unwrapped, a special mask-like dressing was applied to my face to help it heal.

Looking at old photos of myself, I was scared that I'd never look like me again.

But I quickly decided I wasn't going to get caught up with negativity.

It sucked, but it had happened – and over time I would get better.

Making fun of myself, I shared videos of my journey on the social media platform TikTok.

I showed my little sister your TikTok and she ran out of the room crying!

someone commented.

Apparently, my face had terrified her!

That's hilarious! I cracked up.

I even shared

a clip comparing myself to Freddy Krueger from *Nightmare on Elm Street*.

At the beginning, when I closed my eyes, all I could see was fire.

But I wanted to take back the power and get over my fears, so I made another clip of myself in my hospital gown roasting in flames! Then, a week or so on, I shaved my head.

'Mum, can you get me a

'You're really lucky,' the doctor said

cute little wig from a party store?' I asked.

Video-calling me from the shop, she said, 'Which one do you want?'

'That one!' I said, spotting a set of Bob Marley-style dreads.

A fortnight on from the accident, my transformation was incredible.

It just looked like I had really bad sunburn!

'You're really lucky,' the doctor said. 'You had youth on your side.'

Thankfully, my friend Mia is on the mend too.

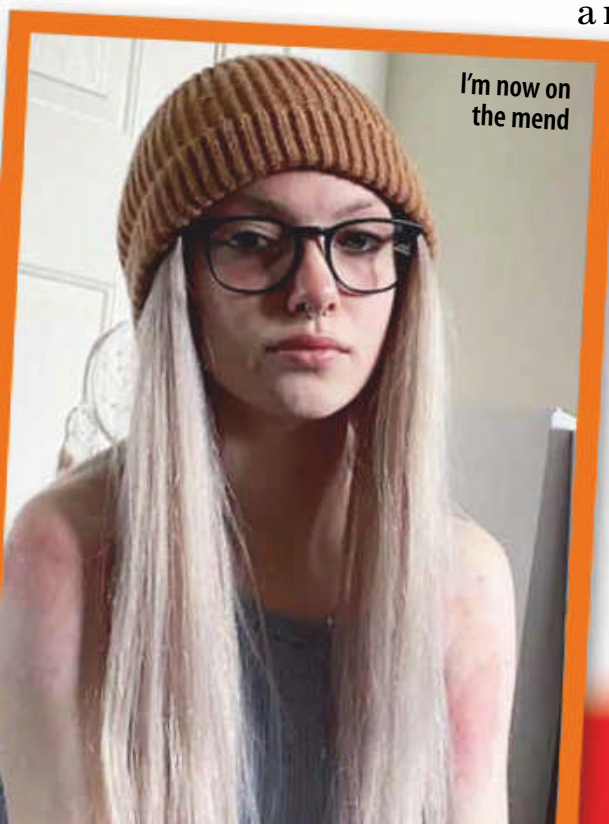
Nearly two months on, I wouldn't change what happened.

It's completely changed my perspective.

If I stay positive, I can take on the world! ●

As told to Beth Young

Follow Ruby on TikTok, @leerrubi



I'm now on the mend

What are your dreams trying to tell you?

Dream coach Leon Nacson decodes the emotions of dreaming

Dreams are like onions – they have many layers, all of which are relevant. But it is more important to wake up and explore the *emotion* you felt during the dream than it is to investigate the images you remember seeing.

The emotion is a far better indicator of what the symbol you saw represents.

Let's go back to the onion. The first layer of your dream may be all about what you just watched on a screen or read in this magazine. The top layers also contain elements of what you ate and what you experienced during the day.

The next layer may be about manufacturing memory – you want to remember and retain an experience from the day.

The next level may be about personal messages from you to yourself.

Your subconscious may be alerting you to something that you need to be aware of in your waking life.

It's important to look at each level separately if you wish to decode your dream.

Common themes

WE CAN EXPERIENCE MANY OF THE SAME SCENARIOS WHEN FAST ASLEEP, BUT THEY ALL HAVE PERSONAL MEANINGS

Being chased

It's not pleasant to feel you are being followed, stalked or chased in a dream. The first thing to do is to explore the emotion of the dream. Next, consider it may be *you pursuing yourself*. We accept the bright and loveable side of ourselves and wish to run away from our less loveable and darker side. On waking, look in the mirror and appreciate both your light and shadow sides.

Falling

The next time you dream that you are free-falling, try to remember the surroundings or scenario before you began to fall. This will give you an insight into where in your waking life you feel unsupported. Were you at work, and therefore you feel unsupported professionally? Was it at home, and you may feel a lack of support from your family? Perhaps it was around a social occasion where you may feel like you are not supported by your friends? On awakening, try to remember you have the resources to handle any or all of those situations and recognise that, even though it would be nice to get more support, you are resilient enough to succeed all on your own.



This usually occurs when we need our mood to be uplifted; inspired by an injection of exhilaration. There is also a sense of freedom when we are not governed by gravity or things that otherwise weigh us down.

Examinations

If you dream you're sitting an exam as an adult, it's usually because you feel that you are under the microscope, either at work or in your personal relationships. After waking, try to recall how you've passed examinations through study and hard work. Apply the same principle to the challenge you currently face.



reams YOU?

Infidelity

If you experience an inappropriate situation in a dream, do not feel guilty about what or who was in it.

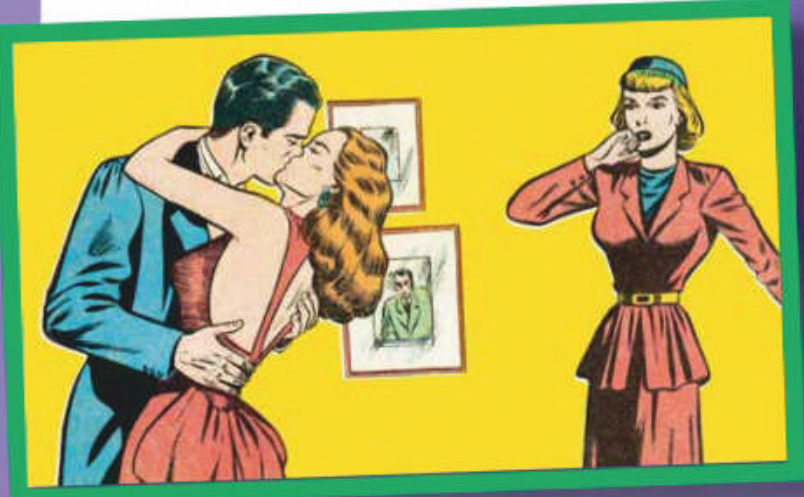
Ask yourself this – why do I want to be more *familiar* with the individual in the dream?

It may be simply that you have a desire to become closer to the individual and that you'd like to count them as a close friend.

If you're not satisfied with that explanation, then deeper examination is required. It may be that the person has a trait or a skill you want to be intimate with. For example, in the dream you may be with someone who is an extrovert – and that may be the trait you wish to develop.

Or, if you find it hard to balance finances, you may see yourself with an accountant. You have no desire for them, but they represent an ability you want.

On some occasions, you may see your partner flirting or in a romantic situation with someone else. Ask yourself, is this an unfounded suspicion or is it about the feeling that you are becoming less attractive to them? Is it less about their choices and more about the choices *you* are making? Perhaps it's a wake-up call for both you and your partner to find more time for each other.



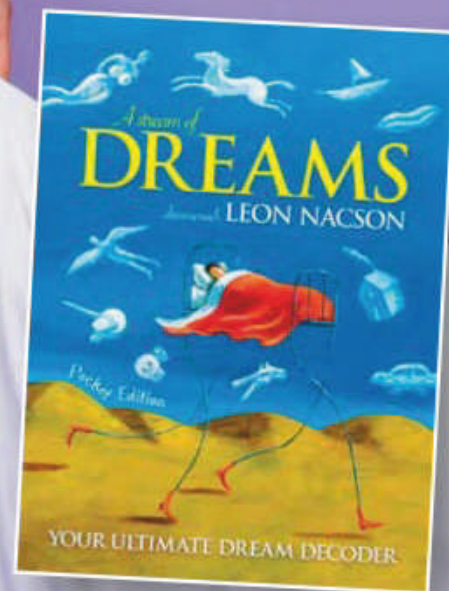
Teeth

In many cultures, it is believed to be a bad omen to see teeth falling out in your dreams.

Rather than being fearful, simply make an appointment with your dentist for a check-up.

If your dentist gives you the all clear, then you may consider that the dream is about losing face or being embarrassed.

On waking, brush your teeth and give your embarrassment the brush too!



There are many other dreams and they can be decoded in the same manner. Always remember that even though the dreams are common, your particular take is much more important than the meanings that are more common.

'A Stream of Dreams' by Leon Nacson, 2008, published by Hay House, is available at leading retailers.



with Dizzy
PET EDITOR

PETS ARE PAW



Miss Molly Moodle
is ready to party.
Kathy Werner, Norman Gardens, Qld

Why can't you play
hockey with pigs?
They always hog
the puck.



This is a good
spot to paws
for thought

Minnie is quite jumpy and
nervous, but if she comes
to you for a cuddle she is
very smoochy!

Trina Rain, Upper Mount Gravatt, Qld



Chunk loves reading my
that's life! mag.

Sarah Corscadden, Higgins, ACT

★ **INSTA PET**
@PBJ_PACK

Each week
we bring you
the cutest
pets from
Instagram!

All set for a
grrrrreat time
at the beach



SOME!

WE PAY
\$25 FOR
EACH PHOTO
USED



These puzzles
really are
the cat's
pyjamas!

Puddles is always helping
me do the puzzles.
Francine Rowsell, Mackay, Qld

PAWFUL
pet of the
week

Ralph is nearly a
year old but can
never seem to find
his treats.
*Alvina Barcovich,
Nerang, Qld*

Chubba is so cuddly!
Lisa Metcalfe, Albany, WA



**\$50
CASH**
1 TO BE WON

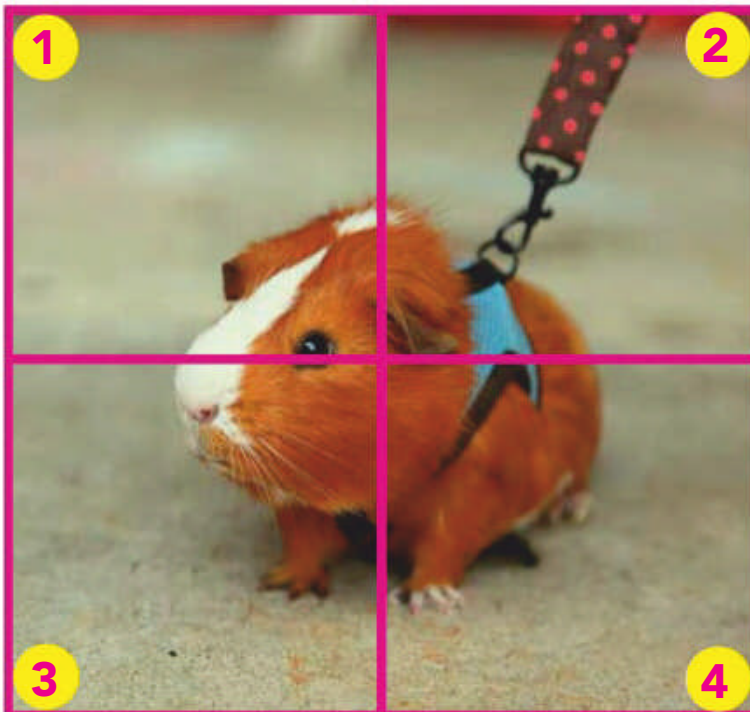
PET IN A PUZZLE

Spot the difference: PET IN A PUZZLE!

Turn to entry coupon
(p44) to enter!

HOW TO WIN...

If you look at
the two pictures,
we've made a
change to the
second picture.
When you have
found the
change, write
the number of
the quadrant in
which the
change occurs
on the puzzle
entry coupon
on page 44 for
your chance
to win.





I can lift 72kg!



Lauren Bruzzone

Retired lawyer Lauren Bruzzone, 73, has been active most of her life.

As a youngster, she loved doing ballet, then, as she got older, she enjoyed yoga and gentle exercise classes to help keep her in shape.

At 67, a friend talked her into a crossfit class.

'I figured I would try it and if I didn't like it, I would stop,' Lauren told *Good Morning America*. But Lauren loved it and now

does a 6am crossfit class every morning!

When her personal trainer shared videos of Lauren doing burpees and deadlifting 72kg on Instagram, she became an inspiration to many – including Mike Carozza, owner of the gym where Lauren works out.

'She doesn't give any excuses and she never has,' Mike said.

"Okay, coach, I'll try. I'll do my best." Those are the words you usually hear from her.'

For Lauren, her hard work is all about securing a long and strong future for herself.

'It doesn't matter what your level of ability is, what your age is. If you want to, you can do it,' Lauren said.

'I have a long-range plan. When I'm 90 I want to get to the bathroom by myself!' ●



She never makes excuses

Lauren wants a long, healthy future



World's oldest gymnast

Born in 1925, Johanna Quaas grew up in Saxony, Germany, and fell in love with gymnastics aged nine.

During World War II, gymnastics had to be put on the backburner, as many children were put to work in service of the Germany war effort.

When the war came to an end, the government encouraged a focus on team sports, so she joined a handball team.

It wasn't until she was married with three children that Johanna finally went back to her first love and became a



Johanna appearing on American TV

AND FAB

nnies!

These women prove that age is no barrier when it comes to health and fitness

nnast

gymnastics instructor to young children.

When Johanna was 57, the thrill of again competing in her green velvet leotard saw her participate in the German championships that are held every five years.

Johanna now has 11 medals to her name, but the one she's most proud of is the gold medal she won when she was 84.

With no other competitors in her age group, Johanna competed against gymnasts 10 years her junior.

'I still won by one point,' Johanna proudly told *The Straits Times*.

After suffering a bicep tendon tear, the great-grandmother, now 94, no longer competes, but she still travels the world giving talks and doing gymnastics demonstrations to encourage seniors to stay active.

'Where there is movement, there is life,' Johanna says.

'My face is old but my heart is young.' ●



She has won many events



Competing in Germany

Record-breaking runner

Julia Hawkins discovered herself to be a runner fairly late in life, compared to most athletes.

She'd been competing in the Senior Olympics as a bike rider since she was 80, but it wasn't until she was 100 that her talent for running was revealed.

'I'm always outside and the phone always rings, and I come running in, is how I knew I could run,' the great-grandmother said.

Born in 1916, the now 104-year-old has even earned herself the nickname 'Hurricane'.

After winning her race in the 2017 National Senior Games in Alabama, and claiming the world record for her 40.12 second time, Julia, then 101, jokingly told organisers, 'I missed my nap for this!'

Not that napping is a common pastime.

After losing her husband of 70 years, Murray, Julia busies herself caring for

the variety of plants on her property.

Although she always looks forward to her next race, Julia doesn't have a strict training routine.

She now limits herself to the occasional trot down her street.

'As I get older, I feel like I only have so many 100-yard dashes left, and I don't want to waste them in practice,' Julia said.

When asked what the secret to a long, healthy life is, Julia doesn't hesitate.

'Keep yourself in good shape if you can,' she told *The New York Times*. 'Have many passions. And look for magic moments.'

'That is something that I have done in my life – think of the things that are magic moments that happen to you, like sunsets and sunrises, rainbows, beautiful birds, music. All of those are magic moments and they are free for all.'

'Be sure to keep your eye open for them.' ●



Julia's medal collection



Julia doing the dash



YOU'RE IN SAFE HANDS

Our local team is here to help you get the best in-home care.

Why Choose KinCare?

- ✓ Dedicated, screened and trained carers
- ✓ Clinical support in the comfort of your home
- ✓ Tailored solutions to support your health and happiness
- ✓ Support 24 hours a day, 7 days a week

With over 28 years of experience supporting elderly Australians, we are here to look after you.

Contact KinCare today on **1300 883 592**



A SNAKE found me A HUBBY!

Dee found love in a sssurprising way!

Dee Scown, 63, Gladstone, SA

Sitting on the sofa, I sighed out loud. 'No more men!' I declared.

I was 37 and had recently separated from my husband.

It was my third marriage that had ended in divorce and I couldn't deal with any more heartache.

'It's just me and you now,' I told my four-year-old daughter, Juanita.

Determined not to have another failed relationship, I decided to put together a strict criteria rating system.

Any men I met would have to tick every point – and that would be practically impossible.

I started typing out a list.

They had to like animals and children. But I'd also rather they didn't have their own kids – bringing up my girl was enough.

I wanted them to be happy with women working and getting an education.

Being a practical woman myself, any man would also have to be the same way.

Ultimately, my objective was to avoid all men.

A few years later, I was flicking through the local paper when

I came across a feature about a snake wrangler called Tony.

I realised he was the guy who ran my

local pet shop, and the article said Tony was helping kids learn about snakes, and which ones were dangerous.

I wanted Juanita to know the difference between the venomous and non-venomous snakes,

so I decided to take her to see Tony.

Giving him a buzz, he invited us to his property a few days later.

'Hey, come in,' Tony grinned when he opened the door.

As he showed us around,

Juanita's face lit up at all the animals.

'Look at the chooks, Mum!' she grinned.

Tony took us to meet

eight of his pet snakes, even letting Juanita hold two of them. I smiled as I watched Tony explain the differences between them.

'Thanks so much,' I told him afterwards. 'I'd love to have you over for dinner as a thank you.'

I didn't see it as a date, it was just nice to have someone to talk to.

But chatting over chops, vegies and chips, we realised we had so much in common.

When we had a second dinner, I realised Tony could be more than a mate.

Telling him about my criteria rating system, I said, 'You've messed it up, as you tick every point.'

I also told him about another list I'd written – 103 values which meant a lot to me, from political views to how to manage money.

'Try it out with me,' he smiled.

Discussing each value, we found we shared the same view on almost every point.

'I guess we should give this a shot!' Tony said.

'I think you're right,' I grinned.

We quickly fell in love and two years on we married.

He became like a dad to Juanita, and even walked her down the aisle.

Tony and I recently celebrated our 21st wedding anniversary.

Over the years, I've also helped Tony as he's rescued snakes from swimming pools and schools.

'Who'd have thought those slithery creatures would find me love?'

I chuckle.

I just feel lucky to have finally found myself a kind, honest and caring bloke. ●

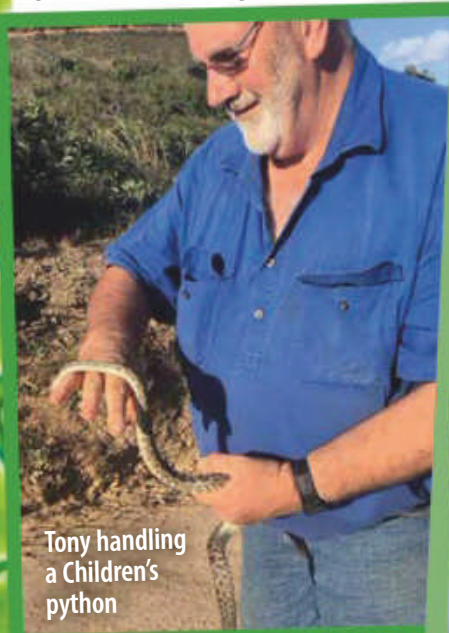
As told to Kathryn Lewsey



Me with my snake wrangler

Have you found love in a unique way? Do people love hearing the story of how you met? Tell us at thatslife@bauer-media.com.au

Tony took us to meet eight of his snakes



Tony handling a Children's python



Juanita with Tony on her wedding day

The BEST AUSSIE real-life

PHOTOS: SUPPLIED

Your LETTERS

WE PAY
\$25 PER EMAIL/
LETTER USED



Jaw-dropping!

I have just discovered the podcast *How I Survived* through a friend and every episode is a roller-coaster ride. Thank you to all the survivors for sharing their unreal and often horrifying experiences. My favourite episode is 'Trapped in the desert for three nights', but if that sounds too intense, a real tear-jerker is 'Lost at sea – saved by a bucket!'

Angelica Beck, Birdwood, SA

Sophia, eight, was happy to find the monkey in a mystery maze at our local shopping centre.

Belinda Mouk,
Girrawheen, WA

JOKE of the WEEK

Why did the girl bring a ladder to class?

Because she wanted to go to high school.



How beautiful is this sunset at Lake Taupo?

Lorraine Dobbin,
Glenfield, NZ

FEEDBACK



All the best to both the little boys, Darcy and Henley, from the story 'Transplant donor at 3' in issue 32. What you wouldn't do to save your little brother, Darcy. You are a little superhero. There must have been such dreadful pressure on the boys' parents. Sending lots of love to the whole family during this stressful time.

Mary Williams, Griffith, NSW

KIDS CORNER

My five-year-old daughter Deborah asked me why I go to work and I replied 'Well, they pay me a salary.' My daughter looked puzzled and whispered, 'But mum, I hate celery.'

Clara Knight,
Balclutha, NZ



Thank you *that's life!* for my \$200 cash prize. I can't wait to go shopping with my grandson Jack.

Rita Ryan, Warners Bay, NSW



COMPILED BY EUNICE OH

@ email: thatslife@bauer-media.com.au

✉ write: **AUS:** GPO Box 7804, Sydney, NSW 2001 **NZ:** PO Box 90064, Victoria Street West, Auckland 1142

Dan & Simon

**Worth
\$26,810
1 TO BE
WON**

ISSUE
37

FEATURES

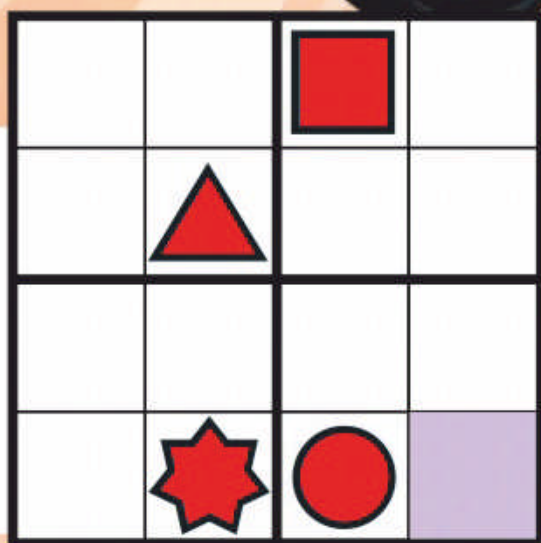
- 16 inch wheels
- Halogen headlamps
- Keyless push-button engine start
- Cruise control
- Bluetooth® hands-free phone
- Steering wheel audio controls
- Rear parking sensors



WIN!
Mazda
CX-3 SUV

PUZZLE No. 1

HOW TO WIN... Each 2 x 2 box, as well as each row and each column, must contain each of the four shapes (circle, square, star and triangle) in the grid. Work out the shape in the lilac space and write that shape's name only on the entry coupon for your chance to win.



Visit www.thatsthelife.com.au/terms for terms and conditions.
 Authorised under: NSW Permit No. LTPS/20/44140; ACT Permit No. TP 20/00793; SA Licence No. T20/698.

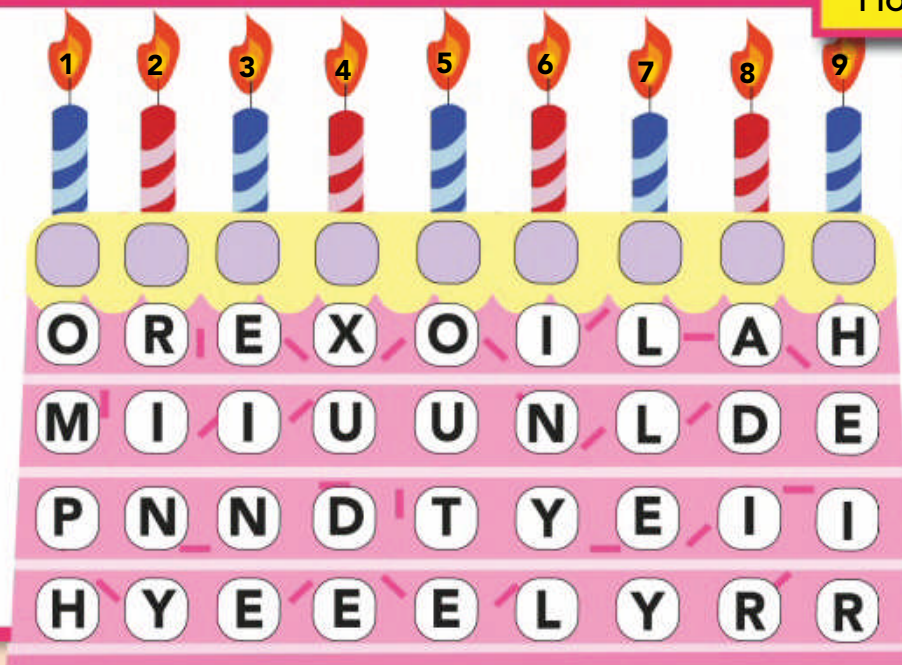
PUZZLE No. 3

Apple iPhone

**WORTH
\$1347
1 TO BE WON**

HOW TO WIN...

