

62nd TV WEEK LOGIE AWARDS 2020

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Would you love to walk the red carpet and attend the 2020 TV WEEK Logie Awards ceremony with your favourite stars? TV WEEK is giving you the chance to win two tickets to the most star-studded red-carpet event of the year. Prize includes:

■ Two tickets to the TV WEEK Logie Awards on June 28, 2020

■ Return flights for two to the Gold Coast from your nearest capital city (if required)

■ One night's twin-share accommodation at The Star Gold Coast

To enter, simply head to www.nowtolove.com.au/tvweekcomp, fill in the details and submit your entry as instructed.

The glitz and glamour of the 62nd TV WEEK Logie Awards will take place on Sunday, June 28, 2020 at The Star Gold Coast in Queensland. All the action from

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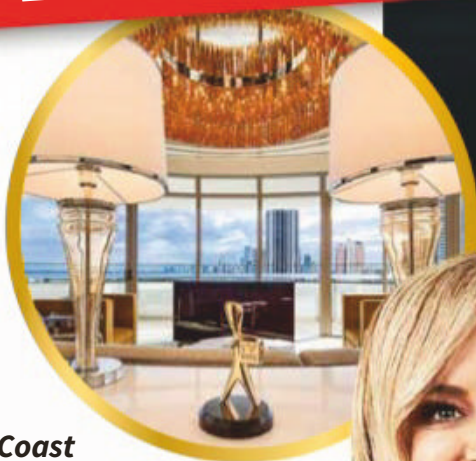
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the red-carpet arrivals and awards-show celebrations will be telecast on Nine and 9Now.

Conditions apply, see www.bauer-media.com.au/competitions. Promotion commences on 02/03/20 and ends at 11.59pm (AEDT) on 29/03/20. The promotion is open to Australian residents only. For the removal of doubt, only one (1) entry per person is permitted. The draw will take place on 31/03/20 at 10am (AEDT) at Bauer Media Pty Ltd, 54 Park Street, Sydney NSW 2000. The prize is one trip to the 2020 TV WEEK Logie Awards, valued at \$2319. The organiser is Bauer Media Pty Limited (ABN 18 053 273 546) of 54 Park Street, Sydney, NSW 2000. Please see www.bauer-media.com.au/privacy.htm for our privacy notice. Authorised under permit number LTPS/20/42208.



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Woman's

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**'WHAT MEGHAN DID TO KATE
WAS UNFORGIVABLE!'**



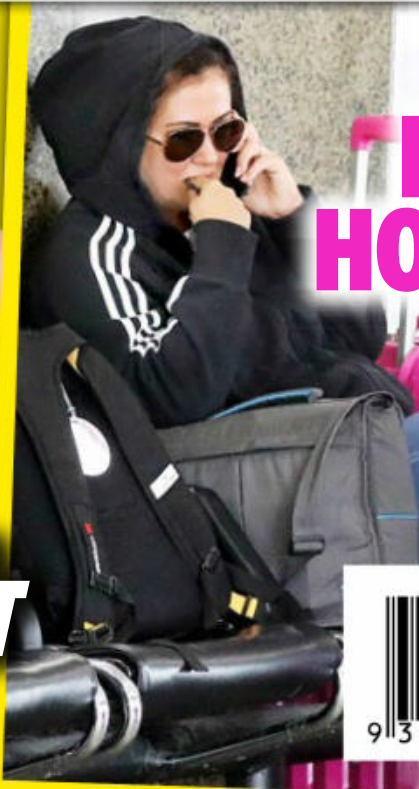
**EXCLUSIVE
PICTURES!**

**MEET
PRINCESS ANNE'S
NEW MAN!**

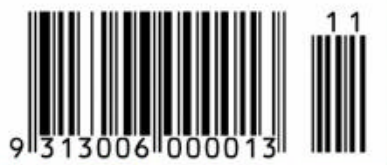


**MIKEY'S
SHOCK
ROMANCE...
WITH EXPERT
MEL!**

**MARRIED
AT FIRST SIGHT BOMBSHELLS**



**MISHEL
BROKE &
HOMELESS**



GET ON BOARD

rebuild our towns

• AUSSIES LENDING A HAND •

The practical things you can do to help rebuild Australia, one town at a time

There's not a single Australian who hasn't had their hearts broken by the horrific bushfires that have swept through our country. The road to rebuild will be long but as a nation we will: brick by brick, fence by fence. Bauer Media launched this campaign to help our neighbours in their time of need.

Each week we will shine a spotlight on a town telling our generous readers how they can help, from the best fundraisers to donate to that specifically benefit the locals, to products they can buy from that town or region that support small businesses there. We'll highlight the farmers who need fencing supplies, the schools which are short of books and pencils, the yoga school that needs mats or how to plan a getaway to the region when the time is right to bolster their local tourism industry.

The Rebuild Our Towns campaign is centred on the fact that practical help doesn't have to cost a fortune. Our love and thoughts go out to every person, but actions speak louder than words, so join us to make a difference and help our heartland heal.

Go to rebuildourtowns.com.au and watch as we move from one town to another over the coming months



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Look what's inside...

I'm lucky enough to be surrounded by some incredible females. My nanna is, to this day, one of the strongest women I have ever met, while my beautiful mum is quite simply unbreakable. They have always taught me to believe I can do absolutely anything, and not a day goes by when I'm not endlessly grateful for their love and support. Working at *Woman's Day* has also given me the privilege of meeting so many other resilient, determined and inspiring females. As we mark International Women's Day this week, we share the stories of some of the amazing Aussie women we've had the pleasure of meeting this year (p34). I hope you will join me this week, in celebrating the women you love.

Erin

Erin Holohan,
Editor



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PLUS
11 pages of meal
ideas with our...
**delicious
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Snog hot



Picture perfect

Andy Lee and Rebecca Harding had us thinking they'd wed in secret for a minute there – they sure take a beautiful photo!



Tutu cute!

The Block judge Shaynna Blaze turned heads at the opening night of *Billy Elliot The Musical* in Melbourne. Go on Shaynna, give us a pirouette!



Koala kid!

Jennifer Garner was spotted carrying her son Samuel home from school recently. Dad Ben Affleck might be Batman, but she is a supermum!



*Best
Uber
ever!*



Music royalty

Superstars Olivia Newton-John and Elton John posed for a photo before his final Melbourne concert last week. Elton even dedicated a song to ONJ during his set!



Natural beauties

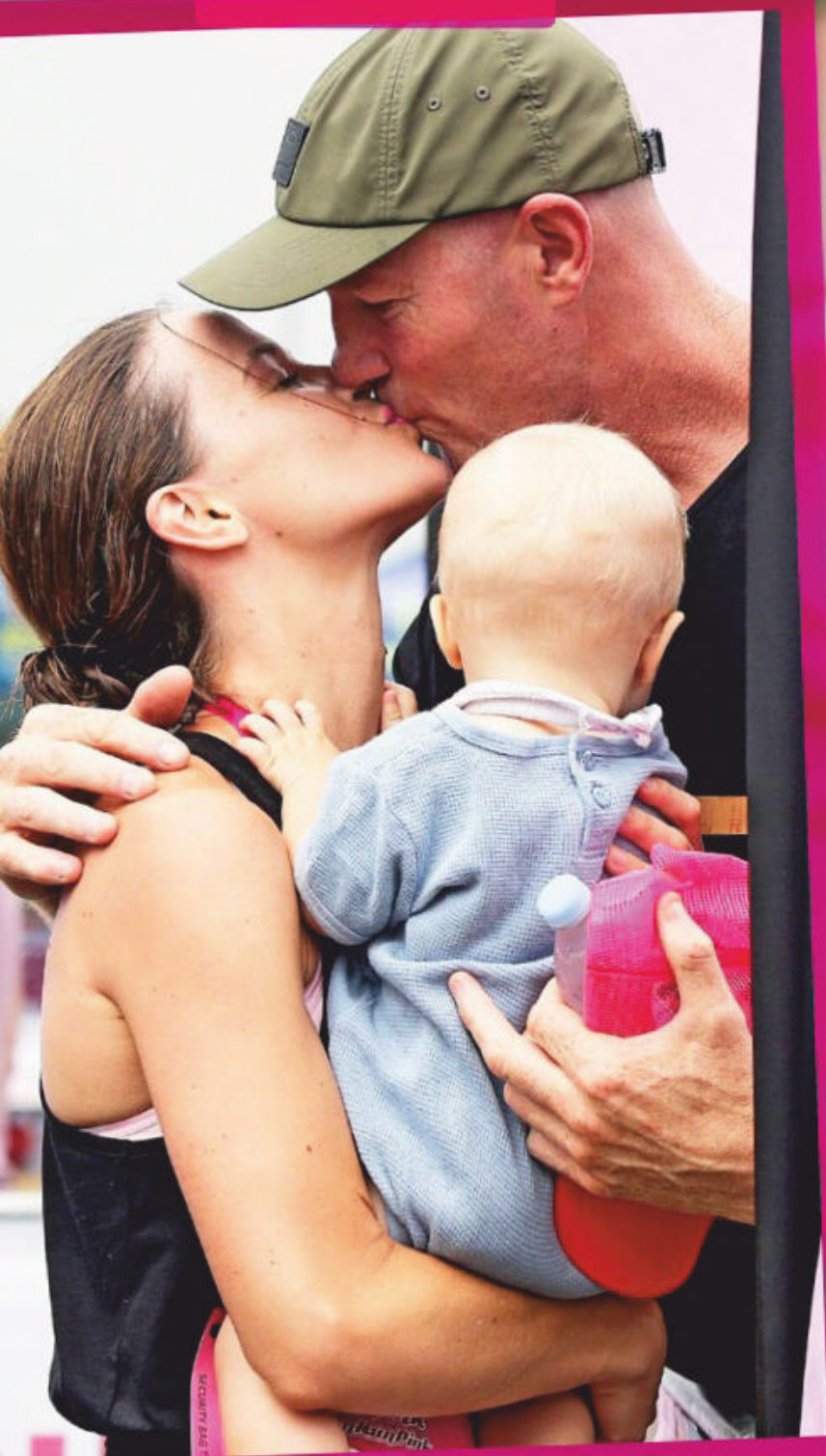
Demi Moore and Keanu Reeves' partner Alexandra Grant were more than happy to follow the "no makeup" rule at Gwyneth Paltrow's Goop event.

Snapshot

Move your body!

Hi-5 for Lauren!

Former Hi-5 star Lauren Brant finished the Gold Coast's Triathlon Pink in style, as partner Barry Hall and son Houston cheered her on.





Snow angel

Princess Mary looked ethereal posing alongside her pet pooch Grace – who later cosied up to Prince Vincent – while skiing in the Swiss Alps.



He's in a love Buble...

Crooner Michael Buble enjoyed some downtime in Perth with his 19-month-old daughter Vida while he was on a break from his Australian tour.



Ready, Kate, go!

The Duchess of Cambridge left her heels at home and put on her trainers as she got ready to race at a SportsAid event in London. Is there anything she can't do?

Top Gross!



The Central Perk gang – and Brad – are getting back together for a one-off special.

The one we want to see!

FRIENDS REUNITE... AND BRAD'S BACK, TOO!

Friends fans are rejoicing that their beloved series is back for a reunion special – and it's not just the main cast who are set to return.

Sources close to the HBO Max production say they're working behind the scenes to secure some incredible cameos, including the one and only Brad Pitt, 56, who recently got back together with ex-wife Jennifer Aniston, 51.

"Getting Brad to pop in would be huge, and Jen thinks she can convince him," says a source. "They had such a great time when he guested

with her on the show back in the day, so it will be a cute walk down memory lane for them both – and for their loyal fans.

Jen is eager to give them an experience they'll never forget."

Jen, along with her castmates Courteney Cox, David Schwimmer, Lisa Kudrow, Matthew Perry and Matt LeBlanc are reuniting for the one-off special, more than 15 years after the hit show ended.

Insiders say other famous cameos including Reese Witherspoon, Bruce Willis and Billy Crystal are strong possibilities.



Christine's lawyer says her father's death caused her to act out of character.



CHRISTINE ANU'S DRINK-DRIVING SHOCK!

After enjoying life out of the public eye in recent years, singer Christine Anu was thrust back into the spotlight last week after being charged with drink-driving following a champagne breakfast on New Year's Eve.

The 49-year-old reportedly blew 0.109 after she was stopped for a random breath test on December 31.

The ARIA Award-winning singer, who topped the music charts with hits such

as *Island Home* and *Party* in the '90s, pleaded guilty at Rockhampton Magistrates Court in Queensland last week. She was fined \$650 and disqualified from driving for three months.

Her lawyer told media waiting outside court that Christine had acted out of character due to the recent death of her father and that the incident had been "one of the most humbling experiences she's been through".

BRENDAN'S \$35,000 UBER EATS ADDICTION!



Former AFL star Brendan Fevola has deleted the Uber Eats app after he admitted to blowing \$35,000 on the food delivery service last year. The self-confessed gambling addict, who once spent \$360,000 on the horses during a three-day binge, was shocked to discover he'd spent so much ordering food, sometimes four times a day. "That's a lot of money, I'm in trouble," Brendan said at the time after his *Fifi*,

Fev & Byron radio co-hosts did the sums, noting he'd ordered 588 meals from 108 restaurants in 18 months. "I just got a message [from] my ex-wife [Alex], now fiancée. She just wrote, 'I'm divorcing you again!'" Thankfully, friends say Fev's food habits aren't really what's holding up the couple's remarriage. "Alex does worry about his addictive tendencies," says an insider. "But it's the wedding planning that's stressing them out. They actually joke that you should be able to annul a divorce!"

KIT & LILY PLAY GAMES IN PARIS

When Lily Collins and Kit Harington sat next to each other in the front row at the Yves Saint Laurent fashion show in Paris last week, nothing seemed amiss.

It was just two very famous people seemingly placed in an ideal spot for photographers to capture them looking their best.

But it was after the show where things got interesting.

Lily, 30, and Kit, 33, were busted leaving the building together, with onlookers exclusively telling *Woman's Day* they seemed "furtive, like they knew they were doing something sneaky".

Kit married his *Game Of Thrones* co-star Rose Leslie last year in a star-studded ceremony. However, there have been rumours of discord over his drinking habits.

Lily, meanwhile, is in a long-term relationship with

Hollywood director and writer Charlie McDowell.

"Regardless of whether they hooked up or not – and you have to admit it looks very suspect – Kit and Lily have some explaining to do to their respective spouses," says an insider.

"Especially given they pretended they barely knew each other during the fashion show and then piled into a car together afterwards. They obviously had no idea there were paps lurking."



The couple left together after the Paris fashion show.



Top Goss!

MICHAEL CLARKE'S SNEAKY SLEEPOVERS!

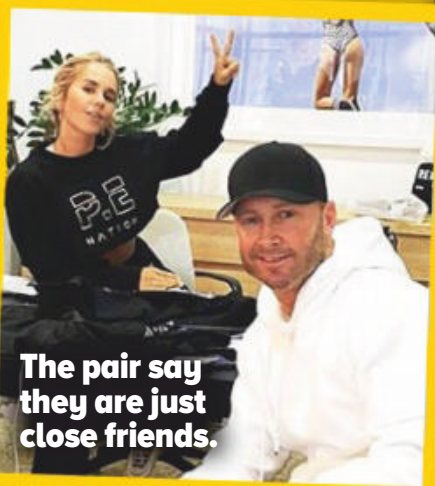
Just weeks after Michael Clarke announced his shock split with wife Kyly, the cricketer has been seen sneaking out of Sydney socialite Pip Edwards' home in the early hours of the morning.

Attempting to avoid waiting photographers, Michael, 38, and Pip, 40, left her swanky Bondi apartment's underground car park separately in their luxury vehicles just before 9am last week.

They later claimed Michael was at Pip's for a "breakfast meeting".

Michael's hard-to-miss BMW, which is worth an estimated \$54,000, left first, with Pip following closely behind in her \$73,000 Mercedes.

While the pair have admitted to being close friends, tongues were



The pair say they are just close friends.

wagging after Pip told the press last week she was spending more "personal time" with Michael since his split with Kyly five months ago.

She went on to reveal the pair are working on a "project" together – believed to be linked to Pip's sport-luxe brand P.E Nation.

Michael announced he had split from Kyly, also 38, on February 12 in a divorce reportedly worth \$40 million.



The cricket legend left Pip's Bondi apartment just before 9am...



...and the businesswoman followed shortly after.



The star couple have always been close.

GEORGE'S SHOCK CONFESSION: I LOVE JULIA!

They've been the best of friends since starring in *Ocean's Eleven* together in 2001, but now friends are concerned that George Clooney is leaning on Julia Roberts too much in the wake of his marriage crisis to wife Amal Clooney. Leaving Amal, 42, behind in the UK last week, George, 58, flew back to LA to get some space and give himself time to think. "Julia was the first person George went to see when he arrived back. He asked his driver to take him straight to her Malibu mansion before even checking in on his own home," the source reveals. "He was

so relieved to see her and spoke to her for hours, opening up his heart about the dire situation with Amal."

With Julia, 52, going through similar issues with her husband Danny Moder, 51, George told friends he finally felt understood, but worryingly confessed there is "an undeniable chemistry between them".

"Julia's always loved George and once described him as the one who got away, so it's clear the pair are very close to one another," says the source. "With potential divorces looming, it may be the perfect time to admit their feelings and take the plunge."



Mel says she suffered while she was in the band with Posh.

POSH & SPORTY AT WAR!

Victoria Beckham and Mel C used to clash so much in their early Spice Girls days, the warring pair once even came to blows. In a little-known vintage feud, Melanie Chisholm, aka Sporty Spice, has revealed she was nearly kicked out of the band after one particular incident.

“We’d all had a few bevvies and on the way out there was a little scuffle between myself and Victoria,” Mel C, 46, revealed on radio. “We can’t say this on air but I asked her to go away. I was told if that behaviour ever happened again, then I’d be out.”

While Mel downplayed the incident with Posh, 45, a former Spice Girls insider says, “Everyone remembers that. They were shoving each other and swearing – it was vicious! Thankfully they were pulled apart before anyone lost an extension. Mel had enough of Victoria, who was pretty b*tchy back then.”

Mel says it led to binge eating and depression. “I couldn’t allow myself to relax because I might mess it all up. No matter how much you eat, you can’t fill that hole. My appearance began to change, which was the biggest fear.”



Feuding divas!

Victoria could be difficult in the early Spice Girls days, say insiders.



Heidi chose her toyboy over her father.

HEIDI DUMPS DAD AFTER WEDDING SNUB

When Heidi Klum tied the knot with her toyboy Tom Kaulitz last year in Italy, one notable absentee was her devoted father Gunther Klum, who has guided her career for nearly 30 years.

Now the 46-year-old supermodel has dissolved all her business ties with her devastated father, who sources say has been “cast out” over his disapproval of her 30-year-old new husband. “Gunther didn’t have a problem with Tom

himself – it was his age and the fact Heidi married the poor kid before the ink was dry on his own divorce papers [from Ria Sommerfield]” says a long-time family friend.

“Gunther can see this all ending in tears and a huge divorce payout – again. He tried to convince her to give Tom time before making such a big commitment.

“Heidi tells everyone she’s worried about Gunther working at his age, but this really is because he’s the only person left willing to stand up to her.”



Bea believes
Meghan is
ruining her
wedding.

William has
been accused
of leaking
stories.

Meghan feels
like no one
respects her.

ROYAL REUNIO

Chaos ensues as Harry and Meghan return to the palace

With the Duchess of Sussex making her first return to the UK and Buckingham Palace after her three-month hiatus in Canada this week, no one expected it to be anything less than extremely awkward.

But staff are gearing up for one of the most explosive weeks they've seen at the palace in years, with

speculation rife that a feisty Meghan is preparing to take her frustrations out on everyone from the Queen and the Duchess of Cambridge through to Princess Beatrice.

According to one royal insider, the Queen – despairing over the state of her fractured family since Meghan and Harry announced they were cutting ties with the royals and

moving away from London – has invited all the key players to Buckingham Palace on Harry and Meghan's return for their final public appearances.

"The Queen wants to make peace. She's an old woman and can't bear the thought of her grandchildren squabbling, so she's planned a dinner and invited the Sussexes, the Cambridges, and the York

sisters and their respective spouses," says a source. "But the timing couldn't be worse – these are the very people Harry and Meghan insulted in their testy latest statement."

In the statement, the couple accused the Queen, 93, of having double standards by allowing other members of the family to earn an income while remaining royal, alluding to



A teary Kate has kept a “dignified silence”.

Harry has his wife’s back.

ON FROM HELL!

Princesses Beatrice and Eugenie. They also seemingly took a swipe at Kate, 38, and Prince William, 37, for being able to trademark their own brand Kensington Royal while Harry, 35, and Meghan have

‘Meghan seems to forget that William will be in charge one day’

had to withdraw their trademarked Sussex Royal.

“Rather than letting bygones be bygones, Meghan seems relieved she’ll finally be having a voice,” says our insider. “Until now only Harry was allowed to be involved in negotiations while she was in Canada with baby Archie. Meghan is very, let’s just say, passionate about the fact that she feels like no one respects her and she’s convinced the

whole family is jealous of her and her glamorous life.

“Behind closed doors, Megan has accused Kate and William’s office of leaking stories about her. Apparently, Kate left in floods of tears last week when she heard about that, but full credit to her, she’s maintained a dignified silence as usual, and you can be sure she’ll do the same when the family comes face-to-face later this week.

William’s obviously noted it for future reference – Meghan seems to forget that he’ll be in charge one day.”

While Kate will do everything in her power to remain civil with 38-year-old Meghan, royal sources tell *Woman’s Day* Beatrice, 31, won’t be afraid to stand up to her, accusing her of ruining her wedding to Edoardo Mapelli Mozzi – whether she meant to or not.

TURN PAGE FOR MORE ROYALS



BEHIND PALACE WALLS



HER FAVOURITE GRANDCHILD



CHEEKY MOMENTS



SHARING A FEW LAUGHS

THEIR BROKEN BOND

For years, it was widely accepted that Prince Harry was the Queen's favourite grandchild. He taught "Granny" to FaceTime – with the Obamas, no less – and used to call on her for advice. Now, sadly, the 93-year-old

monarch can hardly bear to hear his name since he sensationally quit the family almost two months ago.

A palace insider told *Vanity Fair* that while Her Majesty publicly supports Harry and his wife Meghan, privately

"she generally doesn't want to talk about it".

Adds the source, "The Queen has been keen to get this resolved because she sees it is damaging to the monarchy, and on a personal level this has been rather hurtful for her."

DECODING THE DUKE & DUCHESS

A 1000-word statement on their website sussexroyal.com – described by royal experts as "spiteful" – gives great insight into the current state of

Harry and Meghan's household. The couple addressed their feelings on being forced to drop "Sussex Royal" as a brand, as well as taking a swipe at

the Queen for "having no jurisdiction" over the word "royal". Here we decode the most poignant parts of their announcement.

There's been an unprecedented battle between the Sussexes and the Queen's legal team – and Her Majesty was the victor, much to Harry and Meghan's disgust. They're making a parting – and some would say childish – jab at the monarch to say they could use the moniker if they really wanted.

Harry is still royal by blood, lest anyone should forget.

They will continue to be protected at the cost of the commonwealth taxpayer due to specific threats against them.

- While there is not any jurisdiction by The Monarchy or Cabinet Office over the use of the word 'Royal' overseas, The Duke and Duchess of Sussex do not intend to use 'Sussex Royal' or any iteration of the word 'Royal' in any territory (either within the UK or otherwise) when the transition occurs Spring 2020.
- As the grandson of Her Majesty and second son of The Prince of Wales, Prince Harry, The Duke of Sussex remains sixth in line to the throne of The British Monarchy and the Order of Precedence is unchanged.
- It is agreed that The Duke and Duchess of Sussex will continue to require effective security to protect them and their son. This is based on The Duke's public profile by virtue of being born into The Royal Family, his military service, the Duchess' own independent profile, and the shared threat and risk level documented specifically over the last few years. *No further details can be shared as this is classified information for safety reasons.*
- While there is precedent for other titled members of the Royal Family to seek employment outside of the institution, for The Duke and Duchess of Sussex, a 12-month review period has been put in place.

