



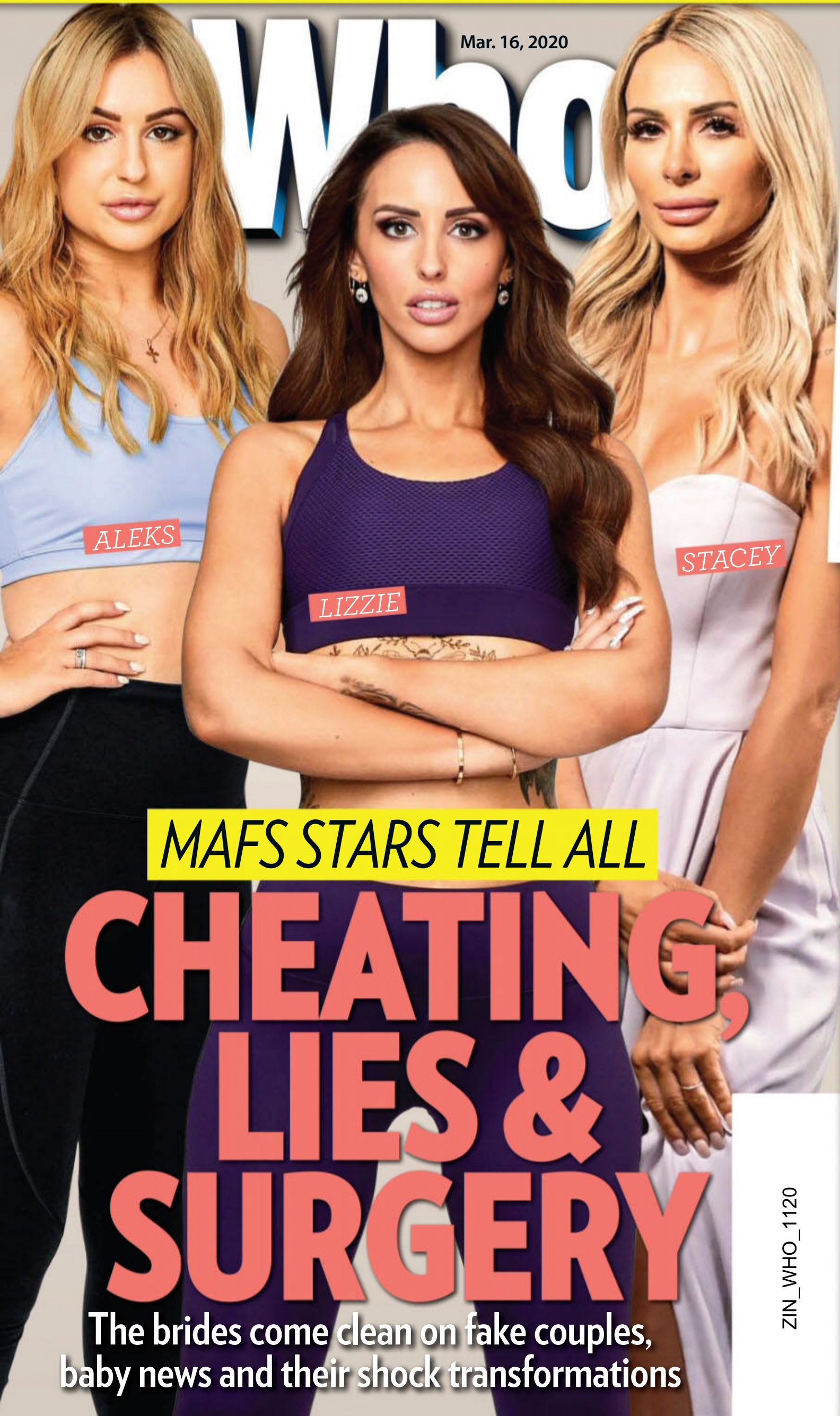
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Mar. 16, 2020

ALEKS

LIZZIE

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MAFS STARS TELL ALL

CHEATING,
LIES &
SURGERY

The brides come clean on fake couples,
baby news and their shock transformations

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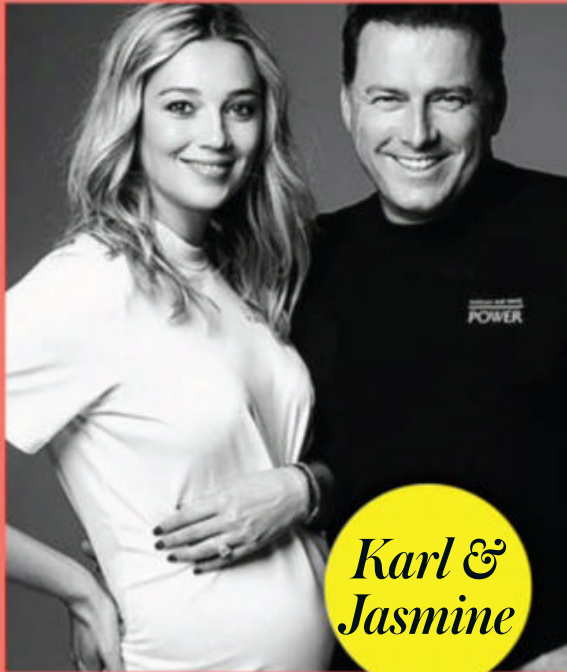


Meghan's
**SECRET
HOLLYWOOD
PLANS**



Exclusive
*Grant
Denyer*

'WHY WE
MARRIED
AGAIN'



*Karl &
Jasmine*

COUNTDOWN
TO BABY!

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An amazing 200 groups and floats made up the parade.



Singer Dua Lipa joined the parade.



Sam Smith's outfit sent a powerful message at the official afterparty.

Showing our pride

The city was transformed by a kaleidoscope of colour on Feb. 29 as we celebrated the 42nd Sydney Gay and Lesbian Mardi Gras.

The theme for the parade this year was 'What Matters', with 12,000 people donning leather, latex and glitter to make their way down the parade route on Oxford Street.

People with Disability Australia, Instagram, Qantas, RU OK? and Bushfire Heroes were just some of the organisations behind the grand floats on the night, with the New South Wales Rural Fire Service getting deafening applause as their float appeared.

Among the international celebrities who joined the celebrations were singers Kesha and Dua Lipa, but the shining star of the night was UK singer Sam Smith, who surprised onlookers

by marching the parade route alongside young LGBTIQ+ people.

Then the 27-year-old, who revealed they were non-binary in 2019, prepared for a headline performance at the official afterparty held at Hordern Pavilion. During a rendition of 'Promises', Smith's red outfit expanded before the crowd's eyes, with the side adorned with the word 'equality'.

"I've been waiting for this moment for a long time," Smith wrote on Instagram with a photo of the show-stopping moment. "I love you Sydney and I love being queer."

— Stacey Hicks, Editor



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JUST \$3 AN ISSUE

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Duffy's brave words

Welsh popstar Duffy bravely revealed last week that she'd been "raped and drugged and held captive over some days" at an unspecified time. In an emotional Instagram post, the 35-year-old 'Mercy' singer wrote: "The recovery took time. There's no light way to say it. But I can tell you in the last decade, the thousands and thousands of days I committed to wanting to feel the sunshine in my heart again, the sun does now shine." After spectacular success with 2008 album *Rockferry*, she released one more record, but no others followed. "Many of you wonder what happened to me," she said. "You can only imagine the amount of times I thought about writing this. The way I'd write it, how I'd feel thereafter. I asked myself, how can I sing from the heart if it's broken?"

Taylor's the man!

Yes, this is pop superstar Taylor Swift! The 30-year-old sent social media wild when she released the video to her latest single, 'The Man', last week. She had to endure six hours of makeup to achieve the stunning transformation. The video is an indictment of toxic masculinity and sexist double standards and imagines everything she'd be allowed to do if she was male.



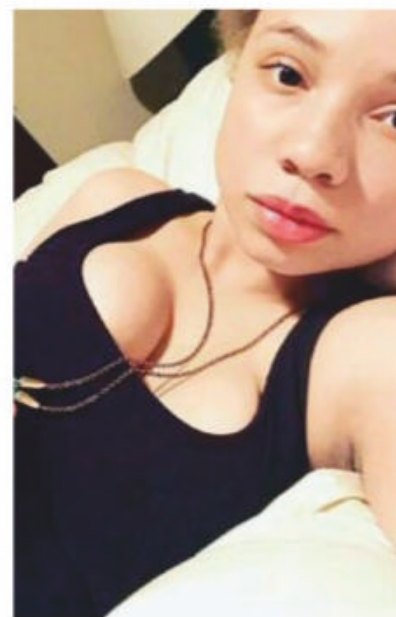
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What we're talking
about this week



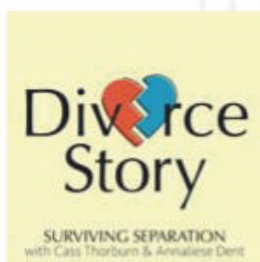
Spielberg's daughter arrested

A few days after revealing she has become an 'adult entertainer', Steven Spielberg's adopted daughter, Mikaela, was arrested this week for domestic violence. The legendary director was said to be 'embarrassed' when the 23-year-old gave an interview saying she had already started producing 'solo porn videos' and hoped to obtain her sex worker licence. "I got really tired of not being able to capitalise on my body," she told *The Sun*. "Doing this work, I'm able to 'satisfy' other people, but that feels good because it's not in a way that makes me feel violated." After she was arrested, her partner said it had been a misunderstanding and "no-one is hurt". She was released on \$1500 bail.