Make nine five-letter words reading down by placing a letter in each of the blank lilac squares. If you choose your letters carefully, a nine-letter word will read across the icing of the cake. For your chance to win, write this nine-letter word only on the entry coupon.



This
is NOT it
– keep
looking!



HOW TO WIN...

The Treasure Chest is hidden somewhere on another page of the magazine, but where? Hint: It will not be on a puzzle page. The one you're looking for is smaller than the one shown here. Write the page number where you found it on the entry coupon and you could win! See inside for puzzle terms and conditions.

**\$100
CASH**
1 TO BE WON

PUZZLE No. 4

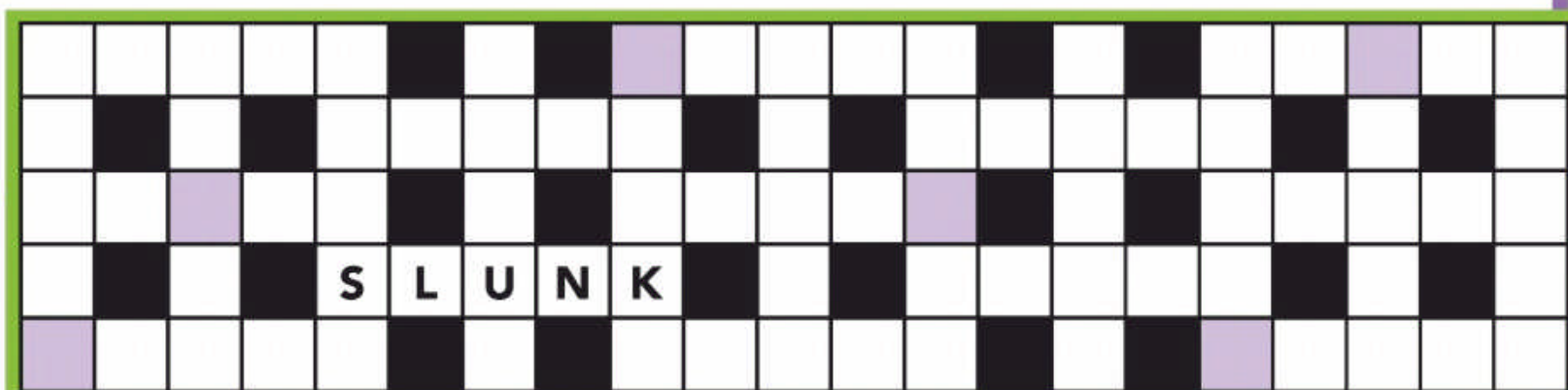
Fuji Camera

HOW TO WIN... There are no clues to this crossword. All you have to do is fit the listed words into the grid. We've filled in one word to get you started. When all the words are in the grid, the lilac squares, reading left to right and top to bottom, will spell a word. Write this word only on the entry coupon for your chance to win.

WORD LIST

Affix	Erase	Slang
Among	Inane	Stunk
Amour	Infer	Sonar
Basil	Limit	Strum
Bedew	Lured	Tasks
Denim	Nails	Twigs
Edged	Seems	Ultra
Email	Signs	Wurst

**WORTH
\$248**
1 TO BE WON



PUZZLE No. 5

Diamond Ring

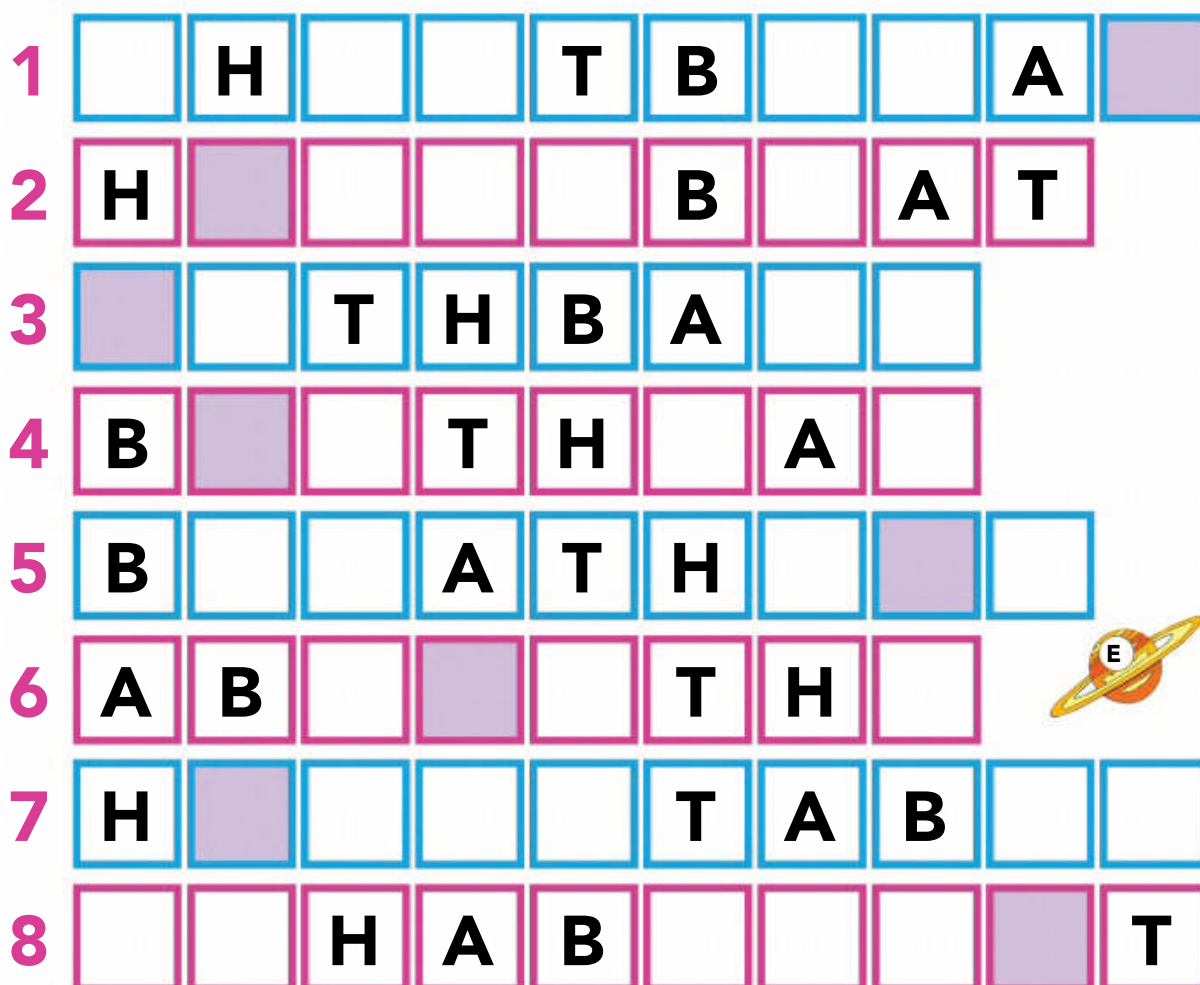
**WORTH
\$799**
1 TO BE WON

HOW TO WIN... All of the answers contain the letters B-A-T-H. Use the clues to fill in the blanks. Once you have done this, the letters in the lilac squares will spell a word, reading down. For a chance to win, write this word only on the entry coupon.



CLUES

- Buttery biscuit
- Floating home
- Camphor sphere used to repel insects from stored clothes
- Cake and candles time
- Respiring
- Green liqueur flavoured with wormwood
- Welcoming
- Dweller, resident





PUZZLE No. 6

Washing Machine

HOW TO WIN... Each number in this crossword represents a different letter of the alphabet. We've given you a few letters to help you on your way to cracking the code, so you'll see that C=7, T=23, and X=9. Write these letters wherever the corresponding numbers appear in the grid and you should then be able to start working out what the other missing letters are. Use the Letter Checker box to keep track of the letters you've decoded. You'll notice that all 26 letters of the alphabet are used and you can strike through each one as you decode it. When you have filled in the grid, a word will appear in the lilac boxes. Write this word only on the entry coupon for your chance to win.



WORTH
\$1399
1 TO BE WON

	6	11	7	12		25	11	16		3	14	14	11	
	11		12		17		15		1		8		6	
A	14	9	6	7	23		24		14	20	4	21	25	
B	6		11		11	14	25	8	16		26		23	
C		6	24	5	15				17	25	14	26		
D					22	15	5	8	14					
E	18	8	4	22	1		6		11	15	4	1	12	
F			22			6	11	10		25				
G		6	21	26	14		21		24	15	25	14		
H			18			6	17	17		14				
I	21	26	16	8	8		23		17	7	11	4	5	
J					21	22	6	25	23					
K		19	6	13	13				6	4	22	23		
L	6		11		6	22	23	21	7		14		4	
M	17	12	14	14	11		11		10	21	2	21	17	
	25		22		26		4		17		14		14	
	17	14	6	23		12	14	2		17	8	4	11	

Letter Checker

1	2	3	4	5	6	7	8	9	10	11	12	13
						C		X				
14	15	16	17	18	19	20	21	22	23	24	25	26
									T			

PUZZLE No. 7

Scatter Word

HOW TO WIN...

There are five planets with letters on them scattered over the Puzzle Central pages. Once you've found all of the planets rearrange the letters to spell a word. Write this word only on the entry coupon for your chance to win.



\$90 CASH
1 TO BE WON

PUZZLE No. 8

Trivia Quiz

HOW TO WIN...

Test your wits against our quizmaster and see how many questions you can get right. For a chance to win our prize, write the answer to number one only on the entry coupon. The rest of the answers are at the bottom of the puzzle.

\$50 CASH
1 TO BE WON

1 The Great White Shark was a nickname given to which former Aussie pro golfer?

2 *Gladiator*, starring Russel Crowe, is directed by which filmmaker?

3 What name is given to a member of the paramilitary police force in France?

4 Jim Davis is the creator of which comic strip cat?

5 What is the capital city of Botswana?

ANSWERS 1 Winning answer, 2 Ridley Scott, 3 Gendarme, 4 Garfield, 5 Gaborone.

PUZZLE No. 9

Samsung TV

HOW TO WIN... Using all the letters in the watermelon, find the nine-letter word that means to bring into harmony. For a chance to win, write the nine-letter word on the entry coupon. Now, just for fun, see how many other words of four or more letters you can find in the grid. In making a word, each letter can be used only once and every word must contain the centre letter. Proper nouns are not allowed.

This week's target: 0-15 words, better luck next time; 16-25 words, good; 26-34 words, very good; 35-44 words, excellent; 45+ words, genius!

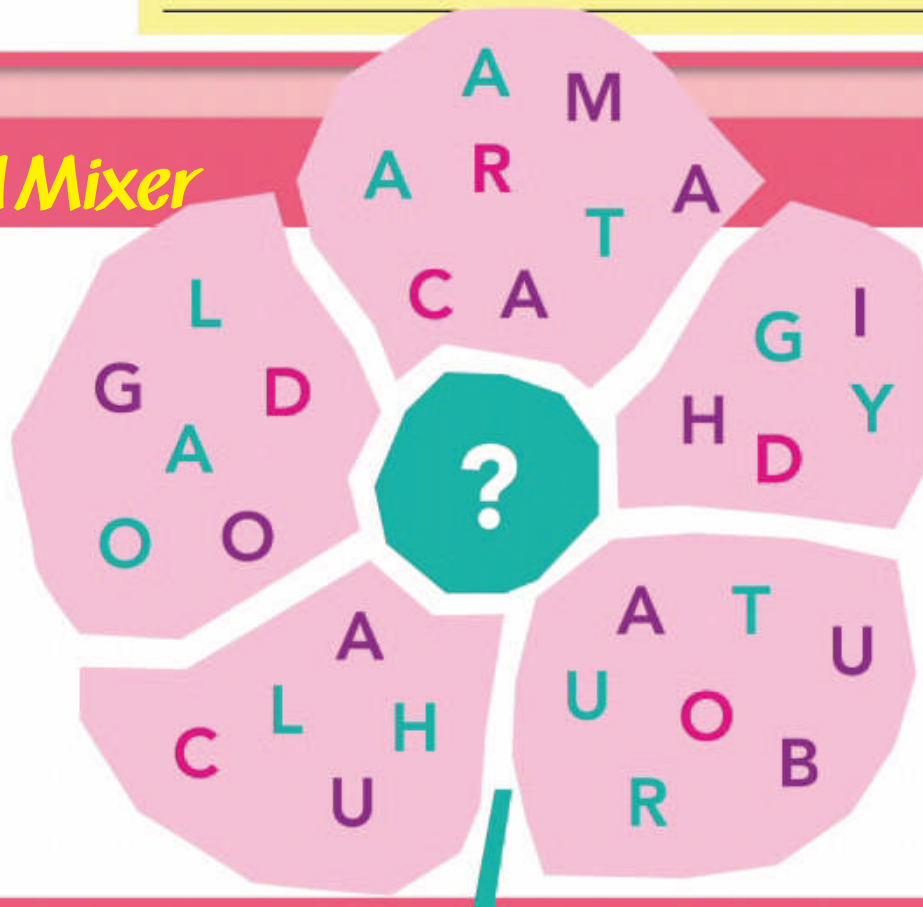


WORTH
\$919
1 TO BE WON

PUZZLE No. 10

Sunbeam Hand Mixer

HOW TO WIN... Each group of letters in the five segments of the flower, when combined with the shared unknown centre letter, will spell a type of boat. For your chance to win, write the centre letter only on the entry coupon.

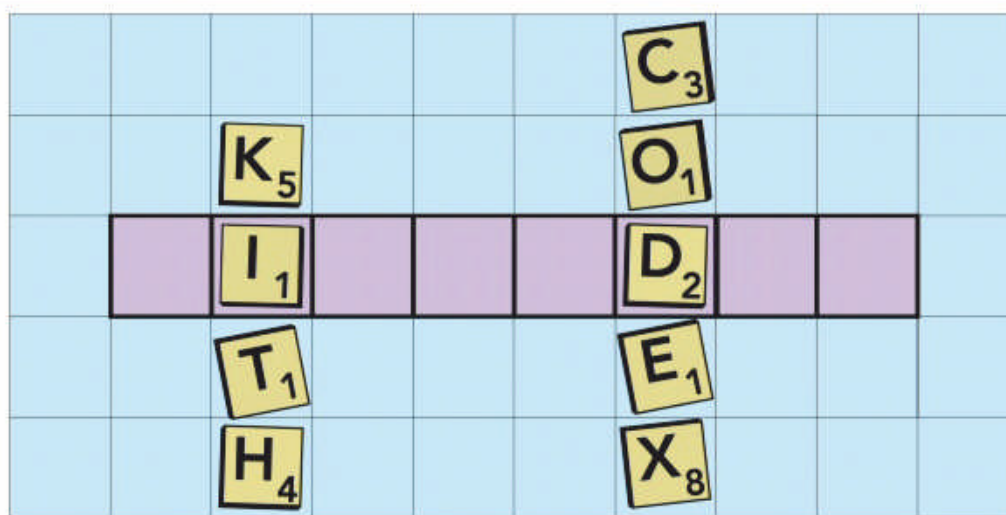


WORTH
\$69
1 TO BE WON

PUZZLE No. 11

Acacia Tray

HOW TO WIN... Use the letters at the bottom of the grid to form a word in the lilac squares that has a total score value of 24. Each letter can be used only once, however there may be letters left over that won't need to be used. For your chance to win, write the word that totals 24 only on the entry coupon.



WORTH
\$69
5 TO BE WON



PUZZLE No. 12

Stanley & Rogers Cookware Set

HOW TO WIN... Your task is to fill in the spaces in the grid with either a nought or a cross. Each line, both horizontal and vertical, must have an equal number of noughts and crosses, but you are not allowed to have three noughts or three crosses appearing consecutively. For a chance to win, write the symbol, either an X or an O, that appears in the lilac square on the entry coupon.



	O			O		O			
X	O			O	X			O	X
		O	X			O		O	
O			O						
O	X				O	O		X	O
		O	O		O			O	O

WORTH \$843
1 TO BE WON

PUZZLE No. 13

Nespresso Coffee Machine

HOW TO WIN... All the words in this puzzle are seven letters long. Solve the clues as normal, and when the puzzle is complete the four lilac squares in the centre, reading from left to right and top to bottom, will reveal a word. For your chance to win, write this word only on the entry coupon.



WORTH \$259
1 TO BE WON

CLUES ACROSS

- 1 Amid, in the middle of
- 5 Gizmos, devices
- 6 Alphabet read with the fingers
- 7 Gives approval, agrees

DOWN

- 1 Branch of mathematics
- 2 Trials, traumas
- 3 Small creature blamed for mechanical problems
- 4 Fringed cords

1		2		3		4
5						
6						
7						

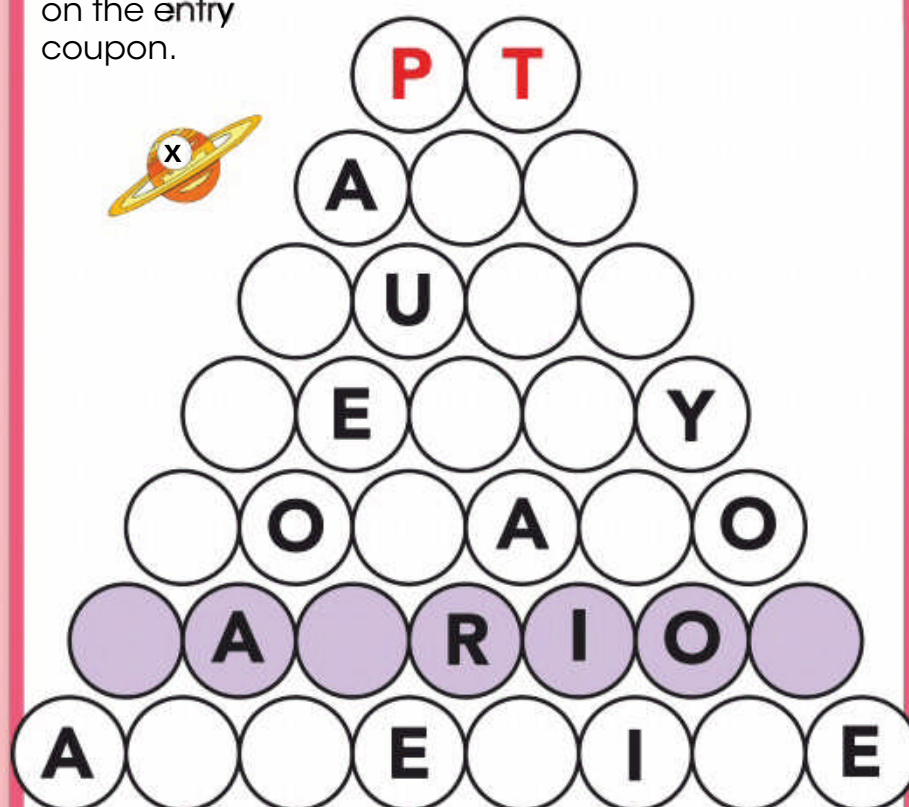
PUZZLE No. 14

Pressure Cooker

HOW TO WIN... Using only the coloured letters at the top of the pyramid, fill in the blank spaces to find six words that read across from left to right. Each coloured letter must be used at least once in every word. Write the word in the line of lilac circles on the entry coupon.



WORTH \$439
2 TO BE WON



Win!

\$20,000

HOW TO WIN... The theme of this Monstercross is footwear, and all the highlighted picture clues refer to this topic. When you've filled in the whole puzzle, the letters in the lilac squares, reading left to right and top to bottom, will spell a word related to the puzzle theme. Write this word on the entry coupon.

MONSTER CROSS

ACROSS

- 1 Flip-flops in box A (6)**
4 Had on, donned (4)
6 Former Russia (1,1,1,1)
10 Chide (6)
12 Hawaiian greeting (5)
14 Make amends (5)
15 Craftsman (9)
16 Trap (5)
17 Second court hearing (7)
18 Opera set in Egypt (4)
19 — *Miserables*, French musical (3)
21 Listening part of a telephone receiver (8)
25 Throw violently (4)
27 Soft French cheese (4)
28 Wellingtons in box B (8)
32 Piece of cut turf (3)
33 Armoured military vehicle (4)
35 Prediction of an illness's course (9)
38 Ravishing, beautiful (8)
40 Tehran's country (4)
42 Not any (4)
43 Warehouse space, eg (7)
44 Type of cloud (6)
47 Not quite shut (4)
49 Setting of *Hamlet* (7)
51 Metal used for plating (6)
52 Went by bike (4)
53 Abel's brother (4)
55 Sluggishness (7)
57 Wander, weave (7)
60 Chaos, confusion (6)
64 Sportsperson (7)
68 Sack, fire (7)
72 — Angeles, US city (3)
74 Fuss (6)
76 Hawk goods (6)
77 Number of years (3)
78 Of hearing (5)
79 Elastic material (5)
80 Tibetan gazelle (3)
81 Bread mass (4)
82 Banishment (5)
83 Averse, reluctant (5)
85 Errand boy (4)
87 In the style of (1,2)
88 Mario's brother (5)

- 90** Leaning, slanting (5)
91 Eggs (3)
92 — longue, relaxing seat (6)
95 Highly venomous serpent (6)
98 Established (abbr.) (3)
99 Long locks of hair (7)
103 Car body (7)
106 — shoes, ballet footwear in box C (6)
109 Bodice bouquet (7)
112 Financial rescue (7)
113 Await a decision (4)
115 Fair, level (4)
117 Elaborate (6)
118 Caesar or Tsar, eg (7)
119 Look narrowly (4)
120 — Bullock, actress (6)
122 Cultivating (7)
124 Austen novel (4)
126 — goreng, Indonesian fried rice (4)
128 Anguish (8)
131 Prove, substantiate (9)
133 Mottled, dappled (4)
135 Colourant (3)
136 Cosy shoes in box D (8)
139 Lazy, indolent (4)
141 Part for an actor (4)
143 One choosing players (8)
147 Regret (3)
148 Gasp, wheeze (4)
149 King Kong, eg (7)
151 Retake an exam (5)
152 Real, true (9)
153 Glasses (coll.) (5)
154 Door swinger (5)
155 Deprive of food (6)
156 Long, yearn for (4)
157 — boots, durable footwear in box E worn by soldiers (4)
158 Military blockades (6)

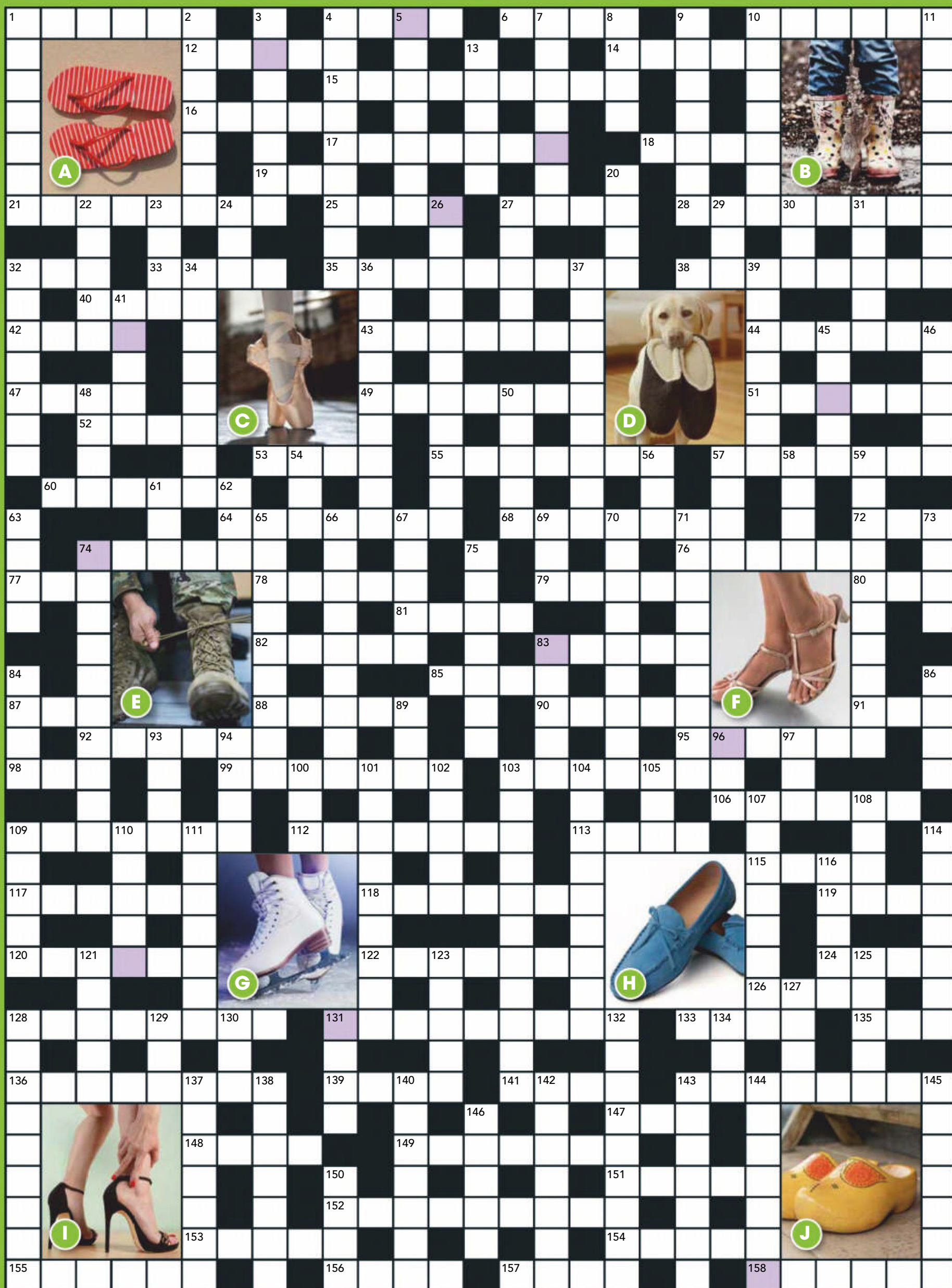
DOWN

- 1** Dark syrup (7)
2 Salami or wurst, eg (7)
3 Endearing, likeable (7)
4 — *Down*, Richard Adams novel (9)
5 Nuclear device (7)