The couple repeatedly insisted they wanted to remain royals while maintaining financial independence – and subtly point out that their contemporaries, Princesses Beatrice and Eugenie, are able to be working royals and take on paying jobs.

PRINCESS ANNE'S NEW MAN!

Princess Anne has sparked rumours she's in a relationship with International Olympic Committee bigwig – and certified silver fox – Giovanni Malago after a chemistry-charged appearance together at the Six Nations Rugby Championship last weekend.

Anne, 69, who divorced husband Captain Mark Phillips in 1992, was seen deep in conversation with divorcee Giovanni, 60, as she cheered Scotland on to victory in his native Italy.

"They definitely got people talking after their cosy display," says an onlooker. "They were surrounded by people but only had eyes for each other."

Adds a palace insider, "It would be lovely for Anne if she found love ahead of her 70th birthday [in August]. Everyone from the Queen through to her kids Zara and Peter would be thrilled about it."

The pair were more enthralled with each other than the game.



PATERNITY SCANDAL REIGNITED!

It's guaranteed Prince Harry won't be watching the next season of *The Crown*, which depicts Princess Diana heavily pregnant with him. To make matters worse, it's likely rumours will resurface his real father is Diana's horse-riding instructor James Hewitt. "Harry dreads

what's going to be said in the show," says a source. When it was revealed Diana had an affair with James, some insiders speculated Harry was his son. "Harry is aware of the innuendo, and he hates it," says a source. "This show is going to open up some old wounds."



MEGHAN GETS A STEPMUM!

He's been vocal about his daughter, but there's one woman Thomas Markle, 75, isn't spilling the beans on yet – his new girlfriend! "Thomas has been dating an American woman for the past few months, who he met at his complex in Rosarito, Mexico," says an insider. "They've known each other for a while. Their friendship developed into a romance, with Thomas telling friends how he hopes she can help connect him and Meghan – it's like he has a new lease of life."

Thomas was spotted with flowers on Valentine's Day.





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Terri's heroic 'saviour'

RUSTY MOVES IN!

With the actor spending the weekend at the zoo, he and Terri are more committed than ever

Russell had fans guessing where he was in this pic.



Picture of Russell at Australia Zoo: Social media.

Dodging romance rumours seems to be Terri Irwin and Russell Crowe's forte. However, denying them will be even harder this time around after the pair finally went public with their relationship last week!

Taking to Instagram, Russell posted an image of himself at Australia Zoo – pointing towards a sign inside the compound's

John Oliver Koala Chlamydia Ward, which he generously helped fund.

The *Gladiator* star, 55, smiled cheekily at the camera and asked people to guess where he was, writing, "Where am I now?" Fans of the actor went into meltdown, with many excitedly replying he "was visiting Terri Irwin!"

Russell's surprise visit came at just the right moment for Terri.

On February 24 it would have been her late husband Steve Irwin's 58th birthday, but big-hearted Rusty made sure Terri wasn't on her own during this difficult time.

"Russell flew direct from Los Angeles to Queensland and has hardly left her side since," a source close to the Irwin family tells *Woman's Day*.

"He's been her saviour these past few days. He's been making sure Terri has everything she needs to get by, particularly on Steve's birthday."

In December last year, *Woman's Day* revealed the pair were looking at properties to start "new beginnings" as a couple in Oregon in the US.

At the time, a source said 55-year-old Terri "would

never ask Russell to move into Australia Zoo as it was so steeped in memories of Steve".

But with the Oscar winner making a welcome appearance, it appears that Terri could slowly be letting her guard down and allowing Russell to stay over at her Sunshine Coast home.

Rusty is also helping Terri plan her daughter Bindi's wedding.



BROKE & BETRAYED

Distraught Mishel can barely make ends meet

Mother-of-two Mishel Karen knew exactly what she was getting herself into when she auditioned for *Married At First Sight*. Drama, backlash and bitchiness... she welcomed it all, in the hope she could meet a man who could heal her broken heart. But an insider close to the Brisbane-based teacher says she didn't expect to be left in financial ruin and struggling to pay her mortgage.

According to the source, 48-year-old Mishel is now \$7000 out of pocket after she was forced to undergo surgery for her severely injured knee, which was the result of a fall during her honeymoon in New Zealand with TV husband Steve Burley, 52.

"She's had a hard time getting production to reimburse her the bills despite the fact it happened

on set," dishes the spy, referring to Mishel tearing her meniscus during a skiing accident.

"Even months after filming she still hasn't been able to pay back her anaesthetist! It's meant she's not been able to work and is spending her time trying to recover," continues the source, adding that Mishel was forced to use all her holiday leave from work on obligatory press commitments and recovery. "She's even had to convince Suncorp to allow her to freeze her mortgage repayments for a month - it's not been easy," says the insider. "Her nearest and dearest are concerned for her health and her wellbeing."

'She's got her kids having to help her buy groceries'

It's not the first time a participant has been unable to work due to the social experiment, but it's the financial burden of the show that's really broken Mishel.

"She's got her two teenage kids having to help her buy groceries," the source adds. "These participants only receive \$150 a day to cover all meals, hair, makeup,

only in
Woman's
Day

Mishel is struggling after her skiing accident.



The divorcee hasn't received any support.



wardrobe [while on the show].”

What’s more, our source reveals the schoolteacher was forced to use her own personal credit cards at the hotels she stayed at during filming and had to wait months before she was paid back, which saw her go further into the red.

“All the food and drink were charged back to her personal account,” says the insider.

And while most brides would have hoped their groom would pitch in and help, Steve is said to have been more of a burden.

“Oh, he would pinch everything of hers – her groceries and the smokes she’d buy,” says the source. “During filming she had to hide her cigarettes away from him because she couldn’t trust him not to take them!”

SHOCK ROMANCES!

Connie + Luke

TV groom Luke Eglin left the experiment under dark clouds, with his wife Poppy Jennings telling *Woman’s Day* that the real reason the duo exited the show was too controversial to repeat. But

the FIFO worker, 39, hasn’t given up hope on finding love. In photos exclusively obtained by *Woman’s Day*, the father-of-two has been spending time with 27-year-old bride Connie Crayden!

“They really hit it off,” dishes our spy. “They’re both from Melbourne, so it was really easy for them to catch up, and obviously their relationships were tumultuous during the show.

Interestingly, it was Luke’s relationship breakdown with Poppy that is said to have brought the lovebirds together.

“I think Connie just saw a side to Luke that perhaps [Poppy] didn’t and sparks eventually flew,” the source adds.



Mikey + Mel

It seems no woman is safe from the wandering eye of groom Mikey Pembroke who so far has been linked to brides Natasha Spencer and Stacey Hampton, and now appears to be making a play for *MAFS* expert Mel Schilling!

In an interview with *Woman’s Day* before the show’s launch, Mikey revealed he was very much open to marrying Mel, before called her “hot”!

While the 29-year-old’s confession was certainly in jest, he admits he has a soft spot for the bubbly blonde. The TV groom went on to say,

“Mel’s quite good looking. I should’ve been matched with her actually!”

However, he’s out of luck as Mel married her long-term partner Gareth Brisbane in Bali in 2018.



BABY SHOCKER WHO'S THE DADDY?

There's one bump, but three different contenders

From the very beginning real estate agent Aleks Markovic was clear about what she wanted out of the experiment: to start a family. Now, it seems the sharp-shooting bride has got exactly what she wished for – and more!

Last week, the 32-year-old sent the rumour mill into overdrive when she was snapped back home in Perth, cradling what onlookers describe as a baby bump. And while Aleks and her TV husband Ivan Sarakula, 30, appear to be falling more and more in love each week, it's becoming increasingly unclear who the father is.

Rumours of a pregnancy first surfaced when Aleks refrained from drinking alcohol at a dinner party, leading castmates to talk.

"It was just very out of character for her to refuse some dinner party bubbles, and she frequently spoke about how her parents thought she should be starting a family at her age," says an on-set spy.

But making matters more complicated is that Aleks has been linked to two other men. A source says Ivan was devastated when he discovered she was chasing another guy.

"Ivan was beside himself when he found out she'd met a guy named Sloba at a party in Sydney," says the spy. "Even though it was pretty obvious Sloba wasn't into Aleks, Ivan completely broke down."

Aleks has also been spotted enjoying the company of 2019 *MAFS* groom Dino Hira. A source close to the meditation guru says the pair have formed a close bond in Perth, with Aleks leaning on him for advice.



Contender #1?

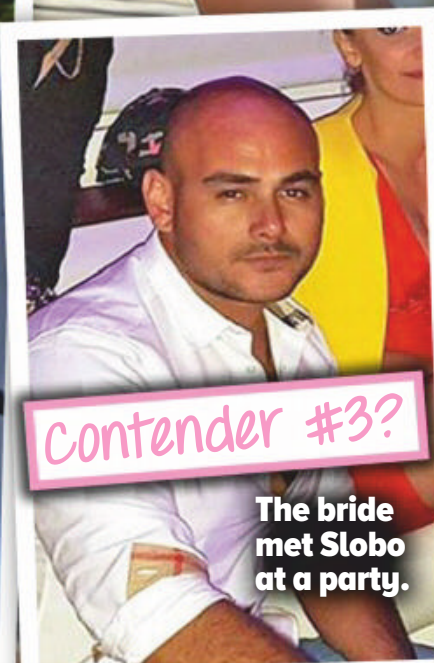
Ivan has strong feelings for his bride.

20 Woman's Day



Contender #2?

Former *MAFS* star Dino is close to Aleks.



Contender #3?

The bride met Sloba at a party.

Intruder
alertLIZZIE'S SHOCK
ATTACK ON HAYLEY!Things got very physical when the
controversial brides came face-to-face

For weeks the show has been teasing the hotly anticipated return of *MAFS* star Lizzie Sobinoff and according to insiders she's taking no prisoners this year.

"She's out for Hayley's blood!" reveals a source, explaining the 28-year-old is at the centre of an explosive catfight during a girls' night out. "All the brides [who left] return for a bit of fun and Lizzie comes face-to-face with Hayley... needless to say she's not a fan," the source adds.

According to the insider, Lizzie becomes so enraged at Hayley who is making fun of the other brides and joking about the fact she cheated on her groom, that she smashes a glass! It's believed production is forced

to step in moments before Lizzie attempts to grab the controversial bride by the throat. "They had never seen her like that before – it was intense!" says our spy.

Interestingly, the source reveals that while you would think Lizzie's second appearance would have been easier for her, she struggled with being in the experiment again.

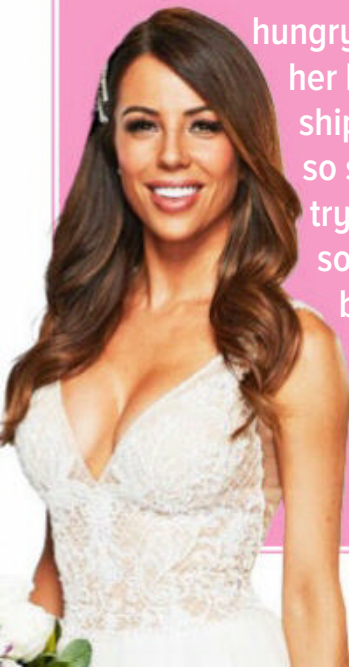
"There were concerns for Lizzie – she had lost a lot weight, she was very emotional and just anxious about being cheated on again," the source explains. "Making back-to-back appearances on a show like this definitely meant she was under intense pressure."



FAMOUS AT FIRST SIGHT

Meet the new limelight-chasing
participants set to intrude on the show...**KASEY, 31, SYDNEY, NSW**
PERFORMING ARTIST**SHE'S A REALITY TV REGULAR!**

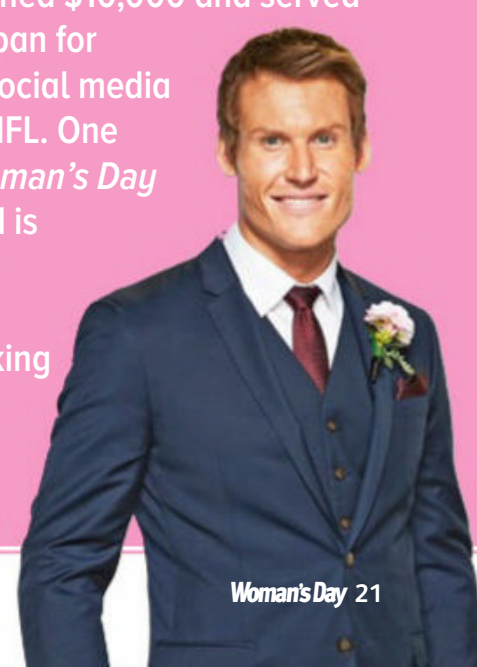
"She's absolutely on the show to relaunch her failed entertainment career!" spills a source, who insists the Sydney-based bride, who appeared on Ten's failed reality series *The Shire*, is so fame-hungry she told participants to refer to her by her stage name KC on set. "Her ship as a performer has sailed in LA, so she's definitely back in Australia trying to get into acting," dishes the source, adding that the brunette beauty has been linked with a slew of famous faces, including David Beckham and One Direction's Niall Horan.

**DREW, 31, CAIRNS, QLD**
MUSICIAN**HE'S A PAID MODEL!**

With a sixpack that would make any bride blush, it's no surprise that incoming groom Drew is a working model, who has been splashed across the cover of several magazines! In 2017, the handsome star was a finalist in the popular male model search *Manhunt* before he fronted the cover of *FNQ* magazine!

**SEB, 30, ADELAIDE, SA**
PERSONAL TRAINER**HE'S A SPORTS STAR!**

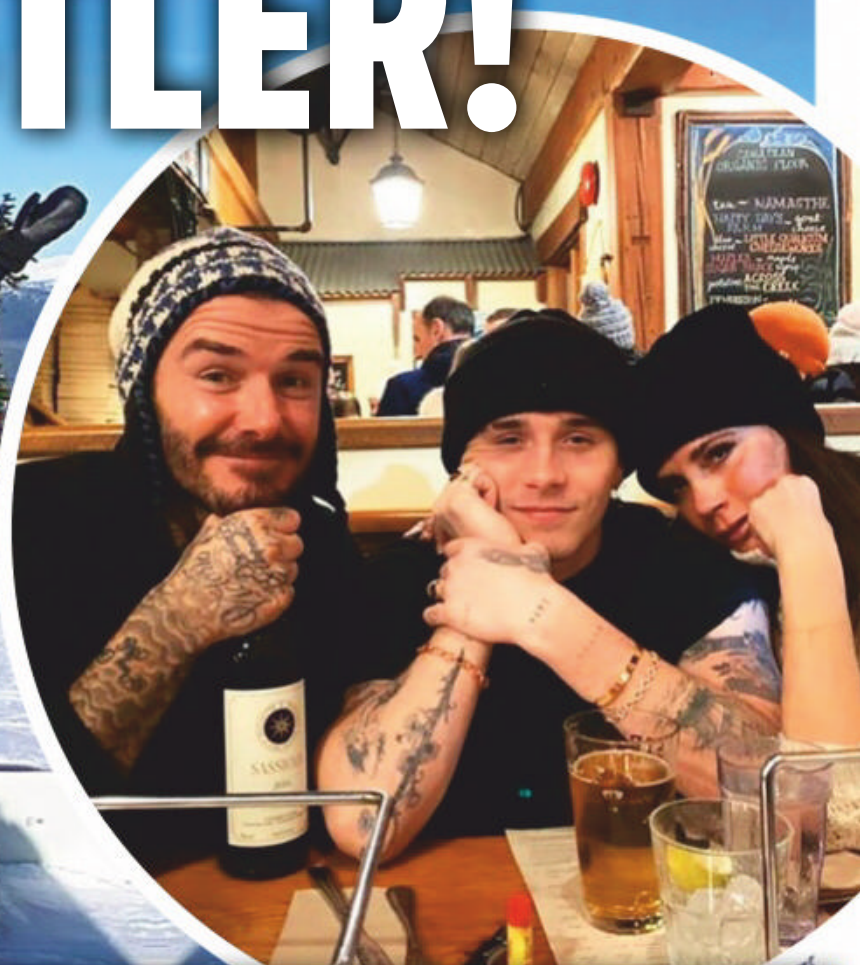
If Seb seems familiar, you've probably seen the former AFL player in action! In 2018, the Woodville-West Torrens ruckman was fined \$10,000 and served a three-match ban for comments on social media dissing the SANFL. One source tells *Woman's Day* the 30-year-old is hellbent on reinventing his image and looking to become a qualified fitness coach.



THE BECKHAMS TAKE WHISTLER!



"So happy to be back in Whistler," David posted on Instagram.



David, Victoria and family headed to Canada for a fun family getaway



Cruz is a snowboarder, just like his dad, below!



There's no doubt Victoria and David Beckham's marriage has been a little icy of late – so a family trip to the slopes of Canada was the perfect antidote to their troubles.

The couple brought their brood – including Brooklyn, 20, Romeo, 17, Cruz, 14, and Harper, eight – along for a skiing vacation in the British Colombian town of Whistler, and friends say it was “just the tonic” for Posh, 45, and Becks, 44, and their 19-year marriage.

“They got back to basics and just had fun with the kids like they used to,” says a source.

“Posh even skied when she usually hates sports. It seemed to put all their differences about their separate lives and cheating rumours to one side.

“Let's hope it stays that way for them, because when David and Vic are good, they're amazing together.”



Whoops! At least it's a soft landing.



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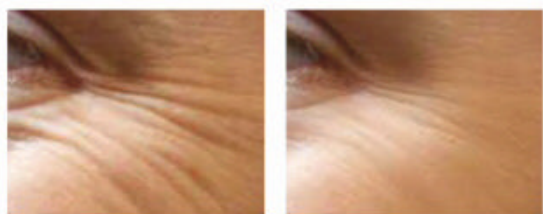
Home grown sensation: REVITALEYES is the No1 selling eye cream in Australia



3 PEPTIDES VITAMIN C

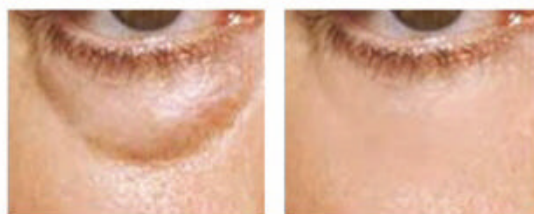
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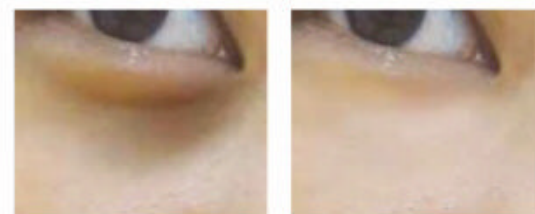
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Michael & Catherine IS THIS THE END?

Catherine was holding the family together for father-in-law Kirk – but now she's free to leave

Kirk adored Catherine and the kids.

When Kirk Douglas died aged 103 recently, it heralded the end of a golden Hollywood era. So too, sadly, did it bring about the demise of his son Michael's tumultuous 19-year marriage.

This is according to sources in the US, who say it was only caring for Kirk that kept Michael and wife Catherine Zeta-Jones together in recent years – and just days after his funeral, Catherine reportedly “sat down and told Michael, ‘I want out.’”

“Catherine’s decision to leave the marriage to take time for herself has left Michael completely blindsided,” our source says.

But the 50-year-old “didn’t make the choice lightly”.

“She put a lot of thought into this,” says the insider.

“Catherine’s been miserable for a long time – years, even – but she kept it together for the kids and Kirk’s sake.”

Now, with her father-in-law – who adored Catherine – gone, and the couple’s son Dylan, 19, at college and daughter Carys, 16, preparing to fly the coop, the

Welsh actress has decided it’s time.



The couple showing a united front for Kirk and his wife Anne.

“She stayed this long because she didn’t want to let Kirk down – he was so big on family and tradition,” says the source. “Life’s short, she wants to be happy and do what she wants to do for a change, not what others expect her to do.”

UPS & DOWNS

It’s not the first time Catherine has attempted to end her marriage to Michael, 75.

The couple – who are worth \$500 million – first split in 2013, after he’d been treated for tongue cancer and she was diagnosed with bipolar disorder.

‘She didn’t want to let Kirk down – he was so big on family’

“They were both at their lowest points and couldn’t find common ground,” says a friend, who explains that Michael was “unsupportive” and Catherine “too depressed” to help her husband in his hour of need.

They ultimately got back together – more for the children than anything, say sources – but their marriage was tested again in 2018, when Michael was accused of sexually

harassing an assistant in the 1980s.

“That was like a knife through the heart for Catherine,” says the source, who always heard of Michael’s womanising ways but couldn’t believe them because he was “so sweet with her”.

They saved it at the death knell through therapy, but in the past two years, they’ve let it slide – largely because they were so tied up with nursing Kirk through his final stages.

“Catherine was always at Kirk’s house [in Los Angeles], organising the nursing staff and helping his wife Anne with housekeeping stuff, and Michael was overseeing the millions of other things that needed to be done,” says the insider. “They neglected each other, and it hurt their marriage.”

HOPE FOR THE FUTURE

But all hope is not lost. Michael is said to be “crazy about Catherine” and determined to pull their marriage off the edge.

“He’s being very tender and understanding, giving her all the space she needs,” adds our source. “Carys is siding with her mum and says she’ll live with her, but Dylan is pushing his dad to make things up.”

Their friends, too, are hoping they’ll pull through. “Sometimes distance can be a good thing. After a time of healing, reflection and therapy, maybe they’ll fall in love again.”

Who gets their million-dollar houses?!

Before they got hitched, Catherine reportedly secured herself an airtight pre-nup, with some sources saying Michael even agreed to hand over \$2.8 million for every year they were married. But if they do split, there’ll be a lot of property to fight over, with the mega-rich couple owning homes in Bermuda, NYC, Majorca and Catherine’s home country, Wales.



NEW YORK CITY

BERMUDA



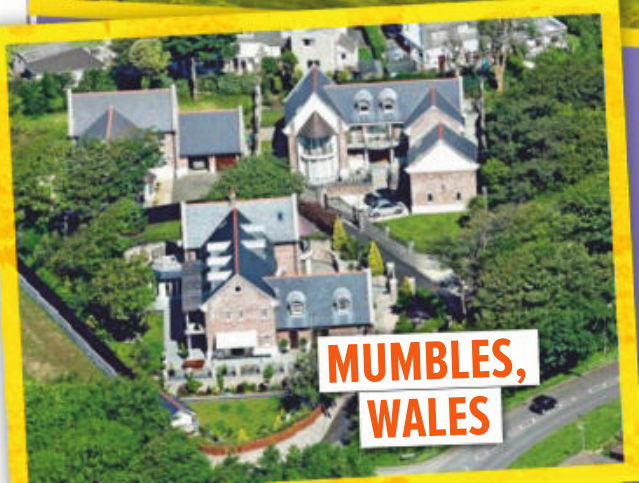
MAJORCA



NEW YORK STATE



MUMBLES, WALES



JULIE GOODWIN TELLS HOW LOVE SAVED ME

MasterChef winner Julie opens up about why she really had to quit her dream radio job

It was no secret to those who love her that 2009 *MasterChef* winner Julie Goodwin has been struggling for “years” with her mental health after finding fame on the show and living the dream after making millions from her passion.

She became a household name when she won the first season of *MasterChef*, and soon had a book deal, a column in *The Australian Women's Weekly* and her own TV show, before realising her lifelong ambition to open a cooking school, Julie's Place.

But her extraordinary success, which included co-hosting a breakfast show on Star 104.5 for the past four years on the NSW Central Coast – where she lives with her husband Michael and three sons, Joe, Tom and Paddy – came with enormous pressure and stress.

And late last year it all became too much for this lovable mum-turned-celebrity who finally admitted to herself and her family that she needed help to deal with the personal “crisis” she was experiencing.

“It's with real sadness that I've made the difficult decision to step away from my breakfast role, but I've had to weigh up my family, my cooking school and life balance priorities, and hope

I'm doing the right thing,” she said in a statement in December.

But the statement merely hinted at the pain Julie, 49, was suffering, and last week she went public with the revelation that she had spent the previous six weeks in a mental health unit, receiving treatment for depression and anxiety.

“Disappearing like this has created difficulty for a lot of people. I have essentially disappeared from my own scheduled life, failed to meet my obligations, and I owe an explanation,” she said.