Cass talks divorce

She knows from first-hand experience just how stressful a marriage break-up can be, so now Cass Thorburn, the ex-wife of Karl Stefanovic, wants to help others going through the ordeal with the *Divorce Story* podcast, which launched this week. "It's a subject that's fairly taboo, but shouldn't be," she says. The mum of three wants the podcast series, which she co-hosts with Annaliese Dent, to get women and men to think positively and take action. "I believe, having been through a divorce, that the biggest grief to deal with is the end of the marriage – not getting over the person you're divorcing." As for what she wished she'd known at the time: "I would tell myself when I was devastated by the separation that it's an opportunity to write your own new life chapter."



Bob Geldof 'still grieving'

Almost six years after Peaches Geldof died from a heroin overdose aged 25, her famous father Bob has revealed the grief over losing his "clever, sweet, eccentric" daughter is still ever present. "Time doesn't heal, time accommodates," the legendary musician, 68, said during an Irish TV interview. "You're driving along, and you're at the traffic lights, and for no reason whatsoever I'll cry." The Boomtown Rats frontman added, "It is bottomless, the grief, the abyss is infinite."

who.what.w



Jasmine unveils bump

Jasmine Yarbrough proudly showed off her growing baby bump for the first time on Monday to support Aussie fashion label Camilla and Marc's Power and Solidarity initiative, which raises money for ovarian cancer research. The brother and sister duo behind the brand, Camilla Freeman-Topper and Marc Freeman, lost their mum to the disease 26 years ago. Yarbrough captioned the pic of herself and hubby Karl Stefanovic: "Ovaries. Let's talk about them. If this campaign means that we could help one woman detect this early, if we could just save one life, this'll all be worth it."

J.Lo sad at Oscar snub

She was widely expected to be nominated for an Academy Award this year for her much-praised role as a veteran stripper robbing rich businessmen in the move *Hustlers*, and Jennifer Lopez admitted this week she was disappointed to be overlooked. "I was a little sad because there was a lot of build-up," she said during an interview with Oprah Winfrey. "I got so many good notices – more than ever in my career – and there was a lot of, 'She's going to get nominated for an Oscar ... It's going to happen!' I'm reading all these articles going, 'Oh my God, could this happen?' And then it didn't, and I was like, 'Ouch.' It was a little bit of a let-down."



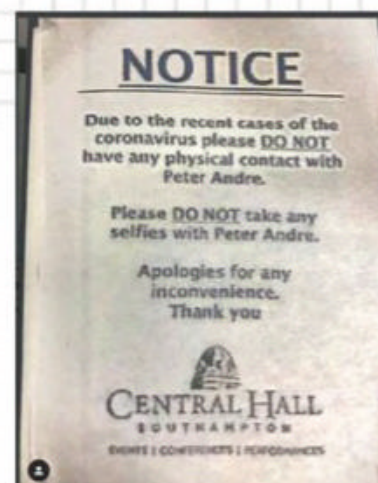
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What we're talking about this week



Touchy Pete

Fans at Aussie crooner Peter Andre's gig in the UK's Southampton on Saturday were surprised to see this notice (right) outside the venue ordering them not to have "any physical contact" with the star or take selfies due to coronavirus! But the 47-year-old later denied he'd become a pop diva. "OK this must be a wind up because I hugged everyone I met," he said, adding: "Brilliant. I am now officially a diva without being a diva. On a serious note though, don't touch me."



Harry's mugging terror

Popstar Harry Styles has spoken for the first time about being mugged by a gang of knife-wielding robbers on Valentine's Day. The 26-year-old told US shock jock Howard Stern he was walking home from a friend's house when the hooded group demanded he hand over his wallet and unlock his phone. "The other one pulls his shirt up and he's got a knife sticking in his pants and I was like s--t," Harry said. "I just said, 'I'm sorry mate, I can't. I can't unlock my phone,' and the guy's like, 'You got 10 seconds,' and he starts counting them down and I'm like, 'F--k.'" Suddenly, two cars appeared and Styles ran into the road to flag them down. "Obviously a mad man runs into the road, so they don't let me in. Usually when I'm out walking I'm wearing running stuff and this was the one time I was wearing corduroy flairs and shoes. I was like, 'I'm gonna have to f--king sprint all the way up this hill!'"



Bea's new royal title

When Princess Beatrice marries Italian financier Edoardo Mapelli Mozzi in May, she'll become a 'Contessa' as Mozzi is descended from Italian aristocracy. His father is Count Alessandro Mapelli Mozzi, and Edoardo will inherit the family's ancestral seat, the 18th century Villa Mapelli Mozzi palace in northern Italy. The father of the groom said: "He is a count – his wife will be a countess automatically and any of their children will be counts or nobile donna."



END OF



THE SOON-TO-BE-REUNITED ROYALS ARE KEEPING BUSY DURING AN EMOTIONAL WEEK

As Prince Harry kicked off his final round of official outings before he and wife Meghan Markle officially step down as working royals on March 31, brother Prince William and his wife Kate Middleton stepped out for an on-duty date night – all smiles despite the impending end of an era.

The parents of three glammed up to take in a charity performance of *Dear Evan Hansen* on February 25, as Harry – embracing his new role as a regular guy – flew commercial from Canada to London, then travelled by train to attend his final scheduled royal appearances.

Welcoming everyone at a summit for his environmental tourism initiative Travalyst in Edinburgh, Scotland, on February 26, the 35-year-old took steps to cement his new ‘commoner’ status. “He’s made it clear that we are all just to call him Harry,” host Ayesha Hazarika told the audience. “So, ladies and gentlemen, please give a big, warm, Scottish welcome to Harry.”

Speaking the next day, Hazarika said, “I got the impression he’s very focused on what he wants to do. He was pretty defiant as well. I didn’t sense that he thinks, ‘This has all been a nightmare, I’m going to hide away.’”

If Kate and Wills were affected by Harry’s royal exit, they didn’t show it. The Duchess of Cambridge swapped out her princess heels for casual trainers during her visit to London’s Olympic Park on the same day as Harry’s event, making an appearance for SportsAid, of which she is patron. »

GETTY IMAGES

ANN ERA

Harry, Jon Bon Jovi and Invictus choir members recreate the famous Beatles album cover at Abbey Road Studios.



QUEEN HEALS RIFT

Harry had a four-hour fireside chat with the Queen at Windsor Castle on Sunday to clear the air. The monarch reportedly told the prince that he is much loved and would be welcomed back into the royal fold at any time.

The 38-year-old tried her hand at taekwondo, packing a powerful punch into some pads after coaching from Olympic athlete Lutalo Muhammad. “Her right hand was mean,” he said afterwards. “Trust me, that was a hard punch. It was better than expected. She passed with flying colours. I’m glad I didn’t let her punch me!”

While his wife was showing off her athletic ability, Prince William, 37, visited Tarmac’s National Skills and Safety Park to learn how the company was improving opportunities available to young people. He then headed to a centre that has been helping homeless and vulnerable people since 2001.

While it all seemed to be business as usual for the once tight-knit threesome, there’s no

escaping the fact that, in just a few weeks, things will change forever, with Harry’s Travalyt appearance marking the first of several ‘last’ events over the coming fortnight. On February 28 he teamed up with Jon Bon Jovi to re-record the rocker’s song ‘Unbroken’ at Abbey Road Studios in London with members of the Invictus Games Choir. “We’ve been gargling next door, so we’re ready to go,” Harry quipped to an engineer, while Bon Jovi himself hinted at the prince’s recent troubles. “In light of everything that’s going on right now, I’m happy he could take the time to be here for the choir,” the singer said. “That’s all I can comment on. I don’t know what it’s like to walk in his shoes.”

And, according to one of Harry’s family friends, it’s been rough. “It’s an emotional time for him,” the source told *Vanity Fair*. “In many ways it’s bittersweet. He’s always wanted to have a regular life and to get away from the spotlight, and that’s what he’s doing, but it basically means walking away from his family. Harry’s a loving, loyal guy so that will be very hard for him.”

With his wife Meghan, 38, joining him at the Endeavour Fund Awards this week, followed by the Mountbatten Music Festival at the Royal Albert Hall two days later, the pair will share their final royal appearances as a duo. However, they have decided to leave their 10-month-old son Archie in Canada – a move that has distressed Harry’s grandma,





The duchess tried her hand at taekwondo.



William toured a training centre for construction workers.

the Queen.

A source tells the *Sunday Times* that their decision has left her “very sad”, given she’s seen so little of him since his birth.

But Harry has at least one famous fan in his corner as he embarks on his post-royal existence: David Beckham. “We love him, and he’s an amazing person – and that’s the most important thing – but I’m proud to see him growing up as an individual and being that person that every father wants to be,” the former footballer told *Entertainment Tonight*. “I think he’s enjoying being a young father for the first time ... Every father wants to be loving to their children, and that’s what I see with him.”