- 7** Alike, akin (7)
8 Indian queen (4)
9 Drenching (7)
10 Redeem (7)
11 Invigorates (9)
13 Demon (5)
20 Jacuzzi features (4)
22 Sculptor of *The Thinker* (5)
23 Ninth Greek letter (4)
24 Argument against (3)
26 Member of French Foreign Legion (11)
27 Flora and fauna (5)
29 Classic card game (3)
30 Mire (3)
31 Smell, scent (5)
32 Strapped shoes in box F (7)
34 Whichever place (8)
36 Dwelling place (9)
37 Rink attire in box G (3,6)
39 Reuse materials, eg (7)
41 Old-fashioned (5)
45 Television repeat (5)
46 Shave sheep (5)
48 Diva's solo (4)
50 In front of (5)
54 Fire residue (3)
56 Muhammad —, boxer (3)
57 Artist's inspiration (4)
58 Etching fluid (4)
59 Group of elected representatives (10)
61 Strike (3)
62 — West, actress (3)
63 Jump (4)
65 Person on a journey (9)
66 Rowdy rascals (9)
67 Fine netting material (5)
69 Unwell (3)
70 Shoes made from soft leather in box H with a stitched front (9)
71 Pasta variety (9)
73 Chair (4)
74 Donor, patron (10)
75 New Zealand reptile (7)
83 Dog's lead (5)
84 Weight deduction (4)
86 Girl (4)
89 — *Been Everywhere*, song (1'2)
93 Taj Mahal site (4)
94 Eyelid inflammation (4)
96 Egyptian serpent (3)
97 Luau side dish (3)
100 Wane (3)
101 Shoes with tapered heels in box I (9)
102 Sailing vessel (5)
103 Butterfly larva (11)
104 Vegetable spears (9)
105 Male progeny (3)
107 Implied meaning (8)
108 Melody (4)
109 Dutch shoes in box J (5)
110 Fragment (5)
111 Handheld bomb (7)
114 Blacksmith's fire (7)
116 Fencing swords (5)
121 Asian pear (5)
123 Exit, depart (5)
125 Amid (5)
127 Hoeshaped axe (4)
128 Scatters (9)
129 Hip-hop (3)
130 Knight's title (3)
131 Large scale film (4)
132 System of rank (9)
134 Anger (3)
137 Adopt, as a cause (7)
138 Governing bodies (7)
140 Make brighter (7)
142 Sooner —, in time (2,5)
143 Salts, cures (7)
144 Southpaws (coll.) (7)
145 Set right (7)
146 Attempts (5)
150 Vocal coarseness (4)

WINNING WORD

--	--	--	--	--	--	--	--	--	--	--	--



UPDATED DAILY!



PUZZLE No. 16

Puzzler of the Week

\$70 CASH
1 TO BE WON

HOW TO WIN... Read the information about *that's life!* puzzler Carol and find the highlighted capitalised words in the wordsearch grid, reading in straight lines, horizontally, vertically and diagonally in either direction. Some letters are used more than once. One of the highlighted words cannot be found in the grid. When you have worked out which it is, write that word only on the entry coupon for your chance to win.



CAROL is 75 years old and lives in **GRACEMERE**, Queensland, and was a registered **NURSE**. She has a son, **CHRISTOPHER**, a daughter, **ANITA**, and three grandsons, **ADAM**, **HAYDEN** and **RYAN**. Her dog **RENZO** keeps her **COMPANY** and Carol enjoys taking him on walks and saying **HELLO** to the neighbours. Carol enjoys **GARDENING**, **TENNIS**, and playing **CARDS**. Once a week she also **VOLUNTEERS** at the blood **BANK**. When her sisters, Lydia and **ELINOR**, visit, they **LIKE** to rearrange Carol's **ORNAMENTS** – but she always **KNOWS** which ones they've moved. Carol picks up a **COPY** of *that's life!* each week and her favourite puzzles are the **CODE** Crackers and the puzzles in Dan's **CHOICE**. Carol always likes to **COMPARE** puzzle answers with her sister **LYDIA** and they always have a good **LAUGH** at some of the mistakes they make.

G K C G Z Y N A P M O C Y C
Y R N O R N A M E N T S H L
K E Q O D V A Q E V K O K G
D H W J W E N K X W I P J H
R P P O T S I R H C E V G Y
B O Q I R L T F E H G U R P
Z T W G H E A C L E A K A O
C S S L B S N T I L R N C C
M I Y O D A D Z N L D A E H
N R Y R D W U N O O E B M A
U H A A N A Y R R E N X E Y
R C M C L Y D I A Y I C R D
S R E E T N U L O V N Y E E
E B Y T E N N I S H G I T N

You could be our next Puzzler of the Week!

We pay \$25 for letters used. Send a photo and some facts about yourself to *that's life!*, Puzzles, AUS: GPO Box 5245 Sydney NSW 2001, Sydney, NSW 2001 or NZ: PO Box 90064 Victoria St West, Auckland 1142 or via email to that'slife@bauer-media.com.au

PUZZLE No. 17

Arrow Word

\$90 CASH
1 TO BE WON

HOW TO WIN... Write your answers in the direction of the arrows. When the puzzle is complete, the letters in the lilac squares, reading left to right and top to bottom, will spell a word. When you've worked out what it is, write this word only on the entry coupon and you could be a winner.

High's opposite	↘	Suppose	↘	Eleven, film (5'1)	Lyrical poems	↘
Tropical flower	→	↘				
Tiny, small	→			Souse	Airport listing (1,1,1)	
Vegas, casino city	Cloaks	→		↘	↘	
↘	Make a jumper	→ K	N	I	T	Stoked
	US movie award	→				↘
→			Stair-case type		Gandhi's nationality	
Male offspring	Time period	Slide	↘		↘	
→						
Snake		Early version		Smell, stench		Curl of hair
Physically adept	→	↘		↘		↘
Belonging to us	Plane locating device	→				
↘	By yourself	→				
	Fencing sword		Brown pigment		Daring	
→	↘		↘		↘	
Comes back		Food additive (1,1,1)		Common verb		Barbie's beau
Begin a voyage	→	↘		↘ A		↘
→				R		
Merit	Inexper- ienced	→		E		

that's life!



Enter by post or

FREE

Get your brain into gear and have fun cracking the code!

PUZZLE No. 18

Cabello Hairpack

WORTH \$368
24 TO BE WON

HOW TO WIN...

Each number in this crossword represents a different letter of the alphabet. We've given you a few letters to help you on your way to cracking the code, so you'll see that S=13, T=7, and Y=4. Write these letters wherever the corresponding numbers appear in the grid and you should then be able to start working out what the other missing letters are. Use the Letter Checker box to keep track of the letters you've decoded. You'll notice that all 26 letters of the alphabet are used and you can strike through each one as you decode it. When you have filled in the Letter Checker, eight consecutive letters will spell a word. Write this word only on the entry coupon and you could be a winner.

A
B
C
D
E
F
G
H
I
J
K
L
M

		5	4	25		1	25	8		6	2	4	
11			16		24		17		16		21		17
16	23	15	20	25		6		20	16	26	9	25	
26		15		8	16	2	16	10		9		26	
9	22	16	23	21				16	14	6	21	8	
21					7	16	13	7	4				6
23	21	5	20	25		7		13	17	20	16	7	
		16			25	4	25			6			
	19	20	22	25		20		5	25	3	4		
		13			16	6	8			25			
18	22	16	20	8		13		7	16	26	7	13	
22				22	20	7	26	16				16	
16	12	22	26	25				23	21	13	25	24	
3		17		13	10	22	23	9		20		24	
25	14	17	25	20		13		20	25	16	3	25	
26		25		6		25		25		13		26	
	16	26	15		2	26	4		13	1	4		

Letter Checker

1	2	3	4	5	6	7	8	9	10	11	12	13
			Y			T						S
14	15	16	17	18	19	20	21	22	23	24	25	26

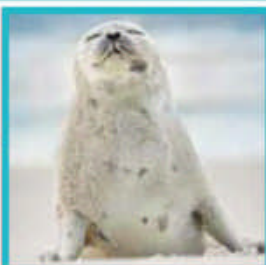
DAN



PUZZLE No. 19

Headphones and Backpack Set

HOW TO WIN... Put the three pictures together to form the name of an actress (7,4). Write this name only on the entry coupon and you could win our prize.



WORTH \$349
1 TO BE WON

CASH heaven!

CASH to be won for
each puzzle

PUZZLE No. 21

**\$60
CASH**
1 TO BE WON

Classic Challenge

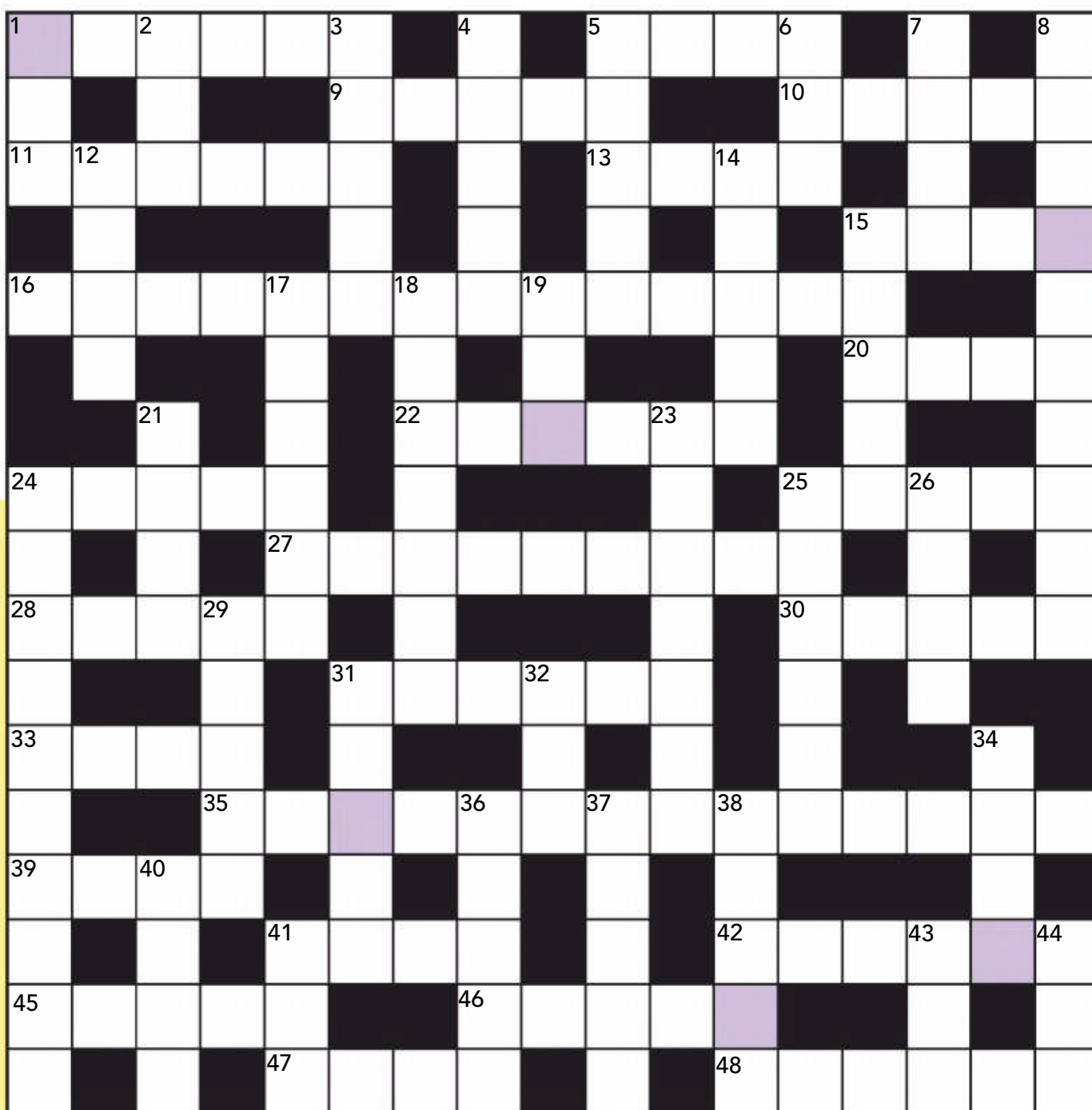
HOW TO WIN... We dare you to take the Classic Challenge and try to solve this crossword. When you have finished, the letters in the lilac squares, reading from left to right and top to bottom, will reveal a word. Write this word only on the entry coupon.

ACROSS

- 1 Sign of the fishes (6)
- 5 Synchronise (abbr.) (4)
- 9 Hawaiian greeting (5)
- 10 Raise a flag (5)
- 11 Practice of going naked (6)
- 13 — Daly, Cagney & Lacey star (4)
- 15 Anchor vessel (4)
- 16 Istanbul, formerly (14)
- 20 House or unit makeover (coll.) (4)
- 22 Pessimistic, glum (6)
- 24 New —, Indian capital city (5)
- 25 Rome's country (5)
- 27 Self-adoring hunter of Greek fable (9)
- 28 Mushrooms, eg (5)
- 30 French river (5)
- 31 Indian nationalist and spiritual leader (6)
- 33 Reverberate (4)
- 35 Disloyalty (14)
- 39 Sinful, immoral (4)
- 41 Big rig (coll.) (4)
- 42 Embedded (6)
- 45 Doctrine, beliefs (5)
- 46 Beginning (5)
- 47 Soil (4)
- 48 — Norton, actor (6)

DOWN

- 1 Small animal enclosure (3)
- 2 Unhappy (3)
- 3 Brazilian dance (5)
- 4 Get on a horse (5)
- 5 Glossy fabric (5)
- 6 — Guevara, revolutionary (3)
- 7 Grain storage tower (4)
- 8 Pigeonhole people (10)
- 12 Onto (4)
- 14 Diaper (5)
- 15 Earn (5)
- 17 Ground sesame seed paste (6)
- 18 West African country (7)
- 19 Wedding words (1,2)
- 21 — Alda, star of *MASH* (4)
- 23 Large dog breed (7)
- 24 Dissimilarity (10)
- 25 Jerusalem's country (6)
- 26 At the apex (4)
- 29 Grave-robbing demon (5)
- 31 Social blunder (5)
- 32 Speck (3)
- 34 Italian wine city (4)
- 36 — box, TV set (5)
- 37 Residence, dwelling (5)
- 38 Bring together (5)
- 40 Fateful March date (4)
- 41 Piece of cut turf (3)
- 43 — Gardener, actress (3)
- 44 Father (3)



PUZZLE No. 20

Match Up

**\$80
CASH**
1 TO BE WON

HOW TO WIN... In the grid are four words containing the letters 'RU', each eight letters long and made of the same coloured circles. Write the word that comes FIRST alphabetically on the entry coupon.



PUZZLE No. 22

Word Knocker



\$100 CASH
1 TO BE WON

HOW TO WIN... Use the clues below to eliminate one word per clue from the grid. Where a clue can refer to more than one word, use the other clues to eliminate the remaining possibilities and you will be left with one word. Write this word only on the entry coupon.

CLUES

- 1 Horse colour
- 2 Diana —, pop singer
- 3 Complain
- 4 Green forest growth
- 5 Privation

LOAN

LOSS

MOAN

MOSS

ROAN

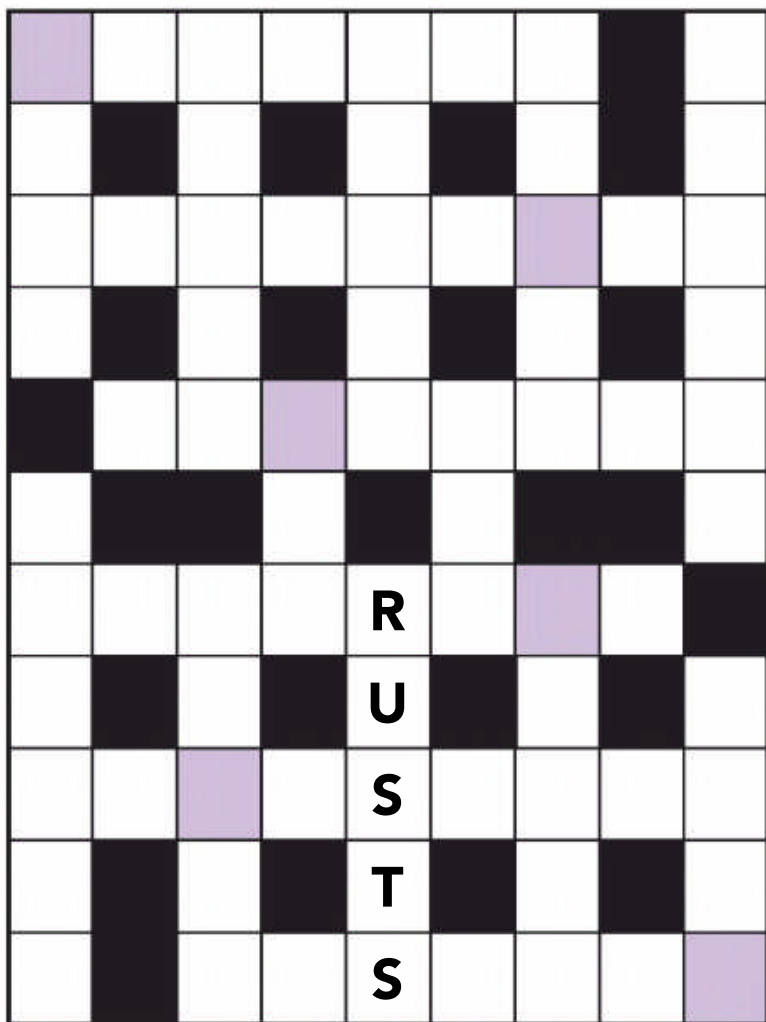
ROSS

PUZZLE No. 24

Fill In

\$40 CASH
1 TO BE WON

HOW TO WIN... Fit the listed words into the grid. When you've finished, the letters in the lilac squares, reading from left to right and top to bottom, will spell a word. Write this word only on the entry coupon for your chance to win.



WORD LIST

3 LETTERS

Bee Tin

4 LETTERS

Gene Rusk

5 LETTERS

Alien Llama
Rusts Smelt
Swarm Tithe

6 LETTERS

Ensues Verify

7 LETTERS

Essence Results

8 LETTERS

Embattle External

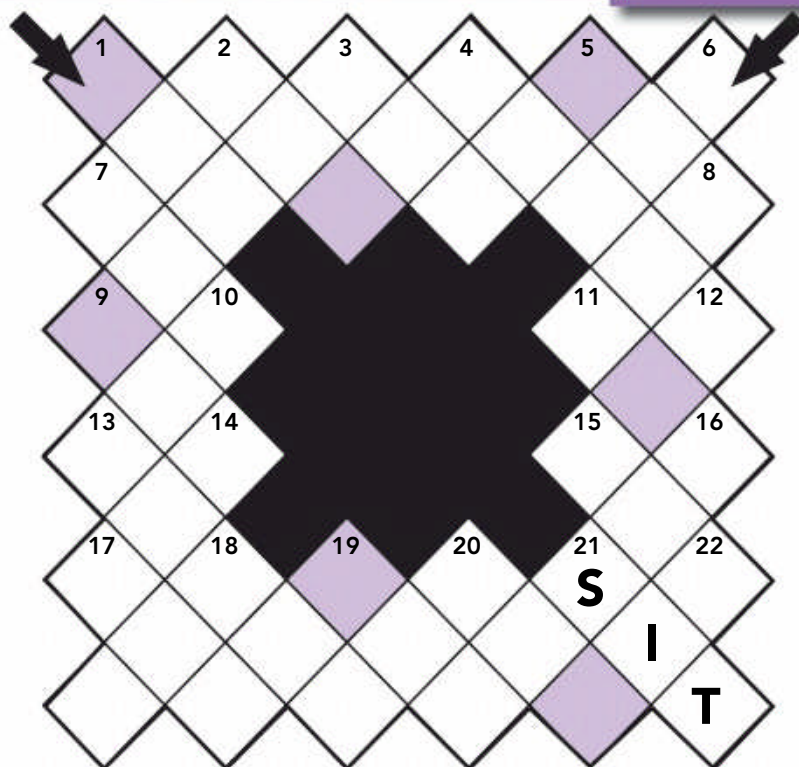
9 LETTERS

Intestine Seafarers

PUZZLE No. 23

Mini Corner

\$50 CASH
1 TO BE WON



HOW TO WIN... The answers to this puzzle read diagonally to the right or left – just follow the arrows. When the grid is complete, the letters in the lilac squares, reading from left to right and top to bottom, will spell a word. Write this word only on the entry coupon.

CLUES THIS WAY ↘

- 1 As well (3)
- 2 Knight's title (3)
- 3 Ventilate (3)
- 4 Property divider (5)
- 5 Tinge, shade (3)
- 7 Toilet paper thickness (3)
- 9 Debtor's note (1,1,1)
- 11 Frequently (3)
- 13 Alliance (5)
- 15 Tiny bit (3)
- 17 Lonely number (3)
- 19 Child's plaything (3)
- 20 Pig enclosure (3)
- 21 Take a seat (3)

CLUES THIS WAY ↙

- 2 Soak up (3)
- 3 Garlic sauce (5)
- 4 Evergreen tree (3)
- 5 That lady (3)
- 6 Play on words (3)
- 8 Umberto —, author (3)
- 10 Pronoun (3)
- 12 Young newt (3)
- 14 Card game (3)
- 16 Delicious (5)
- 18 Pen fluid (3)
- 19 Foot digit (3)
- 20 Male progeny (3)
- 22 Do-It-Yourself (abbr.) (1,1,1)

PUZZLE No. 25

Boxing Matches

\$75 CASH
1 TO BE WON

HOW TO WIN... Rearrange the five squares of each row to spell a 10-letter word on the right (two letters per square). The letters in the lilac squares, reading down, will spell a word. Write this word on the entry coupon.

ST	CT	DI	LY	IN	=				
RE	NT	RE	IR	VE	=				
AN	SI	CE	ST	AS	=				
CA	LI	ME	SE	RA	=				
RE	OD	HO	PA	NT	=				

PUZZLE No. 26

Sudoku

HOW TO WIN... In a sudoku each 3 x 3 box, as well as each row and each column, must contain all the numbers 1 to 9. For a chance to win, work out the number in the lilac square and write that number only on the entry coupon.

8			3	5				
3	7		2			9		6
			8			1	5	3
5	4	9			6			
		7				6		
			5			4	2	7
9	2	3			8			
6		1			5		7	4
				1	2			9

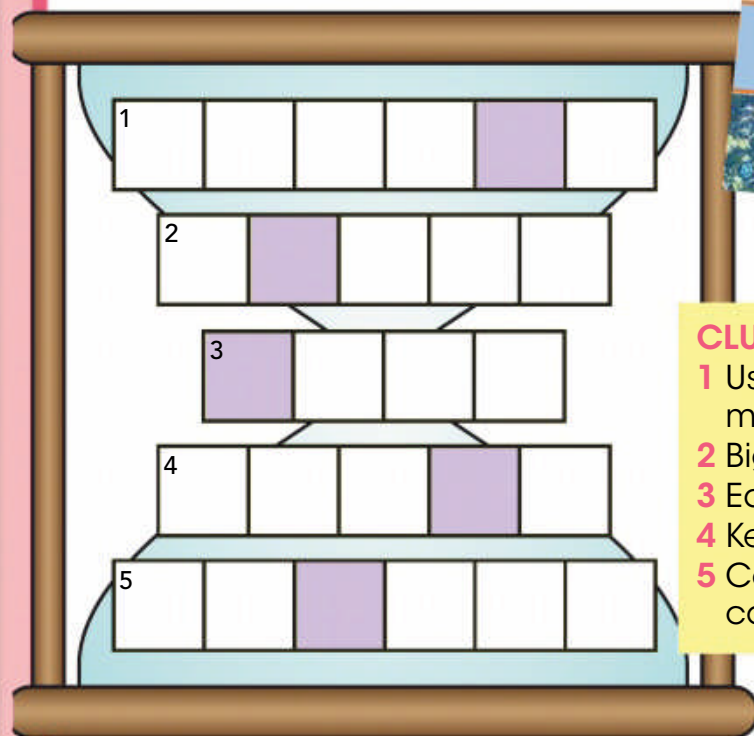
**\$90
CASH**
1 TO BE WON

PUZZLE No. 27

Pencils and Book set

HOW TO WIN... Solve the clues and write the answers in the numbered rows. All the solutions are anagrams of the word immediately above and below, plus or minus one letter. When complete, the lilac squares, reading down, will reveal a word. Write this word on the entry coupon for your chance to win.