MENTAL HEALTH

Julie went on to reveal she had suffered depression and anxiety “on and off over many years”, but that the huge workload of running her cooking school, and working in breakfast radio had left her at breaking point during her Christmas break.

“I reluctantly decided to acknowledge that my mental health wasn't great and I finally allowed myself to be diagnosed with depression and anxiety, and put on medication,” she said.

“I felt like I was trapped under a wet woollen blanket and every move was a massive effort... anxiety kept coursing through me like electricity. Eventually it

all became so much I had nothing left. My beautiful husband Mick, the person who loves me most, recognised the crisis I was in and took me to the emergency room. I was referred to what's known as the acute care team, who referred me to a psychiatrist, who recommended inpatient care in a mental health unit.”

While her anxiety and depression reached crisis point two months ago, there have been signs Julie has struggled with her fame and massive workload for years, including

‘I felt like I was trapped... every move was a massive effort’



Julie says the person who loves her most, her husband Mick, took her to hospital.

Julie's
mental
health
battle



pleading guilty to drink driving in 2018. But even two years before that, Julie told *Woman's Day* her weight plummeted 20kg in a very short space of time because she'd been "working bloody hard and working very, very long hours" setting up her cooking school.

INSECURITIES

She also revealed at the time she suffered terribly with insecurities after she was publicly shamed over her weight when she won *MasterChef*, saying it made her feel "horrible" and she "hated" it.

It was her husband Mick and their three boys who helped her overcome the haters, and Julie says her mental health crisis has taught her to be kinder to herself.

"Treat yourself the way you would treat someone you love," she said in her statement to fans.

"Don't work more than you would allow your partner or child to work. Don't speak to yourself with harsh words you'd never use towards your friends or colleagues. Be as kind to yourself as you try to be to others.

"And if you're overwhelmed, if you're struggling, ask for help. If you won't do it for yourself, do it for those who love you the most."



Julie's boys are in their early 20s.



Julie with 2009 *MasterChef* runner-up Poh Ling Yeow, who also found fame on the show.

Available at **coles**

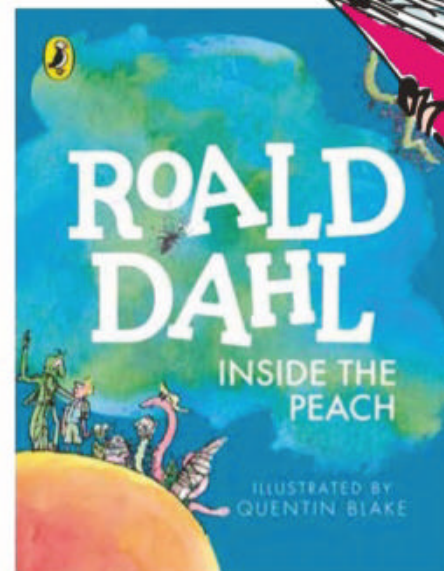
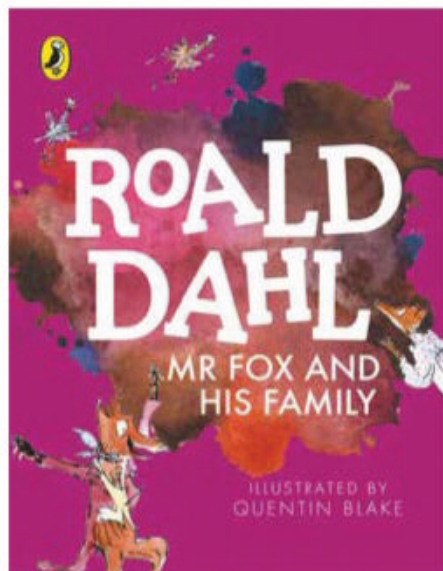
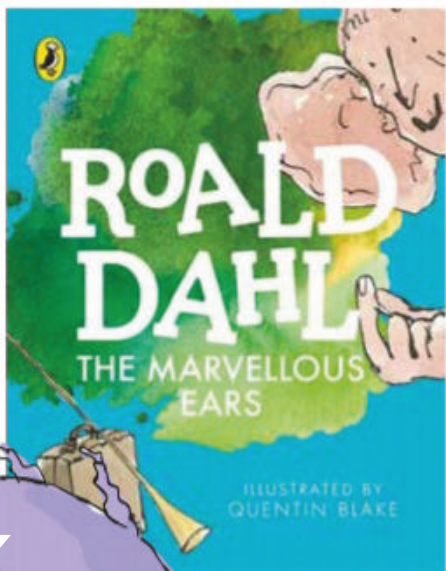
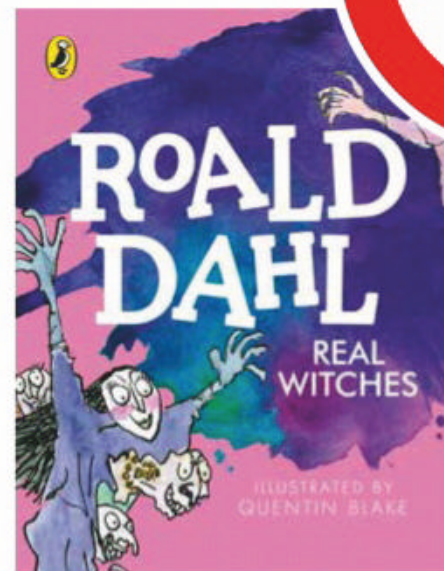
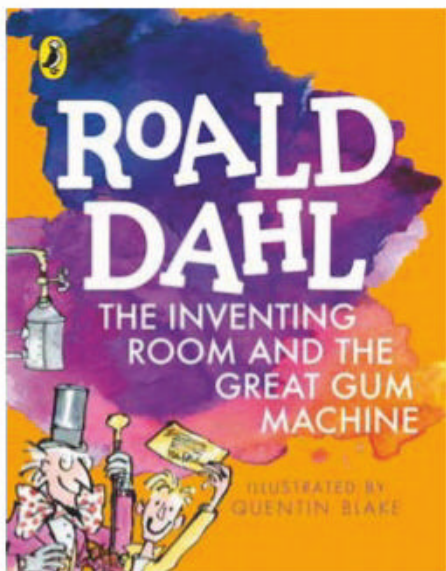
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SURI'S NOT SAFE!

Katie fears Scientologists are trying to lure her daughter back

Katie believes the church is still watching her daughter.

only in
Woman's
Day

'Katie has instilled a healthy level of distrust of strangers in Suri'

So recent pictures of the 13-year-old sprinting down a busy New York street – looking spooked and with her mum nowhere in sight – caused alarm among sources close to actress Katie.

"Katie and Suri are usually inseparable – obviously because they're really close, more like sisters sometimes, but also because Katie is fearful to let her out of her sight," says an insider.

"Katie suspects Scientologists are still keeping tabs on her and her daughter – they watch people, after all – especially because as soon as Suri becomes a legal adult they will almost certainly attempt to get her back.

"As the daughter of Tom Cruise, she is thought of as some kind of messiah. Katie has instilled a healthy level of distrust of strangers in Suri, so perhaps something freaked her out.

"Suri is highly intelligent and worldly and Katie wants to give her the independence she deserves at her age. But sadly she will always be a target, and there will always be security fears around her."

When Katie Holmes pulled off her dramatic escape from Scientology in 2012, the 41-year-old knew she would face a lifelong battle to prevent the church from trying to reel her daughter Suri back into its clutches.

After all, Katie's ex, Suri's dad Tom Cruise, 57, is so entrenched in the sect he is thought to be its second-in-command.

Suri looked frightened as she ran down a NYC street.

FAREWELL BEAUTIFUL

Australia's undisputed queen of
June Dally-Watkins dies peace



Modelling in 1950
(above) and (right)
in 1948, on the cover
of *The Australian
Women's Weekly*.



L TO OUR MISS DALLY

1927
-2020

deportment and etiquette
fully at 92 after a full life

To meet Miss Dally, as she was known to all her friends and students, was to bask in a smile so dazzling you couldn't help but walk (or sashay) away like a lovestruck teenager, feeling a bit better about yourself.

She made a name teaching etiquette and deportment to generations of young ladies (and yes, they were young ladies, not women) and some men, in Sydney during an incredible 77-year career. Her business sense was inspirational, and she had a wicked sense of humour and a giggle to match.

The twinkle in her eye never faded, nor her

razor-sharp intelligence, despite a rapidly changing world. But she embraced modern life, all the while teaching old-fashioned manners and values.

NEW SCHOOL

Miss Dally even conquered a new market in China, opening a branch of her of education and training school in the country in 2013 – when she was a sprightly and elegant 85 years old! And she kept her Sydney deportment school going, which opened to instant success in 1950.



MEETING ICONS

She met actor
Bob Hope and
other stars in
the 1950s.

June's
famous
friends

STAR POWER

She fell in love
with "Greg Peck"
in Rome and later
said she regretted
staying chaste!



BOOK LAUNCH

With lifelong
friend Ita
Buttrose
in 2002.

Born illegitimate in Watson's Creek, Tamworth, NSW, when society shunned single mums, she began a modelling career when she was a teenager, before using her fame to start the first modelling agency in the southern hemisphere. It was an outstanding success and launched the careers of dozens of top models and pageant queens.

JUNE'S MANTRA

"The things that cost nothing are the most important – dignity, self-respect, speech, good posture, good manners, kindness, a smile, talking eye to eye and the greatest of all, love!" Miss Dally declared in her 1969 book, *The June Dally-Watkins Book Of Manners For Moderns*.

'Dignity, self-respect, speech, good posture, good manners...'

June married in 1953 and had four children, all while building her business in an era when most mums didn't work. She died peacefully in her sleep at her Sydney home on February 22.



A makeup
lesson at her
Sydney school
in 1988.



NICOLE'S NEVER BEEN SO *HOMESICK!*

Nic wants to come back to Australia...
and it's causing friction in her marriage

Antonia's loving life in Oz



Antonia, 49, with her hubby Craig Marran and six kids, is back home after 10 years.

When Antonia Kidman moved back to Sydney after a decade of living in Singapore, she threw herself into all the best things about life on home soil. And that fact hasn't escaped her big sister Nicole, who, sources say, is green with envy over Antonia's new life in Australia.

"Nicole loves living in America but as she gets older, the gravitational pull of home is getting stronger," says a source.

Unfortunately the same can't be said for her hubby Keith Urban, who is "very settled" in Nashville, Tennessee, and sees no reason to uproot their two daughters, Sunday, 11, and Faith, nine, "just because Nic's feeling a little homesick".

MISSING HER FAMILY

According to our insider, "Every time Antonia posts a picture of herself in Sydney with her kids enjoying all the trappings of home, especially days by the

Photos of her sister's family at the beach have Nic pining to return.



beach, Nicole gets pangs. Keith insists it's just a phase, which really bugs Nicole. She doesn't like how he's not really getting her homesickness."

We're told Sydney-raised Nicole, 52, has been struggling being so far away from family – especially her mum Janelle, who turns 80 in June.



Antonia and daughter Lucia enjoy the sun at Whale Beach.

only grew when her dad [Dr Antony Kidman] died five years ago."

Nicole has apparently been arguing her case about why she and Keith should return home. "It's all about family," says a source. "She's mentioned that Keith's mum [Marianne] is also not getting any younger and has been living on the Sunshine Coast by herself since Keith's own dad died. She argues that Keith should be closer to her, as well as to his brother Shane, who Keith does not have a chance to see very often."

MORE FREEDOM

"Nicole is very caught up on the fact that Sunny and Faith have cousins

in Australia they barely know, and she wants very badly to change that. She wants them to have the freedom she grew up with by the beach in Sydney, which there's no chance of them getting while they're growing up in the 'fishbowl' of Nashville and Los Angeles."

'Nic feels that moving home could reboot their marriage'

Nicole's dream of moving home is just another source of friction between her and Keith, with several media outlets reporting their marriage has been under strain in recent months.

"They're usually so loved up, but lately they've been arguing about their clashing schedules," says our source. "Nic feels that moving home and getting a fresh start could reboot their marriage, and she's just waiting for Keith to come around."

"In the meantime, she's living vicariously through Antonia – and Antonia's Instagram posts!"



OUR MOST INSPIRING WOMEN

Celebrating International Women's Day on March 8, we honour some of the amazing women we've had the pleasure of meeting this year

Catwalk queen

When Carol Taylor was invited to design a fashion range for people with disabilities she worried she'd taken on too much. Along with juggling life as a doting mum and running her own law firm, she certainly had plenty on her plate.

Yet the glamorous 52-year-old from the Gold Coast knows more than most the desperate need for a stylish clothing line for people with disabilities.

She's no stranger to a challenge, after enduring years of agonising rehabilitation following a horrific car accident 18 years ago that severed her spinal cord, leaving her a quadriplegic. "Some would argue people with a disability have more

important things to worry about than fashion," says Carol, who could never accept what she considered "regulation disability attire" of tracksuits and sneakers and longed to wear stilettos again.

"I think fashion affects our core sense of identity, our confidence, and it impacts the way the outside world perceives and treats us," she says.

So Carol embarked on a mission to devise a world-first range of adaptive ball gowns and kaftans, and included design techniques such as well-placed seams and zips to help those wearing her garments avoid dangerous pressure sores, and a

kaftan with drop-down sleeves to help regulate temperature and blood pressure.

She debuted her MeQ Designs range at last year's Mercedes-Benz Fashion Festival in Brisbane. The proud mum wheeled down the catwalk to rapturous applause. "I might be on wheels but my fashion moves me forward," she says.



Carol showcased her range at Mercedes-Benz Fashion Festival.



Incredible investigation

who vanished in late 2005 during a trip to Atherton in Far North Queensland to be at her son Alan's side for the birth of her first grandchild.

"I've accepted she's not coming home alive," she says. "But I need to know what happened to my mum."

The then-44-year-old was a devoted single mum to her five children. "She was an amazing mother," Lily recalls.

When her eldest son Alan's partner fell pregnant, Katie couldn't wait to be a grandmother, and in December 2005, a few weeks before the baby's January due date, Katie left her Melbourne home and flew to Cairns.

Alan lived in Ravenshoe, 120km south-west of Cairns.

Ten days later Alan rang Lily to tell her he'd had a baby girl but Katie wasn't at the birth.

On December 29, he'd dropped Katie off in Atherton, where she planned to catch up with a friend and hadn't

returned. Lily called the police and a witness came forward to report that Katie had been seen chatting to two men near an Atherton bottle shop. After that, there was no trace of her.

"It was as though Mum had vanished into thin air," says Lily.

Six years later, officers told Lily they believed her mum had been murdered, and at an inquest five years ago the coroner also concluded that Katie had met with foul play.

But Lily decided to take matters into her own hands.

"A degree in criminology will give me the skills to investigate her case and, hopefully, solve it," explains Lily, who is now in her third year studying forensics at Griffith University. "Now I also want to help other people with missing family members."

But Katie's case remains a mystery that haunts Lily. "I won't stop until I learn what happened to Mum," she says.

"She was an amazing mother," says Lily.



When hairdresser Lily Parmenter puts down her scissors for the day, she journeys inside the minds of depraved killers, looking for answers about her mum Katie O'Shea's disappearance 13 years ago.

Lily decided to study criminology so she could find out what happened to Katie,

The power of pets

Anyone who's ever loved a pet knows how much joy their companionship brings. That's why Sharon Stewart founded Paws Pet Therapy.

Sharon, a registered nurse for 30 years, used to take her late Siberian husky Zep with her to visit nursing homes. "Patients loved it, so I thought there could be other people out there who'd benefit from a visit from a therapy dog," she explains.

"We have 120 volunteers and visit nursing homes, hospitals, mental health and rehab units, disability groups and schools all over NSW, ACT and SA.

"The dogs go in and offer unconditional love and help wherever they're needed. It's uncanny how they instinctively know who needs a cuddle



the most that day," she explains.

Sharon believes her canine carers possess a special kind of magic.

"They're just so clever and loving. They have a way of knowing how to help – they see into the soul."

With her dog Hudson by her side, Sharon knows dogs really are our best friends.

Sharon with her besties Hugo, Ringo and Hudson.





Keeping our kids safe

When nine-year-old Samantha Knight was snatched from the street near her Bondi home in August 1986, it shocked the nation.

Serial paedophile Michael Guider admitted he killed the little girl but now – even after walking free from prison last year – he has not revealed where the body is.

For Adelaide mum-of-two Chantelle Hamilton, 30, it's an atrocious crime that's close to her heart. As a six-year-old girl she was one of Guider's victims – and her evidence led to his conviction.

Chantelle and her friend were drugged by Guider as he took naked photos of them. In 1996,

he was jailed for 16 years, with a minimum of 10, for 60 sex offences against Chantelle, her friend and nine other children.

Shockingly, he had stashed 5000 images of children. Police charged him with murder, but he only admitted to manslaughter, claiming Samantha died when he accidentally overdosed her with a powerful sedative. In 2002, he was finally jailed for manslaughter, for 17 years with a non-parole period of 12 years.

For Chantelle, the trauma has remained and she's channelled all her energy into protecting children from predators. She launched a petition calling for Knights Law.



Chantelle says she won't give up fighting to keep children safe.

"If a child killer hasn't revealed where the body is they must be jailed at least until they do," she says. Although her mission is far from completed, her determination knows no bounds. "I'm a mother and I'm fighting for the safety of children," she says.



Keeping family dreams alive

Damian Haire was a few short steps from the safety of his beloved homestead when a massive storm rolled in.

"He'd been moving some grain near the house when we saw the lightning," his wife Penny remembers.

Devastatingly, that's when she found her husband. The hardworking 45-year-old had been struck by lightning in a freak accident. He died hours later in Tamworth Hospital.

Alone and with three children under eight – Isobel, Jack and Alex – the determined mum vowed to keep her husband's dream

alive, promising the family farm would continue to thrive and their kids would have a bright future.

Four years on, with hard work and plenty of determination, Penny is successfully juggling parenthood and working their Tambar Springs property in northeast NSW.

"Grief never goes away, but you learn to accommodate it. You need to keep living your life, and a good one at that," Penny says. "Damian would be so chuffed with what we've achieved as a family. We'll always love and miss him."

Life-saving jumpers

In the Warrumbungle Ranges in NSW, big-hearted farmer Marie Knight gets to work rain, hail or shine. But she's not the only one who'll be wrapped up against the cold when winter hits.

Following her around will be a ragtag bunch of "poddy" or orphan lambs that, without the help of the kind sheep grazier, would be dead from cold.

The lambs are kept warm with sweaters made by knitters from Australia and around the world.

It all started when keen knitter Marie threw a shout-out on Facebook to anyone who needed jumpers for their lambs for those freezing winter nights. The feedback was extraordinary and more than 60,000 warm jumpers were sent her way.



Marie's jumper call-out has saved many lambs' lives.



Marie says they're a beacon of light for farmers like her and her husband Tony, who have 5000 sheep – many who they have struggled to keep alive as a result of the drought – and she can't get over the amazing response to her post. "We had 100 requests on the first day and 800 jumpers in the first week!" Marie says.

Help arrived from locals, interstate and further afield and Marie now has knitters sending jumpers from the US, New Zealand, Canada and the UK.

"I think the one positive to come out of this drought is that it's nice to see how caring people are," she says.

Dream career change

At the age of 73, Jill Nock is living proof it's never too late to try something new, after becoming one of the oldest, if not *the* oldest, apprentices in the world.

"Ever since I was a little girl I've wanted to be a hairdresser," she says. "When I was 15 my mum said it was out of the question and I was sent to secretarial college and I worked in offices for the next 50 years, and while I'm proud of my career achievements, I felt I'd not accomplished everything I wanted."

With her husband Les, the pair have two sons, John and Shane, and daughter Elizabeth, as well as six beautiful grandkids, so her life was busy.

But things changed forever when her friend Narelle Potter, who owns the local hair salon in Wynnum, Queensland, mentioned being understaffed and Jill offered to give her a helping hand.

"I started in March last year and I'm now officially in the apprenticeship program," she says. "It's the best job I've ever had! I love learning new things – and to see the clients beaming from ear to ear looking a million dollars!"

"Dreams really do come true," says Jill.



Tanya (above) Bec (left) and Beth selflessly work to protect communities.



Our bushfire heroes

Many Aussie women have gone shoulder to shoulder fighting the fires that ravaged much of Australia this fire season. Blue Mountains-based Beth Raines, who lost her home in the flames is one of them.

Fire captain Beth was recognised by her deputy fire captain Barry Freeman and neighbour for her extraordinary dedication in the face of such a soul-destroying loss, revealing that Beth returned to duties the day after she lost her own home and all her possessions.

NSW Rural Fire Service volunteer Tanya Willey, 45, is another courageous female putting her life on the line to save others. "I can't think of anything more rewarding than being a part of this amazing team of

special people who risk their own lives to help others," says the brave mum-of-three and deputy fire captain from Eglinton, near Bathurst.

"I pray every time we get in the truck we all make it home safely. The camaraderie and mateship is what keeps us going."

Professional firefighter Bec Colling, 27 – who was deployed to the Wollondilly district – says the unpredictable nature of the recent fires put both the volunteers and the Fire and Rescue firefighters under unforgiving pressure.

"It's an honour to wear the Fire and Rescue NSW uniform and to be on the frontline, especially during unprecedented times," she says.

He even
wags his
tail!

‘Moo do you think you are, Buddy?’

This orphaned calf thinks he's a German shepherd!

Coral Algie's German shepherd Bada wags her tail as she tends to her 12 puppies. As you watch her making her way along the line-up of her brown furry bundles, you can't help but notice there's something a little different about one of her brood.

Bada's 12th "pup", Buddy, is, in fact, a calf.

"Buddy was only a few days old when we rescued him," Coral tells *Woman's Day*, explaining she and her husband Wayne found him on the brink of death, stuck in

a dam near their farmhouse in New Italy, NSW, with his mum. Sadly, his mother didn't survive, but Coral and Wayne welcomed Buddy into their home.

And within hours of his arrival, Buddy wasn't just a hit with their kids, Bella, 12, and Lawson, 10, but the family's dog Bada and her pups took a liking to the brown-eyed babe, too, treating him more like a canine than a cow.

"It was adorable," says Coral, 52. "Buddy was snuggling up with the puppies for a snooze and was even chasing them around the

house. Bada took him on as her 12th puppy and started grooming him all the time by licking him and cleaning his eyes. Buddy loved it!"

In fact, the orphaned calf loves his adoptive mum and furry siblings so much he's even started acting like them - running alongside the kids as they ride their bikes and playing chase. He even wags his tail when he's happy!

"He doesn't see himself as a calf," says Coral. "I think he sees himself as posher than them. He looks across at them in the

paddock but he's up on the back verandah enjoying all the comfort."

Coral knows Buddy won't be pint-sized forever - not when he guzzles five litres of milk every day!

"I think maybe we shouldn't encourage chasing, as when he's 600kg, it might not be such fun," she says. "But he will always be our pet bull... he will always be our big buddy."

No bull! Buddy loves playing chasey with the kids...

...and having fun with his furry family.

desert dreaming

colours of Australia's heartland

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• AUSSIES LENDING A HAND •

The apple
orchard
town is on
the road to
recovery.

Week 8: BATLOW

‘WE’VE NEVER SEEN A TOWN MORE UNITED’

The townsfolk of Batlow are a force to be reckoned with as they bowl their way back from the bushfires

The magnificent Batlow battlers from the local lawn bowls club have become a symbol of hope for the small NSW town after it was brought to its knees by the recent bushfires.

With the full force of the club’s 85 members, this resilient brigade is more determined than ever to rise from the ashes and restore the town to its former glory – just ask keen bowlers, identical twins Kathy Hamilton and Janice Cobden!

“We might be a population of only 1450 people here in Batlow, but this wonderful hub is more

than just a lawn bowls club – it’s a place where we get to have a good old laugh and support one another, despite all the terrible suffering we’ve endured these past few months,” 67-year-old Kathy tells *Woman’s Day* just as her sister Janice jumps in to have her two cents worth.

HARDEST HIT

“We have members of all ages, from our 11-year-old champion, Stevie Houting, to dear old Johnny Melrose and the charming Ian Bunter, who are both 90! They take it very seriously, especially the coveted

Sedgwick Shield on a Wednesday night – but then there’s the Friday night comp, which is ‘mufti’ attire (come as you like) and that can get a little bit crazy!” Janice chuckles.