What the future will look like for Meghan is also taking shape, with reports that she has picked the Met Gala in New York on May 4 for the glamorous debut of her royal-free life. According to *The Sun*, she has accepted an invitation by British *Vogue* editor-in-chief Edward Enninful and is planning to leave Prince Harry at home. “Edward’s team are excited that the two will go together,” a source told the paper. “Meghan is keen to step out occasionally without Harry so that she can establish herself once more in Hollywood.”

The news comes after another source

told *The Mail on Sunday* that her agent, Nick Collins, is busy trying to secure her an action-movie offer. “He’s said she wants her return to acting to be part of an ensemble cast in something like a superhero film,” says the source. “He’s saying she is available and open to the best offers. She knows she can’t carry a film as an actress. People won’t be able to get past the fact she’s Meghan Markle. But she’s determined to act again, and she thinks a big ensemble film is the way to go ... something that pays big, but which doesn’t put her front and centre.”

“She’s come back to face the music”

— KATIE NICHOLL

A source told *Vanity Fair* that the Queen, 93, “generally doesn’t want to talk” about what lies ahead. “She’s been keen to get this resolved as she sees it as damaging to the monarchy, and on a personal level, I think this has been hurtful for her,”

says the source. “She’s got to the point where she doesn’t want to think about it anymore, she just wants it over and done with.”

Meghan will be very nervous about returning to the UK, according to veteran royal expert Katie Nicholl. “She’s come back to face the music. It’s bittersweet as she gave up her home, her nationality and her career, and fully threw herself into royal life, so there will be a sadness about the way it all panned out, but she won’t let it show.”



FAB FOUR DIVIDED

Prince Harry and Meghan’s return to the UK looks set to underdeliver on a warm and fuzzy family reunion that fans have hoped for. Prince William and Kate Middleton are scheduled to embark on a three-day tour of Ireland from March 3, right in the middle of the Sussexes’ homecoming.

All signs point to them finally being publicly reunited at Commonwealth Day ceremonies on March 9. “The brothers have different futures with very important institutional roles, and that created a complicated relationship,” says a source. “But ultimately everyone wanted Harry and Meghan to be happy. William has always expressed concern for Harry. Since they were children, William has always watched out for his younger brother.”

CORONAVIRUS P

AS AUSTRALIA RECORDS ITS FIRST FATALITY, PANDEMIC FEARS CONTINUE



"At some point in the coming months or years, we're all going to get infected," virologist Ian Mackay has warned.

Several stars have posted photos of themselves wearing protective masks, but health experts are begging them to stop, as masks can make catching the virus *more* likely, as wearers are more likely to touch their faces. So far there have been no cases of the virus spreading through airborne germs.

Kate Hudson, Bella Hadid and Gwyneth Paltrow (left to right) have shared mask snaps, Gwyn captioning hers: "En route to Paris. Paranoid? Prudent? Panicked? Placid? Pandemic? Propaganda? Paltrow's just going to go ahead and sleep with this thing on the plane. I've already been in this movie. Stay safe. Don't shake hands. Wash hands frequently."

CELEBRITIES TOLD TO DROP MASKS



As the coronavirus crisis deepened this week, Australia suffered its first fatality – 78-year-old Perth travel agent James Kwan (pictured above), a passenger on the Diamond Princess cruise ship in Japan where more than 700 were infected. His wife Theresa also caught the virus and is being treated at the hospital where her husband died on Sunday.

She was forced to say goodbye over the phone behind a glass wall as he lay dying in his quarantined room. "My husband passed away peacefully knowing that his family loved him," she said in a statement.

PANIC

TO RISE



61 COUNTRIES HAVE BEEN AFFECTED SO FAR



after a female passenger in her 50s was diagnosed with the disease, officially known as COVID-19. It's thought she caught the virus in Iran and felt ill less than a day after landing in Sydney, but didn't go to a hospital for six days.

As of Tuesday, there have been 34 confirmed Australian cases, 10 of them from the Diamond Princess, but University of Queensland virologist Ian Mackay told the ABC that eventually everyone in Australia will get the virus, in the same way we catch the common cold. "At some point in the coming months or years,

we're all going to get infected because we've all been infected by these other endemic viruses." He warned it was "just a matter of time" until a pandemic was declared. "Think about whether you have enough medication and essential foods... for two weeks, if things were to interrupt the supply chain of food," he said. "Don't forget to prepare for pets as well, with extra supplies of dried pet food and flea treatments in case there are shortages."

There are already reports of Aussie supermarkets being stripped bare of Panadol, toilet paper, bottled water and tinned food. Supplies of hand sanitiser have almost run out. Prime Minister Scott Morrison last week predicted there would be a global disaster, but urged Australians to remain calm amid fears the outbreak could push the country into recession. "We believe the risk of a global pandemic is very much upon us," he declared, but added a reassurance: "You can still go to the football, you can still go to the cricket,

you can still go and play with your friends down the street. You can go off to the concert and you can go out for a Chinese meal."

Fear of the virus has led to tens of thousands of Australians wearing protective face masks in public places, but health authorities have warned that they will make little or no difference to the chances of infection. They're only suitable for patients who already have the disease to prevent the spread, or healthcare workers treating them. "Those surgical-based face masks don't do a huge amount to prevent community

transmission," Associate Professor Erin Smith from Edith Cowan University in WA told *The Guardian*. "There are other ways to prevent spread that are more effective, like washing your hands with soap and water. If you can't get soap and water, that's when hand sanitiser is useful."

In fact, widespread usage could have a devastating effect as supplies are running out for those who really need them. Despite every major health organisation advising against wearing them, major face mask manufacturer Lanhin in China told Reuters that demand has still spiked, reaching 200 million per day.

Not touching your face – which the average person does 3000 times a day – is the best way to avoid infection.

One unexpected casualty of the virus is beer company Corona. A survey last week revealed a third of Americans wouldn't drink the brand due to the outbreak (even though there is no connection whatsoever to the virus), and some who would drink it wouldn't feel comfortable ordering it in public. The company's share price is down nearly 20 per cent, as Google reported thousands of searches for "Corona beer virus".

"The risk of pandemic is very much upon us"

– SCOTT MORRISON

James Kwan (above) died on Sunday. Worried shoppers (right) are clearing supermarket shelves.

WA premier Mark McGowan described his death as "awful". "They couldn't go in and touch him or hold his hand; it would have been so tragically sad," he said. "You don't want to leave this world without someone holding your hand."

The Australian Medical Association predicted last week that up to one in four West Australians may contract the virus, despite the Kwans being the state's only recorded cases so far.

Meanwhile, authorities are desperately trying to contact anyone who was on a Qatar Airways flight from Doha to Sydney last week



Phoebe
Waller-
Bridge

Waller-Bridge signed a deal with Amazon Studios last September to create and produce new television. Sources say it's worth about \$30 million a year.

THE AWARD-SWEEPING 'FLEABAG' STAR IS BRINGING HER UNIQUE COMIC STYLE TO THE NEW JAMES BOND FILM

Capping off of an epic awards season that saw her rack up a BAFTA Award, three Emmys and a Golden Globe, *Fleabag* star and creator

Phoebe Waller-Bridge was still reeling when accepting when her most recent trophy, a Screen Actors Guild Award, on January 19.

"With all the chaos of the outfits, the interviews and the six-pack that my makeup artist drew on me this evening ... it's quite easy to forget what has actually happened," she said from the stage.