**WORTH
\$519**
1 TO BE WON



CLUES

- 1 Use mouthwash
- 2 Big
- 3 Equipment
- 4 Keen, avid
- 5 Consented, concurred

PUZZLE No. 28

Turntable and Album Set

HOW TO WIN... Starting at the top left-hand corner, follow the instructions around the GPS like a compass (N=Up, S=Down, E=Right and W=Left) until you land on a place of interest (bar, cafe, park, or shops). When you have worked out what it is, write the name of that place only on the entry coupon and you could be a winner.



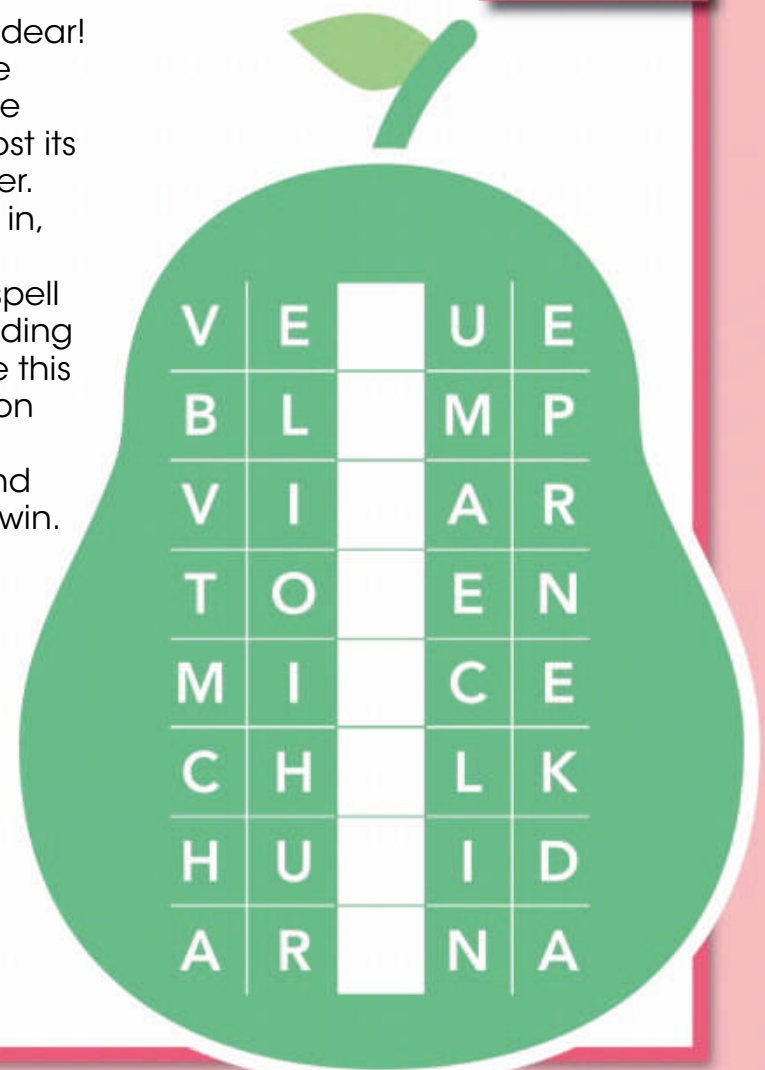
**WORTH
\$294**
1 TO BE WON



PUZZLE No. 29

Middletter

HOW TO WIN... Oh dear! Each of the words in the pear has lost its middle letter. Write them in, and these letters will spell a word reading down. Write this word only on the entry coupon and you could win.



**\$50
CASH**
1 TO BE WON

that's life!



Enter by post or

FREE online!



SIMON

Simon's CHOICE

Try your hand at my pick of this week's tricky brain work-outs!

PUZZLE No. 31

Ladies Watch and Perfume

HOW TO WIN... In this puzzle your task is to fit the missing Greek gods and goddesses at the bottom of the fridge into the given movie titles. We have given you the first one to get you started. When completed there will be one name left. Write that name only on the entry coupon and you could be a winner.

WORTH \$619
1 TO BE WON



Mourning

Becomes

Electra

Rosalind Russell, Michael Redgrave

13

Tom Hanks, Kevin Bacon

Star

Trek:

Patrick Stewart, Marina Sirtis

Shrugged

Taylor Schilling, Grant Bowler

The

Adventure

Gene Hackman, Carol Lynley

Mighty

Woody Allen, Helena Bonham Carter

Atlas

Athena

~~Electra~~

Aphrodite

Apollo

Nemesis

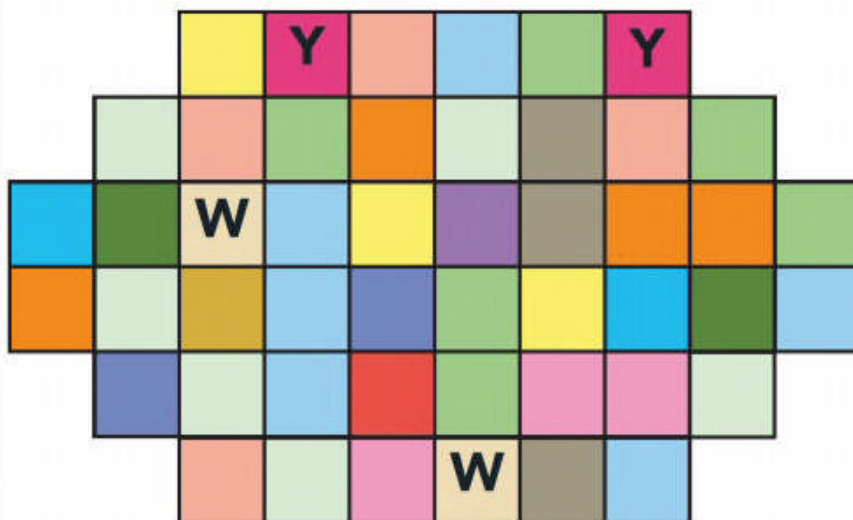
Poseidon

PUZZLE No. 30

Zafino Handbag

WORTH \$259
15 TO BE WON

HOW TO WIN... Six different Australian cities appear in the grid, reading across in straight lines. Find our six cities by working out which letter is represented by which colour, for example S appears in yellow squares only. We've also filled in some letters to help you out. When you have worked out the six cities, write down the city that would come first alphabetically. Write this city only on the entry coupon and you could be a winner.



PUZZLE No. 32

Men's Tie pack

WORTH \$198
1 TO BE WON

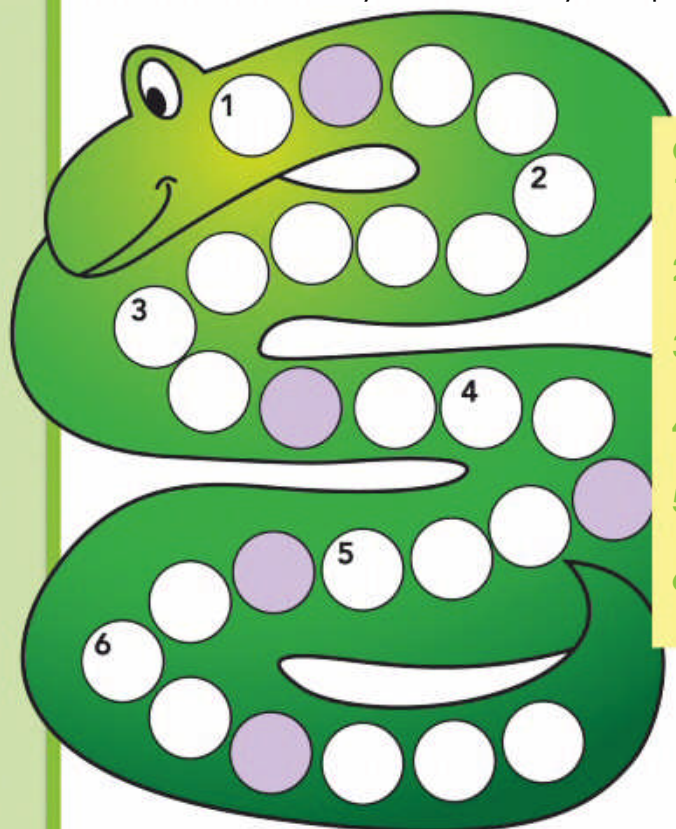
HOW TO WIN... Starting with the top-left letter G, find your way through the maze by spelling out the names of three types of fruit. Combine adjoining letters by moving left, right, up, or down, but not diagonally. The last letter of each word becomes the first letter of the next. For your chance to win, write the letter you reach last on the entry coupon.



PUZZLE No. 33

Head to Tail

HOW TO WIN... Write the answers along the length of the snake where the clue numbers indicate. Words may overlap by more than one letter. When finished, the lilac circles will spell a word, reading head to tail. For your chance to win, write this word only on the entry coupon.



CLUES

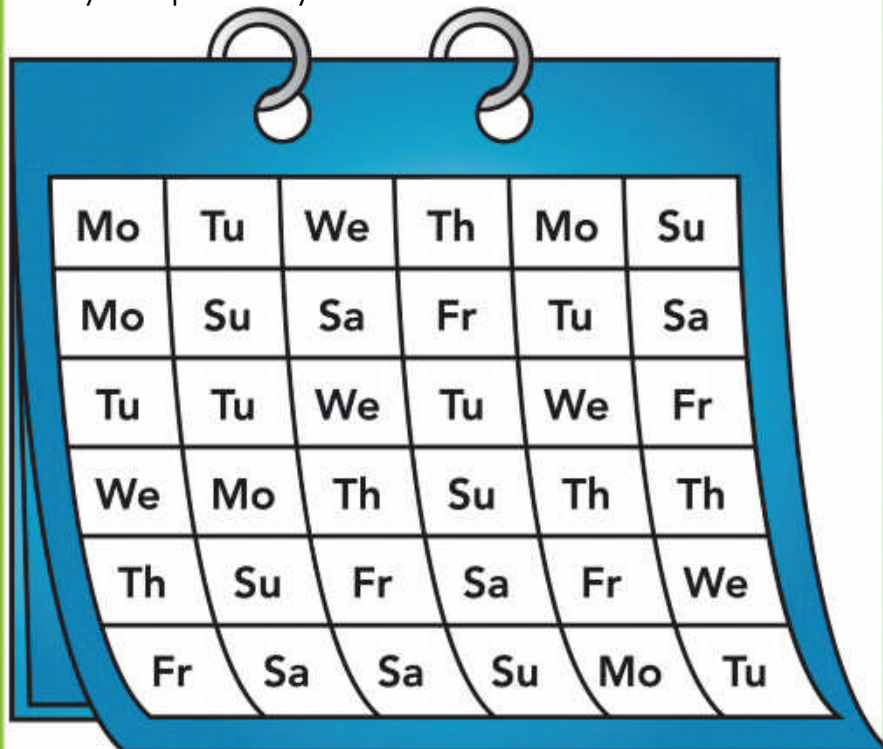
- 1 Able to be read, clear (7)
- 2 Imperfection, spot (7)
- 3 Keener, more acute (7)
- 4 Persevere, endure (7)
- 5 Shop, emporium (5)
- 6 Warm up leftovers (6)

\$50 CASH
1 TO BE WON

PUZZLE No. 34

Weekdays

HOW TO WIN... Starting on Monday (Mo) in the top left-hand corner, trace the days of the week, in order, moving to an adjacent square horizontally or vertically in either direction (but not diagonally). When you have marked off five weeks, you'll find one square with two letters left over. Write the day represented by these two letters only on the entry coupon for your chance to win.

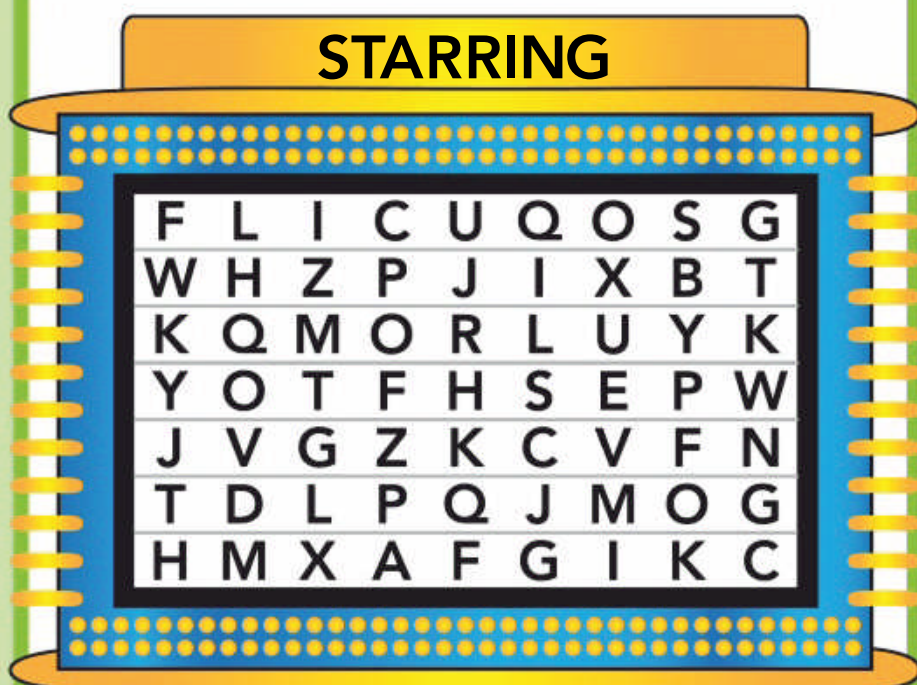


\$70 CASH
1 TO BE WON

PUZZLE No. 35

Moniker Hunt

HOW TO WIN... Cross out all the letters in the grid that appear more than once. When you have done that, the leftover letters, reading left to right and top to bottom, will spell a name. Write this name only on the entry coupon for your chance to win.

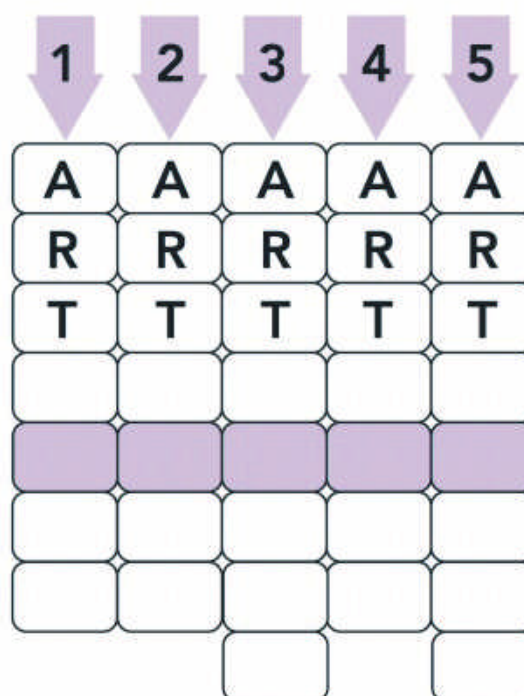


\$50 CASH
1 TO BE WON

PUZZLE No. 36

Carry On

HOW TO WIN... The answers to this puzzle all begin with the letters ART. When the puzzle is complete, the letters in the lilac row will spell a word. For a chance to win, write this word only on the entry coupon.



CLUES

- 1 Skilled worker, craftsperson
- 2 Unaffected, simple
- 3 Blood vessels
- 4 More pretentious
- 5 Archaeological item, relic



\$100 CASH
1 TO BE WON

that's life!



Enter by post or **FREE** online!



BONUS! * BONUS! * BONUS!

PUZZLE No. 37

In the Middle

HOW TO WIN... In each line of this puzzle, you need to find a word that can come after the word on the left, and before the word on the right. We have filled in one line to show you how it's done. When you have completed the puzzle, the first letter of each of the centre words will spell a hidden word. Write this word only on the entry coupon for your chance to win.

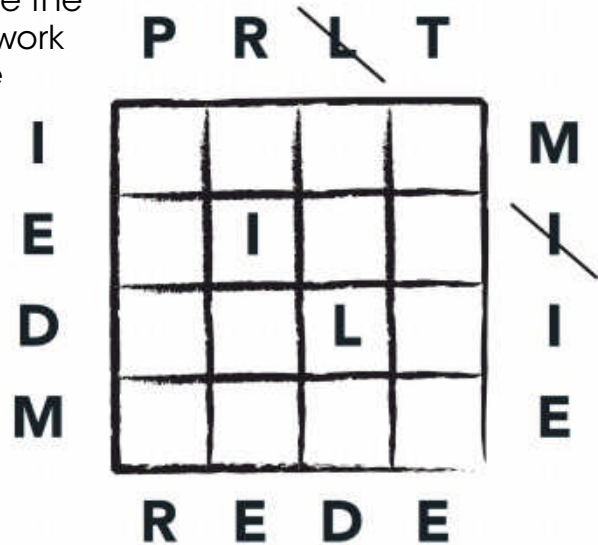
Modern	<input type="checkbox"/>	Gallery
Fossil	<input type="checkbox"/>	Pump
Cane	<input type="checkbox"/>	Stool
Middle	<input type="checkbox"/>	End
Golden	<input type="checkbox"/>	Out
Boiled	<input type="checkbox"/>	Potato
Black	<input type="checkbox"/>	Puncher
Grand	Opening	Night
Landing	<input type="checkbox"/>	Beer
Carving	<input type="checkbox"/>	Block

\$50 CASH
1 TO BE WON

PUZZLE No. 38

Slider

HOW TO WIN... Slide the 16 letters surrounding the grid into the squares so that the same four words can read both horizontally and vertically. Each letter must take its place in the row or column against which it appears. So the letter P in the top corner must appear in the first column and the letter I must appear somewhere in the top row. Once the grid is filled, work out what the word reading across the top is and write this word only on the entry coupon for your chance to win.



\$60 CASH
1 TO BE WON

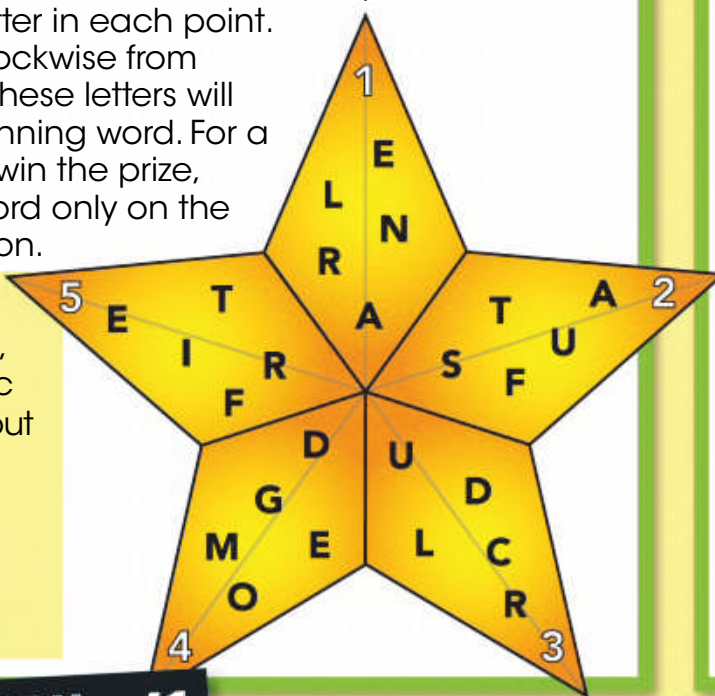
PUZZLE No. 39

Star Word

HOW TO WIN... Each point of the puzzle star contains the scrambled four-letter answer to the appropriate clue. Simply cross out all the letters of each answer and you will be left with one letter in each point. Reading clockwise from number 1, these letters will spell our winning word. For a chance to win the prize, write this word only on the entry coupon.

CLUES

- 1 Genuine, authentic
- 2 Go without food
- 3 Tress
- 4 Rotunda feature
- 5 Schism



\$50 CASH
1 TO BE WON

PUZZLE No. 40

Vowel Play

HOW TO WIN... All of the consonants from the film have been taken out. Use the given letters to fill in the spaces. Each letter may be used only once. When you have filled in all of the consonants and worked out what the film is, write this only on the entry coupon for your chance to win.

LLNNNRSSSTTT



WORTH \$199
1 TO BE WON



PUZZLE No. 41

Picnic Basket

HOW TO WIN... Once you have solved all of the puzzles on this page, rearrange the **FIRST** letter of each of the winning answers to create a word. Write this word only on the coupon for your chance to win.



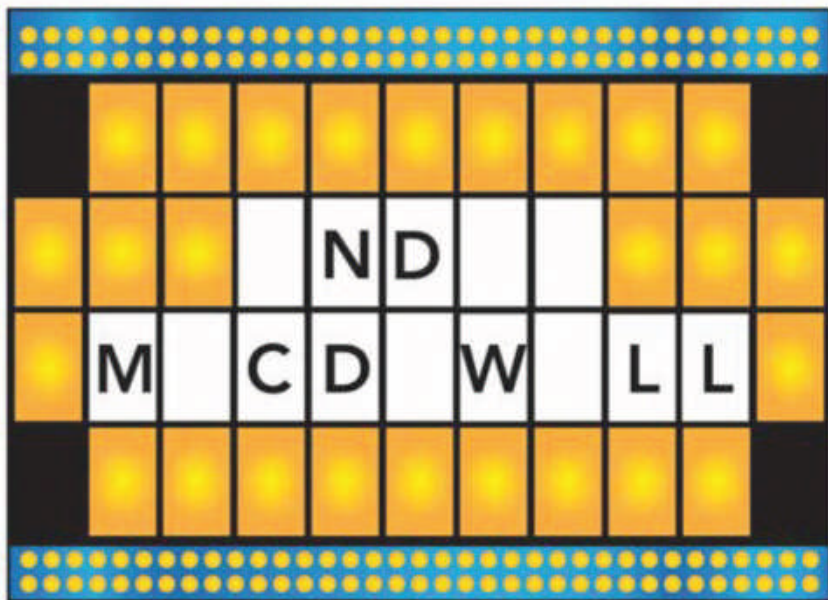
Last-minute jackpot!

Try your luck – you could win cash!

PUZZLE No. 43

Buy A Vowel

HOW TO WIN... All the vowels have been taken out of the name of an actress. Write the missing vowels in the spaces provided to spell our winning actress. For a chance to win, write this name only on the entry coupon.

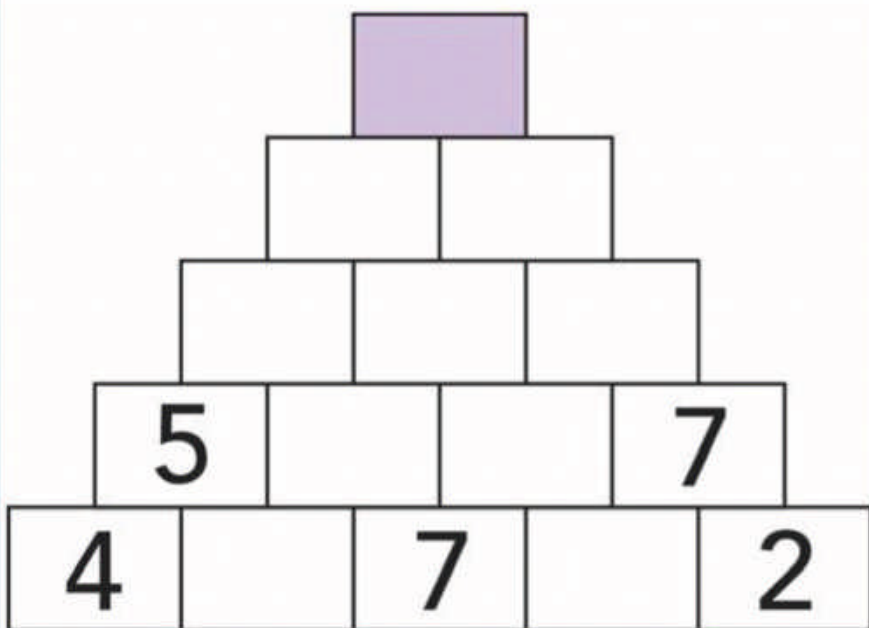


\$80 CASH
1 TO BE WON

PUZZLE No. 45

Number Pyramid

HOW TO WIN... Each block in the pyramid contains the sum of the two blocks upon which it sits. Fill in the blank blocks to reach the top of the pyramid. Write the number in the top box on the entry coupon for your chance to win.