Batlow made the headlines for being one of the hardest hit regions during the bushfires after being cruelly battered twice in one week. At the time, authorities deemed the picturesque hamlet on the edge of the Great Dividing Range in the south-west slopes region of NSW to be “undefendable,” with a dire warning for locals and tourists to “leave or you will die.”

“We lost 80 homes and thousands of hectares of prime orchards and agricultural crops, along with three pine forests and much of our native wildlife,” says Kathy.

“We’re famous for our apples and the industry is reeling – there wouldn’t be an Aussie who hasn’t crunched into a Batlow beauty!”

UNITED IN GRIEF

Born in the region 67 years ago, the same year the Bowls Club was founded, the lovable twins hail from one of the most respected families in the district – with almost their entire clan keen lawn bowlers!

“Our parents were locals, and they loved what the club stood for in our community. Our incredible family matriarch



Kathy (right) and Janice are leading the charge to deliver hope.



BEFORE

Batlow is known as Australia's apple capital.



AFTER

Some growers may have to wait eight years for their next crop.

Auntie Hazel (Butz) is 97 and alive and well – and she's only just stopped bowling!" says Kathy.

"The club is run entirely by volunteers – no government grants here! We have an army of helpers to oversee the green-keeping, the cleaning, running the bar, along with the rest of what goes into keeping us afloat.

"It's what makes us Aussies unique – they breed us tough and kind, and very no-nonsense, which is how this place has survived all these years.

"The club thankfully was saved, but we have members who have lost everything and a few of our local RFS volunteers, who are also clubbies, did everything



Steve with his sons Luke (left) and Kurt.

**rebuild
ourtowns**

• AUSSIES LENDING A HAND •

HOW YOU CAN HELP BATLOW

- The Batlow Bowlie's big brother is the neighbouring RSL club with more than 800 members. Say hi to the friendly general manager Kylie Boxsell and enjoy a feed at their popular restaurant. batlowrsl.com.au (02) 6949 1040
- Take a road trip with the family and check out Batlow. visitnsw.com/destinations/snowy-mountains/tumut-area/batlow
- Save the date for the famous Batlow Cider Festival in May. visitnsw.com/destinations/snowy-mountains/tumut-area/batlow/events/batlow-ciderfest
- Stay at Batlow Caravan Park – it's back open for business after the fires. (02) 6949 1444
- Get your fruit fix and say g'day to Ralph and Judy Wilson

BBQ & BOWLS DAY

Batlow Beyond the Blaze: Bounce Back BBQ & Bowls Day is being held on Saturday, March 7 at The Batlow Bowlie. Locals Steve and Sharon Stuenkel and Larry and Karen Collins, came up with the ripper idea. "We love this town and our rugby league," says Steve. "NRL West Tigers legend Ciriaco Mescia is a Batlow boy and our special guest on the day. Come along and join us!"

at the Wilgro Orchard road stall. wilgroorchards.com.au

• Book a stay at the only motel in town, The Apple Inn, and meet manager Nina Adams, who lost her home in the fires but hasn't missed a day looking after her guests. 1 Tumbarumba Road, Batlow (02) 6949 1342 appleinn.com.au

• Feast on superb pub grub at the famous Batlow Hotel. Owners Matt and Linda offer old-fashioned country hospitality at its best. batlow-hotel.business.site

• Local Obsession Wines owner Adrian Brayne lost almost all his vineyards, but the cellar door survived. Go online and order! obsessionwines.com.au

they could to save those homes – we've never seen a town more united."

But the twins agree the most heartwarming story to emerge from the ashes is that of local woman Cherylyn Casey, whose husband Alan stayed to fight the fire and saved their home.

It was a deserving reward and happy ending for a brave mum

and grandma after her own battle with brain cancer over the past few years.

"Cheryln is a true inspiration and she's the real hero. Losing your property is one thing, but she has her life, her home and her precious family," Kathy says with a warm smile. "And for the Batlow Bowls Club, that's all that really matters."

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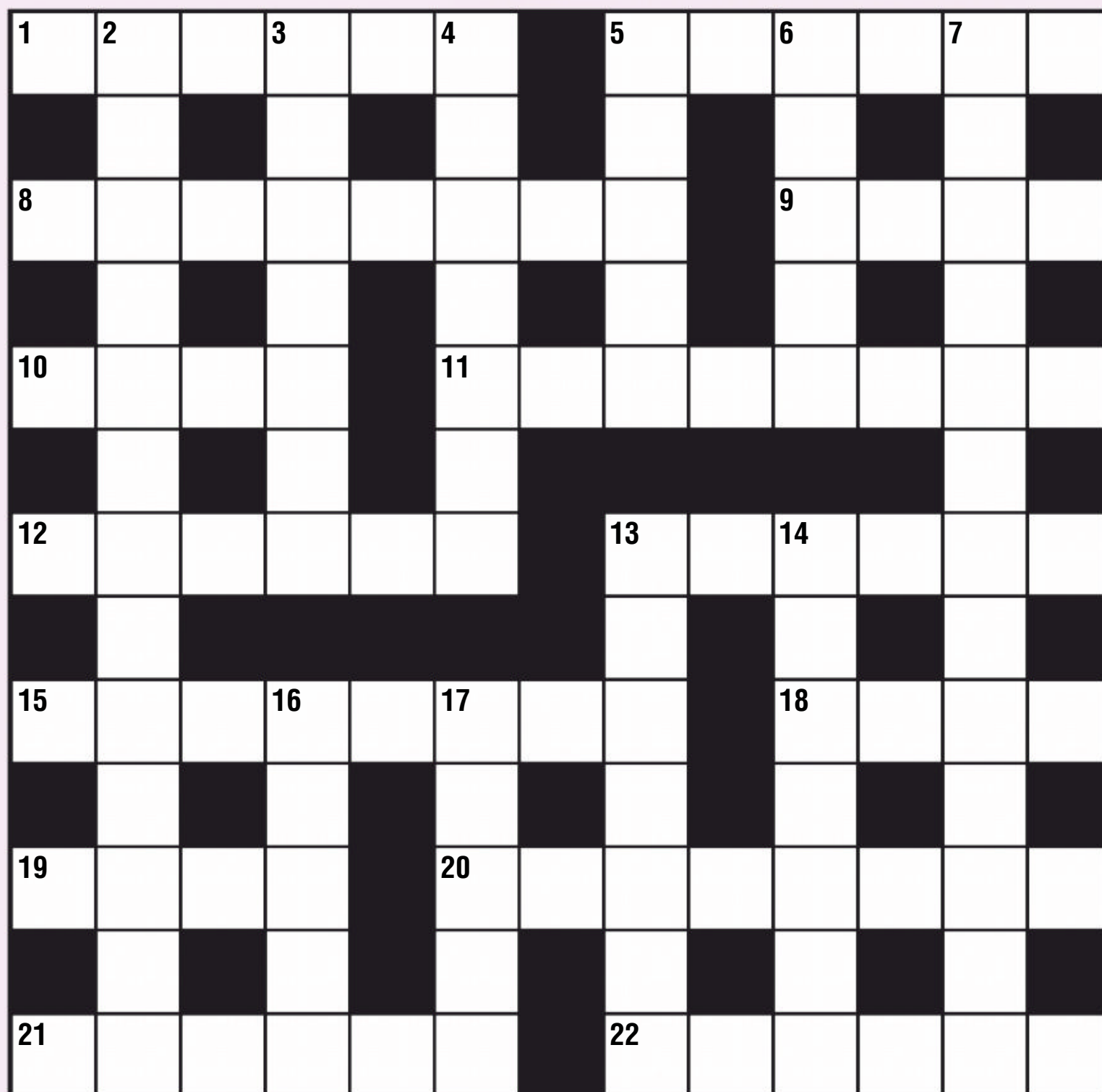
CRYPTIC CROSSWORD

ACROSS

1. Che joins me on Southern plot (6)
5. Reputation of salesperson sitting on ute (6)
8. Clarity – I'd take it to be held by Lucy (8)
9. Type of little albatross held up (4)
10. Circle, slowly, endlessly by Norwegian city (4)
11. Score too highly then scoffed too much on right (8)
12. Castaway and crew so noisy (6)
13. Devout petition for each holding Ray (6)
15. More dice thrown is average (8)
18. Little Kangaroo loud on top (4)
19. Unattractive guy turns on left (4)
20. Joseph's partner to touch down in US state (8)
21. Vital icing is in sloping font (6)
22. Sordid to try to hold twisted wad (6)

DOWN

2. Wait we hear, on boat for boxing division (13)
3. Journalists' new steroid (7)
4. Embodiment of epic tome without cover initially (7)
5. Her position on my return with poem (5)



6. Model's puzzling question (5)
7. Book-marking act is enough to drive one round the bend! (4,3,6)
13. Italian clown to rot on jetty (7)
14. Broadcast wolf returning on breeze (7)
16. Idol talked of lovely country scene (5)
17. Funny company with tailless mice (5)

SUDOKU

Fill in the blank squares with the numbers 1 to 9 so that each row, each column and each smaller 3 x 3 block contains all the numbers from 1 to 9.

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

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

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

THIS WEEK'S BIG CROSSWORD

ACROSS

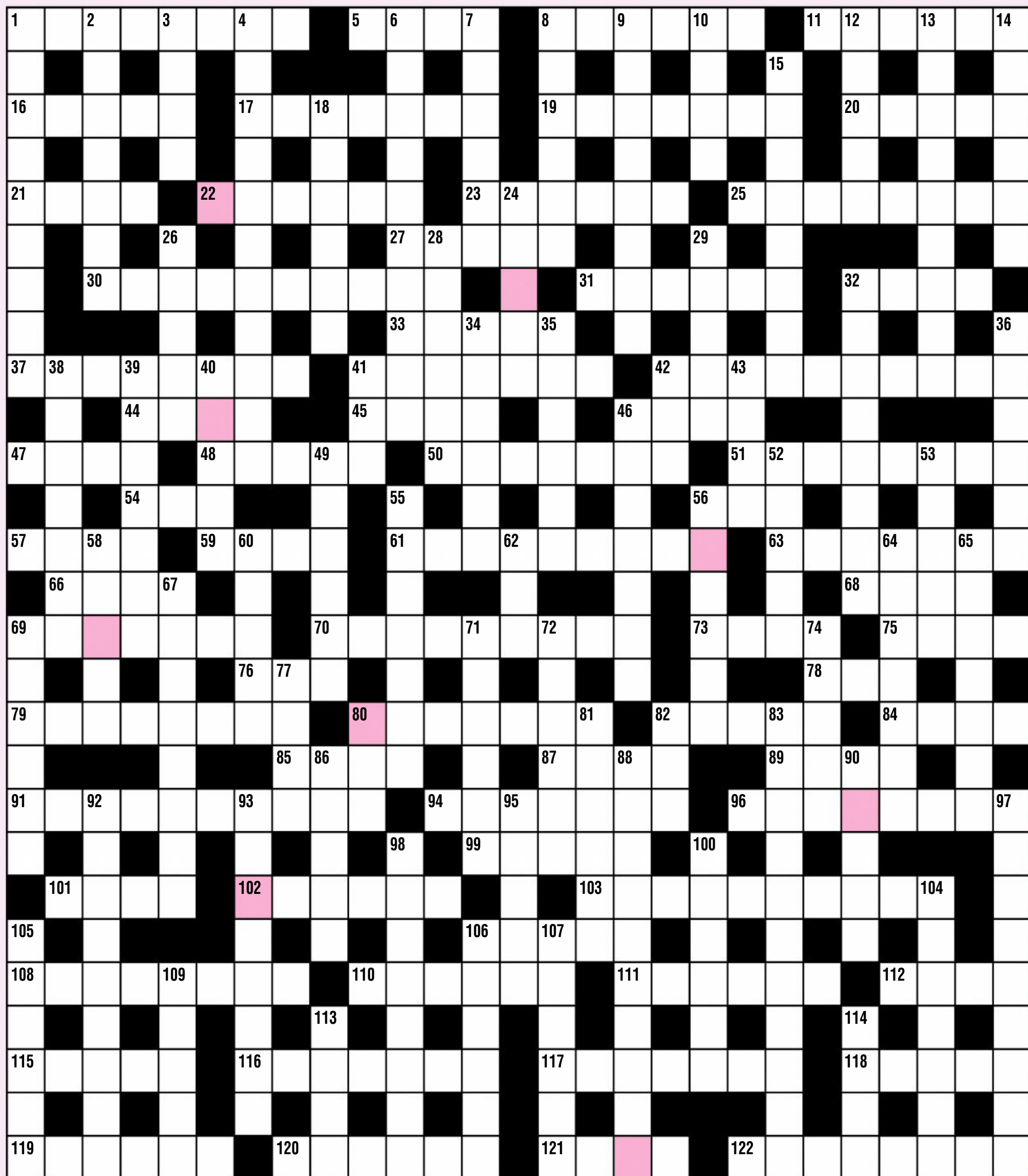
1. Sugar variety
5. Coagulated milk
8. Levels, storeys
11. Kayaks
16. Screen legend, Greta ...
17. Fill with fear
19. More in want
20. Find repugnant, loathe
21. TV cook, ... Hewitson
22. Star of *The Blind Side*, ... Bullock
23. Takes over by force, ... power
25. With affection, regard ...
27. Camping shelters
30. Bed for dill and coriander, etc (4,6)
31. Leasing, chartering
32. High-pitched cry of grief
33. Goes up
37. Schemers, conspirators
41. Iraq's capital
42. Drunkenness
44. Nevada city famous for quick divorces
45. Little red monster in *Sesame Street*
46. Aware of the facts, in the ...
47. Disengage, ... the bolts
48. *The Silence of the Lambs* star, ... Foster
50. Type of poison
51. Allotted
54. Performing pair
56. Sabotage from within, white ...
57. One of four babies born together (abbrev)
59. Christmas season, ... tide
61. Puts in place
63. Collect together again
66. Mineral sources
68. Car's oil reserve
69. Desperate, ... efforts
70. Loosening your grip (7,2)
73. Research, delve ... the past
75. Put your name to, ... the cheque
76. Fluctuations, ... and downs
78. West Indies cricket great, ... Hall
79. Videotape holder
80. Plant's wispy climber
82. A second time
84. Tehran's country
85. Promise, give your ...
87. Former name of Thailand
89. Absolutely huge
91. Without cause
94. *The Silence of the Lambs* co-star of 48. Across, Sir ... Hopkins
96. Ran quickly
99. Sound of a plucked guitar string
101. Superb pilots
102. Unfolded, ... up
103. Current-carrying conductors
106. Monaco city, Monte ...
108. Finland's capital
110. 1854 gold miners' rebellion, ... Stockade
111. Spiritual healer
112. Outer edges of wheels
115. Pours down
116. Begin a voyage (3,4)
117. Duty-exempt (3-4)
118. Variety of conifer
119. Greater than
120. Come into view, emerge
121. Music great, ... Simone
122. Burning, smarting

DOWN

1. Unearthing (7,2)
2. Deliciously addictive
3. Castle-shaped chess piece
4. Small marsupial (3-8)
6. One-sided, a ... decision
7. Trial performance (3,3)
8. Mushroom or toadstool, eg
9. Given excessive remuneration
10. Horse-control strap
12. Merited prize
13. Or else
14. Wanders off the path
15. Rapid succession of musical notes
18. Equestrians
24. Faithful horse, trusty ...
26. Give a speech
28. Puzzling riddle
29. Musical instrument, ... accordion
32. Inner mechanism
34. Props up
35. Most secure, ... place
36. Scrutinised (4,2)
38. Torpor
39. Walked upon, had ... on
40. Have a good time, ... yourself
41. Hive dweller
42. Animated movie, *Monsters ...*
43. Tchaikovsky ballet, ... *Lake*
46. Japanese gowns
49. High values or principles
52. Strengthening rod, bicycle ...
53. Supermodel, ... Campbell
55. Noticed, ... an error
56. Enquiring
58. Pure-bred racehorses
60. Not censored, the ... version
62. Electric particle
64. From Moscow, eg
65. Improve the quality of
67. Tall church spires
69. Productive, fertile
71. Make a hollow in
72. Japanese hostess
74. Possessor, rightful ...
77. Church benches
80. Endeavour, ... to
81. Singer of *Hello*, ... Richie
82. Pioneering woman pilot, ... Johnson
83. Temporary
86. Ancient, ... than time
88. Related to early Britons (5-5)
90. Dizzy
92. Doing very well, ... at
93. Retailer, supplier of goods
95. Adjust slightly, ... the recipe
97. Absorbing, ... food
98. Control, ... the flow
100. French cream and chocolate pastry
104. Motivating impulses
105. Baby angel
106. Underground room
107. Cane made from palm stems
109. Put into circulation, ... a new banknote
113. Gradually, one ... at a time
114. External covering

**\$500
PRIZE**

See 'How To Enter' (last page)



When you've solved the crossword, the letters on the shaded squares, reading left to right, top to bottom, spell a mystery word or phrase.

The mystery word



1

BRAINBUSTERS

1 Brad Pitt (pictured) won the 2020 Golden Globe award for Best Supporting Actor for his performance as stunt double Cliff Booth in which film?

2 What type of food is a bisque and from which country does it originate?

3 Taylor Swift (pictured) made history at the American Music Awards in November 2019, by becoming the first artist to win how many trophies?

4 What is the more common name for otalgia?

5 How many letters of the alphabet are words?

6 What is the name of Yogi Bear's best friend?

7 Who was the founder of psychoanalysis?

8 What is the name of the Australian men's national basketball team?

9 In which state does the Diamantina River begin?

10 Which gender of mosquito bites?

11 Who is fourth in line to the British throne after Prince George?

12 Which actress was originally offered the part of Rose in *Titanic*, made famous by Kate Winslet, but turned it down?



3



\$100 PRIZE

See 'How To Enter' (last page)

WORDFIND JENNIFER LOPEZ

The names, words and titles below all relate to entertainer Jennifer. All except one of them can be found in the grid. They can read backwards or forwards, vertically, horizontally or diagonally. The leftover name, title or word is the mystery answer.

- | | |
|-------------------|-------------------|
| Alex Rodriguez | Parker |
| American Idol | Producer |
| Anaconda | Ramona |
| Angel Eyes | Ricki |
| Charlie | Second Act |
| Enough | Selena |
| Gigli | Singer |
| Holly | The Boy Next Door |
| Hustlers | The Cell |
| Jack | U Turn |
| Jersey Girl | Zoe |
| Maid In Manhattan | |
| Marc Anthony | |
| Marisa | |
| Mary | |
| Maya | |
| Money Train | |
| Out Of Sight | |

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

CODE CRACKER

Each number in the grid represents a different letter of the alphabet. Work out which number stands for each letter, write them in the grid below and cross them off the list – we've given you three to start you off.

Fill in the letters in the box beneath the puzzle to spell the mystery word.

A	1		18	N
B	2	10	19	O
C				P
D	3	11	20	Q
E	4	12	21	R
F				S
G	5	13	22	T
H	6	14	23	U
I	R	O		V
J	7	15	24	W
K	8	16	25	X
L				Y
M	9	17	26	Z

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

20	18	16	7	23	22
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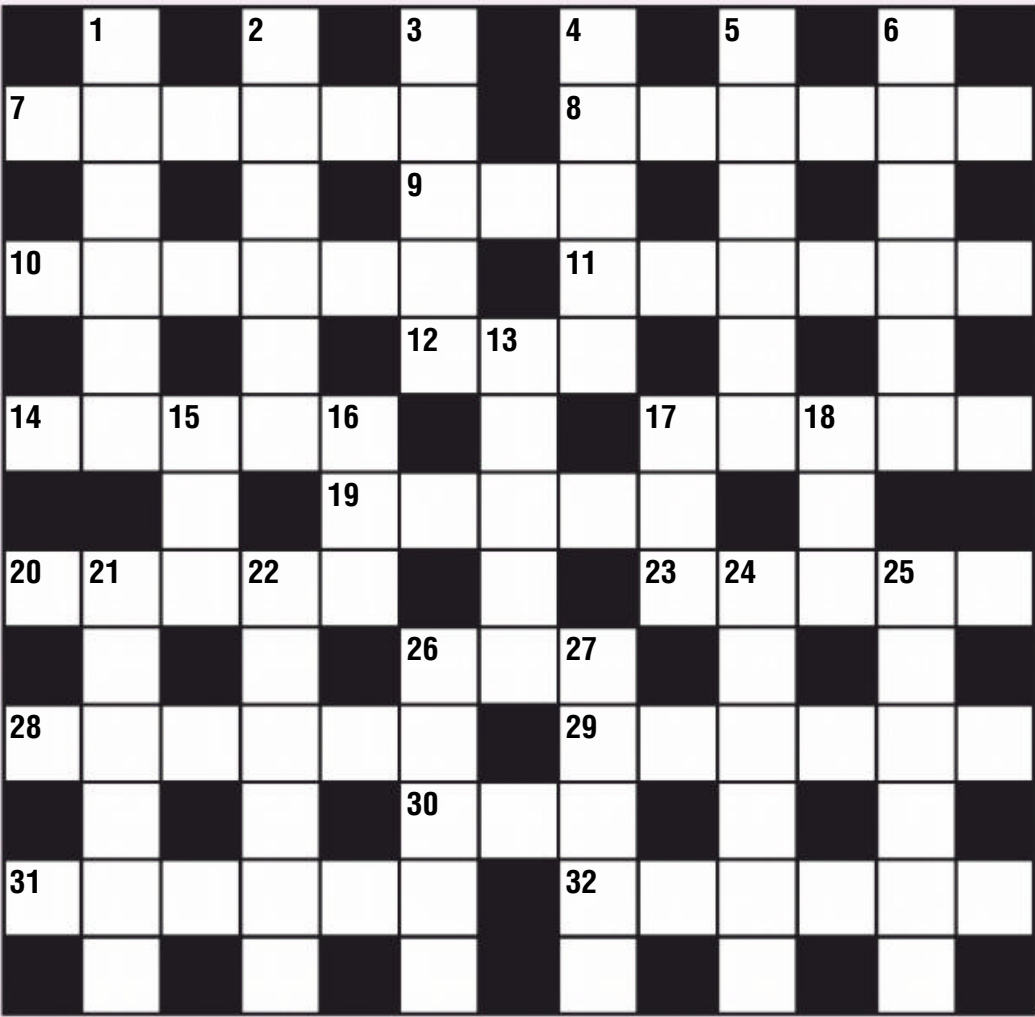
EASY CROSSWORD

ACROSS

- 7. Delicate, understated
- 8. Elevation, altitude
- 9. Historical period
- 10. Come into sight, emerge
- 11. Break out of jail
- 12. Lick up like a cat
- 14. Narrow parts of bottles
- 17. Gives temporarily
- 19. Cottage, villa, eg
- 20. Fairy tale, *Ali Baba And The ... Thieves*
- 23. Open pies, apple ...
- 26. Spout of water
- 28. Grate, graze
- 29. Concealing
- 30. Time past, long ...
- 31. Talked, I've ... to them
- 32. Choir member, vocalist

DOWN

- 1. Amethyst colour
- 2. Hair highlight, blonde ...
- 3. Oyster gem
- 4. Fleecy farm animals
- 5. Travel around, ... the globe
- 6. Formed, moulded
- 13. Keenly perceptive, sharp
- 15. Motor vehicle
- 16. Modest, bashful
- 17. Beatles hit, ... *It Be*
- 18. None of them, neither one ... the other
- 21. Engage, keep busy
- 22. Expresses gratitude
- 24. Saying further
- 25. Looked after
- 26. Denim trousers
- 27. Song, ... *Were The Days*



\$200 PRIZE
See 'How To Enter' (last page)

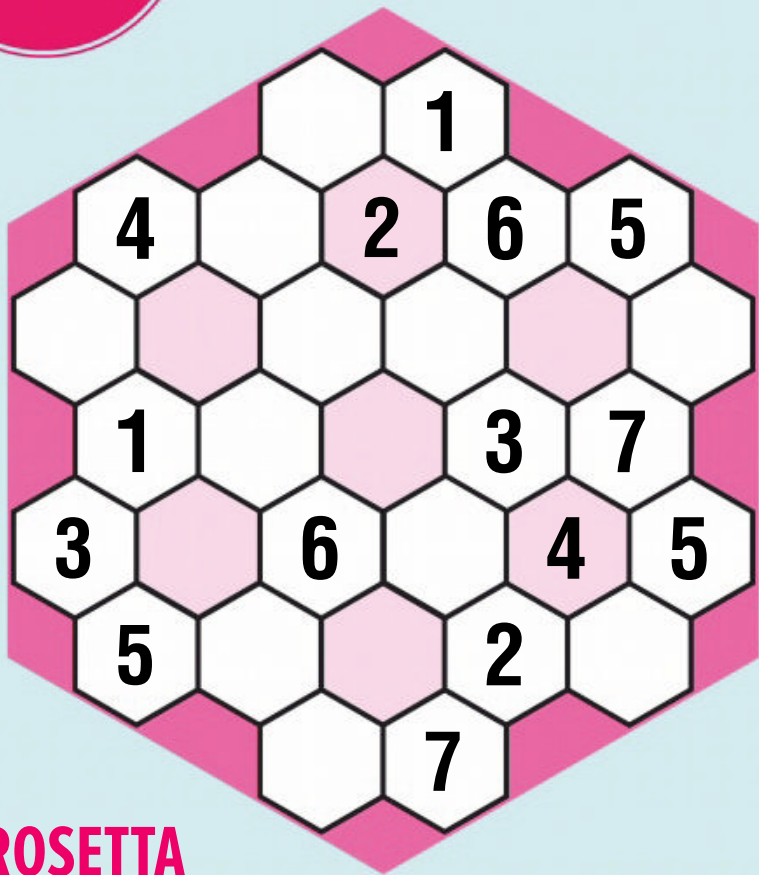


STARWORD

Work out the names of the celebrities pictured in this Starword and enter for your chance to win!