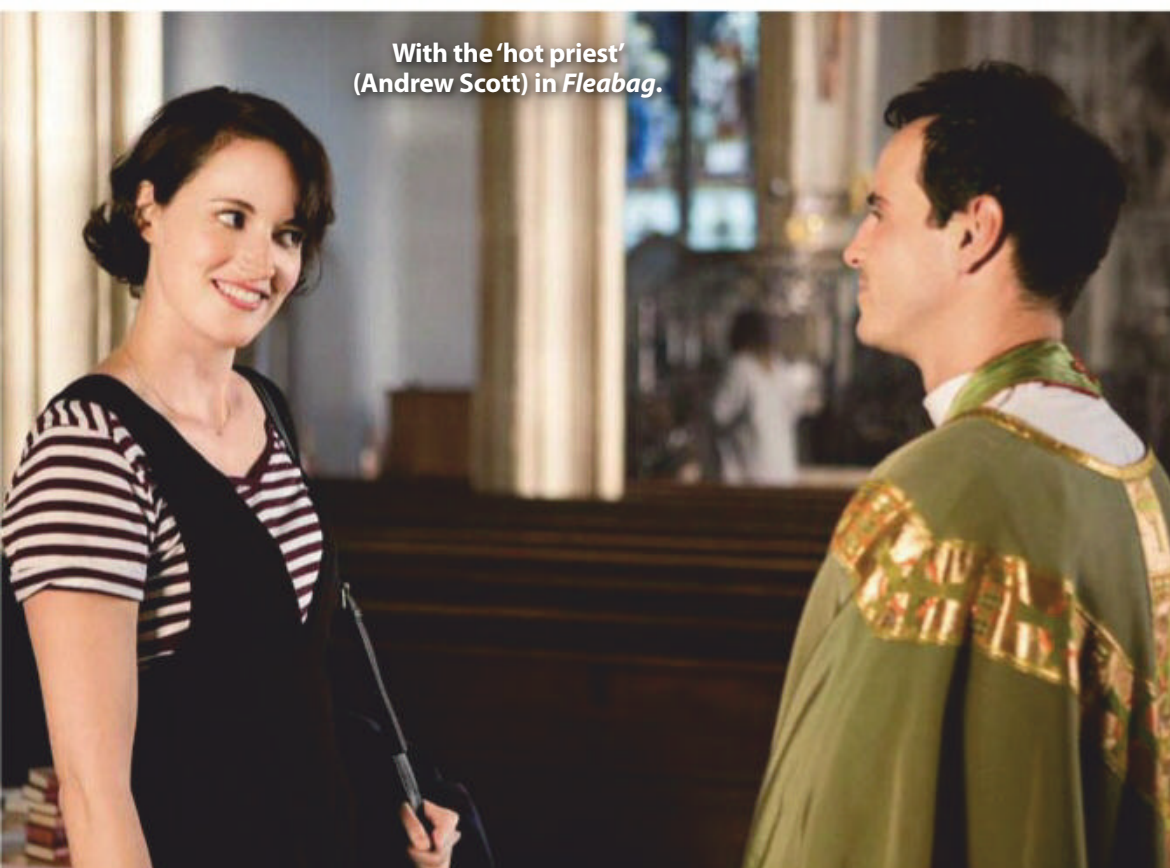
"This whole thing really has been a dream, and if I wake up tomorrow and discover it was just that, then thank you. It's just been the most beautiful dream."

And her dream run is continuing, with new comedy caper series *Run* set to premiere on April 17 (on Fox Showcase). The premise is two ex-lovers who once made a pact to run off together if one of them texts the word 'RUN' to the other. When the message arrives years later, comedy and chaos ensue.

There's also the third season of *Killing Eve*, for which Waller-Bridge created and wrote most of the first few episodes. It debuts internationally on April 26.

Before that, though, the 34-year-old has vowed to slip into a tuxedo to walk the red carpet for the premiere of the 25th James

I ha
CRA



With the 'hot priest' (Andrew Scott) in *Fleabag*.



Domhnall Gleeson and Merritt Wever star in *Run*.



A scene from *No Time to Die*. Waller-Bridge was brought in to 'spice it up'.

Bond movie, *No Time to Die* (out in Australia on April 8). Last year, the West London-born star was brought in by Bond himself, Daniel Craig, to tweak the script to make sure the female characters had enough spirit. "It was a really mad job to get," Waller-Bridge told *The Guardian*. "I actually said to my producer once while we were making *Fleabag* that would be a cool thing to do one day ... and then it was only a month later."

As only the second female screenwriter in the franchise's history, Waller-Bridge is aware of the crazy amount of weight on her shoulders, but she doesn't seem to be sweating it.

"There's been a lot of talk about whether or not [the Bond franchise] is relevant now because of who he is and the way he treats

women," she told *Deadline*. "I think that's bollocks. I think he's absolutely relevant now. It has just got to grow and evolve, and the important thing is that the film treats the women properly. He doesn't have to. He needs to be true to this character."

First and foremost, she added, her focus was giving the film's female characters the sort of dialogue that makes them feel "like real people".

"I just want to make sure that when they get those pages

through, they open them and go, 'I can't wait to do that'. That brings me pleasure, knowing that I'm giving that to an actress."

When she graduated from London's prestigious Royal

"I write from the point of view of what I like to watch"

Academy of Dramatic Arts in 2006, Waller-Bridge assumed that "being posh with curly hair basically equals a Shakespearean career", as she once joked to *British Vogue*. But in reality, she struggled to get cast in anything for two years – until she wrote a 10-minute sketch called *Fleabag*.

"It was really about a woman who felt she was really valued primarily by her sexual desirability," explains the star, who's been dating Oscar-nominated film director Martin McDonagh since early 2018.

"I write from the point of view of what I'd like to watch," she said. "I'm always satisfying my own appetite."



On set with *Fleabag* producer Jenny Robins.

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ZY job

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WORKOUT TIPS, SURGERY
'MARRIED AT FIRST SIGHT'

LIZZIE

'MY WEIGHT DOESN'T DEFINE ME'

Lizzie Sobinoff may look very different now to her first stint as a TV bride last year, but she's adamant that who she is inside hasn't changed.

"It's still very much me. I know people are going to say, 'Well, you look completely different to how we saw you last year, [but] don't always focus on the outer shell,' she tells WHO of her 10kg weight loss. "This has always been me. We grow, as people. I don't glorify weight and being like, 'I'm better now.'"

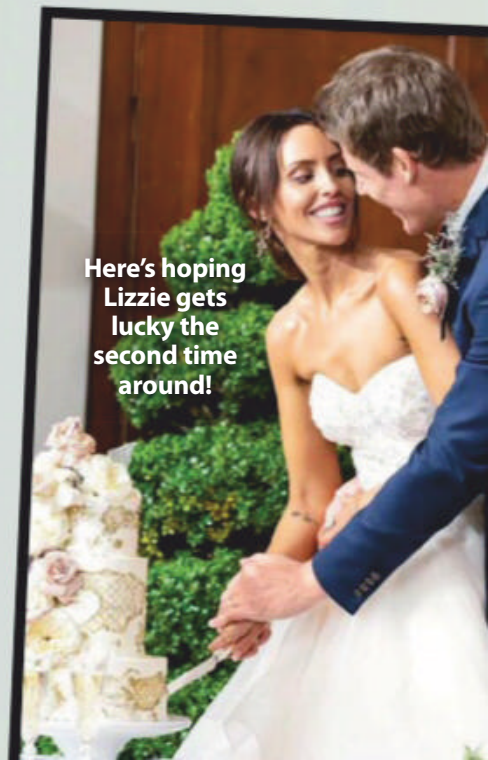
As one of 2019's most controversial brides, Lizzie was cheated out of her shot at a happy ending thanks to her 'husband' Sam Ball, who cruelly criticised her weight at their wedding and had an affair with another bride in the early days of the experiment.

Since then, Lizzie has been focusing on herself and her health, occasionally following the 5:2 diet and aiming to work out a few times a week as it's "good for stress".

But the outspoken 28-year-old insists she's no damsel in distress and is simply hoping that this time on *MAFS*, her relationship will go the distance.

"I have faith in the experiment," she says. "I'm always the optimist."

Here's hoping Lizzie gets lucky the second time around!



PLES E ALL

AND SHOW SECRETS ... THE
COUPLES OPEN UP TO WHO

SEB

'I'VE BEEN SINGLE FOR EIGHT YEARS'

"Brunette, tanned, beautiful eyes, beautiful lips and medium height." That's the description former AFL player Sebastian Guilhaus gave the experts for his ideal woman. Lucky for Lizzie, she matches that description to a tee. But after eight years as a single man, her new husband may find it takes time to get used to married life.

"My first long-term relationship – beautiful girl – it was just mistiming. It became so toxic because we drew it out," Seb, 30, tells WHO. "After that I didn't really date, I just withdrew."

The natural sportsman has spent a significant portion of his time focusing on his health, becoming a personal trainer and adopting a "healthy body, healthy mind" motto.

"The [bulk] of my happiness comes from health and fitness," says Seb, who trains between one and three times a day, and consumes about "a million calories".

The *MAFS* latecomer is also eyeing a career change, and is currently studying creative arts to become a drama and PE teacher. "Engagement with people, entertaining, making people smile and making jokes – that's me," he says.

BEAUTY & BRAWN

Lizzie may be pretty relaxed about her fitness schedule, but disciplined athlete Seb isn't! "I train every day in some capacity and occasionally up to three sessions daily," he tells WHO. "And I don't stop eating for more than an hour and a half, I'd say!"





CONNIE'S A SWEETIE!

While the aspiring marine biologist likes to keep fit by being outdoors, she's got no firm diet rules – so long as she keeps her sweet tooth under control. "I'm happy to eat what I want when I want, but I'm really cautious of sugar," she says.

CONNIE + JONETHEN 'WE LOVE TO GET OUTDOORS'

When he's not taking part in a social experiment on national television, project officer Jonethen, 27, makes sure he dedicates a good portion of his time to his wellbeing and health.

"I live an active lifestyle of surf, skating and the gym, two to four times a week," says Jonnie, who names celebrity trainer Luke Zocchi – the man responsible for sculpting Chris Hemsworth's ripped body – as his fitness idol.

"I can't stress enough how important exercise is for stress and mental health."

His wife Connie, 27, shares his love of the outdoors, and as a keen traveller, often documents herself taking part in adventurous activities such as kayaking, snorkelling, cycling and hiking around the world.

"I attend boot camp classes three to four times a week and take my dog for a walk every day," Connie tells WHO.

Like Jonnie, Connie sees the positive impact exercise has on her mind, saying, "The main reason I exercise is for my mental health".