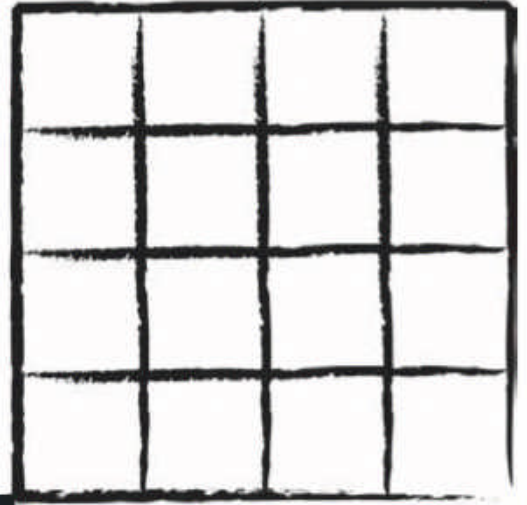
\$75 CASH
1 TO BE WON

PUZZLE No. 42

4x4

\$70 CASH
1 TO BE WON

HOW TO WIN... Four of the five words listed can be inserted into the grid so that the same four words can read both horizontally and vertically. One word, however, will not fit. When you've worked out what it is, write this word only on the entry coupon for your chance to win.



WORD LIST

Cops Nice
Else Once
Idol

PUZZLE No. 44

Letter Drop

\$40 CASH
1 TO BE WON

HOW TO WIN... All of the vowels have been removed from the four movie titles below and the spaces between words have been altered. Write the name of the actor (7,5) who starred in all four films on the entry coupon for your chance to win.

RB NHD

MS TRN DCMM NDR

THW TRDV NR

G LD TR

PUZZLE No. 46

Spelling Test

\$50 CASH
1 TO BE WON

HOW TO WIN... We have given you the definition of a word and only one of these spellings is correct. When you know which one it is, write the letter next to it on the entry coupon for your chance to win.

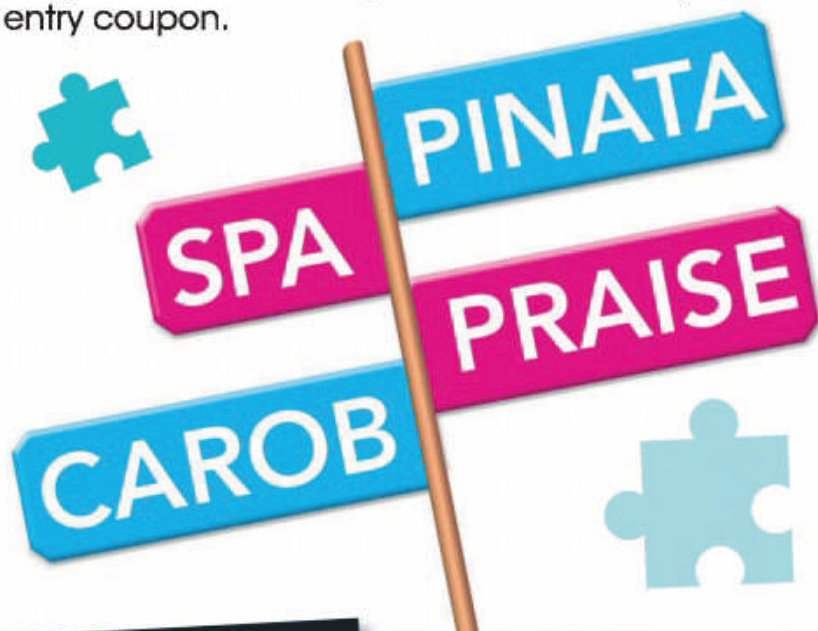
Definition: The inability to make or act upon decisions

CLUES

A Aboolia
B Abowlia
C Abbolia
D Aboulia

**PUZZLE No. 47****Four Words**

HOW TO WIN... One of the words on the signpost is not an anagram of a type of snake. For your chance to win, write that word only on the entry coupon.



**\$50
CASH**
1 TO BE WON

PUZZLE No. 48**Who Am I?****HOW TO WIN...**

Rearrange the given letters to spell the name of our pictured Aussie tennis player (4,7). Write this name only on the entry coupon for your chance to win.



**\$60
CASH**
1 TO BE WON

"ROCKY IS KING"**PUZZLE No. 49****Word Hunt Mix Up**

HOW TO WIN... Cross out all the letters in the cloud that appear more than once. When you have done that, the leftover letters, when rearranged, will spell a six letter word. Write this word only on the entry coupon for your chance to win.



**\$50
CASH**
1 TO BE WON

PUZZLE No. 50**Letter Box**

HOW TO WIN... Starting with the letter P in the top left-hand corner, find the nine-letter name of a bird in the grid by combining adjoining letters moving left, right, up, down or diagonally, but no letter may be re-used. Write this word only on the entry coupon for your chance to win.

P	A	V	E
O	R	N	G
W	R	T	D
C	X	I	H

**\$50
CASH**
1 TO BE WON

TERMS AND CONDITIONS

Visit www.bauer-media.com.au/competitions for full Terms and Conditions. Entry opens at 09:00 AEST on 10/09/20 and entries close at 17:00 AEST for mail entries and 23:59 AEST for online entries on 09/10/20 (Entry for New Zealand residents opens 09:00 NZST 14/09/20). Draws will take place at 9:30am, Unit 5/9 Fitzpatrick Street, Revesby, NSW, 2212. Draw for cash prizes on: 16/10/20 – winners published in Issue 46 (on sale 12/11/20) and prizes puzzles 3, 4, 5, 6, 9, 10, 11, 12, 13, 14, 18, 19, 27, 28, 30, 31, 32, 41, 51, 52, 53 and 54 (draw consist of entries from Issues 37, 38 and 39); 30/10/20 – winners published in Issue 48 (on sale 26/11/20). Entry is only open to Australian and New Zealand residents who buy That's Life. Authorised under NSW Authority Number TP/00018, ACT: TP 20/00916, SA: T20/799.

CAR: Entire competition opens on 09/07/20 at 09:00 AEST and closes entirely on 27/11/20 at 17:00 AEST/NZST. Entries for Issue 37 must be received by 09/10/20 at 17:00 AEST. Major Prize draw for Car will occur at Promoter's draw premises on 11/12/20 from 10:30 AEST. Winner of the Major Draw will be published in that's life! magazine on 07/01/21 in Australia and on 11/01/21 in New Zealand. Total prize value for Car is up to \$26,810.00. The Promoter is Bauer Media Pty Limited 54 Park Street, Sydney NSW 2000 (ABN 18

053 273 546). Authorised under: NSW Permit No. LTPS/20/44140; ACT Permit No. TP 20/01125; SA Licence No. T20/991.

MonsterCross: Entire competition opens on 07/05/20 at 09:00 AEST for Australian entrants and opens on 11/05/20 at 09:00 NZST for New Zealand entrants, & closes entirely on 11/12/20 at 17:00 AEST. Entries for issue 37 must be received by 09/10/20 by 17:00 AEST. Major Prize draw for Monstercross will occur at Promoter's draw premises on 18/12/20 from 10:30 AEST. Winner of the Major Draw will be published in that's life! magazine on sale 14/01/21 in Australia and 18/01/21 in New Zealand. Total prize value is (up to) \$20,000.00. The Promoter is Bauer Media Pty Limited 54 Park Street, Sydney NSW 2000 (ABN 18 053 273 546). Authorised under: NSW Permit No. LTPS/20/43452; ACT Permit No. TP 20/00591; SA Licence No. T20/512.

This issue of *that's life!* is published by Bauer Media Pty Limited (Bauer).

Bauer may use and disclose your information in accordance with our Privacy Policy, including to provide you with your requested products or services and to keep you informed of other Bauer publications, products, services and events. Our Privacy Policy is located at www.bauer-media.com.au/

privacy/. It also sets out on how you can access or correct your personal information and lodge a complaint. Bauer may disclose your personal information offshore to its owners, joint venture partners, service providers and agents located throughout the world, including in New Zealand, USA, the Philippines and the European Union.

In addition, this issue may contain Reader Offers, being offers, competitions or surveys. Reader Offers may require you to provide personal information to enter or to take part. Personal information collected for Reader Offers may be disclosed by us to service providers assisting Bauer in the conduct of the Reader Offer and to other organisations providing special prizes or offers that are part of the Reader Offer. An opt-out choice is provided with a Reader Offer. Unless you exercise that opt-out choice, personal information collected for Reader Offers may also be disclosed by us to other organisations for use by them to inform you about other products, services or events or to give to other organisations that may use this information for this purpose. If you require further information, please contact Bauer's Privacy Officer either by email at privacyofficer@bauer-media.com.au or mail at Privacy Officer, Bauer Media Pty Limited, 54 Park Street, Sydney NSW 2000.

Lucky Winners

Issue 28, 2020
Congratulations!



CASH (\$100 X1)

K. Brown, Soldiers Hill, QLD;

CASH (\$100 X1)

J. Zhen. Pakenham, VIC;

CASH (\$50 X1)

I. Bourke, Tainui, Dunedin, New Zealand;

CASH (\$60 X1)

J. Galea, Glenmore Park, NSW;

CASH (\$50 X1)

A. Steer, South Tamworth, NSW;

CASH (\$100 X1)

K. Hird, Tanah Merah, QLD;

CASH (\$50 X1)

J. Parker, Bellerive, TAS;

CASH (\$75 X1)

S. Kelly, Gosnells, WA;

CASH (\$100 X1)

M. Pettife, Lemon Tree Passage, NSW;

CASH (\$50 X1)

J. Robinson, Lavington, NSW;

CASH (\$80 X1)

A. Collongues, San Remo, NSW;

CASH (\$50 X1)

J. Mascord, Bonny Hills, NSW;

CASH (\$100 X1)

B. Griffiths, Remuera, Auckland, New Zealand;

CASH (\$50 X1)

B. Jordan
Hendra, QLD;



WINNER!
CASH
(\$50 X1)

**C. Joynton, Noble
Park, VIC;**

CASH (\$50 X1)

R. Walling, Balga, WA;

CASH (\$50 X1)

B. Subjak, Barrack Point, 2528, NSW;

CASH (\$50 X1)

B. Wright, Hovea, WA;

CASH (\$100 X1)

T. Gresham, Cape Woolamai, VIC;

CASH (\$50 X1)

S. Winters, Christchurch, New Zealand;

CASH (\$60 X1)

A. Young, Swan View, WA;

CASH (\$70 X1)

C. Shun, Charters Towers City, QLD;

CASH (\$100 X1)

M. Rehn, Langwarrin, VIC;

CASH (\$50 X1)

A. Borowicz, Daisy Hill, QLD;

CASH (\$70 X1)

A. Goode, Redcliffe, WA;

CASH (\$60 X1)

T. Crump, Timaru, New Zealand;

CASH (\$50 X1)

K. Holdway, Doolandella, QLD;

CASH (\$75 X1)

I. Kelson, Kingswood, NSW;

CASH (\$50 X1)

H. Philp
Basin View, NSW;

CASH (\$50 X1)

L. Ryan, Gympie, QLD;

CASH (\$50 X1)

A. Vains, Mount Molloy, QLD;

All other **WINNERS**
will be published at
[prizestolove.com.au](http://prizestolove.com.au/winners)
/winners

Solutions ISSUE 28, 2020

Puzzle 1 Car

Answer: P

Puzzle 2 \$100 Treasure Chest

Answer: Page 23 (NZ - Page 62)

Puzzle 3 Google Speaker

Answer: Seasoning

Puzzle 4 Apple Iphone and Watch

Answer: Homeschooling

Puzzle 5 \$50 Quiz

Answer: Chameleon

Puzzle 6 \$100 Scatterword

Answer: River

Puzzle 7 Sewing Machine Pack

Answer: Pomegranate

Puzzle 8 Outdoor Pizza Oven

Answer: Verbal

Puzzle 9 Toaster

Answer: San Francisco

Puzzle 10 Coffee Plunger

Answer: Kermit

Puzzle 11 Cookbook

Answer: Balsa

Puzzle 12 Saucepan

Answer: Diamond

Puzzle 13 \$50 Wordsmith

Answer: Tarantula

Puzzle 14 Men's Watch

Answer: Rods

Puzzle 15 \$60 Mini Spiral

Answer: Cling

Puzzle 16 \$50 Noughties

Answer: O

Puzzle 17 \$20,000 Monster Cross

Answer: Eclipse

Puzzle 18 \$100 Puzzler of the Week

Answer: Artistic

Puzzle 19 Jewellery set

Answer: Gravy

Puzzle 20 Skin Care pack

Answer: Tadpole

Puzzle 21 Dart Board

Answer: Fantasy Island

Puzzle 22 \$50 Match Up

Answer: Feathers

Puzzle 23 \$75 Classic Challenge

Answer: Nesting

Puzzle 24 \$100 Word Knocker

Answer: Beak

Puzzle 25 \$50 Mini Corner

Answer: Roost

Puzzle 26 \$80 Fill In

Answer: Flock

Puzzle 27 \$50 Boxing Matches

Answer: Roadrunner

Puzzle 28 \$100 Sudoku

Monstercross Solution

Across 1 Honeymoon, 6 Vermilion, 11 Craters, 15 Okapi, 16 Yankees, 17 Oil, 18 Vault, 19 Don, 20 Ark, 21 Clue, 22 Liege, 23 Barnacle, 24 Gap, 27 Thorn, 29 Straw, 30 Nears, 34 Andes, 36 Quill, 37 Bryce, 38 Gnocchi, 39 Lilac, 40 Roundabout, 45 Hemingway, 49 Robots, 52 Chlorine, 54 Identical, 56 Gavel, 57 Blue, 60 Strap, 62 Samosas, 64 Sugar, 66 Hoon, 68 Urn, 70 Reinforce, 72 White Knight, 75 Skeleton, 76 Crescent, 81 Kilimanjaro, 85 Unsettled, 88 Use, 89 Dead, 90 Gnome, 91 Nothing, 93 Rumba, 95 Kilt, 99 Aioli, 100 Buttercup, 103 Tasmania, 105 Cereal, 107 Astronaut, 111 Seasonings, 114 Satan, 116 Abraham, 117 Canal, 120 Ether, 121 Makes, 122 Sudan, 123 Trice, 125 Abyss, 130 Eel, 132 Turnbull, 135 Nashi, 136 Dark, 137 Yap, 140 Val, 141 Lends, 142 Orb, 143 Perturb, 145 Niece, 146 Weather, 147 Halitosis, 148 Turntable. Down 1 Hot dog, 2 Noon, 3 Yearly, 4 Olive, 5 Nay, 6 Vented, 7 Re-elect, 8 Itsy, 9 Isobar, 10 Nylon, 11 Civic, 12 Amulet, 13 Etta, 14 Shaken, 25 Peachy, 26 Mariachi, 28 Ordeal, 30 Numb, 31 Shrewd, 32 Beige, 33 Flying, 34 Apollo, 35 Stocks, 36 Quote, 40 Ricochet, 41 Neo, 42 Ariston, 43 Omega, 44 Tai, 45 Hue, 46 Motto, 47 Wolf, 48 Yoghurt, 50 Bulb, 51 Tutu, 53 Labor, 55 Dispel, 58 Long, 59 Empty, 61 Piranha, 63 Sews, 65 Run, 67 Nemesis, 69 Riveled, 71 Futon, 73 Incisor, 74 Event, 77 Skunk, 78 Coin, 79 Kung Fu, 80 Redheads, 82 Lull, 83 Meg, 84 Jamaica, 86 Tabasco, 87 Demon, 92 Hyena, 94 Ultra, 96 Isle, 97 Tape, 98 Abet, 101 Cut, 102 Pas, 104 Ali, 105 Custom, 106 Annals, 108 Reared, 109 Northern, 110 Usher, 112 Nachos, 113 Emery, 115 Turkey, 118 Noodle, 119 Lain, 124 Centres, 125 Anyhow, 126 Stench, 127 Global, 128 Issues, 129 Urgent, 131 L-Plate, 133 Riser, 134 Booth, 136 Donor, 138 Plea, 139 Spit, 140 Verb, 144 But.

Answer: 3

Puzzle 29 Film Camera Pack

Answer: Ripens

Puzzle 30 Nintendo 2DS Console

Answer: Sequentially

Puzzle 31 Electric Blanket

Answer: Macrame

Puzzle 32 \$50

Answer: Brownie

Puzzle 33 Robotic Vacuum

Answer: Cavern

Puzzle 34 Cheese Set

Answer: 1

Puzzle 35 Bowl Set

Answer: Goldfish

Puzzle 36 \$50 Side to Side

Answer: Bilby

Puzzle 37 \$50 Where Am I?

Answer: Morocco

Puzzle 38 \$50 Letter Change

Answer: Judge

Puzzle 39 \$100 Star Word

Answer: Pedal

Puzzle 40 \$50 Buy A Vowel

Answer: Unchained Melody

Puzzle 41 \$60 Bonus Puzzle

Answer: Jump

Puzzle 42 \$70 Word Pairs

Answer: Kettle

Puzzle 43 \$100 Cross Maths

Answer: 6

Puzzle 44 \$50 Missing Phrase

Answer: Skate

Puzzle 45 \$70 Bookworm

Answer: Midnight's Children

Puzzle 46 \$60 Spelling Test

Answer: C

Puzzle 47 \$50 Number Pyramid

Answer: 36

Puzzle 48 \$75 Who Am I?

Answer: Natalie Portman

Puzzle 49 \$50 Secret Saying

Answer: Cup Final

Puzzle 50 \$50 Letter Box

Answer: Orangutan

Puzzle 51 Ultimate Kids Gift Card

Answer: K

Puzzle 52 Ultimate Kids Gift Card

Answer: South Korea

Puzzle 53 Ultimate Kids Gift Card

Answer: Tortoise

Puzzle 54 Ultimate Kids Gift Card

Answer: Phineus and Ferb

\$50 Pet in a Puzzle

Answer: 1

For all prize enquiries, please email that'slife@bauer-media.com.au • or call 02 9282 8000 (Australia only)

Leave an email/message with your name (spelling your surname), daytime phone number, reason for your query (including a description of the prize and the issue in which the prize appeared) and any other information that will help us respond to your query.

Write to: AUS: *that's life!* Promotions Department,
GPO Box 5245 Sydney NSW 2001

NZ: *that's life!* Promotions Department, PO Box 1467, Auckland 1140
(these are not the addresses for the prize entry coupon)

Prizes are sent automatically six to eight weeks after the winners' names are published.

AUS: Subscriptions 1300 668 118 • Editorial enquiries (02) 9282 8000. NZ: SUBSCRIPTIONS: subscribetoday.co.nz or 0800 630 112

Editorial enquiries email: that'slife@bauer-media.com.au.



MEDIA GROUP

Published by Bauer Media Pty Limited (ABN 18 053 273 546) of 54 Park Street Sydney 2000. For competition entries, please use the address on entry forms. All content © 2020 Bauer Media Pty Limited, all rights reserved. Reproduction without permission is prohibited. ISSN 1321-7690. Printed by IVE, Unit 1/83 Derby St, Silverwater NSW 2128, Australia. Distributed by Gordon & Gotch Ltd (ABN 90 088 251 727). All prices and information are correct as at the time of printing. All material sent to *that's life!* (whether solicited or not) will not be returned. Unless otherwise agreed beforehand, by submitting your content you grant Bauer Media Pty Limited and its sublicensees an exclusive licence to use, publish and exploit your content in all media worldwide in perpetuity without further consent or payment. *that's life!* does not accept or assume responsibility for such material. For all competition and editorial inquiries, phone AUS: 02 9282 8000 or NZ: +61 2 9282 8000.



KIDUZZLES!

JUST FOR KIDS!

PUZZLE No. 51

Uno

HOW TO WIN... Starting at the red four card in the top left-hand corner, move around the grid by landing on either a card with the same number or of the same colour. You may move in any direction, left, right, up, down, or diagonally. Follow the path until you land on a card beside one player's name (Lily, Lenny, Laura, or Lockie). When you have worked out what name that is, write the name only on the entry coupon and you could be a winner.

4	4	1	6	10	LOCKIE
1	3	7	3	2	
5	10	7	3	7	
7	2	6	8	3	
9	1	8	4	6	LAURA
7	7	8	5	6	LILY
					LENNY

WORTH \$30

1 TO BE WON

PUZZLE No. 53

Wordsearch

HOW TO WIN... Look for all the sea creatures in the list below in the wordsearch grid reading in straight lines, horizontally, vertically and diagonally in either direction. Some letters are used more than once. One sea creature cannot be found in the grid, can you work out which one? When you have worked out which it is, write that word only on the entry coupon for your chance to win.

O	Y	S	T	E	R	N	W	A	R	P	J
L	S	J	E	L	L	Y	F	I	S	H	D
A	O	B	S	E	O	V	I	E	V	W	O
E	E	B	B	H	L	C	A	H	U	H	L
S	L	T	S	Y	A	H	T	X	V	A	P
T	T	U	N	T	O	R	V	O	P	L	H
H	R	N	B	R	E	P	K	L	P	E	I
S	U	A	S	L	H	R	A	X	W	U	N
Y	T	E	D	U	G	O	N	G	Q	Y	S

WORD LIST

Dolphin	Lobster	Seahorse	Turtle
Dugong	Octopus	Seal	Walrus
Eel	Oyster	Shark	Whale
Jellyfish	Prawn	Tuna	

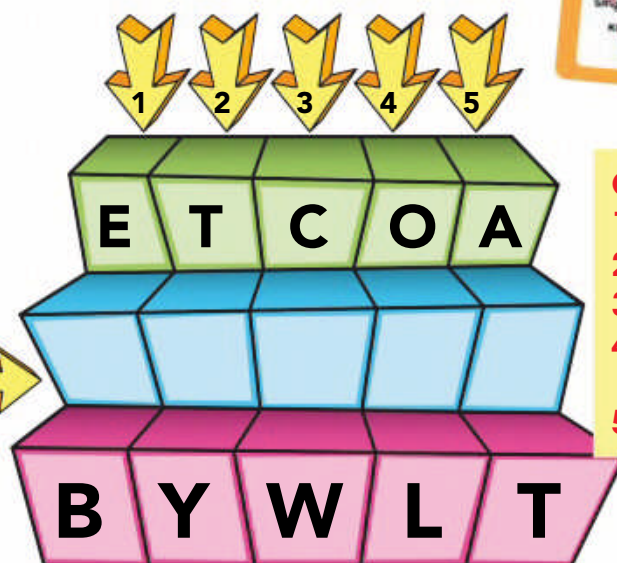
PUZZLE No. 52

Steps

HOW TO WIN... Make five three-letter words reading down by answering the clues and filling in the missing middle letters. If you are correct a new five-letter word will appear in the centre row. For your chance to win, write this word only on the entry coupon.

WORTH \$30

1 TO BE WON



CLUES

- 1 Flow out
- 2 Attempt
- 3 Farm animal
- 4 Nocturnal bird
- 5 Pesky insect

PUZZLE No. 54

Letter Giraffe

HOW TO WIN... One letter of the alphabet cannot be found on the giraffe. When you know which one it is, write that letter only on the entry coupon and you could be a winner.

WORTH \$30

1 TO BE WON

The Ultimate gift for kids card terms and conditions, see www.prizestolive.com.au/termsandconditions



No.37	\$50 In the Middle
No.38	\$60 Slider
No.39	\$50 Star Word
No.40	\$50 Vowel Play
No.41	Picnic Basket
No.42	\$70 4x4
No.43	\$80 Buy a Vowel
No.44	\$40 Letter Drop
No.45	\$75 Number Pyramid
No.46	\$50 Spelling Test
No.47	\$50 Four Words
No.48	\$60 Who Am I?
No.49	\$50 Word Hunt Mix Up
No.50	\$50 Letter Box
No.51	Uno
No.52	Steps
No.53	Wordsearch
No.54	Letter Giraffe

Pet in a puzzle (Page 19)

BY POST Write your answers in the spaces provided on this coupon and fill in your name and address details in the space below. Tear out the whole page and post it in for your chance to win!

ONLINE Complete the puzzles you'd like to submit answers for, then head to www.thatslife.com.au/win and follow the links to the online coupon for issue 37. Fill in your details and type in the answers for the prize puzzles you wish to enter. Then press submit and your online entry is done!

**For enquiries, please email
thatslife@bauer-media.com.au**

SEE INSIDE FOR TERMS AND CONDITIONS AND PRIVACY COLLECTION STATEMENT FOR PUZZLES AND CAR PROMOTION.



**SEND THE
WHOLE
COUPON
TO:**

#!/ Competition No. 37
PO Box 68
Eastern Suburbs MC, NSW 2004

Name

Street

Town/Suburb

State

Postcode

Phone

6
designs to
collect!