	Pictured star, ... Lewis	Pod vegie	Climbing plant	Decorate, ... a cake	Male elephant, eg	Optic orb cover	Assist in or after crime	Looked at with caution, ... warily	Not popular, ... of favour
	Long dramatic movie, eg			Minor road				Japanese martial arts sport	
	Company income, eg			Short sleep					
Astern	Sunbeam			Every bit, ... of it					
Speed up, ... the engine	Fish eggs			They, he and ...			Prepare text for use		
Cook in oil			Painting, work of ...	Support for a broken arm, eg				Become unwell	Came across, ... by accident
On cloud nine			Fire remains						
			Male sheep		Food tin	Pleased, happy	Stage whisper	Target, take ... at	
								View, vista	
Vote to reject	Make a mistake			Heart scan (1,1,1)			Passed easily, ... the test		
Tabby or Manx	Gum or wattle			Expel gases, eg					
			Had a meal		Trendy, ... mode (1,2)		Coagulate		
			Beer, pale ...		Chopper		Produce an egg		
Light rail or street-car				Handcuff					
Snakelike fish			Repair, mend			Pictured star, ... Martin			
Song, <i>How ... Is Your Love?</i>				Assam or jasmine drink			Food colouring, eg		





ROSETTA

A rosetta is made up of a centre coloured hexagon surrounded by six white hexagons. To complete the puzzle, fill in all seven rosettas with each number between 1 and 7 in no particular order while also ensuring that:

- 1. No number is repeated in a horizontal row
- 2. Each number from 1 to 7 is represented in the seven coloured hexagon cells.

WORDMAKER

How many words of four letters or more, including one of nine letters, can you make from the letters here – with each word containing the letter in the centre? Don't include proper names or plurals.

Y	S	A
E	G	L
R	C	E

LOGIC BRAINTRAINER

During the week, *The Blue Haven Gazette* features three pull-out speciality sections. From the clues, can you tell the day on which each pull-out occurs and its editor and number of pages?

- CLUES**
- 1. Wednesday's food pull-out has the least pages.
 - 2. Stacey edits the pull-out that comes with the paper on Fridays.
 - 3. Steve is the editor of the motoring special, which has the most pages.

Each time you rule out a match, put a cross where the vertical and horizontal squares meet in the grid. When you find a match, put a tick in the grid. Also put a cross in the other two squares horizontally and vertically in the same line, as no other combinations can be true. By doing so, you'll gradually be able to solve the puzzle.

WHO EDITS THE FOOD PULL-OUT?	FOOD	MOTORING	SHOWBIZ	PENNY	STEVE	STACEY	12 PAGES	14 PAGES	16 PAGES
MONDAY									
WEDNESDAY									
FRIDAY									
12 PAGES									
14 PAGES									
16 PAGES									
PENNY									
STEVE									
STACEY									

DAY			
SECTION			
EDITOR			
NO. PAGES			

This issue's competitions begin on 2/3/20. All entries close 23.59 AEST/AEDT on 15/3/20. Open to Australian residents. For conditions of entry, visit bauer-media.com.au/competitions. Direct Response Australia puzzles drawn Unit A, 31-33 Sirius Rd, Lane Cove West 2066. Solutions in two weeks. Winners are first correct entries drawn 14.00 AEST/AEDT on 18/3/20, and published in *Woman's Day* magazine on sale 6/4/20. See privacy notice, below. Promoted by Bauer Media Pty Ltd, 54 Park Street, Sydney, NSW 2000. ABN 18 053 273 546.

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GIANT WORDFIND BOOKS

The words below are all books with a name as their title. All except one of them can be found in the grid. They can read backwards or forwards, vertically, horizontally or diagonally. The leftover title is the mystery answer.

- | | |
|--------------------|-----------------|
| Adam Bede | Lolita |
| Agnes Grey | Lorna Doone |
| Anna Karenina | Madame Bovary |
| Carrie | Madeline |
| Coraline | Mary Barton |
| Cyrano De Bergerac | Matilda |
| David Copperfield | Maurice |
| Desmond | Mildred Pierce |
| Doctor Zhivago | Mister Johnson |
| Don Quixote | Moll Flanders |
| Dracula | Mrs Dalloway |
| Emma | Oliver Twist |
| Ethan Frome | Orlando |
| Eva Luna | Queenie |
| Frankenstein | Rebecca |
| Heidi | Robinson Crusoe |
| Ivanhoe | Rob Roy |
| Jane Eyre | Roxana |
| Jasper Jones | Shirley |
| Kim | Tom Jones |
| Lavinia | Ulysses |

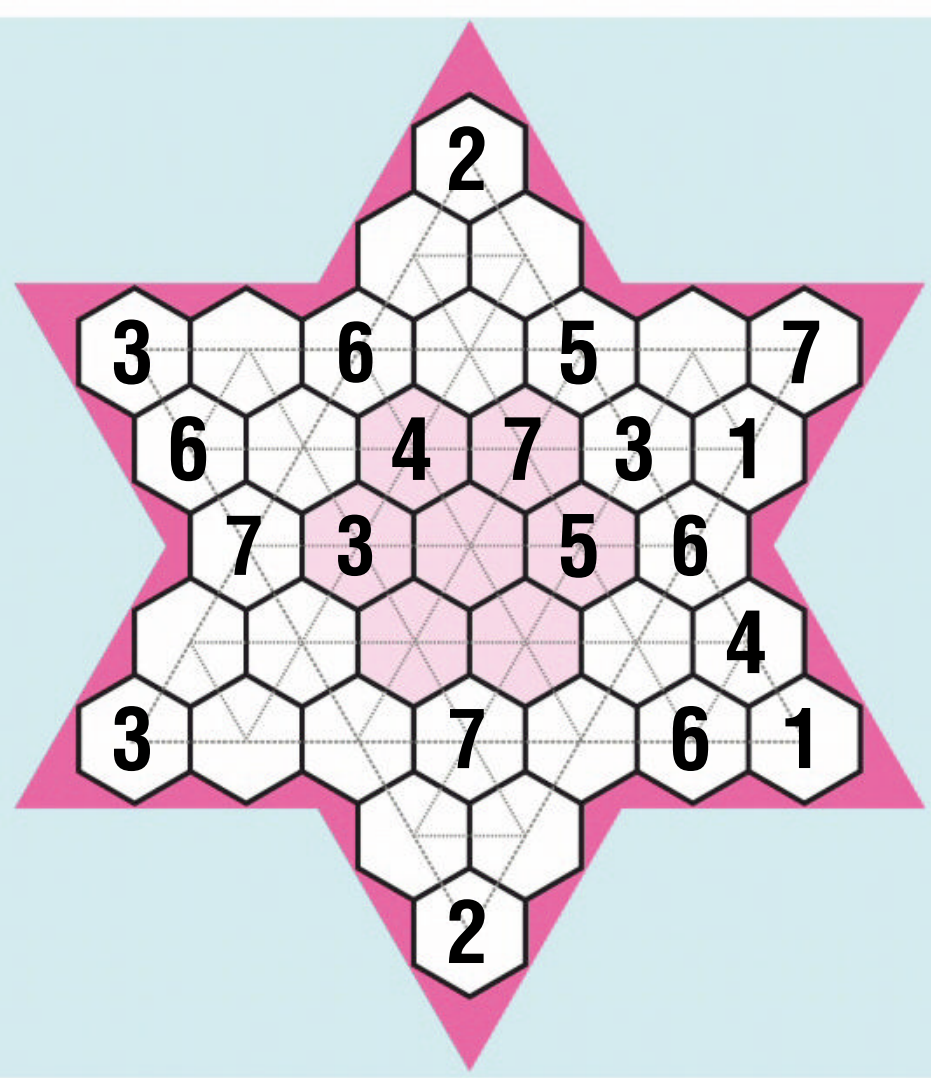
A	D	A	M	B	E	D	E	N	O	T	R	A	B	Y	R	A	M	A	L
O	C	M	M	O	J	A	S	P	E	R	J	O	N	E	S	U	N	D	A
M	D	Y	S	R	E	D	N	A	L	F	L	L	O	M	K	A	A	L	V
Y	H	N	R	L	O	L	I	T	A	D	D	L	G	E	X	V	U	L	I
A	O	M	A	A	L	E	K	Y	E	H	I	E	C	O	I	C	D	O	N
W	A	U	O	L	N	I	O	S	R	V	E	R	R	D	A	R	E	R	I
O	D	N	H	G	R	O	M	S	E	A	E	I	C	R	N	U	R	N	A
L	O	A	N	B	A	O	D	R	U	I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

STAR PUZZLE

Fill in each of the empty hexagons with numbers between 1 and 7 following these three rules:

- 1. No numbers in a horizontal line can be repeated.
- 2. No numbers in a diagonal line can be repeated.
- 3. No numbers in the seven coloured hexagons can be repeated.

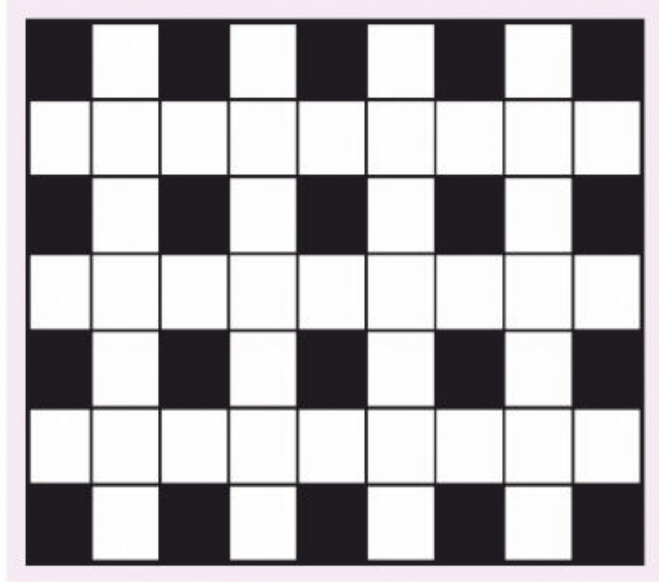
Note: Each of the white hexagons is part of a line of seven that must contain each of the numbers between 1 and 7.



ALL-A-GRAMS

Instead of clues, we've given you anagrams of the words that fit into the grid. Work out each letter jumble, then work out where each word fits.

- | | |
|------------|------------|
| RED VASE | SNAPPER AD |
| CAD CASE | DIET FAN |
| PARCEL PIP | ARC BEAM |
| RINSED PET | |



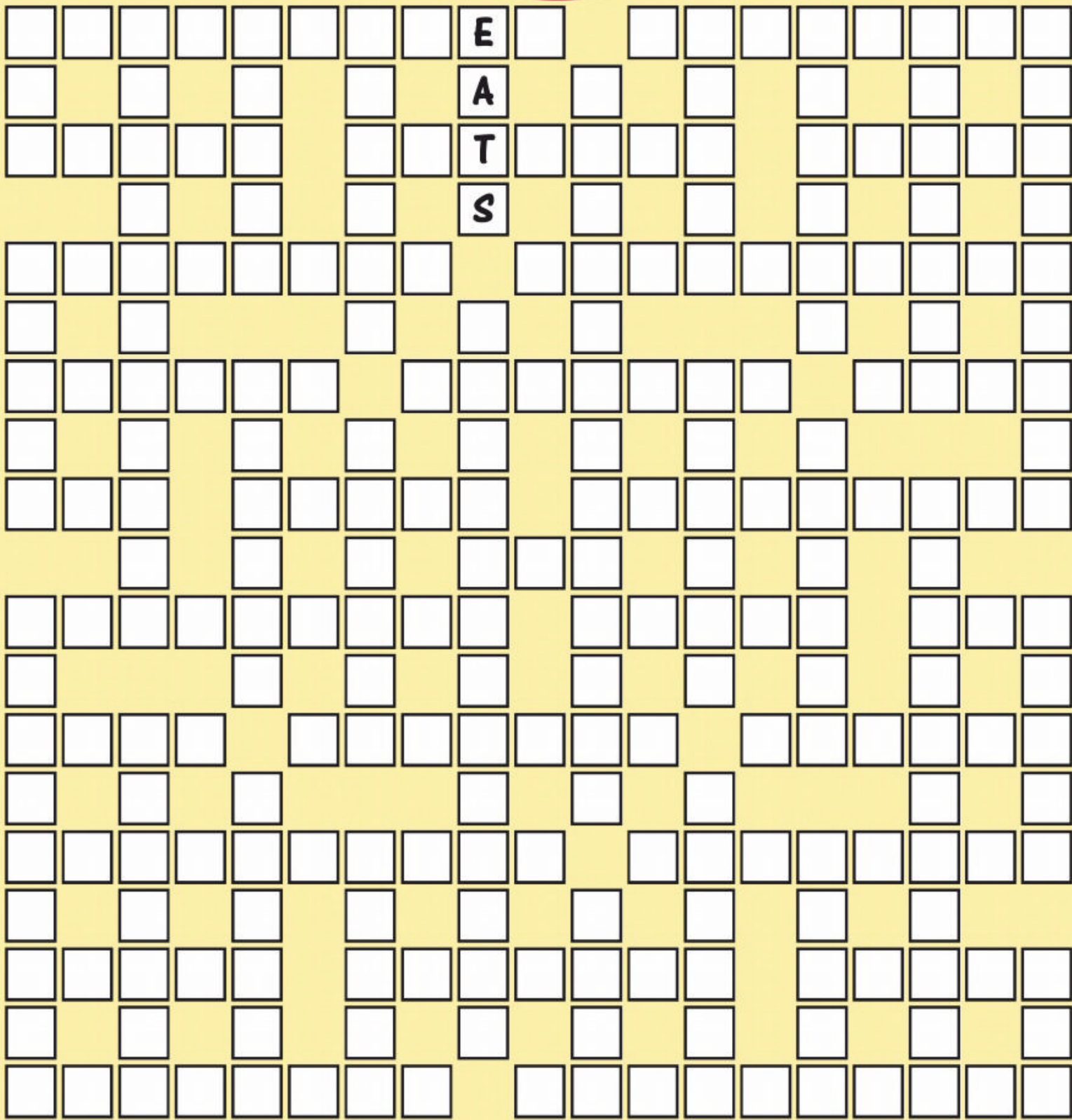


**\$100
PRIZE**

See 'How To Enter'
(below)

FILL-IN

Fit the words in the lists on the right into their correct places in the grid. We've placed one word to start you off. When you have finished, you will find there is one word left over. This is the winning word.



3 LETTERS

Ash
Ham
Inn
Ran
Sud

4 LETTERS

Bean
~~Eats~~
Free
Inks

5 LETTERS

Added
Canoe
Cheer
Clean
Cocoa
Drove
Error
Ideas
Males
Mists
Noise
Opens

6 LETTERS

Bronze
Crouch
Cycles
Inside
Jigsaw
Neatly
Onions
Operas
Owners
Tissue

7 LETTERS

Bartend
Dinners
Earlier
Instant
Intense
Kittens
Remains

8 LETTERS

Choosing
Kindness
Scooters
Suspends

9 LETTERS

Imaginary
Nuisances
Nurseries
Strangely

10 LETTERS

Afterwards
Imprisoned
Interested
Recreation

11 LETTERS

Achievement
Philosopher

13 LETTERS

Entertainment
Understanding



How to enter

To enter online simply
go to **nowtolove.com.au/
womansdaypuzzles**

with your answer, full name, address and codeword
BIG for Big Crossword **STAR** for Starword **FIND** for
Wordfind **GIANT** for Giant Wordfind **FILL** for Fill-in

Competition closes 23.59 AEST/AEDT on 15/3/20, drawn 14.00 AEST/AEDT 18/3/20.
For conditions of entry, visit bauer-media.com.au/competitions.
Authorised under permit number NSW LTPM/20/05281.

or fill in this coupon and **MAIL to**
WOMAN'S DAY PUZZLES, PO BOX 412,
Eastern Suburbs MC NSW 2004

Big crossword

starword

wordfind

Giant wordfind

Fill-in

NAME

ADDRESS

TEL

For puzzle enquiries email:
puzzledivision@bauer-media.com.au

See contents page for location of our Privacy Notice.
If you do not want your information provided to any
organisation not associated with this competition
please indicate this clearly on your entry or
notify the promoter in writing.

**TURN TO PAGE 51 FOR OTHER
PUZZLE SOLUTIONS**

You're telling us!

Write to us at *Woman's Day*, GPO Box 5245, Sydney, NSW 2001 or email youretellingus@bauer-media.com.au

Party time!

My three great-grandchildren – Abbi, Henley and Amara – dressed up to help me celebrate my 83rd birthday in February.

Mary French, Geraldton, WA

Love is all around

Congratulations and best wishes to Turia Pitt and her fiancé Michael Hoskin on the birth of their second baby boy, Rahiti, and a precious little brother for Hakavai (WD, Feb 24). The photo of proud mother Turia cradling her newborn is beautiful, and there's no doubt



this dear little boy will never be short on love and cuddles. Such happy news!

Judith Caine, Donvale, Vic

Chicken winner

I'm always on the lookout for yummy dishes that don't clean out the cupboards in the process, so I thank you for your feature One-Pan Winners (WD, Feb 24). I've already got my eye on the Chicken & Thyme One-Pan Pie – it looks divine. I can't wait to cook and serve it up!

C Anderson, Geographe, WA

Pets of the Week!

RABBITING ON

Fudge and Berry are best of friends.

Elizabeth Johnston, Riverside, Tas

BLOOMIN' SURPRISE

During days of extreme heat I covered my hydrangeas with shade cloth. It then rained, so I took the cloth off and was greeted by this lovely sight!

F Rooney, Sale, Vic

Woman's Day

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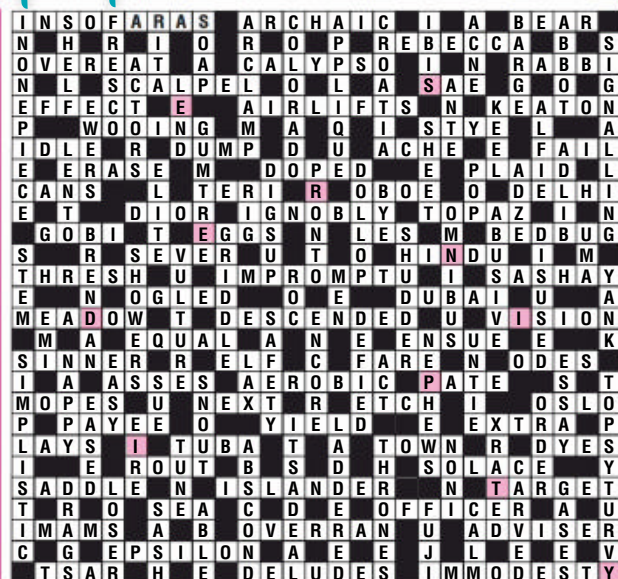
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Superpuzzler answers

CASH PRIZE WINNERS 3/2/20 Big Crossword: A. Mellish, Qld. Starword: M. Sage, Vic. Wordfind: B. Wales, NSW. Giant Wordfind: T. Tucker, Qld. Fill-in: A. Ambrozic, ACT.

FEBRUARY 24, 2020 SOLUTIONS



BIG CROSSWORD Serendipity **WORDFIND** Instant Family
STARWORD Al Pacino, Harvey Keitel
GIANT WORDFIND Madonna **FILL-IN** Anagram

THIS WEEK'S SOLUTIONS

SUDOKU

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

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

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

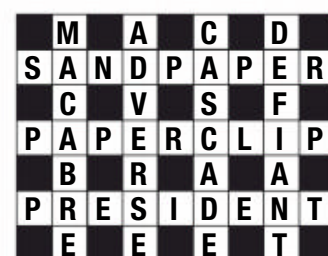
EASY CROSSWORD



STARWORD



ALL-A-GRAMS



WORD MAKER

Cage, Cagy, Clag, Cleg, Crag, Gale, Gare, Gear, Glee, Gley, Grey, Gyre, Rage, Sage, Scag, Slag, Agree, Cagey, Eager, Eagle, Eagre, Elegy, Gayer, Glare, Glary, Grace, Lager, Large, Leger, Regal, Sager, Scrag, Serge, Argyle, Clergy, Geyser, Grease, Greasy, Legacy, Regale, Sagely, Eagerly, Greyscale.

LOGIC BRAINTRAINER

Monday/Motoring/Steve/16 pages
Wednesday/Food/Penny/12 pages
Friday/Showbiz/Stacey/14 pages
Mystery answer: Penny

BRAINBUSTERS

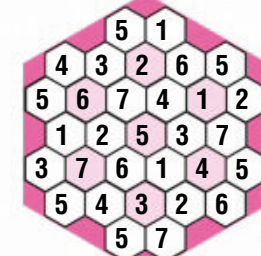
1 *Once Upon A Time In Hollywood* 2 A smooth French style of soup based on crustaceans 3 25 4 Earache 5 2 (A&I) 6 Boo-Boo Bear 7 Sigmund Freud 8 Boomers 9 Queensland 10 Female 11 Princess Charlotte 12 Gwyneth Paltrow

CODE CRACKER

1=H, 2=I, 3=G, 4=C, 5=D, 7=N, 8=J, 9=X, 10=V, 11=M, 12=K, 13=Q, 16=A, 17=U, 18=L, 19=Y, 20=P, 21=F, 22=T, 23=E, 24=W, 25=B, 26=Z.

Mystery word: Planet

ROSETTA



STAR PUZZLE



MARCH 2, 2020 SOLUTIONS

CRYPTIC



6 WAYS WITH SUITS

Bag **Tony Bianco** at **Styletread** \$49.95



Besides the benefits of shaping and cinching the waistline, belted blazers offer a more feminine feel.



Earrings **Witchery** \$29.95



Shoes **Kmart** \$15

Look 1

Belted jackets create a softer finish for this tailored trend

Jacket **Forever New** \$129.99 (4-16)



Pants **Forever New** \$99.99 (4-16)



Blouse **Uniqlo** \$39.90 (XS-XL)

Look 2

Team structured blazers with floaty skirts to make a statement



Jacket **Seed** \$189.95 (6-14)

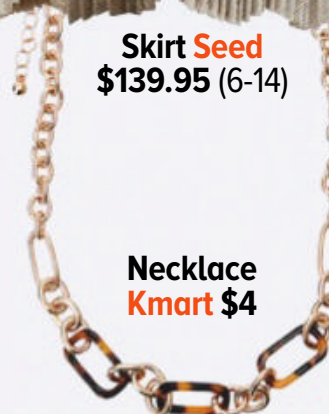


Boots **Forever New** \$89.99



Skirt **Seed** \$139.95 (6-14)

Pairing blazers with metallic pieces adds oomph to classic cuts and elevates ensembles after five.