ALEKS + IVAN

'WE'RE TOTAL OPPOSITES'

Perth girl Aleks isn't one to hit the gym – but, she tells WHO, the stress and chaos of being on a reality show led to an unintentional body transformation.

"I think I lost about 5kg!" the bride reveals. "The experiment clearly stressed me out."

But the recently blonde real estate agent is pretty comfortable in her own skin, insisting she "rarely" works out and simply limits portion sizes to keep her weight in check.

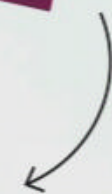
"I have a gym membership but never use it," she admits. "I admire women that can work out every day!"

Her relaxed attitude towards health and fitness couldn't be more opposite to that of her energetic husband, fellow real estate agent Ivan.

The 30-year-old says he prefers "high-intensity adrenaline activity" such as dirt biking or jetskiing to stay fit, but those hobbies are a little harder to fit into his daily schedule.

"I try to get to the gym a few times a week," he says. "Ideally, it would be five to six days, but I can't seem to find the balance."

'I lost 5kg on the show'



Feisty Aleks and larrikin Ivan have been going strong from the start.



While Ivan is an adrenaline junkie, a brisk walk outdoors is more Aleks' exercise cup of tea.





CATHY + JOSH

'WE'RE GYM JUNKIES!'

This bubbly couple have been getting along like a house on fire since day one, and a passion for staying fit and active is just one of the things they have in common.

"I love to get outdoors as much as I can, whether it's for a walk or a swim at the beach and gym during the week," Josh says. "Avoiding driving past KFC usually helps as well. If I can avoid fast food during the week, I'm doing all right!"

His weight-training-obsessed wife, who lost an impressive 20kg several years ago, is slightly more methodical about her meal preparation, which features an abundance of muscle-building protein to fuel her four to five workouts a week.

"Did I mention that everything is weighed by scales too?" she says of her food diary.

Josh, 28, and Cathy, 26, have their individual preferences when it comes to how they like to exercise too, with Cathy insisting "give me a squat rack any day", and Josh preferring to "sweat through a HIIT session, for sure".

"I did yoga once and fell asleep!" he says of slower workouts.

But despite her hard work, Cathy has also had some help altering her appearance, reportedly spending \$20,000 on breast implants, lip filler, a brow lift and Botox.

WEIGHTS QUEEN

Cathy admits she used to follow the odd fad diet, but after learning about nutrition, she's all about doing it the healthy way. Strength training is her go-to: "I always feel bad-ass after a session, like, go GF, pick up that heavy ass weight!"

INSETS: NINE NETWORK



Fountain of youth!

STEVE + MISHEL 'IT HELPS KEEP US YOUNG!'

These two may be the oldest couple on this year's season of *MAFS*, but they

certainly put in the effort to stay just as healthy and active as the other couples.

For 52-year-old Steve, a protein-rich diet and four to five gym sessions a week help him stay feeling as good as possible.

"My business partner is my fitness inspiration; he's a freak with his fitness," Steve reveals.

His 48-year-old wife, who has two adult children, has her own wellness regimen worked out. Back home in Brisbane, Mishel exercises regularly with a personal trainer, and is also a fan of teeth whitening and Botox injections to stave off wrinkles.

The teacher makes no apologies for wanting to maintain her youthful looks, adding that it's the reason she chooses to sleep with a CPAP (continuous positive airway pressure) machine every night.

"I believe it keeps me youthful, opens up my airways and I get a lot more oxygen while I sleep."

Shock set secrets!



THEN



NOW

Mum of two Stacey Hampton has copped a lot of criticism for looking older than her 26 years, but the defiant lawyer has always defended her decision to have a nose job, breast implants and lip filler. However, the TV bride surprised *Today Extra* viewers recently when she appeared on the show looking a little more pared back than usual, sporting subtle makeup and a warmer shade of blonde than her usual platinum 'do.



Natasha: 'I'M NOT AN ESCORT!'

She recently told *WHO* that she's had to build a very thick skin to withstand the constant gossip about her, but a fed-up Natasha Spencer, 26, has had to hit back at new claims she worked as an escort. "I have friends in that industry, [but] I'm not an escort," the financial analyst insists. "I have done bikini promo waitressing, I have shot photos with my breasts out. I don't have an issue with women's bodies."



HE SAYS, SHE SAYS...

They're the latest duo facing a couple-swap scandal, but Mikey Pembroke, 29, and Stacey are still at odds over whether their affair *actually* happened! While Stacey denies anything physical went on, Mikey has offered to take a lie detector test to prove they slept together during filming. "The lies that come out of [Stacey's] mouth are ridiculous," Mikey alleges. "You'll see by the end of the show."



FEARS FOR PARTY BOY MICHAEL

His hard-partying ways led to his split from TV wife Stacey, and now Michael Goonan, 28, has prompted concerns after footage of him in an intoxicated state led several fans to wonder if he has a drug problem. Stacey commented on the vid, "Drugs are bad mmmmkay", while another fan wrote, "He isn't just drunk, he's seriously on something else. So high."



MISHEL'S DRINK-SPIKING DRAMA

Teacher Mishel Meshes, 48, has opened up about a scary ordeal. After hitting a Sydney bar alone one night while filming, the mum of two took a drink from a male patron – and blacked out soon after. "I actually could have ended up murdered. What if I did get raped?" she said. A urine test the next day allegedly showed opiates and tranquillisers in her system.





KASEY 'I CAN'T WAIT FOR KIDS!'

Kasey 'KC' Osborne had just moved home to Australia after a decade in LA when a sudden wave of panic that she wouldn't meet The One spurred her to do the unthinkable: marry a stranger on television!

"My friends were kind of saying, 'It's going to be so hard for you to meet someone here,' and it made me a little bit paranoid," KC admits. "My perfect man is – on the outside – someone athletic. I have a really big heart and I love hard, so [I've been looking for] someone that kind of loves love as much as I do."

The 32-year-old dance teacher admits she has become "guarded" early on in relationships, revealing: "I've been burned in the past for sure. I've never cheated but I have been cheated on."

If all goes well with her new husband, she could be contemplating motherhood sooner rather than later.

"I can't wait to have kids!" KC says. "I want a little girl. I want to take her to dance class."

KC and Drew have a lot in common, from their passion for fitness to their careers in the creative arts.

DREW 'I'VE HAD NO TIME FOR LOVE'

It was major heartbreak that changed Drew Braver's course in life, but while he didn't realise it at the time, his fiancée calling off their wedding ended up being a blessing in disguise.

"Six or seven years ago, I was engaged to be married. About eight weeks out from my wedding, it got called off," he explains. "She had a change of heart. My whole world got turned upside down and I wasn't prepared for it."

The break-up spurred Drew to wind up his career as an electrician and go after his dream of working as a musician, as well as starting a mental-health charity called Kick On to help others dealing with personal struggles.

"I work on my charity for 10 to 12 hours a day and then it gets to the weekends and I go play weddings and gigs and stuff like that, so it doesn't leave a lot of time for love," the 32-year-old admits.

It seems Drew could be the ideal match for his new bride KC, given the musician does some kind of exercise every day for his mental health.

"Jiu jitsu six days a week, gym three or four... sparring, boxing or Muay Thai when I can," he says of his fitness regimen.

*This is one
talented
pairing!*



PANDORA

SOMETHING ABOUT YOU

Exclusive

"It's a beautiful thing to be able to have [our daughters] here to share the day," gushed Grant.



GRANT & CHEZZI DENYER

Forever LOV

THE DUO INVITE WHO TO JOIN THEM
AS THEY RENEW THEIR WEDDING
VOWS, 10 YEARS ON



WE

The Denyers held their vow renewal ceremony on Feb. 27 at a stunning property in Bathurst.

Photographed for WHO by LAWRENCE FURZEY

Who | 25



"There's no way I could've got through ... our challenges without Chezzi," Grant said.



Renewing their wedding vows on the crest of a hill high above rolling grassland which was newly green after recent rains, Grant and Cheryl “Chezzi”

Denyer felt on top of the world.

Ten years after tying the knot on tropical Hamilton Island, the *Dancing with the Stars* host and his effervescent wife wanted to reaffirm the love that has sustained them through so many ups and downs.

But this time daughters Sailor, 8, and Scout, 4, could be present and, in keeping with the family’s country lifestyle, the celebration took place near their Bathurst home, just down the road from Chezzi’s birthplace in Duramana, Central West NSW.

“It’s a real shame the girls weren’t born when we got married before, so it’s great we could do this for them now,” says Denyer, 42, flashing the infectious grin that helped to make him a Gold Logie-winning TV favourite.

There was laughter aplenty and tears in equal measure when the self-styled “soulmates” exchanged vows on February 27 in front of civil celebrant Kirralee Burke and a small group of family and close friends, who travelled to the isolated location in a convoy of four-wheel-drives.

“I didn’t want to cry, but it’s so emotional when you say the words you’ve written out loud,” smiled Chezzi, 40, stunning in an embroidered ivory Zimmermann gown.

“No matter what has been thrown our way, what challenges and difficulties, we have overcome every single one of them. And the

most important part is that our love has only grown stronger for one another over the years. I love you more today than I did when we first got married, and that is a testament to our connectedness and enduring passion.”