ECO TRAVEL CUP

ON SALE NOW*



\$2⁵⁰
ea

ONLY
at
coles

*ONLY \$2.50 WHEN YOU BUY A PARTICIPATING MAGAZINE
\$9.99 WHEN SOLD SEPARATELY. IN PARTICIPATING STORES, WHILE STOCKS LAST.

Woman's Day

New Idea

Who

**Better Homes
and Gardens**

Women's Weekly

that's life!

Take5

**Women's Weekly
COOKBOOKS**

familycircle

GOURMET

INSIDE

marie claire

**that's life!
Mega MONTHLY**

**Woman's Day
super
PUZZLER**

COUNTRYSTYLE

**home
beautiful**

**Women's Weekly
FOOD**

**ROYALS
MONTHLY**

Bluey

Just for fun!

CROSS WORD

ACROSS

1 Acacia in box A (6)

- 4 Angus or Wagyu, eg (4)
6 Follow orders (4)
10 Eighth month (6)
12 Tough to eat (5)
14 Raise as one's own (5)
15 100s and 1000s (9)
16 Skilled, competent (5)
17 Escape, run from (7)
18 Weaving machine (4)
19 Dashed, bolted (3)
21 Disorder, chaos (8)
25 Hand out cards (4)
27 Grew older (4)
28 Send up, lampoon (8)
32 Purse or satchel, eg (3)
33 Practice boxing (4)
35 Repeat, say again (9)
38 Cherry —, Japanese blooms in box B (8)
40 Friend, pal (4)
42 Graceful bird (4)
43 Water reservoir (7)
44 Fancy frilled knot (6)
47 Make relaxed (4)
49 Regress (7)
51 Short-sightedness (6)
52 Earnest request (4)
53 Suva's island (4)
55 — Tell, folk hero (7)
57 Ramp, slope (7)
60 — of, instead (2,4)
64 Firing mechanism (7)
68 Facial ridge (7)
72 Domestic animal (3)
74 Sound system (6)
76 Flag, pennant (6)
77 Sacred bovine of Nepal in box C (3)
78 Give in, surrender (5)
79 Strolls, ambles (5)
80 — Gabor, actress (3)
81 Republic of Ireland (4)
82 Scottish lord (5)
83 Applaud (5)
85 Ballpoint pen (4)
87 Fire remains (3)
88 Ointment (5)
90 Molten rock (5)
91 The loneliest number (3)

92 Ace, whiz (6)

95 Paul —, Cool

Hand Luke actor (6)

98 Arrival time (1,1,1)

99 Embarrassed (7)

103 Rats, eg (7)

106 Immediately (6)

109 Social pariah (7)

112 Take advantage of (7)

113 Group of tents (4)

115 Welsh vegetable in box D (4)

117 New version of a film (6)

118 Farthest, most distant (7)

119 Short skirt (4)

120 Hunting dog (6)

122 Of high integrity (7)

124 Take —, pop band (4)

126 Well done! (colloq) (4)

128 Marsupial in box E (8)

131 Economical, effective (9)

133 Wine (coll.) (4)

135 Charged atom (3)

136 Running of —, event held in Pamplona (3,5)

139 Oxidise (4)

141 — James, soul singer (4)

143 Andromeda and Milky Way, etc (8)

147 Twosome (3)

148 Quick haircut (4)

149 Elusive (7)

151 Valletta's nation (5)

152 Symphony group (9)

153 Doctrine, beliefs (5)

154 Extent, reach (5)

155 Of horses (6)

156 Speak (4)

157 Summit (4)

158 Alternative route (6)

DOWN

1 Did a ballroom dance (7)

2 Quito's country (7)

3 Boisterous festivity (7)

4 Passerby, spectator (9)

5 Europe and Asia (7)

7 Stocky British canine in box F (7)

8 New South Wales town (4)

9 Pursues (7)

10 Try, have a go at (7)

11 Density (9)

13 Bar of gold bullion (5)

20 Wood-shaping tool (4)

22 18th Greek letter (5)

23 Take a break (4)

24 Also known as (1,1,1)

26 Iconic Indian water plant in box G (5,6)

27 Concur, accede (5)

29 Shoemaker's tool (3)

30 — and outs, details (3)

31 Golf clubs (5)

32 Beg, entreat (7)

34 Convince, cajole (8)

36 Accompanying (9)

37 Deep orange colour (9)

39 Low cushioned seat (7)

41 Celestial being (5)

45 South Korea's capital (5)

46 Depart, go (5)

48 Distance across (4)

50 Heartbeat (5)

54 — Amin, dictator (3)

56 Harm, spoil (3)

57 Central US state (4)

58 Metal money (4)

59 Strong effect (10)

61 Wrath (3)

62 Labourer's vehicle (3)

63 Contest of speed (4)

65 Monarchists (9)

66 Nectar-producing

Aussie shrub (9)

67 Finished, ceased (5)

69 Evergreen tree (3)

70 National bird of the USA in box H (4,5)

71 Watchful, attentive (9)

73 Russian emperor (4)

74 Beloved, paramour (10)

75 Before noon (7)

83 Small jazz group (5)

84 Lose colour (4)

86 Lease payment (4)

89 Night before (3)

93 Cougar (4)

94 Engrossed (4)

96 Telepathy, eg (1,1,1)

97 77 Across noise (3)

100 Shade, colour (3)

101 Canadian foliage in box I (5,4)

102 Robot (coll.) (5)

103 Coming into effect after the fact (11)

104 Ten event athletic contest (9)

105 — de plume, pen-name (3)

107 Buddhism, eg (8)

108 Maori carving (4)

109 Fairytale giants (5)

110 Shore (5)

111 Wool clipper (7)

114 Bill —, former US president (7)

116 Containing nothing (5)

121 Stressed out (5)

123 Elaborate robbery (5)

125 Home of voodoo (5)

127 Exploding star (4)

128 — Hepburn, actress (9)

129 — Dhahi, UAE city (3)

130 Night bird (3)

131 Hearing organs (4)

132 Brand logo (9)

134 — Gershwin, lyricist (3)

137 Crisscross structure (7)

138 Ian Thorpe, eg (7)

140 Cut pattern (7)

142 Scottish prickly in box J (7)

143 Baby goose (7)

144 Found, detected (7)

145 Politician (7)

146 Ring-shaped roll (5)

150 Coal dust (4)

SOLUTIONS: Across 1 Wattle, 4 Beef, 6 Obey, 10 August, 12 Chewy, 14 Adopt, 15 Sprinkles, 16 Adept, 17 Abscond, 18 Loom, 19 Ran, 21 Disarray, 25 Deal, 27 Aged, 28 Satirise, 32 Bag, 33 Spar, 35 Reiterate, 38 Blossoms, 40 Mate, 42 Swan, 43 Cister, 44 Tassel, 47 Ease, 49 Relapse, 51 Myopia, 52 Plea, 53 Fij, 55 William, 57 Incline, 60 In lieu, 64 Trigger, 68 Eyebrow, 72 Pet, 74 Stereo, 76 Banner, 77 Cow, 78 Yield, 79 Walks, 80 Endmost, 119 Mini, 120 Setter, 122 Ethical, 124 That, 126 Onya, 128 Kangaroo, 131 Efficient, 133 Vino, 135 Ion, 136 The Bulls, 139 Rust, 141 Eta, 143 Galaxies, 147 Duo, 148 Trim, 149 Evasive, 151 Malta, 152 Orchestra, 153 Credo, 154 Range, 155 Equine, 156 Talk, 157 Peak, 158 Detour. Down 1 Waited, 2 Ecuador, 3 Revelry, 4 Bystander, 5 Eurasia, 7 Bulldog, 8 Yass, 9 Follows, 10 Attempt, 11 Thickness, 13 Ingot, 20 Adze, 22 Sigma, 23 Rest, 24 Akka, 26 Lotus flower, 27 Agree, 29 Awk, 30 Ins, 31 Irons, 32 Beseech, 34 Persuade, 36 Escorting, 37 Tangierine, 39 Ottoman, 41 Angel, 45 Seoul, 46 Leave, 48 Spain, 50 Pulse, 54 Idi, 56 Mar, 57 Iowa, 58 Coin, 59 Impression, 61 Ire, 62 Ute, 63 Race, 65 Royalists, 66 Grevillea, 67 Ended, 69 Yew, 70 Bald eagle, 73 Tsur, 74 Sweetheart, 75 Morning, 83 Combo, 84 Fade, 86 Rent, 89 Eve, 93 Puma, 94 Rapt, 96 ESP, 97 Moo, 100 Hue, 101 Maple leaf, 102 Droid, 103 Retroactive, 104 Decathlon, 105 Nom, 107 Religion, 108 Tiki, 109 Ogres, 110 Coast, 111 Shearer, 114 Clinton, 116 Empty, 121 Tense, 123 Heist, 125 Haiti, 127 Nova, 128 Katherine, 129 Abu, 130 Owl, 131 Ears, 132 Trademark, 134 Ira, 137 Lattice, 138 Swimmer, 140 Stencil, 142 Thistle, 143 Gosling, 144 Located, 145 Senator, 146 Bagel, 150 Soot.





with Eunice

If you have a rug that slips and slides on your tiled floor, just put a non-slip mat underneath it.

*Janine Mills,
Victoria Point,
Qld*

Your fridge is largely made up of glass and plastic so it's best to use mild cleaning products. Wipe surfaces with a soft cloth using warm water and, for hard-to-remove dirt, use diluted kitchen detergent.

Jennifer Hunt, Craigieburn, Vic



Try a natural remedy to...

HELP TREAT AN ITCHY SCALP

- ✓ The antibacterial and anti-inflammatory properties in apple cider vinegar can help reduce itching caused by dry skin. Dilute a tablespoon of apple cider vinegar in warm water and use as a rinse after shampooing.
- ✓ Peppermint oil can help soothe and calm the scalp. Dilute it with olive oil, and massage into the scalp before shampooing your hair.
- ✓ Tea tree oil has antimicrobial, antifungal and antiseptic properties. It also has anti-inflammatory effects. Try adding a few drops to a gentle shampoo and massaging it directly into your scalp to help reduce or eliminate itching associated with dandruff.



Buy grocery items that can be used in multiple meals. When shopping, focus on food items that can be utilised in various dishes throughout the week. That way, you know that items won't go to waste.

Maureen Roberts, Brays Creek, NSW

Try a new use for...

pens



- For seedlings that need some extra support, use a biro for a starter stick. The plant will have something to cling to as it grows and the pen can easily be removed later on.
- If you need a straight line and don't have a ruler on hand, just grab two pens. Lie one flat on the piece of paper. Hold it firmly while you draw a line with the biro in your other hand.
- Birus can help unstick a stuck zipper. Gently use the ballpoint end to pry the teeth apart – this may take several goes. Once the teeth start separating, carefully pull apart with your fingers.

To remove burnt stains from pots and pans soak in salted water for a few hours and then wash. The marks will come away with ease.

*Mike Brough,
Helensvale, Qld*



When travelling, pack your shoes in a reusable shower cap to keep them together and separate from clean clothes.

*Sarah Lee,
Lidcombe, NSW*



To keep tools free from rust place some mothballs in your toolbox.

Bill Simpson, Fentonbury, Tas



To prevent cheese from sticking to your grater, rub a little cooking oil over it before using.

*Laura Tonkin,
Netherby, NZ*



Soothe irritated skin by adding half a cup of bicarb soda to a hot bath and enjoying a long soak.

Alison Mudd, Reservoir, Vic

REAL FOOD

Home cooked never tasted SO good!

Great idea

If you prefer, omit the wine and replace it with $\frac{1}{4}$ cup of lemon juice or vegetable stock. Boil for 1 minute only. Any filled pasta such as ravioli or agnolotti can be used.

These tasty dishes are sure to become regulars

New family

FAVOURITES

TORTELLINI BOSCAIOLA

SERVES 4

PREP AND COOK: 20 MINS

625g packet fresh veal tortellini
2 tbsps olive oil
200g rindless, streaky bacon, thinly sliced
300g button mushrooms, thickly sliced
3 cloves garlic, crushed
3 green spring onions, finely chopped

$\frac{1}{2}$ cup dry white wine
300ml tub light cooking cream
2 tbsps chopped fresh chives, extra to garnish
Shaved parmesan, to serve

1 Cook tortellini in a large saucepan of boiling, salted water until tender. Drain.

2 Meanwhile, heat half the oil in a large, non-stick

frying pan over a medium to high heat. Add bacon. Cook, stirring, for about 5 minutes, or until crisp. Drain on absorbent kitchen paper.

3 Add remaining oil to same, hot pan. Add mushrooms and garlic. Cook, stirring for about 4 to 5 minutes, or until soft. Stir in the onions.

4 Add wine to the pan. Bring

to a boil. Boil for 2 minutes. Stir in cream and tortellini. Cook, stirring, for about 2 minutes, or until slightly thickened and hot. Stir in the chives. Season with salt and pepper.

5 Transfer to a serving bowl. Serve with shaved parmesan and garnish with the extra chives.

MEXICAN BEEF AND BEAN NACHOS

SERVES 4
PREP AND COOK:
35 MINS

1 tblsp olive oil
1 onion, finely chopped
500g beef mince
30g sachet taco seasoning
400g can red kidney beans, drained, rinsed
390g jar nachos topping
230g packet white corn tortilla strips
1 cup Mexican three-cheese blend
Sour cream, mashed avocado and diced tomato, to serve

1 Heat oil in a large, non-stick frying pan over a medium heat. Add onion. Cook, stirring occasionally, until soft. Add beef. Cook, stirring to break up mince, for about 4 minutes, or until

changed in colour. Add taco seasoning. Cook, stirring, for 1 minute, or until fragrant.
2 Add kidney beans, nachos topping and $\frac{1}{2}$ cup of water to pan. Bring to a boil. Gently boil, stirring occasionally, for about 5 to 7 minutes, or until mixture is slightly thickened. Remove from heat.
3 Divide tortilla strips among four ovenproof dishes ($1\frac{1}{2}$ -cups capacity). Top evenly with mince mixture and sprinkle with cheese. Place on an oven tray.
4 Cook in a hot oven (200°C) for about 7 to 10 minutes, or until cheese is golden brown.
5 Serve with sour cream, avocado and tomato.

Great idea

Taco seasoning can be replaced with fajita seasoning. This dish can be placed in an ovenproof casserole dish, if you prefer. Cook for a further 10 minutes.

Swap idea

For a change, try using chicken drumsticks. Make sure the oven rack is well oiled to prevent wings from sticking.

BUTTERMILK FRIED CHICKEN WINGS

SERVES 4
PREP AND COOK:
55 MINS

8 chicken wings (1.2kg)
1 cup buttermilk
 $\frac{3}{4}$ cup plain flour
3 tsps garlic powder
2 tsps sea salt flakes
Vegetable oil, for shallow frying
Mixed salad leaves, to serve

CHILLI SAUCE
 $\frac{1}{2}$ cup mayonnaise
2 tsps lemon juice
1 tblsp chilli sauce

1 Place chicken in a shallow dish. Pour over the buttermilk. Turn to coat. Cover. Refrigerate for 4 hours, or overnight, turning occasionally.
2 Combine the flour, garlic powder and salt flakes in a bowl. Season

with pepper. Mix well.
3 Toss one chicken wing at a time into the flour mixture, shaking off any excess.
4 Heat enough oil in a large, deep frying pan over a medium to high heat to shallow-fry. Add chicken in two batches. Cook for about 2 minutes on each side, or until browned all over. Transfer to an oiled rack sitting over a large oven tray.
5 Cook in a hot oven (200°C) for about 25 minutes, or until chicken is cooked through.
6 To make chilli sauce, combine all ingredients in a small bowl. Mix well.
7 Serve chicken with chilli sauce and mixed salad leaves.

CARAMEL APPLE PIZZA WITH CUSTARD

SERVES 4
PREP AND COOK:
25 MINS

250g packet fresh pizza dough
Plain flour, for dusting
½ tsp ground cinnamon
⅔ cup caramel Top 'N' Fill
385g can apple slices pie fruit, drained
1 tblsp caster sugar
2 tblsps flaked almonds, toasted
Thick vanilla custard, to serve

a 25cm round. Return to oven tray. Sprinkle with cinnamon.

3 Whisk caramel in a bowl until smooth. Spread half over dough, leaving a 1cm border. Toss apples in sugar, then scatter over the caramel on dough.

4 Cook in a very hot oven (220°C) for about 10 to 12 minutes, or until base is crisp. Remove.

5 Meanwhile, microwave remaining caramel in a small microwave-safe bowl on High (100%) for about 15 to 20 seconds, or until warm.

6 Drizzle the warm caramel over pizza. Sprinkle with almonds. Cut into wedges. Serve with custard.

More tips

Any thick-style caramel sauce or spread can be used. Pre-made pizza dough is available in the refrigerator section of most major supermarkets. Resting the pizza dough helps to roll it out and ensure it isn't tough once cooked.

1 Place dough on a floured bench. Gently knead until smooth. Place on an oven tray dusted with flour. Stand in a warm place for 1 hour.

2 Roll out dough on a floured bench into

LEMON AND HERB CHICKEN BURGER

SERVES 4

PREP AND COOK:

25 MINS

2 x 300g chicken breast fillets

1 tblsp olive oil

1 tblsp lemon, herb and garlic seasoning

4 soft bread rolls

1/3 cup aioli

4 baby cos lettuce leaves, washed

1 large vine-ripened tomato, sliced

1/2 small red onion, thinly sliced

Shoestring fries, to serve

1 Trim the excess fat from the chicken. Cut horizontally through the side of each fillet to give two thinner pieces.

2 One at a time, place each piece between two sheets of baking paper. Using a rolling

pin, gently pound to flatten slightly.

3 Place the chicken in a large bowl. Add the combined oil and seasoning. Toss to coat.

4 Heat a large, non-stick frying pan over a medium to high heat. Add the chicken. Cook for about 3 minutes on each side, or until browned. Reduce heat to low. Cook, covered, for a further 3 to 4 minutes, or until the chicken is cooked through. Remove.

5 To serve, split rolls in half horizontally. Spread bases with aioli. Top with the chicken, lettuce, tomato and onion. Replace tops.

6 Serve burgers with shoestring fries.



Great idea

Green peppercorns are canned fresh in brine. Retain the brine and store any leftover peppercorns in a screw-top jar in the fridge.

STEAK WITH MUSHROOMS AND GREEN PEPPERCORN SAUCE

SERVES 4

PREP AND COOK:

30 MINS

2 tblsps olive oil

4 x 200g beef sirloin steaks, trimmed

4 x 100g flat mushrooms, trimmed

1 bunch asparagus, trimmed

Cracked black pepper, to serve

PEPPERCORN SAUCE

1/2 cup crème fraîche

3 tsps canned green peppercorns, drained

3 tsps Dijon mustard

1 To make sauce, combine all the ingredients in a small bowl. Set aside.

2 Brush half the oil over both sides of steaks. Season with salt and pepper.

3 Cook on a heated

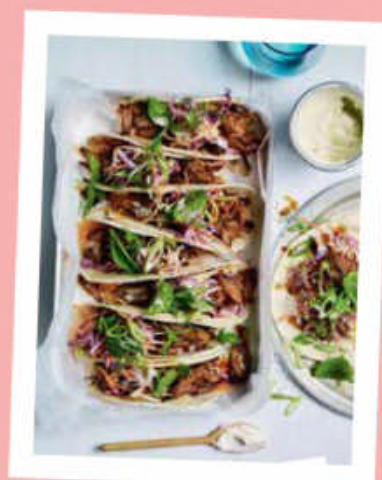
barbecue grill plate over a medium to high heat for about 3 to 4 minutes on each side for medium, or until the steaks are cooked to your liking. Remove. Rest, loosely covered with foil, for 5 minutes.

4 Meanwhile, brush the remaining oil over mushrooms and asparagus. Add mushrooms, stem-side down, and asparagus to same grill plate. Cook, turning halfway through, for about 5 minutes, or until tender.

5 Serve the steaks topped with the mushrooms, asparagus, sauce and cracked black pepper.



COOK ONCE EAT ALL WEEK



AVAILABLE WHERE ALL GOOD BOOKS ARE SOLD AND AT BAUERBOOKS.COM.AU



Facebook.com/
womensweeklyfood



Instagram
@womensweeklyfood



Website
womensweeklyfood.com.au

Australia's
**BEST
VALUE**
MONTHLY

ALL CASH PRIZES

Plus! Mazda SUV



OCTOBER ONLY \$4.95

that's life!

Mega MONTHLY

PUZZLES
REAL LIFE
+ MORE!

Mum on a MISSION
I WALKED
off 70
kilos!

135 KGS

65 KGS

**I swapped a paperclip
FOR A HOUSE**

Identical triplets:
**We even mix
OURSELVES up!**

My son
SAVED
his daddy's
life

**Easy chicken
DINNERS**



**MORE
FOR YOU**
✓ YOUR STARS
✓ FASHION
✓ HEALTH

42-year fight for justice
**How a
TISSUE
caught a
twisted killer**

ON SALE NOW!



Karen Buckley
Food Editor

THIS WEEK WE'RE LOVING...

Every mouthful of this divine slice is pure bliss

Top tip

To toast walnuts and almonds, spread over an oven tray. Cook in a moderate oven (180°C) for about 6 to 8 minutes, or until lightly browned. Remove and cool.

BAKLAVA CUSTARD SLICE

SERVES 9

PREP AND COOK:

1 HOUR, 15 MINS

75g unsalted butter, melted

8 sheets filo pastry

1 cup (100g) walnuts, toasted

½ cup (85g) blanched almonds, toasted

1 tsp ground cinnamon

HONEY SYRUP

⅔ cup caster sugar

½ cup honey

CUSTARD

2½ cups milk

½ cup thickened cream

¼ cup custard powder

¼ cup caster sugar

2 egg yolks

2 tps vanilla bean paste

2 tps powdered gelatine

1 Grease a 20cm square cake pan. Line base and sides with baking paper, extending paper 2cm above

pan edges. Brush paper with melted butter.

2 Layer pastry sheets together, brushing in between each sheet with butter. Cut in half crossways to give two rectangles. Trim each to a width of 20cm.

3 Lift one piece into prepared pan, pressing to cover base and two opposite sides. Brush with butter. Repeat lining pan with remaining piece of pastry at the opposite angle to cover base and the remaining sides. Brush pastry with butter.

4 Line pastry case with a piece of baking paper. Fill with dried beans or rice.

5 Cook in a moderate oven (180°C) for 20 minutes, or until light golden around edges. Remove paper and

beans. Return pan to oven for 5 minutes, or until pastry is golden. Remove and let cool. If pastry puffs, press down with a clean tea towel.

6 To make syrup, dissolve sugar and honey in ½ cup of water in a medium saucepan, stirring, over a medium heat. Bring to a boil. Gently boil for about 15 minutes until a thick syrup forms (should measure 1 cup). Remove and cool for 15 minutes.

7 Process nuts and cinnamon in a food processor until finely chopped. Place into a bowl. Stir in ½ cup of the syrup. Spread over pastry base. Cover remaining syrup.

8 To make the custard, stir milk and cream in a medium saucepan

over heat until hot.

9 Whisk custard powder, sugar, yolks and vanilla bean paste in a large bowl until combined. Gradually whisk in hot milk. Return to saucepan. Cook, stirring, until custard boils and thickens. Remove from heat.

10 Sprinkle gelatine over 2 tbsps water in a heatproof jug. Sit jug in a saucepan of simmering water and stir until gelatine is dissolved. Whisk into the hot custard.

11 Pour custard into pastry case. Cover loosely with a piece of baking paper. Cool for 20 minutes. Cover and refrigerate overnight.

12 To serve, use the baking paper to lift slice from pan. Spoon over remaining syrup. Cut into squares.

Try this

Try replacing peanut butter with choc-hazelnut spread. Toasties are best as soon as they are cooked, however you can keep them warm in a slow oven (150°C), until ready to serve.



PEANUT BUTTER AND BANANA FRENCH TOASTIES

SERVES 4

**PREP AND COOK:
25 MINS**

4 eggs, lightly beaten
¾ cup milk
¼ cup caster sugar
⅓ cup smooth peanut butter
8 slices white bread
2 small ripe bananas, peeled, sliced
25g unsalted butter
2 tsps vegetable oil
Honey and sliced strawberries, to serve

- 1 Combine eggs, milk and caster sugar in a large bowl. Whisk well and pour into a large shallow dish.
- 2 Spread peanut butter evenly over one side of four of the bread slices. Top with banana, then the other four bread slices.
- 3 Place one sandwich into the egg mixture

and stand for 30 seconds. Turn and repeat, until well soaked. Drain off excess. Transfer to a tray. Repeat with remaining sandwiches.

4 Melt half the butter and oil in a large, non-stick frying pan over a medium heat until butter starts to foam. Add two sandwiches. Cook for about 2 minutes on each side, or until golden brown. Remove. Wipe pan clean. Repeat with remaining butter, oil and sandwiches.