Necklace **Kmart** \$4

Top **Seed** \$119.95 (XS-L)



Earrings **Seed** \$19.95

Dress **Next** \$47 (6-22)



Earrings **Peter Lang** at **Birdsnest** \$79.95



Ring **Najo** at **Birdsnest** \$79



STYLES

These cool variations on the traditional look will 'suit' any occasion...

Look 3

Play around with clashing prints in the same tone

Shoes **Forever New** \$79.99



Jacket **Next** \$59 (6-22)

Printed dresses are the season's essential piece. Create a corporate combo by teaming with relaxed jackets.



Bag **ASOS** \$100

Look 4

Slim down the silhouette with long-line blazers

Top **Kmart** \$15 (6-20)



Earrings **Witchery** \$59.95

You can mix and match to style up many outfit options. Loosen up suits for weekends with a soft shirt or blouse.



Jacket **Witchery** \$279.95 (4-16)

Pants **Witchery** \$149.95 (4-16)



Scarf **Witchery** \$49.95



Shoes **Witchery** \$159.95



EVA LONGORIA

TURN PAGE FOR MORE OUTFITS

DUCHESS
KATE

Look 5

Take a break
from pants
with two-
piece skirt
suits



Earrings
Kmart
\$4



Jacket
**Forever
New**
\$139.99
(6-18)

Top **Seed**
\$129.95
(6-16)



The beauty
of boucle or check
fabrics is you can
pare it back with
plain pieces to really
mix things up.



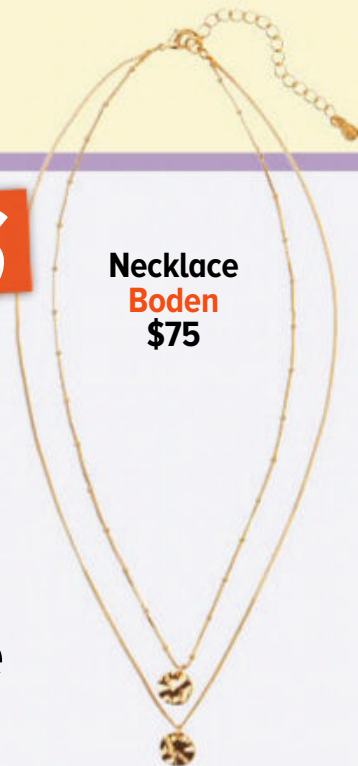
Skirt **Forever
New** \$89.99
(6-18)



Shoes
Seed
\$79.95

Look 6

Embrace
neutrals to
enrich your
autumn
colour palette



Necklace
Boden
\$75



Jacket **Next**
\$88 (6-22)



Bag
**Tussah at
The Iconic**
\$79

Brown
needn't be boring!
Break it up with light
tones and add prints
such as animal for
added jazz.

Pants **Next**
\$51 (6-22)



Top **Kmart**
\$15 (6-20)



Shoes **Witchery**
\$159.95

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Cover is for accidental death only in the first 12 months; cover for any cause thereafter. This is general information only and does not take into account your financial situation. Please consider the Product Disclosure Statement available from realinsurance.com.au to ensure the product suits your needs. This information is provided by Real Insurance, a trading name of Greenstone Financial Services Pty Ltd ABN 53 128 692 884, AFSL 343079. Guaranteed Funeral Insurance Flexi Plus is issued by Hannover Life Re of Australasia Ltd ABN 37 062 395 484. Terms and conditions apply. H1754 Real_Fun_FFF_WomansDay_Q320

MINDFUL

Products that will

Detoxify

Exfoliating your body is a healthy way to encourage detoxification, boost circulation and leave you feeling invigorated. Try dry body brushing before showering, or use a reviving scrub such as **UpCircle Peppermint Body Scrub with Coffee** \$29.99. You'll find its mix of coffee ground and invigorating peppermint will help to wake up your mind and body.



Light a candle

With an increasing awareness of just how good meditation is for our minds and bodies, try a little candle gazing. Dim the lights, get comfortable and lose yourself in the flickering flame, making it the object of your focus. Even better, use a scented one for extra tranquillity. For the feeling of a warm ocean breeze drifting over you, light up **Palm Beach Wellness Candle Bergamot, Jasmine and Lime** \$34.95.



Mindful breathing

Feeling anxious? Take a few long, deep breaths to help you relax. Even better, take in a blend of essential oils, such as **In Essence Stress Essential Oil Roll On** \$24.95. Roll this blend of peppermint, eucalyptus and marjoram onto the inside of your wrists, inhale for a count of three, exhale for five and then let it all go.



Gisele Bundchen takes time out to rest and recharge.

UL BEAUTY

have you glowing – inside and out

Massage

Most of us are unlikely to get a massage very often, but we can mimic the feeling at least a little bit with the help of a beautiful oil and aromatherapy combo. We like how **Jurlique Jojoba Carrier Oil \$28** allows you to add your favourite essential oil, depending on your state of mind. We love **Cedar & Stone Zen Essential Oil \$19**, as it helps to recharge the body and soul.



Try a delicious one such as **Mor Emporium Classics Hand Cream in Lychee Flower \$26.95**. Begin your massage by clasping your fingers and rubbing the bottoms of your palms together in a circular motion. Without unclasp your hands, use your thumb to rub the area under the thumb of the opposite hand, working outwards in circular motions. Next, gently tug each finger one by one from the base up and massage over the back of each hand.

Skin ritual

Our skincare routine offers the wonderful opportunity for a little “me time” and to practise mindfulness. Instead of rushing through each step, focus on breathing as you slowly massage each product into your skin. We love applying the new **Rawkanvas Yester Youth Face Oil \$55** with the **Revlon Cooling Facial Roller \$14.95**.



Prep your pillow

Sleep is vital to our wellbeing, so anything we can do to make it deep and peaceful is of great benefit. Aromatherapy is a potent way to trigger responses in the brain, so use this calming essential oil in **L'Occitane Aromachologie Relaxing Pillow Mist \$32**. Spritz the blend of lavender, bergamot and sweet orange onto your pillow.



Mist your worries away

Feeling a little low? Spritz away anxiety with rose's calming and soft relaxing properties, using **Jurlique Rosewater Balancing Mist 50ml \$37** containing aloe and rose flower water. Mist all over your face

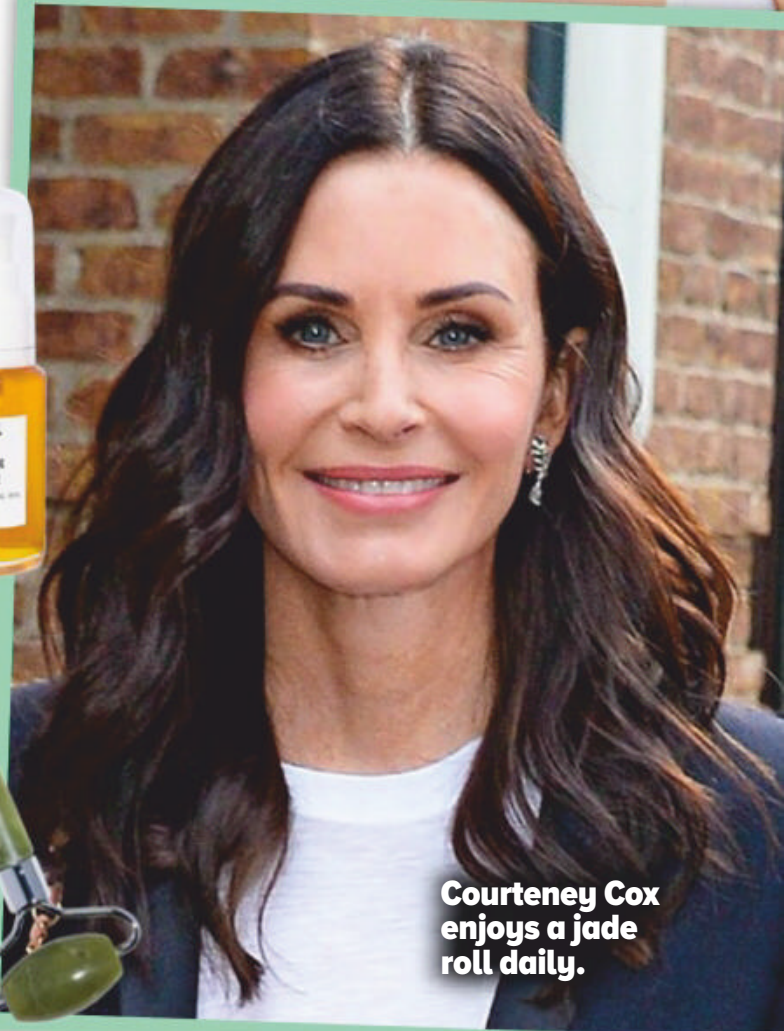


whenever you need a pick-me-up. Or try **The Jojoba Company Jojoba Water Toning Mist \$19.95** for a decrease in enlarged pores.

Hand in hand

Sometimes, something as simple as applying a beautifully scented hand cream can release tension and balance the mind.

Words: Aimee Bruce, Tracy Davis.



Courtney Cox enjoys a jade roll daily.

to increase that “glow”, the key is a healthy diet and hydration. Eating stress relieving foods like herbal tea, dark chocolate and avocados will also help, as well as introducing a beauty supplement. Try collagen-boosting supplements that enhance skin health and promote skin regeneration, like **Nature's Way Beauty Rosehip Collagen \$17.99**





Help enhance firm and radiant skin with Beauty Rosehip.

Beautiful skin starts from within. Nature's Way Beauty Rosehip tablets contain Rosehip extract and Collagen to help enhance skin firmness, improve skin elasticity and help promote skin health from the inside out.

Formulated with added Grapeseed extract, Biotin and Vitamin C & E, Nature's Way Beauty Rosehip helps promote skin regeneration and collagen formation to help maintain skin health, for a more radiant you.

Available in leading Supermarkets and Pharmacies.

Always read the label. Follow the directions for use. If symptoms persist, talk to your health professional. CHC73554-0319





It looks like a high-carb day for Julianne Hough!



Oprah's diet trials are the stuff of legend.

THE LOWDOWN ON CARB CYCLING

Lose weight while chowing down on carbs

There's a common belief carbohydrates are bad for us, causing bloating and weight gain. But carbs are actually crucial for boosting your body and brain health – you just have to eat the “good ones” in moderation.

Carb cycling is the happy medium of this love-hate carb debate. The eating regimen focuses on boosting your intake of carbs on some days, while cutting it back on others.

HOW IT WORKS

“Carb cycling alternates between days of eating higher amounts of carbs and low amounts of fat,

and days where you eat low amounts of carbs with moderate amounts of fat,” says health expert Dr Chelsea Axe. As for how to work out this ratio, look at your training schedule.

“On days when you train more intensely, you would consume more carbohydrates, whereas low-carb days would occur on days when your training is less intense,” says US-based dietitian and trainer Lauren Manganiello.

HELPING WITH WEIGHT LOSS

The principle of carb cycling is that when your body receives a limited amount of carbs, it will

rely on burning fat as its primary energy source.

“Eating like this has many benefits, [including] preserving muscle mass, helping with muscle recovery, reducing body fat, maintaining a steady metabolism, having more energy and balancing hormones,” adds Dr Axe.

GIVING IT A GO

The following is a rough breakdown of how each of your high versus low carb intake days will look.

Note: Always speak with a health professional before changing your eating regimen.

HIGH-CARB DAY

On these days, around 60 per cent of your kilojoule intake should come from complex carbohydrates like whole wheat breads and pastas, legumes, bananas and leafy vegetables.

So if you're consuming 6276 kilojoules a day, 3766kJ of those would be from complex carbohydrates.

If you've got a high energy workout this day, add an extra serving or two of wholegrains or fruit for an extra boost.

LOW-CARB DAY

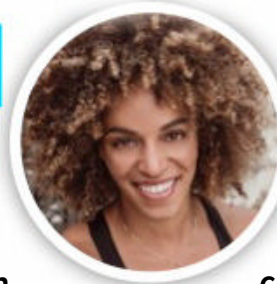
Lower your intake on days when you're doing a lighter workout (like yoga) or not working out at all.

So where you might have your regular carb intake (think toast at breakfast or pasta for dinner), swap in a serving of leafy vegetables, lean proteins and healthy fats.

#NOWTRENDING

HIGH INTENSITY RESISTANCE TRAINING

You've heard of HIIT? Well, HIRT is the new form of exercise everyone's talking about



HIRT workouts each week, allowing 48 hours between sessions to let your muscles recover and prevent injury. You can mix HIRT in with your regular exercise routine.

WHAT IS HIRT?

"It's high intensity exercises done with resistance, like weights, to strengthen and build muscles while also burning fat," says Ashley Joi (inset), a trainer on Chris Hemsworth's health app Centr (centr.com). "It engages your full body, allowing you to burn more calories post-workout."

HOW IS HIRT DIFFERENT TO HIIT?

High-intensity interval training (HIIT) is made up of shorter, more intense, higher-impact bursts of cardio exercises.

"HIRT uses longer rest periods than HIIT," Ashley explains. "It's around six exercises in a row over a set time or reps, resting for 60 to 90 seconds before repeating. HIRT is lower

impact than HIIT.

There's less focus on jumping exercises, so your joints will thank you."

HOW LONG IS A HIRT WORKOUT?

You can do an effective HIRT workout in as little as 20 minutes! "It creates fantastic results without having to spend hours in the gym," shares Ashley. Ashley also recommends one to two

CAN ANYONE DO HIRT?

"HIRT workouts can be adjusted to the level of the participant," Ashley tells us. "You can use bodyweight, lighter weights, resistance bands and simpler exercise variations to make workouts less intense," she says.

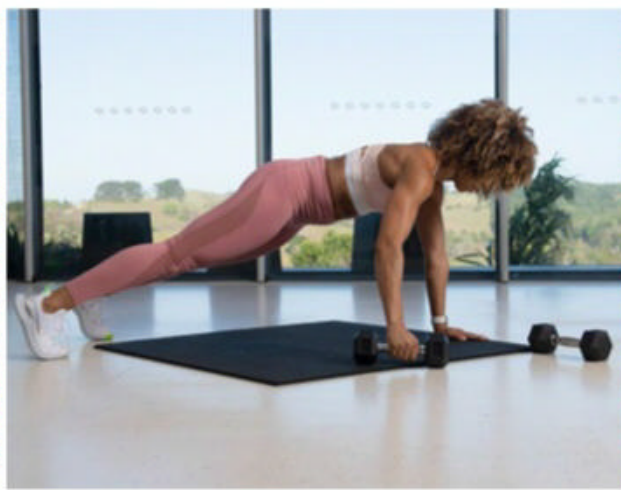
TRY THIS WORKOUT!

Complete each exercise for 40 seconds, followed by 20 seconds rest before moving to the next one. Repeat a whole circuit twice, take a minute's rest, then repeat the sequence two more times.



DUMBBELL FRONT SQUAT

Start with feet shoulder-width apart, holding a dumbbell vertically at chest height. Drive your hips back and down as you squat, bracing your core and keeping your elbows up. Rise back up by "pushing the floor away" and squeezing your glutes at the top.



PUSH-UP WITH DUMBBELL DRAG

Get into a high plank position, with dumbbells on the floor outside your hands and hands under shoulders. Descend into a push-up with elbows under 45 degrees. As you rise up, lift one hand, grab the dumbbell outside the other hand and drag it to the near side. Repeat on other side.



BRIDGE HOLD & CHEST PRESS

Lay on the floor with dumbbells in an overhand grip near your shoulders. Keep your shoulders back and drive your hips up, knees out, squeezing glutes at the top. Holding the position, press dumbbells upwards, locking arms out at the top. Row the dumbbells back down and repeat.

Home And Away's
Ada Nicodemou
says exercise is her
"happy place".

ING



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Woman's Day 61

YEAR 12 SURVIVAL GUIDE

Have a child starting their final year of school? Here's how to keep those stress levels down – for both of you!



The final year of secondary school can be an extremely stressful 12 months – not just for the child, but for parents, too.

Adolescent psychologist Dr Michael Carr-Gregg (inset) and senior manager, family services specialist and mum Elly Robinson share their advice on how to make this time as smooth sailing as possible for all involved...

Be charismatic

All Year 12 students need to know that someone has their back, and that they are safe, valued and heard. We refer to this person as a charismatic adult.

Evidence suggests that knowing this comforting, supportive person is in the background represents a major psychological insurance policy that, in turn, greatly increases the likelihood that your teen will seek help when needed.

Part of being an adolescent in Year 12 is to start breaking the childhood bonds with parents. But having had many thousands of conversations with Year 12

students – despite the fact that they are all at different stages of this developmental phase – it is clear that, deep down, many actually do want parents to help them through this year.

Positive reinforcement

Even though many teens tower over their parents and seem so independent, all young people need positive reinforcement. But the communication of any positive recognition needs to be subtler and more disguised in Year 12 than in earlier years. A low-key remark, casually mentioning how pleased parents are when their offspring has obviously worked hard on an assignment or test, is usually very well received. But don't go over the top or they may think you're not being genuine.

Keep the year in perspective

Year 12 is undoubtedly an important year, but the key

parental message is that it's just another stage of life, and the universe does not revolve around what happens in this year.

Not everyone has a skill set appropriate for university, but that's not suggesting that these people are lesser than those who do – they just have a different and still-valuable skill set in another area. The brain isn't fully developed until we are into our mid-20s. It takes time for students to figure out who they are and where they are going, and that's OK. Everyone develops at their own rate.

Challenge negative self-talk

All Year 12 students can get stuck in negative self-talk from time to time. Try to counter this. A key message is that if we cannot change something in life, we can always change the way we think about it. A classic Year 12 negative self-talk cycle arises if they think, "I cannot do this." As a result they feel sad, hopeless and helpless, and will postpone work by hopping on social media or playing video games. This results in

Be a positive role model to your child.



This is an edited extract from *Surviving Year 12* by Michael Carr-Gregg and Elly Robinson (Penguin Random House Australia, \$22.99).



being behind in a subject or failing to complete an assignment or study for a test, which further makes them feel like they can't do it.

So if you notice your teen becoming despondent, you might hear the emergence of a negative self-talk stream of consciousness. Your job is to listen, and then gently help them challenge their thinking by asking questions such as:

- ◆ **Is there any proof for/against this thought?**
- ◆ **What advice would you give a friend facing these circumstances?**

- ◆ **Is this really so catastrophic? What's the worst thing that will happen if this is true?**
- ◆ **What other scenarios might play out here instead? Are there different perspectives on this that could be adopted?**
- ◆ **How useful is thinking about the situation this way? Is it working for you? Is it likely to be part of a way to get what you want?**

If they seem particularly stuck, talking to a professional (like the school psychologist) can help.



JOURNALLING TO SUIT YOU

How writing can enrich your life

We all set ourselves goals at the beginning of the year, most of which revolve around being more organised and creative. But we all know how easy it is to fall off the wagon and lose touch with ourselves. These journalling techniques will help you keep your productive start of the new year momentum going...

Bullet journalling

This daily writing technique streamlines your tasks, lists and schedule in one place. Instead of a traditional planner, bullet journalling encourages you to really think about how your goals and responsibilities make you feel, checking in on them regularly to reflect on progress.

Gratitude journalling

Research on gratitude journalling has shown that it can improve physical and mental wellbeing. All you need to do is think about what you're grateful for and how those things benefit you, then jot them down.

Life journalling

This is closest to the traditional form of journalling – writing about your daily experiences. This can help you get out your thoughts and feelings in a healthy, productive way.

Your ultimate journal kit



- 1 Highlighters 4-pack \$5.96
Stabilo officeworks.com.au
- 2 Permanent marker \$3
Artline officeworks.com.au
- 3 Notebooks 120 page \$6 each
Spirax woolworths.com.au

IF YOU ONLY HAVE... 3 DAYS ON THE GC!



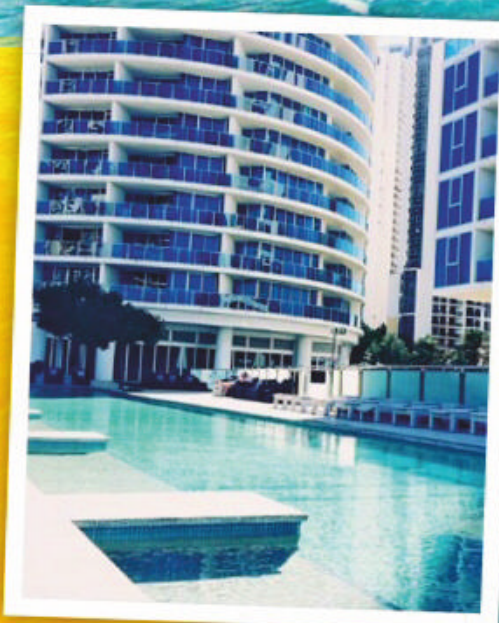
WD's FIONA CONNOLLY hits refresh on the classic Gold Coast getaway and finds a new all-ages fave

DAY 1

We begin our GC adventure checking into the Hilton, in the heart of Surfers Paradise. But if you're thinking of the chintzy Surfers, once renowned for its strip clubs and discount stores, you're in for a pleasant surprise. The Gold Coast has come of age in every way and as we sit on the balcony of our apartment-style Hilton suite we are already discussing which of the many high-end restaurants and organic breakfast joints we will enjoy during our stay.

After a quick surf, then a dip in one of the Hilton's four spectacular pools, we take a pleasant 10-minute walk via the fashion boutiques and ice-creameries to Q1, Australia's tallest building. On Level 77 we are literally amongst the clouds, enjoying a pre-dinner glass of bubbles as the sun sets

overlooking the iconic gold sands of Surfers Paradise beach. It's hard to find a reason to leave but the kids are excited about dinner at Misono, a Japanese steakhouse renowned for its thrilling teppanyaki chefs and flying food! We have a terrific night of delicious Japanese cuisine, flaming table tops and heaps of fun – even if we did leave with egg in our hair!



DAY 3

It's skydiving, but indoors so not as scary!

NORTHCLIFFE SURF CLUB

The humble pub meal is pimped up with gourmet burgers, pizzas and seafood as fresh as the ocean below. Free ice-creams for the kids with their \$10.70 meals topped off our stay and left us exhilarated as we headed to the airport.



DAY 2

By morning, the kids had caught the Gold Coast adventure bug, so we handed it over to them for the day's itinerary. First on the agenda – a ride on the Aquaduck. They'd seen the amphibious bus-boat roaming Cavill Avenue, so we jumped on board and took a tour of glamorous Main Beach, before splashing into the water. The kids loved taking to the wheel and receiving their Aquaduck Captain certificates – and we loved seeing all the multimillion-dollar mansions along the way. The next stop was the highlight of the trip for

our two boys – Sea World. We moved from one show to another, getting close to some of the world's most beautiful sea creatures. We watched dolphins diving, penguins being fed, patted stingrays and were mesmerised by sharks beneath a glass-bottom boat. On the way home we had a beautiful meal from the newly transformed Sandbar, and a cocktail as the waves rolled in.

UBER IT UP!

Uber service is as reliable on the GC as it is in LA. We took them everywhere – never more than \$10-15 and a 1-2 minute wait.

The Aquaduck takes you from land to sea!