Wiping his eyes, quick-witted Denyer quipped, “I’m not crying, just itching,” before pumping his fist in the air and shouting, “She said yes!” As he paid tribute to his wife’s “wonderful, fun-filled approach to life”, the champion motorsports fanatic pledged to forgive her even when she is “a crazy, inattentive driver”.

For her part, Chezzi promised to love her workaholic spouse, although he “refuses to unpack his bags and cuts his fingernails in the bathroom sink”, where the clippings all too often land near her toothbrush.

A decade into their marriage – they originally wed at Queensland’s luxury Qualia resort on February 19, 2010 – the Denyers know each other’s foibles well, but try to laugh at them. That’s half the battle in a lasting union, they reckon.

Today their love is “different but better”, enriched by their two “mini-me” daughters, both cute as buttons at the ceremony in matching flower girl dresses from Dollcake.

“Anyone can be in love when everything is going well. That’s easy, you’re in the afterglow,” Denyer told WHO once the formalities were over. “But when tough stuff happens, new qualities are revealed and your love goes to a much deeper level. It’s only through the tests of life that you get to see a



Grant and Chezzi’s little ladies were lovely in lace.

person’s true colours, and you’ve got a shared story from those moments on.

“There’s no way I could have got through quite a few of our challenges without Chezzi’s support. We’ve been through a lot and no matter the hardship, we rise out the

other side together, stronger and closer.

“When I broke my back, that took a hell of a recovery and I think she carried the heaviest load. Chezzi inspired me to get back on my feet and be the best version of myself.”

Setbacks came thick and fast for six years, starting in 2008 when the thrillseeking star fractured his lower vertebrae in eight places during a monster truck stunt at Dapto Showground, near Wollongong, NSW. Nursed back to apparent health by his then-girlfriend and producer Chezzi (née Rogers), he rapidly returned to hosting *Australia’s Got Talent*.

“Anyone can be in love when everything is going well”



The girls’ gorgeous flower crowns matched Mum’s floral headpiece.





Chezzi doesn't take their love for granted, saying they both feel "so blessed and so grateful".

Behind the scenes, however, Grant had a secret and worsening dependency on prescription painkillers. Back on the road as *Sunrise* weatherman, Denyer pushed the envelope too hard and was eventually warned he would die unless he walked away from the demanding gig.

Meanwhile, vibrant high-flyer Chezzi – who later created Mummy Time TV to help mothers who are feeling the strain – suffered both post traumatic stress disorder (PTSD) and post-natal anxiety following Sailor's troubled birth in May 2011.

By 2013, burnt out and deeply concerned for their future together, the couple were treated for exhaustion at The Cabin, a costly Thai rehabilitation facility.

Rebuilding their lives on an 11-hectare smallholding near Bathurst's Mount Panorama circuit – a place any revhead will tell you is their "spiritual home" – the family went from strength to strength after Channel 10 threw out-of-work Denyer a career lifeline in 2014 with the chance to host *Family Feud*, followed by *Game of Games*, *Celebrity Name Game* and *DWTS*.

Last year, however, bad times returned when the accident-prone presenter spent weeks in hospital after rupturing a disc in a DIY mishap at home. Then Sailor broke her wrist, Scout had to have a tonsillectomy, their parents were bedridden with severe diarrhoea and Denyer's 2Day FM breakfast radio show was axed.

"You just have to pick yourself up,

dust yourself off and go again," he says philosophically, planning a slight gear shift on and off-screen in future. "I kind of want to be home a little bit more. I want to do the school drop-offs and pick-ups, and I want to learn to cook."

Of his desire to turn his attentions to the kitchen, Grant explains, "I've lived on the road so much of my working life, that's not a skill I ever learnt and I feel almost embarrassed about it. I want to be more useful around the house and take some of the load off Chezzi, although I might have to wrestle the kitchen tongs off her!"

They chuckle at each other, affectionately. "She's not giving up those reins easily!"

Recently, Denyer voiced a character for an animated movie starring Aussie favourite Sam Neill, and he also hopes to extend his charity work, especially with Rural Aid drought relief, for which he and Chezzi raised more than \$150,000 with a Black Tie and Boots Ball in 2018.

"It's nice to find some purpose that's not

just goal-chasing or ladder climbing," he explains. "I've worked too hard and had too many jobs at once, but you do that when you're trying to get your break.

"Now we are enjoying the fruits of the past 10 years. I've been lucky enough to glean a fair bit out of my career and I just feel the need to be a little more of service.

It can be a pretty selfish, self-absorbed process when you work in TV, so I need to give back. That's when your soul is at its most happy."

Quietly, Chezzi adds, "We feel so blessed and so grateful. It all feels more real when you're

10 years in. We were rushing around this morning, just normal life, and then when we got here ..." She gestures towards the panoramic view from the flower-decked arbour on wedding planner Amy Gullifer's magnificent Glen Outram cattle property.

"When we got here, Grant suddenly said, 'I'm so glad we're doing this.' So I think we'll have to renew our vows every 10 years!"

■ By Jenny Brown

"We'll have to renew our vows every 10 years!"

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SPLENDOR IN THE GRASS

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FRIDAY 24 JULY FLUME (ONLY AUS SHOW)

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DMA'S • RUEL • CUB SPORT • PETIT BISCUIT • ILLY • JULIA JACKLIN • BAKER BOY
CONFIDENCE MAN • SOFI TUKKER • WALLOWS • BRUNO MAJOR • ROLLING BLACKOUTS COASTAL FEVER
HOOLIGAN HEFS • INHALER • GRYFFIN • FAZERDAZE • GEORGE ALICE • TRIPLE J UNEARTHED PLUS MIX UP DJs DENA AMY • LUEN • AYWY
SECRET SOUNDS NEW MUSIC PRESENT STILL WOZZY • JOY CROOKES • MUNA • SLY WITHERS • MAKO ROAD • 100 • MISS JUNE • MIIESHA

SATURDAY 25 JULY THE STROKES

GLASS ANIMALS • VIOLENT SOHO • DOM DOLLA • TIM MINCHIN • KING PRINCESS
JPEGMAFIA • THE JUNGLE GIANTS • OLIVER TREE • THELMA PLUM • METHYL ETHEL
MALL GRAB • GROUPLOVE • THE CHATS • CHILLINIT • STELLA DONNELLY • TRIPLE ONE • PUP • SHAED
ALICE IVY • ADRIAN EAGLE • THE BIG MOON • THE LAZY EYES PLUS MIX UP DJs JORDAN BRANDO • MOKTAR • CAROLINA GASOLINA
ASTRAL PEOPLE PRESENT KILLO • MIDLIFE • JARREAU VANDAL • GREENTEA PENG • BRAME & HAMO • BANOFFEE • STEVAN
DRO CAREY & DJ SCORPION • LEX DELUXE • PINK MATTER • MEMPHIS LK

SUNDAY 26 JULY TYLER, THE CREATOR (ONLY AUS SHOW)

DENZEL CURRY • DUKE DUMONT (LIVE) • MURA MASA • IDLES • SAMPA THE GREAT
GRINSPOON • GERRY CINNAMON • G FLIP • JACK GARRATT • LIME CORDIALE
TIERRA WHACK • JULIA STONE • JACK RIVER • BENEE • NORTHEAST PARTY HOUSE • ALEX THE ASTRONAUT
SURFACES • GEORGIA • MO'JU • MICKEY KOJAK • CRY CLUB • TRIPLE J UNEARTHED
PLUS MIX UP DJs SHANTAN WANTAN ICHIBAN • AK SPORTS • SAUTI SYSTEMS
LOVE POLICE PRESENT BAD//DREAMS • SHANNON & THE CLAMS • BABE RAINBOW PERFORM THE VELVET UNDERGROUND'S LOADED
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BUYER FROM

AFTER SUFFERING THROUGH ONE OF THE WORST DROUGHTS IN MEMORY,

THE BUSH

ONE WOMAN IS BRINGING NEW HOPE TO RURAL COMMUNITIES

Sweating through one of country's three hottest summers on record, Australia has now entered yet another year of crippling drought. As the unprecedented conditions continue, the country has already experienced record-breaking temperatures, with 2019 the hottest and driest year ever.

The drought hit rural Australia the hardest, and money quickly dried up in farming communities. So in a bid to increase cashflow and urge citysiders to support those doing it tough, a farmer's wife in the small town of Warren in NSW's Central West started the

Instagram account @buyfromthebush to advertise local shops and producers. Seemingly overnight, Grace Brennan's simple social media page took off and, thanks to the Christmas rush, generated more than \$2 million for struggling country towns.

"I really just wanted to be productive and help in a pretty helpless situation with the drought," Brennan tells WHO. "When my sisters come out from the city, they often want to pop into the local boutique and shop. So I had this idea that if we could just broadcast all the beautiful things that are here to the masses, I knew there'd be a market for them."

To her, the success of Buy From the Bush was almost too good to be



"The growth of @buyfromthebush is lovely," says Brennan (below). "But of course people are getting behind these businesses. They're amazing!"



true. After just five months, the page now has more than 200,000 followers, and has increased some businesses' revenue by as much as 300 per cent, created jobs and put 'locally made' back on the market.