5 Serve with honey and strawberries.

Get on

BAN



STICKY DATE BANANA BREAD WITH SALTED CARAMEL

**SERVES 8 TO 10
PREP AND COOK:
1 HOUR, 30 MINS**

¾ cup pitted dates, chopped
125g unsalted butter, chopped
½ cup firmly packed brown sugar
½ tsp bicarbonate of soda
2 eggs, lightly beaten
1 cup overripe banana, mashed
1½ cups self-raising flour
½ cup plain flour
1 tsp ground cinnamon
1 banana, halved lengthways
½ cup honey-roasted macadamias, coarsely chopped
Vanilla ice-cream, to serve

SALTED CARAMEL
1 cup firmly packed brown sugar
300ml tub thickened cream
½ tsp salt flakes

- 1 Grease a large loaf pan (top measures 14cm x 24cm). Line base and sides with baking paper, extending paper 3cm above the sides of pan.
- 2 Place dates, butter, sugar and ½ cup of water in a large saucepan. Stir over a medium heat until butter is melted. Bring to a boil. Gently boil for 1 minute. Remove and stir in bicarb. Stand for 15 minutes to cool slightly. Stir in eggs and mashed banana.
- 3 Sift flours and cinnamon into a large bowl. Make a well in the centre. Add date mixture and stir with a wooden spoon until combined. Spoon into prepared pan.
- 4 Arrange halved banana on top of cake

mixture. Sprinkle with macadamias.

5 Cook in a moderately slow oven (160°C) for about 1 hour, or until cooked when tested with a skewer. Remove from oven. Stand in pan for 20 minutes. Turn onto a wire rack to cool.

6 To make salted caramel, stir brown sugar and cream in a large saucepan over a medium heat until sugar is dissolved. Bring to a boil. Gently boil, stirring occasionally, for about 10 minutes, or until slightly thickened. Remove from heat and stir in salt flakes. Set aside for 45 minutes, or until thickened.

7 Serve sliced banana bread with warm salted caramel and ice cream.



Make ahead

Banana bread and caramel can be made up to four days ahead. Store in separate containers in the fridge. To serve, reheat caramel in a saucepan or microwave until warm. Serve over sliced banana bread.

creative with...

BANANAS

Turn everyone's favourite fruit into these yummy sweet treats

Top tip

You will need about 3 medium bananas for this recipe. Cookies can be made up to five days ahead. Store in an airtight container. Replace golden syrup with honey, if preferred.

CHEWY BANANA CEREAL COOKIES

MAKES 16

PREP AND COOK: 30 MINS

150g unsalted butter, chopped

½ cup golden syrup

4 cups Kellogg's Just Right breakfast cereal (260g)

1½ cups self-raising flour

1 cup mashed, over-ripe banana
(See Top tip)

1 Grease and line two large oven trays with baking paper.

2 Combine butter and syrup in a medium saucepan over a medium heat. Stir until butter is melted. Bring to a boil. Remove from heat and cool for 5 minutes.

3 In a large bowl, combine cereal and flour. Make a well in the centre. Add banana and butter mixture. Stir until well combined.

4 Shape ¼ cups of mixture into balls. Place about 4cm apart on prepared trays. Flatten slightly to about 7cm rounds.

5 Cook in a moderate oven (180°C) for about 15 minutes, or until golden brown. Remove from oven. Cool completely on trays before serving.



Steve, me and our kids are thriving

HOW TRAUMA turned to

After facing unimaginable loss, Erin Stoffel-Ullmer, 38, has learned to love again

Peering over the side of the bridge with my family, I felt so blessed.

The sun was shining and my husband, Jon, then 33, and kids, Olivia, 11, Ezra, seven, and Selah, five, had stopped to watch a group of ducklings.

How did I ever get so lucky? I smiled to myself.

High school sweethearts, Jon and I met when I was just 16 and he was 17, and married three years later.

He was crazy and loud in the best way, and he just loved people.

Thirteen years on, our marriage was stronger than ever and we relished

spending time together with our family.

So, late that sunny spring afternoon in 2015, we decided to walk across the new bridge near our home, over a lake, to explore what was on the other side.

When we reached the end of the trail, we were met by a thick swarm of lake flies, so we started our way back so the kids could play in the park.

As we approached the middle of the bridge, though, I noticed a man slumped over a bench seat

with another

man standing nearby.

By now, Ezra had forged ahead with our dog, Sammy, while our girls had stayed with Jon and me.

But as we neared the two men, a strange feeling took over me.

Something doesn't feel right, I thought, pushing forward.

Then, just seconds later, I realised Jon had stopped to assess the situation.

Always one to help others, he hadn't thought twice about what he was walking into.

That's when I overheard the man who was standing up telling

Jon that he didn't know what had happened.

'He just fell over,' he said.

Though I was standing quite far away, I could sense Jon was in danger.

Without warning, the man pulled out a gun and aimed it straight at my husband.

Firing it three times in quick succession, he shot Jon and me before turning the gun on Olivia.

As we fell to the ground, I couldn't believe what was happening.

I've got to get out of here, I panicked.

Leaping back to my feet, I was forced to make the hardest decision of my life – stay with Olivia or make my escape to save my youngest two children.

It broke my heart, but I knew that if I didn't try to protect them, we would all surely die.

So, grabbing Selah's hand, I ran from the gunman as fast as I could.

When we caught up with Ezra, Selah turned to me. 'Mum, you're

Grabbing Selah, I ran from the gunman



Ezra, Jon, me, Selah and Olivia



Steve and Wendy with their boys

Have you found love after loss? Tell us at thatsthelife@bauer-media.com.au

GEDY LOVE



Our grief brought us together



The kids were thrilled when we married

YOUR
real-life
stories

bleeding,' she said.

Looking down, I realised I'd been shot twice more in the stomach and left hand.

Hot blood gushed down my legs, but I couldn't feel any pain.

Still, I knew Ezra, who was unharmed, would be able to run faster than I could.

'You need to get help,' I begged Ezra.

He was scared, but knew what he needed to do.

Once Selah and I finally reached the start of the bridge, I collapsed and pain tore through me.

Thankfully, a kind stranger helped wrap my hand with my sweater to stop the blood flow and helped calm Selah.

By now, I could hear sirens approaching in

the distance.

Help is on the way, I realised, relieved.

Peering back to where all the chaos had unfolded, I hoped the gunman wasn't following us, but he was nowhere to be seen.

That's when I saw Jon and Olivia's bodies lying still on the path. I hoped for a miracle but deep down I knew it was too late.

After being rushed to hospital, I underwent emergency surgery to save my life.

When I woke the following day, my parents, Jennifer and

Edward, were

there by my bedside.

'Where's Jon and Olivia?' I asked, desperately.

'They're gone,' Mum cried.

Suddenly, the weight of what happened came crashing down on me.

I was going to have to bury my husband and my child.

At their funeral a week

later, hundreds of people gathered to pay their respects.

I'd been allowed out of the hospital for just a few short hours to attend the service and, as nurses pushed me down the aisle of the funeral home in my wheelchair, I broke down.

How am I going to live without them? I sobbed.

Still, I knew I had to be strong for Ezra and Selah.

I was all they had left.

Shortly afterwards, I learned that after shooting me and my family, the gunman had died by suicide.

The man he'd shot earlier that day had also passed away.

When I was finally discharged from hospital 21 days later, I was overwhelmed with how I was going to provide for my family.

A stay-at-home

mum for the last 12 years, it was Jon's income as a carpenter that paid our bills.

So, for the next year, we moved in with my parents until we could get back on our feet.

When I struggled to get out of bed some mornings, my parents were so supportive.

'Just take things one day at a time,' they told me.

Over weeks, then months, we gradually adjusted to our new normal.

'Where's Jon and Olivia?'
I asked,
desperately



Selah sadly lost her big sister Olivia

Turn the page to find out what happened next...

Then, around two years later, in June 2017, I was scrolling through Facebook when I read about a woman named Wendy.

Aged 36, she'd died suddenly from a rare heart condition known as cardiac sarcoidosis. She'd left behind her husband Steve and four boys, Liam, 11, Jack, 10, Silas, seven, and Judah, three.

As a single parent myself, my heart broke for him.

Still, I knew how overwhelming the first few months were after losing my husband, so I didn't want to bother him.

But a few months later, I decided to message Steve with some words of encouragement.

You will get through this, I promised him.

Incredibly, he replied right away to thank me for reaching out.

Connecting through our grief, Steve and I became fast friends.



Wendy and Steve

The next month, we met in person for the first time.

Sharing our deepest, darkest thoughts, we agreed we were both worried about our kids growing up without a mum and a dad.

As the weeks passed by, though, I realised my feelings for Steve were growing.

At first, I tried to keep them to myself, too scared to open my heart again. But there was no denying I had fallen in love, and Steve admitted he felt it too.

Better still, our kids had bonded and were also supporting each other through ups and downs.

So, when Steve proposed in April 2018, they were

over the moon.

Tying the knot in June – exactly a year after I first messaged Steve – it felt so right.

Though it wasn't the path either of us had seen coming, we felt like we'd been guided together through our grief.

Now, more than two years on, there's not a day goes by when I don't think of Jon and Olivia.

Although I'd give anything to have them back, I couldn't imagine my life now without Steve and his boys.

While I know the pain will never truly go away, I've learned to live and love harder than ever before.

Together we're one big, happy family. ●

As told to Amber Wemyss



Me and Jon on our wedding day

I've learned to live and love harder



Me and Steve on our wedding day with our six children



The kids have bonded

Steve, 40, says...

The night Wendy died, I don't know why I woke up.

I looked over at her, sleeping, hair spread out across her pillow. Peaceful. Beautiful.

Then I heard her take a breath. But it didn't sound right, it was more like a gasp.

I decided to wake her, gently nudging her and whispering, 'Wen, wake up babe.'

Nothing. I shook her and started screaming her name, pleading with her to wake up. But there was no response.

I performed CPR until help arrived, but at hospital, she slipped away.

Driving home without her, I felt like my life was over. I was about to shatter the hearts of my four sons, too.

Over the next few months, I received countless messages of support from family and friends. But there was one in particular that stopped me cold – it was from Erin.

I'd never met her in person, but had learned her name two years earlier when it was splashed all over the news.

There is light at the end of the tunnel, she wrote.

For the first time since losing Wendy, I felt hope.

If Erin could overcome the horror she'd faced, I knew I could make it too.

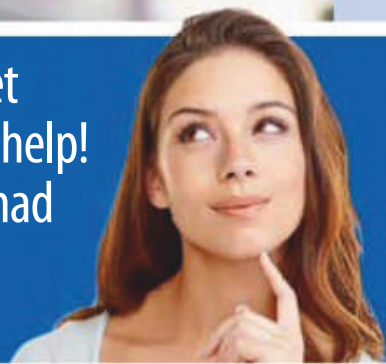
Connecting through our grief, I felt like I could ask her anything. When we met in person, we talked for hours.

And when we introduced our kids, they too were able to find healing through each other.

Soon, our friendship started to develop into something more, and in April 2018, I asked Erin to marry me. Every day we embrace the chaos that comes with a blended family of eight. It's beautiful, it's messy, it's amazing, it's hard. It's life.

Together we've learned that grief will always be part of our story, but it doesn't define us.

Got a problem? Let *that's life!* readers help! Here's what they had to say about this week's dilemma



Schoolbag shock

Be firm but fair

Reassure your son that he is able to talk to you about anything, anytime, but as it was found on the school grounds, explain that you don't have any choice. Tell him you must raise the issue with the school, because of how someone else may be making these [bongs] or using drugs at school. Tell him that it's very important

to find help for this person.

Corrinna Doust

Give him love

Give him all the love and attention and understanding that you possibly can: and then he'll open up to you. He needs to know that you will understand.

Bunny Bats

Good on you, mum

I stopped reading at 'clearing out his school bag'!!! Good for you, mum. These parents that say 'they need their privacy' are ridiculous. Spy, follow, clear out... whatever it takes. That's a parent!!!

Mardy-Nancy Teigland

Call his bluff

Well I'd call his bluff and go with him to hand it in to the teacher. When he's all up in the air, tell him you want the truth – not lies and excuses – because anything less and police will be involved too.

When he says you wouldn't do that, state that it would be the school's next step even if not yours, so he best start talking.

Lorraine McBride

Throw it away

Chuck it out. Tell him you're not an idiot and that 'whacky' is not good for your mind! If you deal with it now maybe there's hope he will stop.

Theresa Mardon

Tell the school

You need to let the school know as this is an issue they should deal with on a wider scale. Your son won't be happy about you doing this but it will send a clear message to him about what trouble he could get into.

Danielle Todd

Tread carefully

You don't want him to clam up and then not tell you anything – ever – so tread carefully. Explain your

Dear that's life!

I was clearing out my 14-year-old son's schoolbag and came across what looks like a homemade 'bong'. I casually asked him about it and he said he didn't know what it was and that he found it on the floor in the science room. I questioned him more and he just clammed up. I feel there is something going on, but I'm just unsure how to tackle it.

What do I do?

concerns are for his wellbeing and then maybe ground him for a while.

Janice Fuller

Trust your son

It's important that you trust your son and that he knows his mum will be in his corner. Explain how serious you think this is and ask him what he thinks you should do. Hopefully you can work out a plan together. Showing him you trust him will pay off in the future.

Suzannah Grahame



PHOTOS: GETTY IMAGES

Have you got a dilemma?

Then you can anonymously ask thousands of *that's life!* readers to help you solve it @ email: thatslife@bauer-media.com.au



The battle against belly fat

Also called visceral fat, belly fat poses a bigger risk than fat elsewhere on your body. While you can't target visceral fat, you can reduce your overall weight and improve your health.

WHY BELLY FAT IS BAD

Visceral fat is different to the jiggly bits you can see around your middle. It surrounds your organs, lines your arteries, and produces biochemicals that increase your chances of developing cardiovascular disease. This kind of fat also increases the risk of type-2 diabetes and breast cancer.

RETHINK YOUR FOOD

Although a low-fat diet may sound like a quick fix, studies show that a low-carbohydrate diet results in more fat loss and less lean muscle loss. Eat less refined carbs such as breads, cakes and sweets and focus on a healthy diet of vegetables, legumes, lean meat and seafood.

GET MOVING

Excess insulin tells your body to retain fat. Exercising

regulates insulin production making it easier to lose weight. Adults should aim for 150-300 minutes of moderate aerobic activity each week.

BOOST MUSCLE MASS

Resistance exercise such as lifting weights helps build lean muscle mass. Bigger muscles burn more calories, even when resting, so you lose more fat. Do resistance exercise two days a week.

DITCH THE SCALES

Scales aren't always the best way to track your progress. As you lose fat, you replace it with muscle weight. Waist circumference and clothes getting looser are better indicators. Women should aim for a waist measurement below 80cm and men below 94cm.



42

This percentage of the five million people invited to participate in the National Bowel Cancer Screening Program 2017-2018 did so



3 WAYS TO...

make showering healthier

2

Rinse well

Be sure to rinse off all the shampoo, conditioner, soaps and body washes from your skin. Residual products can cause irritation and itchiness, as well as clogged pores.

1

More blades aren't better

Whether shaving your legs or your face, stick with a razor that has just one or two blades. More than that can increase the risk of ingrown hairs, skin irritation and cuts.

3

Skip the scrub

Ditch the loofah and wash with your hands instead. Loofahs can harbour bacteria between the fibres, which can then enter through even small breaks in your skin.



1

Eating this many avocados a day may help improve focus and concentration, according to a new study



Breastfeeding support

The Australian Breastfeeding Association's mum2mum app has new features for extra support during COVID-19 restrictions. The app can now send personalised information based on your baby's age to help answer questions. 'We're hearing from lots of new mums that getting to mothers' groups and health care nurses is a bit harder... We're not trying to replace those visits, but we can give mums that extra bit of information and support,' ABA president Margaret Grove says.



HAVE YOU TRIED?

SUPPLEMENTS TO AVOID VERTIGO

Research by the American Academy of Neurology has discovered that vertigo sufferers may avoid a flare-up by taking vitamin D and calcium supplements. The study found that people with benign paroxysmal positional vertigo – the most common form, brought on by changing the position of your head – who took two daily doses of the supplements, experienced an average 24 per cent reduction in their annual recurrence rate.

COMPILED BY SAMANTHA IRELAND

RSPCA

Pet Insurance

Protect your
furry best
mate today

Buy now
and get
one month
FREE!



- Claim up to \$20,000 a year
- Up to 80% of eligible vet bills reimbursed²
- Four levels of cover to choose from
- A portion of your first-year's premium supports the RSPCA!
- Claim on the spot at participating vets and pay the GapOnly™³

To get a quick quote call
1300 603 432
or visit rspcapetinsurance.org.au

¹ One month free is applied as a discounted premium over the first year of cover. For full terms and conditions visit www.rspcapetinsurance.org.au/terms/one-month-free.

² Pre-existing conditions and certain illnesses are excluded.

³ If GapOnly™ is not available then submit an online or paper claim for reimbursement by visiting rspcapetinsurance.org.au/claims. Limits, sub-limits and annual condition limits may apply. RSPCA Pet Insurance is issued by The Holland Insurance Company Pty Ltd ABN 78 090 584 473, AFSL 241436, is distributed and promoted by Greenstone Financial Services Pty Ltd (GFS) ABN 53 128 692 884, AFSL 343079 and administered through PetSure (Australia) Pty Ltd ABN 95 075 949 923, AFSL 420183. This information is general, please refer to the relevant Policy Booklet to ensure this product is right for you.

Living well

ASK THE Doctor



With Dr Dawn Harper

WAITING FOR PUBERTY TO KICK IN

! My daughter turned 15 a couple of months ago and still hasn't started her periods. I think she is just following me. We are both very slightly built, and I was the last of my friends to start, but I know it is beginning to worry her. Is there anything I can do?

A The average age for girls in western countries to have their first period is 12 to 13, but they can start as

early as nine or as late as 16. The first period usually comes a couple of years after breast buds develop and provided your daughter is showing the signs of breast development, you can wait. If she still hasn't had a bleed by her 16th birthday, her GP may want to arrange some blood tests to check her hormone levels.

Stopping the pain from gallstones

! I was diagnosed with gallstones a couple of months ago and am currently awaiting keyhole surgery to remove my gallbladder. At the moment I have been given a date in October, but since diagnosis I have had two

episodes of hideous pain and fever. Is there any way I can stop this happening?

A Try to keep your intake of fatty foods to a minimum, as these can cause a flare-up and, if you are overweight, now would be a good time to address this. But avoid very low calorie, rapid weight-loss diets as there is evidence



that these can increase the risk of gallstones. You could also let your doctor know that you'd be happy to bring your surgery forward at short notice if there is a cancellation.

Afraid to ask?

WHY IS MY NOSE SO RED?

! Although I'm teetotal, I'm often asked if I drink a lot, as my nose is red and lumpy. My GP told me that it's rhinophyma, a complication of my rosacea skin disorder. It seems to be getting worse, and I'm finding it difficult to cover it up at all. Any ideas?

A In the early stages, a rhinophyma may

respond to creams and medicines that we use to treat acne, but it sounds as if you may have gone beyond this. If so, you could ask your GP for a referral to discuss surgery using a scalpel, laser treatment, cryotherapy or dermabrasion to improve the appearance of your nose.



Have you got a question for Dr Dawn?

Send your questions to  email: thatslife@bauer-media.com.au

HEALTH TIPS ARE FOR INFORMATION PURPOSES ONLY. THAT'S LIFE! ACCEPTS NO RESPONSIBILITY NOR ASSUMES ANY LIABILITY FOR DAMAGE OR INJURY TO PERSONS OR PROPERTY ARISING FROM ANY USE OF ANY PRODUCT, INFORMATION, IDEA, OR INSTRUCTION CONTAINED IN THIS SECTION. IF YOU HAVE ANY HEALTH CONCERNS, SEEK MEDICAL ADVICE IMMEDIATELY.

WHAT IS AVAXHOME?

AVAXHOME-

the biggest Internet portal,
providing you various content:
brand new books, trending movies,
fresh magazines, hot games,
recent software, latest music releases.

Unlimited satisfaction one low price
Cheap constant access to piping hot media
Protect your downloadings from Big brother
Safer, than torrent-trackers

18 years of seamless operation and our users' satisfaction

All languages
Brand new content
One site



AVXLIVE . ICU

AvaxHome - Your End Place

We have everything for all of your needs. Just open <https://avxlive.icu>

MEDI-FILE

MY ARTHRITIS saved my life

Karyn's scan revealed something surprising

Karyn Fallen, 46,
Christchurch, NZ

Not again,' I cried. The pain in my hips, back, shoulders, wrists, fingers and toes was unbearable.

It was March 2015, and once more, I was in agony.

At 15, I'd been diagnosed with juvenile arthritis after specialists found the cartilage in my jaw joint had completely worn down.

Over the years, the arthritis had affected all my other joints too.

Now, I'd had enough.

In tears, I saw the doctor to discuss what could be done to lessen the pain.

After seeing how stiff and sore I was, he ordered a CT scan to assess the extent of the joint damage.

Lying still in the scanner caused my joints to stiffen even more and I couldn't

even get up afterwards without help.

Several days later, the specialist rang me with my results.

'The damage to your joints is what we expected but we can change your medication to help with the pain,' she explained.

But it turned out the scan had revealed something unexpected.

'Don't panic, but it showed a mass on your right lung,' she told me, gently.

'Oh God,' I said, terrified.

What did this mean? Did I have cancer?

A painful needle biopsy from my right lung two weeks later confirmed my worst fears – the lump was indeed cancerous.

'I'm sorry, you have adenocarcinoma,' the specialist said.

It was a type of cancer than can form in mucus-secreting glands of organs such as lungs, the colon and breasts.

The tumour was 3-4cm in

diameter, but while still in its early stages, I needed surgery urgently.

Although I was a smoker, adenocarcinoma can occur in non-smokers too.

And I'd had no clue I had a tumour. If it hadn't been for the scan, how long might it have been before

I would have been diagnosed?

'If you make it to five years after surgery without a recurrence, you'll be classed as

cured,' the specialist said.

'Five years?' I gulped anxiously, imagining what it'd be like worrying about cancer for all that time.

It was a long stretch to wait for reassurance.

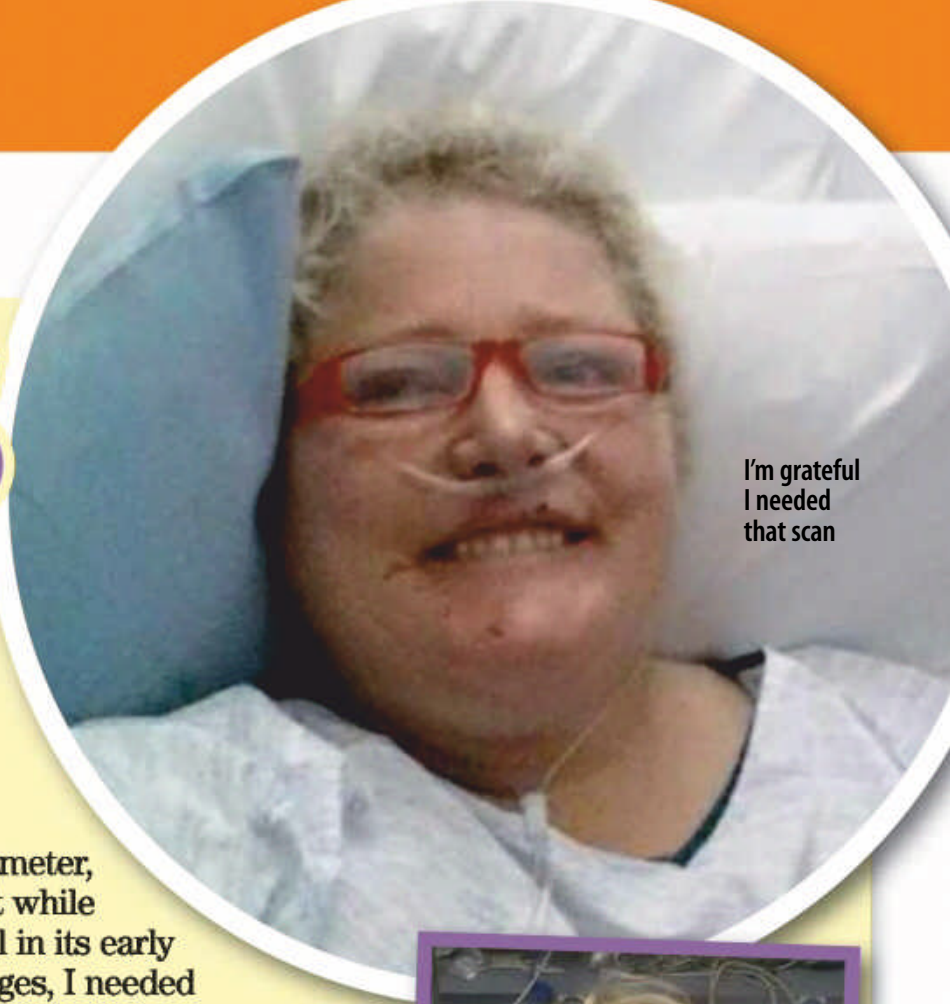
I gave up smoking straight away and in August 2015, I was wheeled into theatre. There, surgeons removed the entire top lobe of my right lung.