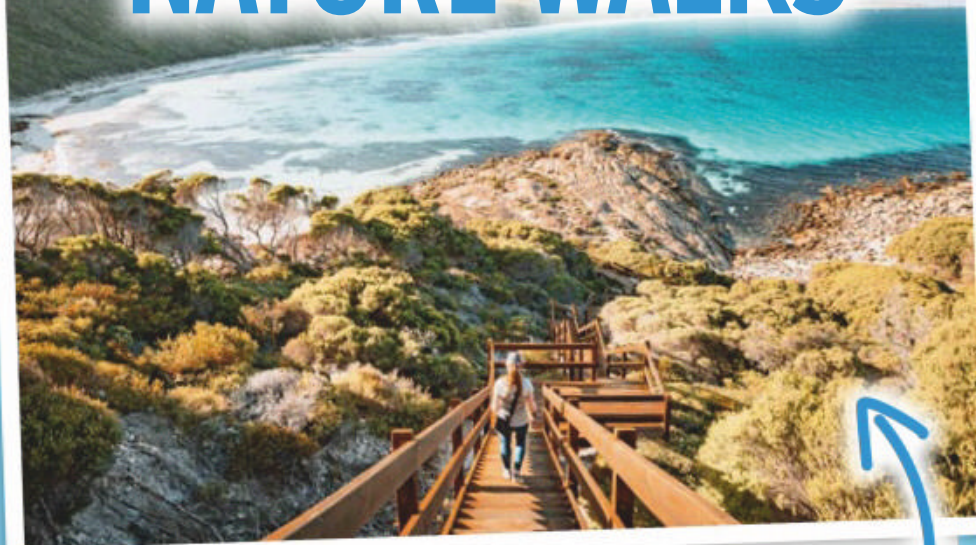
On our last day before heading home, I take charge of the itinerary. Having heard so much about how the Gold Coast's palate has matured, I wanted to sample breakfast at Bumbles by the river. I'd heard they make everything from their kitchen, from Bumbles honey, jam, breads and pastries. I couldn't resist the avo and bacon version of Benedict Conundrum

(conundrum because they've served eggs benedict so many ways in their 30 years in business they've had to nail it down to just four!).



With my brekkie dreams complete, it's time for my surprise for the family. I've been talking up "a huge adventure" all weekend and finally reveal to them they'll be jumping out of a plane – which is in part true – and of course they begin to freak out! When we arrive at iFly Indoor Skydiving, they relax into the idea of skydiving in an indoor chamber and by the time we're trained up, geared up and thrown into the wind tunnel they're having a ball. Laughing hysterically at our cheeks flopping about with the wind pressure was side-splitting fun and worth every cent of the \$73 each for two "flights".

BEST AUSTRALIAN NATURE WALKS



GREAT OCEAN WAY, ESPERANCE WA

This trail is suitable for the whole family. It's considered gentle, spanning 12km beginning at Esperance Bay and ending at Twilight Beach. June to November is whale watching season, so pack your binoculars. Typically a half-day walk, you can extend the trail by returning via the famous Pink Lake to make it a full-day excursion.

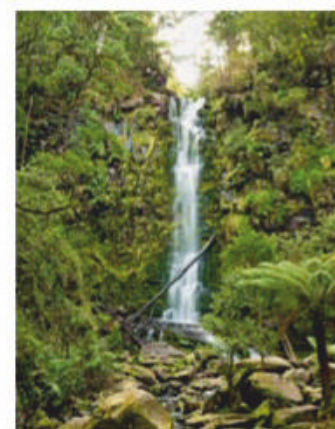
TARONGA ZOO TO BALMORAL BEACH, SYDNEY NSW

You get to enjoy the city and the sand on this walk. Starting at Taronga Zoo, the 6.8km trail hugs the edge of the harbour before cutting through Headland Park to Balmoral Beach. Stop at Georges Head for a stunning view.



ERSKINE FALLS CIRCUIT, LORNE VIC

This multi-day walk is perfect for beginners. The circuit ranges from 23 to 33km and there are camping grounds around the circuit, so you can do most of the trail in a day, camp overnight, and head back to Lorne the next morning.



CRADLE MOUNTAIN HUTS WALK, LAUNCESTON TAS

This six-day walk on the Overland Track includes accommodation, meals and guides. Marvel in the beauty of Lake St Clair and Mt Ossa and enjoy food and wine by dusk. From \$3700, Oct-May. taswalkingco.com.au



EFFORTLESS ENTERTAINING

These easy family
dinners are snazzy
enough for guests, too

PORK LARB WITH BROCCOLINI & NOODLES

SERVES 4 PREP + COOK 25 MINS

- ◆ 1 tbsp peanut oil
- ◆ 2 garlic cloves, crushed
- ◆ 600g minced pork
- ◆ ⅓ cup grated palm sugar
- ◆ 2 tbsp fish sauce
- ◆ 4 kaffir lime leaves, sliced finely
- ◆ ½ cup fried shallots
- ◆ ⅓ cup roasted unsalted peanuts

- ◆ 350g broccolini, trimmed, halved lengthways
- ◆ 250g egg noodles
- ◆ 1 tbsp lime juice
- ◆ 1 cup loosely packed coriander leaves
- ◆ 1 long red chilli, sliced thinly
- ◆ 2 tbsp coarsely chopped roasted unsalted peanuts

- 1 Heat oil in a wok over high heat, stir-fry garlic and pork 5 mins or until pork is browned.
- 2 Add sugar, sauce, lime leaves, shallots and peanuts to wok. Reduce heat to low, stir-fry 2 mins or until mixture is slightly dry and sticky.
- 3 Meanwhile, boil, steam or microwave broccolini, drain well.

Cook noodles following packet directions until tender.

4 Remove larb from heat, add lime juice, three-quarters of the coriander leaves, the noodles and broccolini.

5 Serve larb scattered with remaining coriander, chilli and chopped peanuts.

ASPARAGUS & SALMON PASTA

SERVES 4 PREP + COOK 25 MINS

- ◆ 375g spiral pasta
- ◆ 340g asparagus, trimmed, cut into 5cm lengths
- ◆ 415g canned red salmon, drained, flaked
- ◆ 100g watercress, trimmed
- ◆ 3 long green onions, sliced thinly

WHOLEGRAIN MUSTARD VINAIGRETTE

- ◆ 1 garlic clove, crushed
- ◆ 2 tbsp wholegrain mustard
- ◆ 2 tbsp red wine vinegar
- ◆ 2 tbsp lemon juice
- ◆ ¼ cup olive oil

1 Cook pasta following packet directions until just tender, drain. Rinse under cold water, drain.

2 Meanwhile, boil, steam or microwave asparagus until just tender, drain. Rinse under cold water, drain.

3 WHOLEGRAIN MUSTARD VINAIGRETTE

Combine vinaigrette ingredients in a screw-top jar, shake well.

4 Combine pasta and asparagus in a large bowl with salmon, watercress and onion. Drizzle dressing over pasta, toss gently to combine.



TIP

Use your favourite pasta or try penne, conchiglie or another short pasta.

TIP

Pork rashers are sometimes labelled as pork belly slices.



GINGER-CHILLI PORK RASHERS

SERVES 4 PREP + COOK 1 HOUR 45 MINS

- ◆ 1.5kg pork rashers
- ◆ 6cm piece ginger, cut into matchsticks
- ◆ ¼ cup dry sherry
- ◆ 2 tsp sambal oelek
- ◆ ½ cup water
- ◆ 1 tbsp dark soy sauce
- ◆ 1 tbsp black bean sauce
- ◆ 2 tbsp caster sugar
- ◆ 2 tbsp honey
- ◆ 1 bunch choy sum
- ◆ 450g pkt microwave jasmine rice

1 Place rashers in a large saucepan of boiling water, simmer, uncovered, about 15 mins, drain, cool.

2 Combine ginger in a small bowl with sherry, sambal oelek,

the water, sauces, sugar and honey, mix well.

3 Preheat oven to 220°C. Line a roasting pan with baking paper.

4 Place rashers in pan, add ginger mixture, roast, covered, 45 mins. Uncover, roast a further 25 mins or until rashers are tender and well browned. Remove from pan. Simmer sauce in pan, uncovered, until very thick.

5 Meanwhile, steam, boil or microwave choy sum until just wilted. Microwave rice according to packet directions.

6 Serve rashers with choy sum and rice, drizzle with warm sauce.

TIP

You can swap
broccoli for
cauliflower and kale
or spinach for
cavolo nero.

SWEET POTATO & COCONUT CURRY

SERVES 4 PREP + COOK 30 MINS

- ◆ ¼ cup olive oil
- ◆ 1 leek, white part only, sliced thinly
- ◆ 2 garlic cloves, crushed
- ◆ ⅓ cup korma paste
- ◆ 300g orange sweet potato, chopped coarsely
- ◆ 270ml canned coconut milk
- ◆ 1 cup vegetable stock
- ◆ 400g canned diced tomatoes
- ◆ 800g canned chickpeas, rinsed, drained
- ◆ 400g cauliflower, cut into florets
- ◆ 1 tbsp black mustard seeds
- ◆ 12 curry leaves
- ◆ 200g cavolo nero, lightly washed, chopped coarsely

high heat, cook leek and garlic, stirring, 2 mins or until softened.

2 Add korma paste to pan, cook, stirring, 2 mins. Add sweet potato, coconut milk, stock, tomatoes and chickpeas, bring to the boil. Reduce heat, simmer, covered, 6 mins or until sweet potato is almost tender. Stir in cauliflower, cook a further 5 mins or until tender.

3 Meanwhile, heat remaining oil in a large frying pan over medium heat, cook mustard seeds, stirring, 1 min or until seeds pop. Add curry leaves, cook a further 1 min, then stir in cavolo nero. Cook, covered, until cavolo nero is just wilted. Season to taste.

4 Stir cavolo nero into curry mixture to serve.

1 Heat 1 tbsp of the oil in a large saucepan over medium-

STEAK BOURGUIGNON WITH CELERIAC POTATO MASH

SERVES 4 PREP + COOK 40 MINS

- ◆ 1 small celeriac, chopped coarsely
- ◆ 2 potatoes, chopped coarsely
- ◆ ¼ cup milk
- ◆ 40g butter
- ◆ cooking oil spray
- ◆ 4 x 200g beef eye-fillet steaks
- ◆ 200g button mushrooms, halved
- ◆ 6 baby onions, quartered
- ◆ 2 garlic cloves, crushed
- ◆ ½ cup dry red wine
- ◆ 1 cup beef stock
- ◆ 1 tbsp tomato paste
- ◆ 1 tbsp coarsely chopped thyme

separately, until tender, drain. Mash in a medium bowl with milk and butter, cover to keep warm.

2 Meanwhile, spray a large frying pan with cooking oil, heat over medium-high heat. Cook beef 4 mins each side or until browned and cooked as desired, remove from pan, cover to keep warm.

3 Cook mushroom, onion and garlic in same pan until vegetables just soften. Add wine, beef stock and tomato paste, simmer, uncovered, 5 mins or until sauce thickens slightly.

4 Serve beef with mash and bourguignon sauce, sprinkle with thyme.

1 Boil, steam or microwave celeriac and potato,

TIP

Mash can be made a day ahead. Store, covered, in the fridge. Reheat to serve.



TIP

We used a semillon-style wine, but you can use your favourite dry white wine.

OVEN-BAKED RISOTTO

SERVES 4

PREP + COOK 45 MINS

- ◆ 1 tbsp olive oil
- ◆ 1 large brown onion, sliced thinly
- ◆ 2 garlic cloves, crushed
- ◆ 2 cups arborio rice
- ◆ $\frac{3}{4}$ cup dry white wine
- ◆ 1 litre chicken stock
- ◆ 4 chicken breast fillets
- ◆ 100g baby rocket leaves
- ◆ 250g heirloom cherry tomatoes, halved
- ◆ $\frac{1}{2}$ cup finely grated parmesan
- ◆ 1 tbsp coarsely chopped flat-leaf parsley

- 1 Preheat oven to 180°C.
- 2 Heat oil in a shallow 3-litre (12-cup) flameproof baking dish over medium-high heat, cook onion and garlic, stirring, 4 mins or until onion softens. Add rice, stir to coat in onion mixture. Stir in wine and stock, bring to the boil.
- 3 Place chicken, in a single layer, on top of the rice mixture, cover. Transfer to oven, bake 25 mins or until rice is tender and chicken is cooked through. Remove chicken from pan, stand 5 mins.
- 4 Stir rocket, tomato and a third of the parmesan into risotto. Serve risotto with chicken, sprinkle remaining parmesan and parsley over chicken, season to taste.



INGREDIENTS DECODED!

FIND OUT MORE ABOUT
THE INGREDIENTS THAT
MAKE THIS DISH SO TASTY

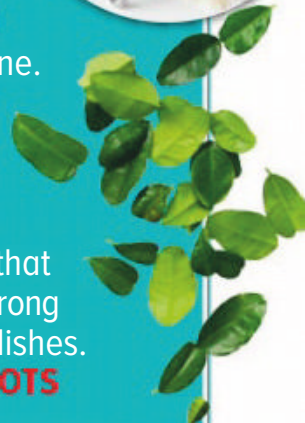
PALM SUGAR

Made from the sap of the sugar palm tree, it's often sold in blocks and is best grated on a microplane.



KAFFIR LIME LEAVES

Glossy, dark green leaves that give a fresh, strong lime taste to dishes.



FRIED SHALLOTS

Crunchy fried onions, they're also delicious sprinkled over just-cooked food.



JERK PORK CUTLETS WITH PUMPKIN CHIPS

SERVES 4 PREP + COOK 45 MINS

- ◆ 3 long green chillies, chopped coarsely
- ◆ 3 green onions, chopped coarsely
- ◆ 2 garlic cloves, crushed
- ◆ 1 tsp ground allspice
- ◆ 1 tsp dried thyme
- ◆ 1 tsp white sugar
- ◆ 1 tbsp light soy sauce
- ◆ 1 tbsp lime juice
- ◆ 4 x 280g pork loin chops
- ◆ 1kg piece pumpkin, trimmed
- ◆ 2 tbsp vegetable oil

PIRI PIRI MAYONNAISE

- ◆ ⅓ cup mayonnaise
- ◆ 2 tbsp piri piri sauce

1 Combine chilli, onion, garlic,

allspice, thyme, sugar, sauce, lime juice and pork chops in a medium bowl.

2 PIRI PIRI MAYONNAISE

Combine ingredients in a small bowl. Season to taste.

3 Cut pumpkin into 7cm chips, boil, steam or microwave until tender. Drain, combine chips

with oil in a medium bowl.

Cook chips on a heated oiled chargrill plate until browned.

4 Meanwhile, cook pork on a heated oiled chargrill plate 4 mins each side or until cooked through.

5 Serve pork with chips and piri piri mayonnaise.



GNOCCHI WITH HERB & MUSHROOM SAUCE

SERVES 4 PREP + COOK 25 MINS

- ◆ 1 tbsp vegetable oil
- ◆ 1 brown onion, chopped coarsely
- ◆ 2 garlic cloves, crushed
- ◆ 400g Swiss brown mushrooms, sliced thinly
- ◆ 1 tbsp plain flour
- ◆ 1/3 cup dry red wine
- ◆ 1 cup vegetable stock
- ◆ 1 tbsp light sour cream
- ◆ 600g potato gnocchi
- ◆ 1/4 cup grated parmesan
- ◆ 2 tbsp micro herbs (optional)

pan over medium heat, cook onion, garlic and mushroom, stirring, 5 mins or until vegetables are just tender. Add flour, cook, stirring, 1 min.
2 Add wine, stock and sour cream, cook, stirring, until sauce thickens slightly.
3 Meanwhile, cook gnocchi in a large saucepan of boiling water until gnocchi rise to the surface and are just tender, drain. Add gnocchi to mushroom sauce, toss gently to combine. Sprinkle with parmesan and micro herbs to serve.

TIP

You could substitute button or oyster mushrooms for the Swiss browns.

CHICKEN SALTIMBOCCA

SERVES 4 PREP + COOK 45 MINS

- ◆ 150g mozzarella
- ◆ 4 chicken breast fillets
- ◆ 8 slices prosciutto
- ◆ 16 sage leaves, plus 6 extra
- ◆ 500g baby new (chat) potatoes, halved
- ◆ 60g butter
- ◆ 2 tbsp olive oil
- ◆ 1/3 cup dry white wine
- ◆ 1/3 cup chicken stock

1 Cut mozzarella into 8 even slices. Cut chicken fillets in half horizontally. Top each chicken piece with a slice of mozzarella, a slice of prosciutto and 2 sage leaves, securing sage to prosciutto with a toothpick.

2 Cook potatoes in a saucepan of boiling salted water about 4 mins to par-boil. Drain.

3 Heat half the butter and half the oil in a large frying pan. Cook potatoes

and extra sage 2 mins or until golden. Season, transfer to a bowl to keep warm.

4 Heat remaining oil in same pan over medium heat, cook chicken, sage-side down first, in two batches, 3 mins each side or until cooked through. Remove from pan, cover to keep warm.

5 Add remaining butter, wine and stock to same pan, bring to the boil, reduce heat, simmer, stirring, 5 mins or until liquid reduces slightly. Season.

6 Serve chicken with sauce and potato.



DON'T MISS AN ISSUE OF YOUR FEEL-GOOD MONTHLY MAG!

• Food • Fashion • Inspiring stories
• Travel • Retro • Puzzles & more!



OUT NOW!

BOWLED OVER

Get on board the brekkie bowl craze with these vibrant starters!

TIP

Top the sorbet with any fruit you like. You can freeze sorbet for up to 1 week.



BANANA BREAKFAST SORBET

SERVES 4 PREP 15 MINS + FREEZING

- ◆ 4 medium frozen bananas, broken into pieces
- ◆ 500g frozen strawberries
- ◆ 1 small beetroot, peeled, chopped
- ◆ 1 tbsp finely grated fresh ginger
- ◆ 2 cups unsweetened almond milk
- ◆ 250g fresh strawberries, halved
- ◆ 2 golden kiwifruit, peeled, cut into wedges
- ◆ 1 tbsp white chia seeds

1 Working in two batches, place bananas, frozen strawberries, beetroot, ginger and almond milk in a high-powered blender, blend until smooth.

2 Pour mixture into a freezerproof container, cover with plastic wrap.

Freeze 6 hours or overnight until firm.

3 Working in two batches, blend sorbet until smooth.

4 Pour sorbet into bowls, top with fresh strawberries, kiwifruit and chia seeds. Serve immediately.

ACAI BERRY BOWL

SERVES 2 PREP 10 MINS + FREEZING

- ◆ 2 medium bananas, chopped coarsely
- ◆ ½ cup frozen blueberries
- ◆ 100g frozen unsweetened pure acai
- ◆ 1 cup Greek-style yoghurt
- ◆ 2 tsp bee pollen, plus 2 tsp extra to serve
- ◆ ⅓ cup fresh raspberries
- ◆ 2 tbsp fresh blueberries
- ◆ 2 tbsp goji berries

- 1** Place banana in an airtight container or resealable plastic bag. Freeze 4 hours or until firm.
- 2** Blend frozen banana with frozen blueberries, acai, yoghurt and bee pollen until smooth.
- 3** Pour into serving bowls. Top with fresh raspberries and blueberries, goji berries, extra bee pollen and, if you like, edible flowers. Serve immediately.

TIP

Acai can be found in the freezer section of some health food stores.



TIP

We used a natural almond spread made from 100 per cent almonds.



CHOC-ALMOND BANANA BOWL

SERVES 2 PREP 15 MINS + FREEZING

- ◆ 2 small bananas, chopped coarsely, plus 2 extra, sliced lengthways
 - ◆ 1 cup almond milk
 - ◆ 1 cup rolled oats
 - ◆ 2 tbsp natural almond butter or spread
 - ◆ 6 fresh dates, pitted
 - ◆ 1 tbsp cacao powder
 - ◆ ½ tsp vanilla extract
 - ◆ ½ tsp ground cinnamon
 - ◆ 2 tbsp halved almonds
- DATE & ALMOND RAWNOLA**
- ◆ ½ cup almonds kernels
 - ◆ 8 fresh dates, pitted
 - ◆ 2 tbsp cacao nibs
 - ◆ 1 tbsp natural almond butter or spread
 - ◆ 1 cup shredded coconut

- 1** Place chopped banana in an airtight container

or resealable plastic bag. Freeze 4 hours or until firm.

2 DATE & ALMOND RAWNOLA Place nuts, dates, cacao nibs and almond butter in a food processor, pulse until coarsely chopped. Transfer to a bowl, stir in coconut.

3 Blend frozen banana with almond milk, oats, almond butter, 4 of the dates, cacao, vanilla and cinnamon until smooth.

4 Pour into serving bowls, divide ½ cup rawnola between serves. Top with halved almonds, remaining dates and the extra sliced bananas. If you like, drizzle with honey and dust with a little extra cacao powder. Serve immediately.

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Woman's Day

The BUDGET collection

Woman's Day



\$3.70
PER SERVE

PORK FILLETS WITH CRANBERRY RICE

SERVES 4 PREP + COOK 15 MINS

- ◆ 4 pork loin steaks
- ◆ 2 tbsp olive oil
- ◆ 1 tbsp Dijon mustard
- CRANBERRY RICE**
- ◆ 1/3 cup extra-virgin olive oil, plus 1 tbsp, extra
- ◆ 2 tbsp pomegranate molasses
- ◆ 2 tsp white chardonnay vinegar
- ◆ 2 tsp honey
- ◆ 2 x 250g pkt microwave basmati rice
- ◆ 100g haloumi, sliced
- ◆ 60g baby rocket
- ◆ 1/3 cup dried cranberries

1 Spread both sides of pork with combined oil and mustard. Set aside.

2 **CRANBERRY RICE** In a jug, whisk olive oil, molasses, vinegar and honey together. Season and set aside. Cook rice following packet instructions. Transfer to a large bowl. Cool 5 mins. In a medium frying pan, heat extra oil on medium. Cook haloumi 1-2 mins each side until golden. Drain on paper towel. Toss haloumi through rice with rocket and cranberries. Set aside.

3 Preheat a chargrill pan or barbecue grill on high. Cook pork 2-3 mins each side or until cooked to your liking.

4 Rest pork, loosely covered with foil, 5 mins before serving. Accompany with cranberry rice and dressing.

Woman's Day



\$3.75
PER SERVE

COCONUT CHICKEN CURRY

SERVES 4 PREP + COOK 20 MINS

- ◆ 750g chicken thigh fillets, cut into 3cm pieces
- ◆ 4cm piece ginger, peeled, grated
- ◆ 2 tbsp vegetable oil
- ◆ 1 onion, chopped finely
- ◆ 1 garlic clove, crushed
- ◆ 1 1/2 tbsp curry powder
- ◆ 400ml can coconut cream
- ◆ 400g can cherry tomatoes, drained
- ◆ 250g punnet cherry tomatoes
- ◆ steamed rice, chopped unsalted cashew nuts, mint leaves, lime wedges, to serve

1 In a medium bowl, combine chicken and ginger. Season, set aside 10 mins.

2 In a large frying pan, heat oil on medium. Cook chicken in two batches, 2-3 mins each, until chicken is golden.

3 In same pan, saute onion and garlic 1-2 mins until tender. Add curry powder and cook, stirring, 1 min until aromatic.

4 Return chicken to pan with coconut cream, canned tomatoes and fresh tomatoes. Bring to boil. Reduce heat to low, simmer, covered 5-6 mins until chicken is cooked through and cherry tomatoes are tender.

5 Serve curry on a bed of steamed rice, sprinkled with cashews and mint leaves, and accompanied with lime wedges.

Woman's Day



\$3.80
PER SERVE

HONEY PRAWN STIR-FRY

SERVES 4 PREP + COOK 20 MINS

- ◆ 1/4 cup vegetable oil
- ◆ 500g peeled green prawns
- ◆ 2 garlic cloves, sliced finely
- ◆ 1 long red chilli, seeded, sliced finely, plus extra to serve
- ◆ 3 carrots, sliced
- ◆ 1 bunch green onions, trimmed, 3cm lengths, green tips sliced, reserved
- ◆ 1/4 cup honey
- ◆ 2 tbsp Chinese cooking wine
- ◆ 200g packet rice noodles, cooked following packet instructions
- ◆ 2 tsp sesame seeds

1 In a wok or large frying pan, heat half the oil on high. Stir-fry prawns, garlic and chilli 2-3 mins until prawns change colour. Transfer to a plate.

2 In same wok, heat remaining oil on medium. Stir-fry carrot and onion 3-4 mins until carrots are just tender.

3 Return prawns and any juices to wok with honey and wine. Toss 1-2 mins, until prawns are warmed through and well coated in sauce.

4 Add drained noodles to wok, toss to combine. Serve prawn noodles topped with extra chilli, reserved onion tips and sesame seeds.

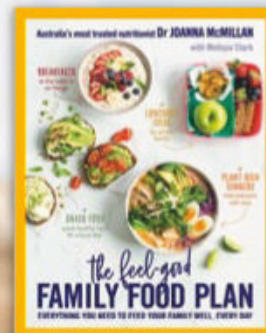
Pictures: Rob Shaw/bauersyndication.com.au. Styling: Annette Forrest. Food preparation: Sarah Murphy.