"I think there's a move towards caring about where your things come from," Brennan explains of the movement's achievements. "I kept hearing from people who were using Buy From the Bush that they loved knowing their money was going towards a particular business owner and knowing a little bit about their story. I think that's probably a broader trend that Buy From the Bush is tapping into; people might be a bit over the aggregate online shopping with the

little shopping cart in the corner."

While media coverage and campaigns such as Buy a Bale, and Fiver for a Farmer, are incredible ways to help the community, people often don't fully understand the impact of these extended periods of drought, says Brennan. For her hometown of Warren, the whole mood of the community has changed.

"Often when we think or feel about drought it's about a farmer in the paddock, but the impact is so much broader than that. Small businesses in rural communities that aren't focused on agriculture are often the first casualties because they are relying on cashflow from farming communities, and those farming communities stop spending because they have stopped making money," she explains of the knock-on effects of the climate emergency.

"There's this feeling that hope was evaporating a little bit. Little things, like the school fundraiser being cancelled because

nobody was buying tickets, and people moving away and husbands going looking for work. Everyone is 'head down and get the job done', but at the same time there's this growing feeling of 'Oh my god, when is this thing going to end?'"

Last year, all of NSW was declared drought-affected, and 65 per cent of Queensland was impacted, along with parts of the Murray-Darling Basin in South Australia and parts of Western Australia. With almost the entire nation engulfed by these hot and dry conditions, shocking footage emerged of struggling farmers and emaciated animals.

But what really brought Australia to its knees was the apparent link between the drought and people taking their own lives. In 2018, the suicide rate for agricultural workers was about double the general male population, sitting at 32.2 compared with 16.6 per 10,000. According to BeyondBlue, the suicide rate in very remote areas of Australia is more than double that of major cities. The drought was, and still is,

"I wanted to be productive in a ... helpless situation"



STAR POWER

Turia Pitt is working to help bushfire-affected communities, launching @spendwiththem, after the fires were finally extinguished to help rebuild affected communities. The account has more than 200,000 followers.

shattering entire towns.

“Often, the conversation is around what the government can do, but I think there was a real appetite at the community level to help with the drought and help rural communities – but not knowing how to,” Brennan says.

By giving those who wanted to help a hub from which to launch their efforts, Buy From The Bush was an instant success. “That’s what drought does – it makes you have a crack,” Brennan says of starting the Insta account.

But despite Brennan’s success, she extends a poignant reminder that the drought’s not over yet. “We got some unbelievable, transformative rain recently and there is such a shift in energy, but the impact of the last few years is going to play out for some time yet,” she explains. “It’s not as though the drought’s over as soon as it rains; it’s a slow graft back. Buy From the Bush is less about crisis relief and more about long-term investment in rural communities, and celebrating what they have to offer beyond the drought.”

■ *By Jacqueline Mey*

If you or someone you know needs support, help is available from Lifeline on 13 11 14.

Pitt with husband Michael Hoskin and their eldest son, Hakavai.



Young heroine

"She saw what the rest of us did not want to see," says Greta's mum Malena.



My Greta was WASTING A



Thunberg with her little sister, Beata, as youngsters. Both had to overcome crippling shyness.

A NEW MEMOIR WRITTEN BY GRETA THUNBERG'S W
ON THE TEENAGE CLIMATE ACTIVIST'S TRAUMAT

Soon after Greta Thunberg started fifth grade, she was very depressed and wouldn't eat. She was only 11, but faced being hospitalised and forced through tubes and IV. "She was slowly disappearing into some kind of darkness and, little by little, bit by bit, she seemed to stop functioning," her mother, Malena Ernman, 49, explains in a new book the family has written. "She stopped laughing. She stopped talking. And she stopped eating."

In *Our House Is on Fire: Scenes of a Family*

and *a Planet in Crisis*, Ernman describes in wrenching detail the fear and powerlessness she and her actor husband Svante Thunberg underwent as they attempted to help Greta overcome her refusal to accept any food.

When Greta, now 17, did finally eat, the amount was minuscule — a few bits of rice or avocado. In desperation, her parents took her to eating disorder specialists, who suggested documenting everything she managed to ingest. One lunch of just five small pieces of gnocchi took two hours and 10 minutes.

Ernman turned to a school psychologist,

GETTY IMAGES (4); INSTAGRAM (2)



She didn't hold back when addressing the UN.



YOUNG HEROES MEET UP

Last week, Thunberg met her "role model" Malala Yousafzai, 22, who was shot in the head by a Taliban gunman in 2012 while travelling home on a bus when she was just 15. She had spent years championing girls' education under the brutal Taliban in her native Pakistan. The Nobel Peace Prize winner, who is now studying at Oxford University and still campaigning, said Thunberg was the "only friend I'd skip school for".



Her low-key school strike in Sweden grew into an international movement.



Greta sailed across the Atlantic to the UN in a zero-carbon emissions boat.

WAY

HOLE FAMILY LIFTS THE LID ON HER CHILDHOOD BATTLES

who was the first to say that some of Greta's behaviour suggested she could be on the autism spectrum.

"After two months of not eating, Greta has lost almost 10kg, which is a lot when you are rather small to begin with," Ernman writes in an extract serialised by *The Guardian*. "Her body temperature is low and her pulse and blood pressure clearly indicate signs of starvation. She no longer has the energy to take the stairs and her scores on the depression tests she takes are sky high."

Soon Greta was warned she'd be admitted to hospital to try to save her life. It was

enough to shock her into consuming tiny amounts of banana and a few calcium tablets, and over the next couple of months, her weight stabilised.

But soon afterwards, when Svante went with her to school for an end-of-term ceremony, he was horrified to see her classmates pointing and laughing at her. When asked about it, she opened up about the bullying she had endured. "Svante and I inform the school, but the school isn't sympathetic. They don't believe her," Ernman says.

Within a year, Greta's weight had crept up enough for them to arrange a neurological

investigation, which led to her being diagnosed with Asperger's, high-functioning autism and obsessive-compulsive disorder.

Around that time, Greta watched a movie at her school about the tremendous amount of rubbish in the oceans, and became so overwhelmed she began crying. "She saw what the rest of us did not want to see," writes Ernman. "She belonged to the tiny minority who could see our CO₂ emissions with their naked eye."

It was this realisation that was the catalyst for Greta's climate-change activism.

It started small, in August 2018, with a solo school-day strike in front of Sweden's parliament to raise awareness of the need to curb carbon emissions. Within weeks, the once non-talker was giving speeches before thousands, as well as interviews with TV crews from all over Europe.

Greta sparked a worldwide youth movement, one that would lead to millions of kids worldwide holding their own school strikes for climate action. Greta even spoke at the United Nations, telling delegates: "You have stolen my dreams and my childhood with your empty words." Last year she was nominated for a Nobel Peace Prize, and has been nominated again for 2020. She was also *Time* magazine's 2019 Person of the Year.

"Right now, I have a lot of people listening to what I am saying," Greta previously told WHO, "so I am using that platform to try to achieve a change." The girl who didn't speak has found her voice. •

***Our House Is on Fire* by the Thunberg family is out this week, published by Penguin Books.**



WILLIAM TYRRELL 'WE CAN'T'



S DISAPPEARANCE T 'GIVE UP'

A NEW BOOK ABOUT THE MISSING BOY REVEALS
THE TRAUMA HIS FAMILY STILL ENDURES

It's been more than five years since William Tyrrell disappeared from his foster grandmother's home in the NSW town of Kendall. Despite an exhaustive, ongoing police investigation, the offer of a million dollar reward for information on his whereabouts and numerous reported sightings, false leads, rumours and speculation, William has never been found.

Earlier this month, during former lead detective Gary Jubelin's court case for allegedly illegally recording conversations with suspects, new details about the police investigation were disclosed and raised even more questions about its handling.

The police's focus on 'person of interest' Paul Savage, who lived opposite William's grandmother, was explained. It was revealed how investigators hypothesised that his now deceased wife, Heather, may have accidentally run over and killed the little boy. Also explained was how investigators planted a Spider-Man costume, like

the one worn by William when he disappeared, in bushland and waited to observe Savage's reaction.

Other behind-the-scenes revelations were made, including tensions within the investigating team. Jubelin claimed the then-homicide commander Superintendent Scott Cook had said, "no-one cares" about William.

William's foster family issued a strongly-worded statement in which they detailed their "grave concerns" over recent police handling of the case. They criticised the force for prioritising "personal agendas, ambitions and bias" over the search for their son.

In the latest developments, another 'person of interest' in the case, Frank Abbott, is expected to testify at the NSW inquest into William's disappearance this month.

This coming June will mark William's ninth birthday and Caroline Overington, journalist and author of *Missing William Tyrrell*, says that despite so many years passing since the then 3-year-old vanished, the search





In 2018, William's biological mum admitted to *Sunday Night* she felt like "the worst mum in the world".



Police search for evidence of William Tyrrell near Bonny Hills on Mar. 3, 2015.

must not end. "It's really important at this five-year point to say we can't give up, we can still find him," she says. "If he's not alive we need to know where and when his life was taken from him. You can still bring someone home, even if they're deceased. It's still better to have an answer."