'We don't think the cancer has spread,' the oncologist told me afterwards. 'So you won't need chemo or radiation.'

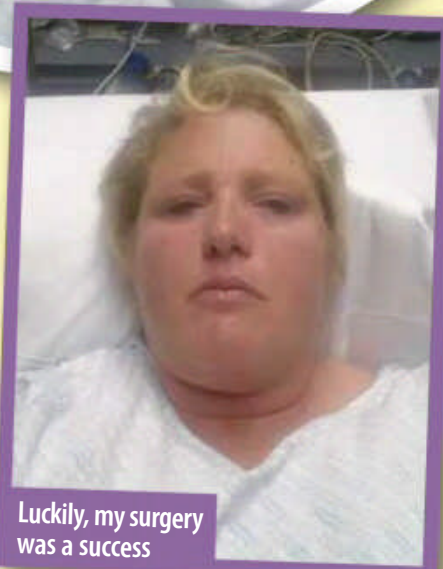
'Thank you so much,' I said, relieved.

After three days, I was

'Don't panic, but it showed a mass on your right lung'



I'm grateful I needed that scan



Luckily, my surgery was a success

sent home, returning regularly for X-rays.

I had a few scares due to chest infections, but today, five years on, I'm still cancer-free.

And I'm also grateful that I have arthritis, painful though it is. It really did save my life! ●

ADENOCARCINOMA

- Adenocarcinoma is cancer that forms in mucus-secreting glands throughout the body.
- Lung adenocarcinoma accounts for about 40 per cent of all lung cancers, and is more prevalent in women.
- Lung cancer symptoms include a persistent cough, coughing up blood, shortness of breath, weight loss, and tiredness.

Circled is the lump found in my lung



Paige McMillan FASHION EDITOR



Dress \$59.90
sizes XXS-XL
Marimekko x Uniqlo
uniqlo.com



LOOK CHIC

To keep sleeves perfectly placed all day long, put a rubber band around the arm before pulling up the sleeves. Use this trick while wearing your blazer open for a more casual, dressed-down look.



Blazer \$37.50
sizes 8-14 Boohoo
au.boohoo.com

Earrings \$10
Target target.com.au



Necklace \$37.50
Marks & Spencer
marksandspencer.com/au

BOLD

Belt \$45.95 Zara zara.com



Skirt \$71
sizes 6-24 Next
next.com.au



Earrings \$29.95
Zara zara.com



Jeans \$20 sizes 6-20
Kmart kmart.com.au



Jumper \$39.90
sizes XS-XL Uniqlo
uniqlo.com



Bag \$59.99
Strandbags
strandbags.com.au



Slides \$8 sizes 6-11
Kmart kmart.com.au





Skirt \$69.95
sizes 6-18 Sportsgirl
sportsgirl.com.au



Pants \$52 sizes 6-22
[Next next.com.au](http://Next.next.com.au)



Dress \$73 sizes 6-22
[Next next.com.au](http://Next.next.com.au)

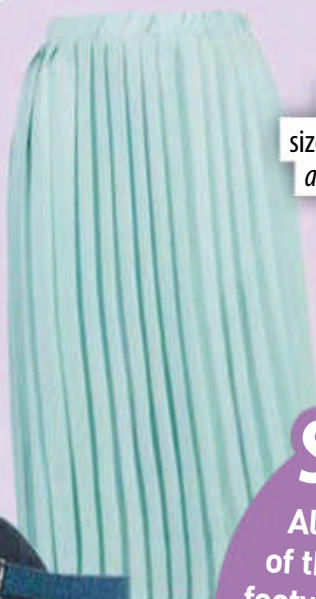


Earrings \$29.95
Witchery
witchery.com.au



Brighten up your
spring wardrobe with
these playful styles

Beautiful



Skirt \$20
sizes 8-14 Boohoo
au.boohoo.com



Wedges \$79.95 sizes 36-42
[Sandler theiconic.com](http://Sandler.theiconic.com)

STYLE TIP

Along with being one of the most comfortable footwear choices, a classic wedge will last season on season and pair well with almost any spring/summer outfit.



Skirt \$79.95
sizes 6-18 Sportsgirl
sportsgirl.com.au



Dress \$61
sizes 6-22 Next
next.com.au

Geoff's new GPS knew exactly where to direct him

EXIT

Can't you do anything right?' came a loud, cross voice from the bedroom doorway.

Carly's heart sank and she tried harder not to let paint drip from the brush to the floor. Not easy when you're up a ladder painting the ceiling above your head. Still, she'd put plastic cover sheets over the carpet and furniture in case paint did drip, so she didn't understand why Geoff still had to criticise her.

Then again, they'd been married for 20 years now, and he didn't seem to ever need a good reason.

'I'm doing the best I can,' said Carly. 'If you wanted perfection I don't see why we couldn't get a professional painter in to do it.'

'Because he'd charge a huge amount of money, that's why,' said Geoff, snorting indignantly.

'What makes you think it would be a he?' said Carly.

'Oh, aren't you clever, little miss equal opportunities?' sneered Geoff, contorting his face into an

unattractive grimace.

Carly immediately regretted saying anything at all. Geoff was obviously in one of his moods and she knew whatever she said would only lead to an argument, which she really didn't have the energy for at the moment.

In between working full-time, doing all the housework and now doing the painting the rooms badly needed, she was worn out. If she ever asked Geoff for help

he'd just moan about his bad back. Funny how he never went to the doctor to get treatment for it, though.

'Well, I'm going down the pub with the boys for a while,' said Geoff, 'so don't make me regret leaving you here unsupervised.'

Having Geoff constantly looking over her shoulder as she painted was bad enough, but having him disappear to the pub for the rest of the afternoon – and

night – was even worse.

She knew what he'd be like when he returned. It would make his criticisms now seem like the sweetest compliments.

Unfortunately, she knew she couldn't stop him from going to the pub or driving home afterwards. There was no such thing as a

designated driver for Geoff's mates.

The thought of him driving home suddenly reminded her of something.

'Geoff, a package came for you earlier. It's on the kitchen bench.'

Carly slowly climbed down the ladder, wiped the paint off her hands and followed Geoff into the kitchen.

When he opened the package they saw it was a GPS unit.

'This is great!' Geoff exclaimed. 'But where did it come from?'

'Well, didn't you buy it?' asked Carly.

'No,' he replied, coldly.

'But it's got your name on it,' Carly said. 'You must have ordered it.'

'I'd remember if I bought something,' he snapped.

Obviously now wasn't the time to point out that he often went shopping online after having had a few beers and couldn't remember buying various items that turned

up unexpectedly in the mail.

'Well, no sense looking a gift horse in the mouth,' said Geoff.

He switched on the gadget and it was fully charged up, ready to go.

'I'm off then,' he said, and he took the GPS with him.

As Carly heard Geoff's old car drive noisily down the street, the tension inside her slowly began to lift.

Often, she thought of just packing up and leaving him, but it wasn't that easy. Geoff controlled all the money and he'd driven away what few friends Carly had many years ago.

She wasn't the type to confide in work colleagues, no matter how nice they were. And she had no family to turn to, having been orphaned at the age of 14.

No, she couldn't leave him. But she could get back to her painting, at least until Geoff returned.

It was after midnight when Geoff returned to his car to drive home.

He fixed the GPS to the dashboard and switched it on. Then he typed in his home address.

'Drive for 50 metres then turn left,' a voice instructed. 'Turn left.'

Geoff had a silly grin on his face as the monotone voice told him where to go.

He put his car into gear and drove off into the night. He would never admit that having too many beers at the pub had affected his thinking, so it wasn't until he found himself on the highway that Geoff realised

She couldn't stop him from going to the pub or driving home afterwards



666

the GPS had taken him the wrong way. It was all Carly's fault, of course.

Stupid woman, he thought.

His breath left a small plume of white mist.

Since when did it get so cold this time of year?

Geoff switched on the car heater and stared out the windscreen. A thick fog had enclosed the vehicle, and he couldn't see the big green exit signs along the highway. But he knew he'd have to turn off soon to try and get back home.

Just then the GPS piped up, 'Turn left. Turn left now.'

Geoff could hardly see a thing out of the windows, but then the fog cleared a little and he saw an exit road to the left.

'Turn left now,' the GPS insisted. 'Turn left now.'

So Geoff turned the car, and it began to follow an endless black lane into the thick fog.

When Geoff hadn't come home by 6.30 the next morning, Carly rang his mates. They all said they saw Geoff get in his car to drive home about midnight.

Carly called the police. They asked her details about Geoff's car and Geoff himself. They called back that afternoon.

'I'm afraid we haven't found him,' said one officer. 'We did find some tyre marks leading off the side of the highway heading south. No sign of a car though.

'Doesn't make sense why tyre marks would be there. There's no road at that point, only a swamp.'

A chill crept down Carly's spine. She was thinking about the website she had found the other week – an online occult store that sold all sorts of things to do with voodoo and black magic.

What had caught Carly's eye was the GPS – the one with the eerie product name, Exit 666.

This will take them where they deserve to go, was the guarantee written in red.

Carly knew 666 was the devil's number. She'd bought the GPS and addressed it to Geoff.

'I'm sorry, what did you say?' she asked down the phone line.

She'd missed what the police officer had just said.

'I said we'll do everything in our power to find your husband,' the officer reassured her.

Carly felt a huge weight lift from her shoulders and went back to her painting.

She was positive they would never find him.

She was very sure of another thing too – she knew she definitely wouldn't want to be in Geoff's shoes when he reached the end of Exit 666. ●

By Rosemary Hayes

Carly knew
666 was the
devil's number



TRY A *that's life!* SUBSCRIPTION

ONLY \$38
FOR 12 ISSUES



SAVE UP TO 20%

WHY SUBSCRIBE

- ✓ **SAVE UP TO 20%** on the newsstand price
- ✓ **NEVER MISS** a chance to win one of hundreds of prizes every issue
- ✓ **FREE DELIVERY** direct to your home or office

Visit

www.subscribetoday.com.au/TL/2020

Call **1300 668 118**
and quote **P9CSKZZA**

that's life! is published weekly. Offer valid for Australian residents only and ends 31/12/2020. This offer cannot be used in conjunction with any other offer. Please see subscribetoday.com.au/terms-of-use/ for full terms and conditions of this offer. Our Privacy Policy can be found at bauer-media.com.au/privacy and includes important information about our collection, use and disclosure of your personal information (including the provision of targeted advertising based on your online activities).

Tell us *your* story

It's
YOUR
mag!

It all began like this:

Then this crucial event happened:

It ended like this:

Name

Age

Street

Town/Suburb

State

Postcode

Phone (Daytime)

Phone (Mobile)

Email

I declare that I am not a professional journalist or photographer and I have submitted this letter/story/photograph as a hobby.

Signed

Date

@ **email:** thatslife@bauer-media.com.au

✉ **write:** **AUS:** True life (or appropriate section) PO Box 7804, Sydney, NSW 2001

Attach a piece of paper with more details if you need to.

NZ: PO Box 90064, Victoria Street West, Auckland 1142

💻 **website:** www.thatslife.com.au

📘 www.facebook.com/thatslifeMag

There's a better chance of your story being used if you enclose photos. If you'd like your photos returned, write your name and address on the back of each pic. Please also include a stamped, self-addressed envelope.

All stories MUST be true. You can still enclose a letter, we read every one! We only use stories and photos that have not been published elsewhere.

New MY2020 Models

17yrs constant Development

World Class Mobility Scooter

Montana Magnific

Engineering Masterpiece



under \$4,000
36 volt Montana

in the Flesh

Lotus Blake

Australia Leads the World



under \$3,000

Esteem Deluxe 2hp

Please don't pay \$5,000 for a scooter not nearly as good

Quality
This is it

Balanced. 200% more stable

4 wheel Independent

Coil over Suspension

Super Smooth and Precise

Exclusive Stylish Superior

Truly Brilliant State of the Art

No Fuss Australia Wide Delivery

with Quality Care Warranties and

Genuine Factory Direct Pricing

Scooter City

☎ **1-800-726-683**

search 'scootercity rocklea'

New Idea Take5 that'slife! Woman's Day



HAVE YOU REALISED

the benefits your business could gain by advertising in the

DIRECTORY SECTION?

To advertise call 02 9282 8369

To advertise phone 02 9282 8369

Robert's guardian angel helped with his exam!

Robert Reeves, 33,
Sydney, NSW

Where are those sparkles of light coming from?' I said to myself.

As a kid, they constantly popped up in my bedroom.

Then, when I was 13, the sparkles morphed into a tall, glowing male angel in a white robe and with white feathery wings.

'Oh my God,' I cried, amazed.

All my life I'd seen people around me that nobody else seemed to see. It dawned on me that they'd been angels all along – but none had looked like this!

'Why didn't you appear like this before?' I asked, astonished.

'We didn't want to alarm you,' the angel replied softly.

After that, angels hung around often, particularly one called Michael, who I learnt was one of my guardian angels.

When I told Mum, she glossed over it – until I started giving her friends messages from them.

'Your stress is being caused by a workmate,' I told one.

'How did you know that?' she replied, incredulous.

Impressed, Mum paid for me to attend spiritual

workshops – the only 14-year-old boy in a group of middle-aged women.

I felt so at home that, aged 17, I began my own business doing angel readings and healings.

At exam time, I called on my 'spiritual support team' for help.

'I've got an exam at 3pm, please be there,' I said.

So my guardian angel Michael stood behind me in the room.

'You missed something there,' he said, pointing to a question. 'And review that one,' he said, pointing again.

With his help, I scored top marks, and got into college to study naturopathy.

After graduating, I began working as a naturopath and my angels

hung about, advising me.

One man had alopecia.

'The cause for his hair loss is emotional,' the angels said, so I gently asked about his personal life.

Bursting into tears, he said he was in a custody

battle for his child. I treated his grief with herbs to boost his serotonin and his hair soon began growing back.

I can't tell clients angels are advising me, or they'll run for the hills, I thought.

But I couldn't help myself.

To my surprise, my clients were delighted, taking the advice of the angels more seriously than mine!

Five years ago, I woke up with painful hips. Diagnosed with a bulging disc, I was given painkillers.

However, my angels insisted I had more tests.

Doctors discovered my appendix had ruptured a week earlier and if I hadn't returned, I'd have died.

My angels saved my life.

Today, as well as offering natural therapy advice online and running my academy of spiritual development, I conduct angel workshops and have written four books.

Everyone is born with at least two angels. To connect with yours, close your eyes and say 'angels'. Your breath may slow down and your shoulders relax.

If angels touch you, it feels like pins and needles or tickling. Sometimes, they will call your name or leave a feather for you to find.

Angels are messengers of God, and I'm so privileged to help share their presence with others. ●

For more, see facebook.com/robertreeves444



Everyone is born with angels

If angels touch you, it feels like pins and needles or tickling



Your stars

What's in store for
your week ahead

Aries Mar 21 – Apr 20

You are ecstatic when transformation occurs in the most important zone of your world. The kick-off is rather abrupt, the middle a little jagged, but the finish is super smooth. Be on the alert for good buys that get you noticed.

LUCKY NUMBERS 5, 20, 33



Taurus Apr 21 – May 21

How often does something have to be mentioned before you realise your importance in the scheme of things? Hopefully, it will be before Sunday. Connecting with someone you are attracted to is a treat for both of you.

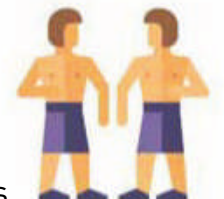
LUCKY NUMBERS 3, 14, 22



Gemini May 22 – Jun 21

Once you look someone in the eye and spill your feelings, or proceed with a sleepy project that spells money in your purse, you're well on your way to personal fulfilment. Nothing is as it seems on Tuesday, Gemini.

LUCKY NUMBERS 7, 11, 40



Cancer Jun 22 – Jul 23

What you piece together makes it crystal clear why a family member took a different path or former partner took things too far. It's amazing what you can create with the right tools, clued-up company or cashed-in coins.

LUCKY NUMBERS 38, 42, 43



Leo Jul 24 – Aug 23

You aren't bothered if you handle the superficial elements of a big issue while someone else deals with the deeper facets. It comes to a head on Tuesday, kicking off a resolution. That scar is fading fast.

LUCKY NUMBERS 29, 31, 37



Virgo Aug 24 – Sep 23

Love is born or reborn out of excellent communication, fabulous fun and copious amounts of cuddles. Who said the elderly and new gen don't mix? Certainly, this isn't the case on Saturday when joy prevails during interactions.

LUCKY NUMBERS 1, 2, 45



Libra Sep 24 – Oct 23

The missing piece of a family, neighbourhood or schoolyard puzzle is closer to being found. It will mean closure for countless people. A new position, place or purchase puts Friday on your 'best days ever' list.

LUCKY NUMBERS 10, 35, 36



Scorpio Oct 24 – Nov 22

Leaning on someone who used to count on you may initially feel a little awkward. After some convincing, you're completely on board. A newcomer sweeps you off your feet before you have a chance to exchange names.

LUCKY NUMBERS 4, 13, 25



Sagittarius Nov 23 – Dec 21

Your path crosses with someone who is perpetually on your mind. It results in one of two things: joyfully moving forward together or willingly completing unfinished business. A younger family member has a lovely way of oversharing.

LUCKY NUMBERS 17, 27, 28



Capricorn Dec 22 – Jan 20

Can't currently provide the whole kit and caboodle for your family or household? It's a process, Capricorn – so pull out your patience card. If you include the time you spend physically shopping, your step-count might be doubled.

LUCKY NUMBERS 34, 36, 41



Aquarius Jan 21 – Feb 19

It's easier to ask for what you want – and get it. Start with co-workers and move through the chain. The more you put into the family reunion, relationship plans or a financial investment, the less likely you'll be to regret it.

LUCKY NUMBERS 16, 26, 44



Pisces Feb 20 – Mar 20

Getting used to being with a particular individual or taking part in a certain activity? You might as well get used to it, Pisces, as it may be your ticket to happiness. A relative might be compensating for feeling abandoned.

LUCKY NUMBERS 8, 23, 39



BEER-TRICITY

After shutdowns due to COVID-19, thousands of pubs, bars and restaurants were forced to close their doors. With tonnes of now expired beer sitting in breweries, the city of Adelaide has devised a plan to stop the amber ale being poured down the drain. Now a waste facility is converting the grog into energy! The facility has converted over 150,000 litres of alcohol a week to energy, which is enough to power 1200 South Australian households!



Labour Day

As Dr Amanda Hess was slipping into her patient's gown and preparing to give birth, she overheard another woman who was in labour. Learning that the baby was in distress and there was no doctor on hand, Amanda jumped into action. The baby was coming – and coming fast! So, while dealing with her own full-term belly, Amanda delivered the woman's baby! Giving birth herself to a daughter later that night, the doctor literally worked up to the very last moment!



Sleepless Dad

A creative dad has gone viral after getting arty while his son snoozes. To pass the time when his newborn falls asleep the dad dresses him up ... virtually! Snapping a picture and drawing on outfits, the anonymous dad and son duo are creating hilarious artworks! From an astronaut to a biker, to a Scottish soldier and more, these are too cute!



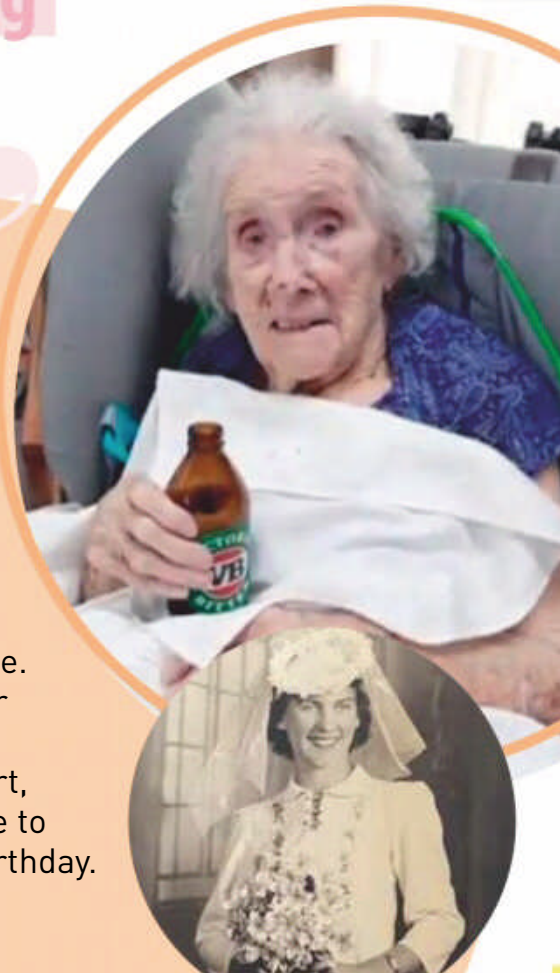
THE Warm FUZZIES

Little stories to make you smile

I've got nothing to do today but smile

100 YEARS YOUNG

When *Home and Away*'s most devoted – and probably oldest – fan, Daphne Greenfield, turned 100 recently, her friends and family knew they had to celebrate the milestone in style. Daphne got the surprise of her life when the TV soap star Ray Meagher, who plays Alf Stewart, turned up at her nursing home to help ring in her triple digits birthday.



On Wings of Beauty Elegance takes flight

36 Glittering
hand-set Swarovski
crystals

Shimmering 24-carat
gold accents

Precious rhodium-platinum
plating

Arrives in a custom
presentation box,
perfect for gift giving



Fairy Wren JEWEL OF NATURE RING

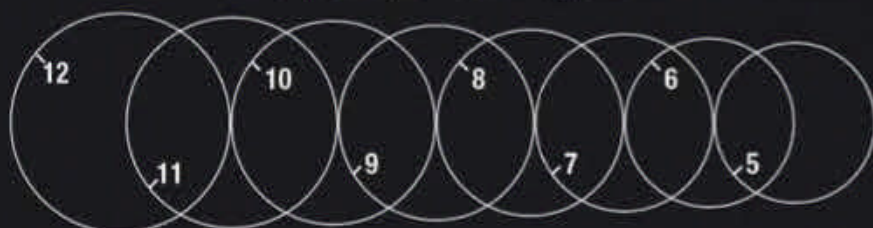
The beautiful Fairy Wren has always been regarded as the jewel of the garden. Its charming character and lustrous sapphire plumage make for a welcome sight. Today, the beauty of this winged wonder is captured in an exciting new jewellery creation. Bringing the shimmering elegance of our favourite garden bird to your style, the "Jewel of Nature Fairy Wren Ring" is available only from The Bradford Exchange.

Finely hand-crafted, the gleaming 24-carat gold-plated heart and band feature a pavé of glittering Swarovski crystals. The beautifully-detailed Fairy Wren at the centre is sculpted in 24-carat gold plate and perches upon a silvery branch accented with rare and precious rhodium-platinum. Creating its beloved sapphire plumage is lush, pearlescent enamel which shimmers with its own jewelled brilliance and more crystals for a total of 36 Swarovski crystals in all.

An Exceptional Value Available for a Limited Time

An outstanding value, the gorgeous ring can be yours for just 3 instalments of \$49.99 or \$149.97, plus \$14.99 postage and handling and is backed by our 120-day guarantee. It arrives, along with a Certificate of Authenticity, in a custom gift box. You won't find this exclusive ring anywhere else, so don't miss out! Reserve yours today! Send no money now. Just return the coupon on go online today at www.bradford.com.au/fairywren

Find your perfect ring size



Place one of your own rings on the chart and find a circle that is completely covered by your ring (a simple band works best for accurate measuring). Write your size on the coupon below. Women sizes range between 5-12.

**Shop Online
with Ease**

✓ Quote **113841** for fast ordering
✓ 120-day money-back guarantee
✓ Interest-free instalments

Gift Delivery Service? Call (02) 9841 3311

www.bradford.com.au/fairywren

©2020 The Bradford Exchange Ltd.

A.B.N. 13 003 159 617

503-SA240.05

PAY NOTHING NOW



The
Bradford Exchange

Please Respond By
8th October 2020

YES! Please reserve the "Jewel of Nature Fairy Wren Ring" for me as described in this advertisement. I understand I need pay nothing now. I have indicated my size on the right:

Ring Size:

Mr/Mrs/Miss/Ms _____ First Name: _____

Surname: _____

Address: _____

Postcode: _____

Phone: _____

Email: _____

Signature: _____

1. ONLINE at www.bradford.com.au/fairywren
quoting promotion code: **113841**

2. MAIL no stamp required, to: The Bradford Exchange,
Reply Paid 86369 Parramatta NSW 2124

3. PHONE: (02) 9841 3311 8am-5pm Mon - Fri

Please allow between 2-10 business days for delivery. All sales subject to product availability and reservation acceptance. Credit criteria may apply. Our privacy policy is available online at www.bradford.com.au. You must be over 18 years old to apply. From time to time, we may allow carefully screened companies to contact you. If you would prefer not to receive such offers, please tick this box. ☐