KitchenHQ

All the latest tips, tricks and trends for foodies

TIP

Try the sauce on a roasted potato with a little Greek-style yoghurt and parmesan.



Edited extract from
The Feel-Good Family Food Plan by
Dr Joanna McMillan
with Melissa Clark
(Murdoch Books, \$35).

Super-easy spaghetti

This tasty tuna chilli pasta is a family weeknight winner

SERVES 4 Bring a large saucepan of water to the boil. Cook 400g wholemeal pasta according to packet instructions until al dente, then drain. Meanwhile, heat 1 tbsp extra-virgin olive oil

in a large frying pan over medium heat. Saute 200g finely diced mushrooms, 1 finely diced red onion, 1 crushed garlic clove and 2 anchovy fillets until softened. Stir in a 425g can drained tuna and 1 chopped birdseye chilli (optional). Add 2 x 400g cans no-added-salt crushed tomatoes and

1 tbsp roughly chopped flat-leaf parsley leaves. Gently simmer 10 mins or until the sauce has thickened slightly. Stir in 120g baby spinach and season with ½ tsp black pepper. Divide pasta among 4 serving bowls and top with sauce. Serve sprinkled with 60g crumbled feta.

TEST KITCHEN MASTERCLASS

JAM DROPS

1 Sift 2 cups plain flour, ⅓ cup pure icing sugar and 2 tbsp rice flour together into a medium bowl. Rub in 250g cold cubed butter, using your fingertips, until mixture resembles breadcrumbs. Press mixture together to form a ball. Turn out onto a lightly floured surface. Knead gently.

2 Form dough into walnut-sized balls. Place onto 2 baking paper-lined oven trays, allowing room for spreading. Make a small indent in the top with fingertip. Fill with ¼ tsp jam.

3 Bake at 160°C for 12-15 mins or until golden. Cool on tray 5 mins before transferring to a wire rack to cool completely. Store in an airtight container.

Jen's cocktail hour

"I make a cleaner margarita. Silver tequila with lime juice shaken and over rocks. No sugar, no mixes, no agave."

Jennifer Aniston





3 THINGS YOU DIDN'T KNOW ABOUT ROSÉ

CHRISTINE RICKETTS, CELLAR DIRECTOR AND WINE EDUCATOR AT CELLARMASTERS, DEBUNKS THE MOST COMMON MYTHS ABOUT THIS DROP



1 THE COLOUR DOESN'T IMPACT THE TASTE

The colour of rosé wine is not an indication of its sweetness levels – some of the driest rosés can be hot pink in colour! Rosé gets its colour from the red grape skins, so the longer the skins are left in contact with the juice, the more intense the colour of the final wine.

2 IT'S NOT JUST A SUMMER DRINK

Although rosé sales spike in spring and summer, more wine lovers are discovering what a great tippie it is to enjoy all year round. Rosé pairs perfectly with seafood, Asian cuisine and spicy dishes, so it's a really versatile food wine.

3 AUSSIE ROSÉS ARE NOT SWEET

The best rosé wines in the world are thought to come from France, where they tend to be bone dry with flavours like cherry, musk or spice. Aussie rosé is traditionally more berrylicious, with strawberry and raspberry aromas, but due to the popularity of French rosé, more Aussie rosés are being made in that typical French dry and savoury style. The rise of domestic dry rosé is a win for consumers, as they are affordable and of great quality!



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The Cellarmasters My Favourites Rosé Reservation subscription, which includes 12 bottles of rosé selected by experts and delivered to your doorstep, three times a year, for only \$12.99 per bottle by the case. cellarmasters.com.au



DID YOU KNOW?

KUMARA IS THE MAORI WORD FOR SWEET POTATO.

FROM AGE A TROIS

MARCH 22



The ultimate cheese festival returns to Victoria's picturesque Werribee Park Mansion for a day of indulgence. Celebrate dairy delights from artisan cheesemongers, head off to a masterclass and enjoy roving entertainment, lawn games and live music. Don't go home without trying the cheese-inspired ice-cream! **Tickets from \$30** at melbournefoodandwine.com.au

Ask Sarah

Q When using frozen berries in muffins, should they be thawed before using?

A Frozen berries should be used while they are still frozen – this way they keep their shape and don't "bleed" into the mixture too much.

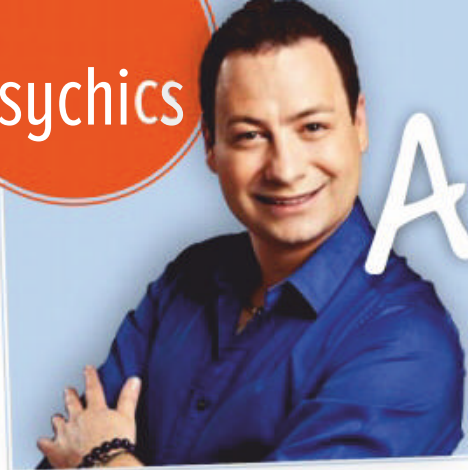
Email your kitchen questions to womansday@bauer-media.com.au



Food Editor Sarah Murphy



Psychics



Ask Mitchell

Medium **MITCHELL COOMBES**
answers your concerns

Q *Am I going about dealing with my health the right way? Will my sons find work that they will be happy with? I'm always nervous about the future.* Deborah, via email

MITCHELL SAYS I feel there is a lot of healing energy being sent to you from your angels right now. I'm told that you are on the right path of healing, not just physically – but emotionally and spiritually as well. The holistic approach you are taking towards your health in collaboration with your doctor's advice will bring about the breakthrough you are hoping for. Both of your sons will find employment they are happy with, but your youngest son tends to lose interest quickly and he needs to be in a job with lots of variety to keep him focused and interested in whatever he ends up doing.

Q *I lost my husband eight years ago. I was sitting beside his bed with my son when he passed away. Can you tell me if anyone came for him? Is he out of pain?* Marina, via email

MITCHELL SAYS Your beautiful husband tells me that there was a gathering of family and friends on the other side to greet him when he passed. He also says he knew you were with him by his side with your son – he remembers you holding his right hand. Your husband says that he often sits on the end of your bed and is watching over you. He is your personal guardian angel and he says he loves you very much. He tells me he has no pain, saying, "I can walk properly again." Your husband says your son Richard has some wonderful opportunities on the horizon that will bring him a lot of happiness.



SEE MITCHELL COOMBES LIVE!
Visit mitchellcoombes.com for event info.

Marina's husband is free of pain and watching over her.

Please send both your photo and question for Mitchell to Woman's Day, GPO Box 5245, Sydney, NSW 2001, or email womansday@bauer-media.com.au. Keep questions under 80 words. Sorry, no personal replies.



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Please RSVP to Emma
on 021 455 391 by April 20
Jenna is registered at Anson

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The animal whisperer



AMANDA DE WARREN
Australia's top pet psychic

Scout's verdict on Judge Judy

AMANDA SAYS Judge Judy's little one comes through immediately and tells me she is still only young – about three years old. Her name is Scout and she is a shih tzu. Judy's other two dogs, Bogey and Diva, are from the same litter. Scout gets on OK with the others, but wishes they were a little more lively and a lot less anxious. However, she is not complaining about her life as she knows her mum gives her plenty of attention. Scout is very much like Judge Judy – a no-nonsense kind of girl. I have to laugh as she says to me, "I wonder where I get that from?" Scout shows me she has no fear of anything and she sees a very different side of her mum than most people do. "My mum is so very kind and loving. When she gets home we all gather around and spend time together," says Scout.



Scout gets plenty of love from Judge Judy.

If you'd like a reading write to Amanda at *Woman's Day*, GPO Box 5245, Sydney, NSW 2001, or email womansday@bauer-media.com.au with your name, photo and number.

SEE AMANDA DE WARREN LIVE!
Visit amandadewarren.com for event info.

Horoscopes

Psychics



JENNY BLUME

predicts your destiny for MAR 2-8

Pisces

FEB 20 – MAR 20

Life may feel like a giant talkfest this week, but it's all therapeutic. Adding to the buzz, Venus is attracting stimulating people into your sphere, and for singles, a friendly set-up might become more. On a practical note, why not plant a few autumn vegies under Friday's wonderfully fertile moon?

Aries

MAR 21 – APR 20

Your inventive approach is inspiring, not just at work but on the home and money fronts, too. You might even dream up a canny business idea. March could bring opportunities for romance as well, so if you're looking for love, start circulating. Under Sunday's fantasy-filled sky, a dream could become a reality.

Taurus

APR 21 – MAY 21

Feel that old zest for life returning? As Venus spins into your sign, everything should look shinier – including you. People will be drawn into your orbit – you might even attract a gift. If worries are dragging you down, these social stars may be just what you need.

Gemini

MAY 22 – JUN 21

Don't feel guilty about having fun – this month it's all about balancing work and play. If your energy levels are flagging, music and cultural events should recharge your batteries in a flash. OK, the good life may not come cheap, but the memories will be priceless.

Cancer

JUN 22 – JUL 23

New experiences should act like an elixir, so switch off those screens and get inventive. Anything adventurous should hit the spot – your social side will need satisfying, so get some friends involved. If travel fantasies are escalating, get your finances in order now.

Leo

JUL 24 – AUG 23

Ready to reinvent yourself? Autumn's transformational stars could spark a health and fitness overhaul. Your newfound enthusiasm could impact your finances, or a charitable project might find wings. With Venus enhancing your sense of style, clear out your wardrobe and try some creative mixing and matching.

Virgo

AUG 24 – SEP 23

Not only are old friends about to liven things up, couples could find themselves rekindling sparks as they launch into a shared project or new phase. The high voltage vibes could spill over onto the dating scene, too – in fact as autumn unfolds, singles might be spoilt for choice.

Libra

SEP 24 – OCT 23

Need a celestial pick-me-up? If you've been suffering emotional overload, earth yourself by getting back to the basics. Simple pleasures like cooking and gardening should feel therapeutic, so pop in a few herbs under Friday's fertile moon then do some decluttering. Selling your surplus stuff might prove profitable!

Scorpio

OCT 24 – NOV 22

Venus is ready to spoil you rotten. A series of concerts, catch-ups and social events should help you to relax and unwind. These feel-good patterns might even conjure up a touch of romance, and a yearning to express yourself could tap into hidden talents.

Sagittarius

NOV 23 – DEC 22

As fortuitous stars align, a money-making idea could move a step closer or a venture you feel passionately about might lift off. Whatever your situation, inspiration should flow like good champagne. Seeds sown under these conditions could produce fruit for years to come.

Capricorn

DEC 23 – JAN 20

With your energy levels climbing ever higher, it's time to push ahead and tackle something you've been afraid to face. Whether it's a social, personal or work-related goal, the cosmos is working in your favour. Style-wise, why not consider a new 'do?

Aquarius

JAN 21 – FEB 19

A health-related matter could improve in leaps and bounds, or a vision involving your home might really work. Inspiration is flowing freely now, and for couples, so is the romance. Finances may be playing on your mind, but at the heart of matters, it's love that matters most.

It's showtime!

This week's top-shelf TV



This series based on the drug trade was a hit at last year's Venice Film Festival.

ZeroZeroZero

New series

FRIDAY, AMAZON PRIME

Based on the novel by bestselling author Roberto Saviano, this gritty crime drama focuses on the fictional Lynwood family who control a prestigious and powerful shipping network. However, their lives are thrown into chaos when a large shipment of cocaine is smuggled from South America to Europe. Starring Andrea Riseborough, Dane DeHaan and Gabriel Byrne, the series received rave reviews and standing ovations when its first two episodes premiered at the 76th Venice Film Festival in 2019. If you love Netflix's *Ozark* you're going to love this!



Compass: Champion Girls

SUNDAY, 6.30PM, SBS

Let's get physical, physical! *Compass* returns in 2020 with a look inside the Aussie-based dance phenomenon "physie" aka physical culture. Fun and upbeat music is the soundtrack for the synchronised sport that fuses dance styles jazz, ballet, hip-hop, contemporary, aerobic and yoga. The show gives a look inside the colourful sport that operates like a secret dance club through three generations of women.

Ally (Taylor Misiak), GaTa and wannabe rapper Dave (Dave Burd).

Editor's pick!



Dave

THURSDAY, 8.30PM, FOXTEL FOX SHOWCASE

We've all wanted to be a hip-hop star at one point, right? In this hilarious and fresh comedy, a neurotic suburbanite in his mid-20s is convinced he's destined to be one of the greatest rappers of all time. He just has to prove it to everyone else. With appearances from some of the music industry's biggest names, including Justin Bieber, this delightfully raunchy comedy is sure to be one of the year's breakout hits!



The Trade

FRIDAY, STAN

This harrowing four-part documentary – a follow-up to the previous series about the drug trade – follows Central American migrants during their dangerous and seemingly impossible odyssey to the United States.

The series sheds light on the smugglers, traffickers, shadow industries and law enforcement that prey on and take advantage of them every step of the way. It's a fascinating, rarely seen insight into the world of migrants fighting to survive every single day of their lives.

Series return





David and Hilary help jaded couples decide whether to sell or renovate.

Love It Or List It

**THURSDAY, 9.30PM,
FOXTEL LIFESTYLE HOME**

When a house no longer feels like a home, homeowners are left with a big financial and emotional question – to renovate or sell? Thankfully, that's when the *Love It Or List It Canada* team helps fed-up residents decide. In each hour-long episode, realtor David Visentin and designer Hilary Farr compete for the owners' final decision to stay or go. David's insider perspective on the real estate market helps target listings to prospective buyers, but Hilary is determined to show that, within a certain budget, she can transform their worn-out houses into a brand new home.

**Scrumptious
season
returns!**

MasterChef: The Professionals

**MONDAY, 7.30PM, FOXTEL
LIFESTYLE FOOD**

As we eagerly wait for the return of *MasterChef Australia*, fans of the popular series can enjoy this brilliant UK version. Celebrated presenter Gregg Wallace, chef Monica Galetti and Michelin-starred chef Marcus Wareing are once again on the hunt for the UK's most exciting cooking talent. Watch as 48 professional chefs face the rigours of the *MasterChef* kitchen before one is crowned this year's culinary superstar.



Talented chefs vie for the MasterChef UK crown.



David's adventures combine travel, food and history.

Ugly Delicious

FRIDAY, NETFLIX

Warm, colourful and utterly delicious, this show follows award-winning chef David Chang as he travels around the world in search of culinary hotspots that may not look so good on the outside but are scrumptious on the inside. Joined by writers, activists, artists and chefs, David aims to break down cultural barriers and tackle misconceptions through the one thing the entire world loves – food.

Devs

**SUNDAY, 8.30PM,
FOXTEL FOX SHOWCASE**

This brilliant new mystery series follows young software engineer Lily Chan, who works for a Silicon Valley-based tech company. After her boyfriend dies, Lily begins to investigate the circumstances of his death, suspecting that something more sinister is going on. In researching her boyfriend's passing, Lily ends up uncovering a tech conspiracy with the potential to change the world.

**Crime
fix**



Lily (Sonoya Mizuno) discovers a shocking conspiracy.

Behind the scenes

Your entertainment backstage pass!

IAN STENLAKE 'I TRY NOT TO COMPARE MYSELF TO CLINT EASTWOOD!'

EXCLUSIVE
interview!

Ian with Kate
Maree Hoolihan,
who stars as
Francesca.

The theatre veteran opens up about taking on an iconic role

Based on the beloved novel and made famous by the classic 1995 film, *The Bridges Of Madison County* is the heart-wrenching tale of finding love when it's needed the most. This week, the emotional story makes its Australian stage premiere, with theatre veteran Ian Stenlake taking the reins as Robert Kincaid. And while the role was first made famous by Clint Eastwood, Ian tells *Woman's Day* there's definitely no pressure stepping into his shoes.

What do you feel the story of *The Bridges Of Madison County* is about?

I think it's an incredible story of love and romance! The moving part of the story is that it's told from the perspective of two people who have an immediate, deep connection, which is then preserved for years as it is never actually tested.

What initially interested you in taking on the role? Did you need much convincing?

With a Tony Award-winning score by Jason Robert Brown

and a brilliant Australian creative team under the careful guidance of director Neil Gooding, it was a no-brainer! I worked with JRB when he brought *Songs For A New World* to the Adelaide Cabaret Festival way back in 2003. His unique talent always means a challenging and thrilling experience.

How does your approach to Robert differ to some of the roles you've done before?

Is there a unique take in bringing him to life?

I think Robert has an incredibly complex emotional intelligence, and his journey of the first day of the rest of his life begins on stage before he even utters a word.

Clint Eastwood made the character famous in the film adaptation. Does that bring with it a sense of pressure?

Ha! No, Clint's performance is inspirational and serves the film's adaptation of the novel beautifully, however being a musical this time around, I feel there needn't be any comparisons.

Is it safe to say you're a fan of Clint and the film version? Be honest – did you cry watching it the first time?

When Francesca sees that Robert has published a book as she suggested, I certainly felt my heart jump in my chest.

Will *Bridges* fans see something different in this version?

Everything you could want from the film is definitely in the musical – just more from Francesca's perspective, perhaps, than from the kids.

What is your favourite scene?

Falling in love is awesome in real life and fantastic fun on stage. This would be my favourite moment in the show, and you'll have to see it to find out when that is!

THE BRIDGES OF MADISON COUNTY Sydney's Hayes Theatre Co from March 6. Tickets are available at hayestheatre.com.au or call (02) 8065 7337.



15 YEARS OF YOUTUBE!

TO CELEBRATE 15 YEARS OF THE VIDEO SHARING PLATFORM, WE REVEAL THE TOP FIVE HITS THAT WENT VIRAL AND SPARKED HOURS OF ENDLESS ENTERTAINMENT

1 Charlie Bit Me, 2007

Charlie, a baby boy, bites his brother's finger, which sends him on a rollercoaster of emotions. One of the original videos to go viral around the world.

2 Friday by Rebecca Black, 2011

Californian teenager Rebecca never thought she'd achieve recognition for her self-funded video, which later became an international hit song. Warning: once you listen, you won't be able to stop singing it!

3 Ain't Nobody Got Time For That, 2012

What starts out as a startling witness account of a fire at an apartment building, soon turns wildly comical as a woman named Sweet Brown describes the moment she realised there was something going on after getting up to get herself a "cold pop".

4 Sneezing Panda, 2007

You just can't go past this adorable video of a baby panda scaring the hell out of its mother! It's quick yet so utterly adorable, and it'll bring joy to your day no matter what!

5 Yodelling kid in Walmart, 2018

While this was only two years ago, it deserves to go down in the history books for its sheer absurdity! A young blond boy stands in the aisles of a supermarket in cowboy boots and bow tie and yodels his little heart out – it's everything you want in a YouTube video and more!



out this week



MOVIE DOWNHILL

In this dark comedy-drama remake, a young family barely escape an avalanche during a ski holiday to the Alps. Billie and Peter (Julia Louis-Dreyfus and Will Ferrell) are left to deal with the psychological aftermath after he abandoned his family to save himself.

IN CINEMAS Thursday



BOOK OPEN BOOK by Jessica Simpson

You might think singer and actress Jessica Simpson has already shared all she can, having lived most of her life in the public eye, but there's more to her side of the story. From child stardom to her high-profile romances, her battle with addiction and finally becoming a mum, this is a must-read.

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GET RED RED READY

The stars look hotter than ever in on-trend



PARIS HILTON
Yousef Aljasmí

JENNIFER GARNER
Dolce & Gabbana

CHARLIZE THERON
Louis Vuitton

EMILY RATAJKOWSKI
Versace



Y!

scarlet!

**HEATHER
GRAHAM**
Randi Rahm

**MAYA
RUDOLPH**
The Attico

**KRISTEN
WIIG**
Valentino

The LOW DOWN

Pooper scooper

ORLANDO BLOOM

All these years in the biz means this A-lister will not be picking up his dog's dirty business!



MAD ABOUT HARRY

HARRY STYLES

There was only one direction these fans wanted their cameras facing when the British singer made an appearance at New York City's Rockefeller Center!

SHOE STOPPER!



JENNIFER COOLIDGE If acting doesn't work out, Stifler's mum could always try out for (shoe) hurling at the Olympics! She looked thrilled to be the Honorary Muse at LA's Krewe of Muses parade.



PRINCELY 'DO

JOSH O'CONNOR The actor's incredible transformation into Prince Charles for hit series *The Crown* doesn't come easily. His famous waves require quite a lot of work!



EMMY, IS THAT YOU?

EMMY ROSSUM The *Shameless* star was unrecognisable as she filmed scenes for her upcoming biopic on self-made Hollywood celebrity Angelyne. Yikes!



The LOW
DO



MAN, WHAT A CO-STAR!

ELISABETH MOSS Her mystery co-star in *The Invisible Man* is looking seriously dapper! *Woman's Day* hears his suit was custom-made and worth an estimated \$5000! Fancy...

Do it for Team Duff!



Is this how you do it, Keith?



Cuzzle off!

NICOLE KIDMAN & KEITH URBAN

They made their half cuddle, half nuzzle famous and now it's starting to rub off! Debbie Harry and Iggy Pop recently tried out the move during an appearance in New York.

HAPPY FEET!

JOAN COLLINS The 86-year-old was seen trading in her white hot pumps for some simple but comfy slippers after catching up with friends for dinner in LA. How's that for practical fashion!



Mum goals

HILARY DUFF The *Younger* star certainly got into the swing of things as she enthusiastically cheered on her seven-year-old son Luca at a flag football game in LA.



KFC KRAZY!

KIM KARDASHIAN & KANYE WEST

The couple's surprise trip to a KFC in Paris has been honoured with a special gold plaque. Tres chic, guys!



Kim Kardashian et Kanye West
ont commandé sur cette borne
le 19.02.2020

GONE BUSH!

SAM SMITH In town for Sydney's Mardi Gras, the British singer celebrated his honorary Aussie status by donning a kangaroo print dress. Strewth!



The **LOW
DOWN**



NATASHA SPENCER



VANESSA ROMITO



AMANDA MICALLEF



MICHAEL GOONAN



 **myspace** **to** **MARRIED
AT FIRST SIGHT**

DESTINED TO BE STARS!

They're on one of the most controversial shows on Australian TV, and judging by their unearthed Myspace profile pics, these *Married At First Sight* participants have always been able to work a camera! Before they had their hearts broken in front of millions of viewers, they played guitar, wore lots of eyeliner and posed up a storm for the webcam. If only they knew then what would be in store in 2020!

INTERNATIONAL GOLDEN CROWN ANNOUNCEMENT

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Pure Gold



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1954 Royal Tour Crown

Limitation: 9,999 worldwide | Finish: Layered in Pure Gold | Quality: Proof | Edition: Uniquely numbered | Diameter: 38.6mm

February 1954: Her Majesty Queen Elizabeth II became the first British Monarch to tour Australia. During the tour, Her Majesty wore a couture gown accented by a wattle motif as a symbol of the Queen’s deep affection for the people of Australia. This landmark event heralded the start of a royal tour tradition which thrilled royal enthusiasts for six decades. Buckingham Palace has announced that Her Majesty will no longer undertake world tours which, sadly, brings to an end an important chapter of our history. A new crown coin has been struck to celebrate this history-making first royal tour. Struck to a high specification, only 9,999 numbered issues will ever be minted.

The earliest applications will receive the lowest edition numbers. For this reason applications will be processed on a strictly first-come, first-served basis and are limited to one per Australian household. Successful applicants also qualify to view the next coin in the *Royal Tours of Australia and New Zealand Crown Collection* for only \$79.99 (plus \$9.99 postage and handling) sent entirely without obligation on our 14-day home approval service. Applicants may cancel at any time and all purchases are covered by The Bradford Exchange 14-Day Money-Back Guarantee.

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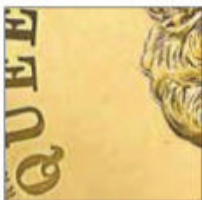
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As befitting an event of such importance, the coin is fully layered with pure 24-carat gold.



Struck to match highest quality Proof finish
Expertly struck not once but twice onto a specially prepared mirrored surface reserved only for the most important commemorative issues.

Each coin is accompanied by a Certificate of Authenticity, which is supplied, free of charge. An elegant presentation case to house the golden commemorative coins will accompany a future delivery and is supplied to you FREE, as part of your collection.



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