That an exuberant young boy, wearing a bright red Spider-Man outfit, could vanish without a trace while playing on the quiet, residential Benaroon Drive, has baffled police, his family and the public since the day it happened on September 12, 2014.

Exacerbating suspicion about the case has been the various suppression orders which have limited the public's access to information and led initially to the media publishing inaccurate information. Some of these have since been lifted and it's now public knowledge that William, and his sister Lindsay (a pseudonym given to her by the Children's Court) were living with foster parents, who still cannot be named, at the time of his disappearance.

Since he was 9 months old, William had been living away from his biological parents – who also cannot currently be named – and with his foster family. Lindsay had gone into emergency foster care at 3 months old. According to NSW Police, the children's birth parents were involved in various domestic violence incidents over many years and struggled with drug and alcohol issues.

On the day before William's disappearance, his foster parents drove him and his sister from their home in Sydney to the mid-north coast to visit their foster grandmother, as they did frequently.

The following morning, William and his sister were playing on the back deck, watched over by his mum and grandma. At around 10.30am William, who had been playing a game he called Daddy Tiger, jumped off the deck and, explained his mum, "ran around the side of the house and roared". Moments later, when

"We can still find him"
– CAROLINE OVERINGTON

William's mum realised she could no longer hear the little boy, she went to investigate. Unable to find him, she became increasingly concerned and the family began searching

the house, then the neighbourhood. At 10.57am William's mum called triple zero. In the hours that followed, it was widely assumed William had wandered into nearby bushland while playing.

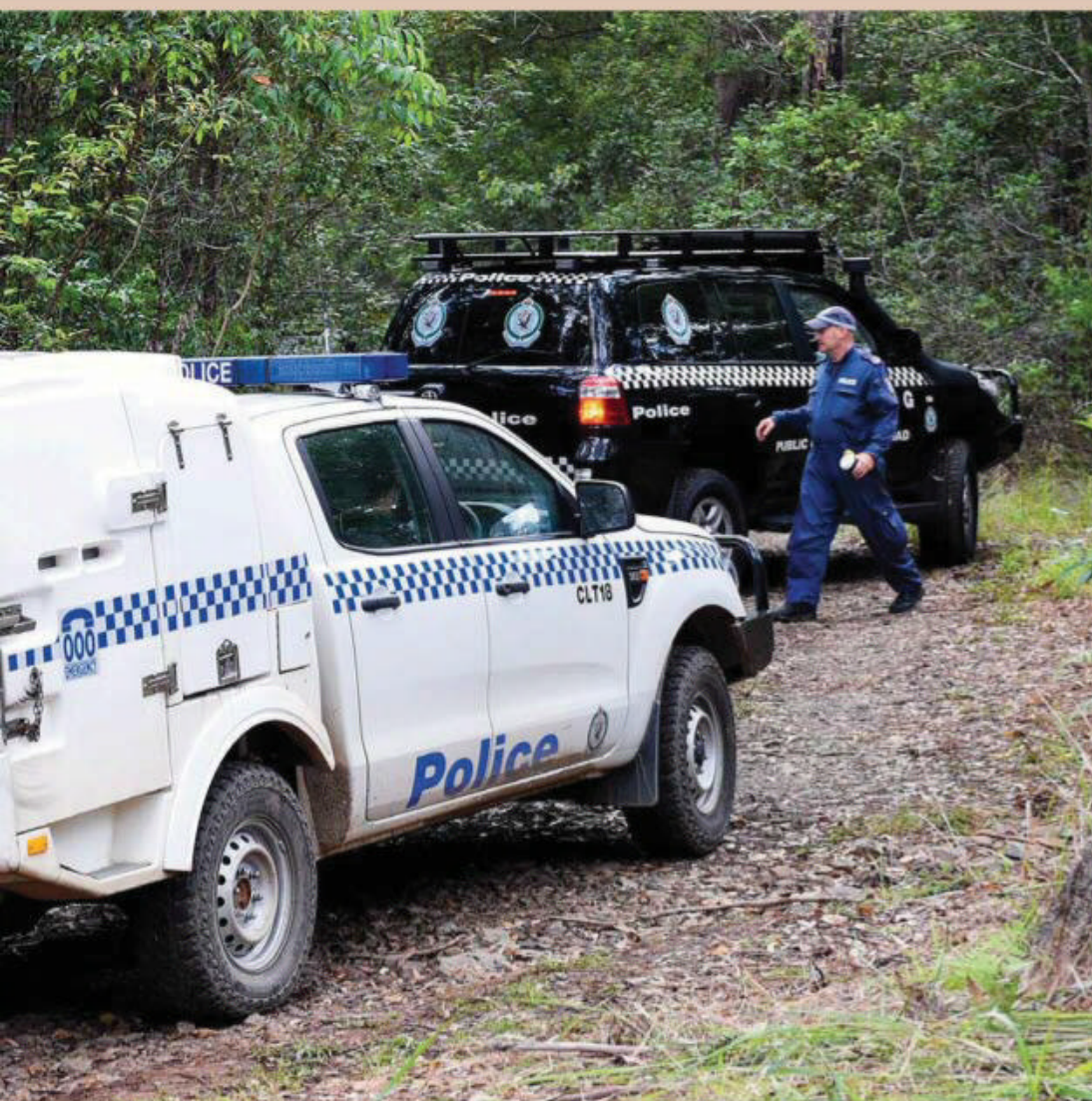
By early afternoon, William's biological parents were told about his disappearance. It's now known that at the time the couple had been attempting to get their children



POLICE SEARCH

In the days following William Tyrrell's disappearance, authorities searched the area around the home at Benaroon Drive, Kendall (pictured, left), on the mid-north coast of NSW, for signs of the missing 3-year-old. But nothing was found.

TOP: AAP (3); BOTTOM: NEWSPIX (2)



Former NSW Detective Gary Jubelin arrives at Downing Centre Local Court in Sydney on Feb. 14.

back into their care and had occasional supervised contact visits. The foster family, however, were looking into legally adopting them. As a result, in the hours after William's disappearance, police focused their inquiries on his biological parents. But CCTV and mobile phone records, among other things, quickly discounted them as suspects. William's foster family's involvement was also ruled out.

Five days into the search, Strike Force Rosann made clear police no longer believed William was lost but that something had happened to him. The main theory was that he'd been taken by an opportunistic

abductor. Yet, over the coming weeks, months and eventually years, despite persons of interest being investigated, William still hasn't been found.

Since 2014, strike force detectives have infiltrated paedophile networks, worked undercover and searched the internet and dark web looking for clues. Around 15,000 pieces of evidence have been examined.

In March 2019, the case went before the Coroner's Court with Deputy State Coroner Harriet Grahame stating the aim was to conduct an inquiry that would hear testimonies from all possible witnesses. The third and final phase resumes this month in Taree. Because William was a foster child, his parents were unable to make a public appearance or plea after his disappearance to protect the identity of his sister. But in September 2015, to mark the first anniversary of his vanishing, they appeared on *60 Minutes* without showing their faces.

"William was stolen," his foster mum said during the emotional interview. "Whatever word you want to use, he was abducted, he was kidnapped, he was stolen."

Also unable to make any public declarations or even admit their connection to him, William's biological parents felt frequently sidelined and ignored during the investigation, writes Overington.

Both parents were desperate for answers. "One of the problems with all the

suppression orders people maybe formed the belief that [they] didn't care; of course they care, they care desperately and they really want him found," explains Overington.

Along with other members of the birth family, William's father attended the Coroner's Court. "Although he feels like he wasn't there every day for William's life, or known life, he's there for him right now," says Overington.

William's birth mum found the experience traumatic. "[Her] health is more precarious. She found it very difficult the day she came to court as there are a lot of people there; she wept and didn't come back after that. For her, it's better to stay away."

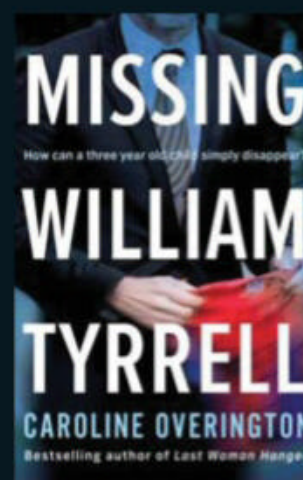
The effect on William's foster parents' lives has been overwhelming, too.

Says Overington: "They loved him dearly. I think they love him still. I think

they are shattered [and] in some ways destroyed by what has happened.

"This has completely upended their lives."

■ By Emma Babbington



Missing William Tyrrell by Caroline Overington (HarperCollins \$34.99) is out now.



MANDY

THIS IS

EROWN

FOR HER FIRST RECORD
IN 11 YEARS, THE STAR
IS READY TO TELL HER
FULL STORY – AND TO
COME TO TERMS WITH
HER OWN LIFE

The year was 1999, and a 15-year-old singer named Mandy Moore was debuting the music video for her first single, 'Candy'. In it she drove a lime green Volkswagen Beetle past perfectly manicured Los Angeles lawns while singing that she missed a cute boy ... like candy. It was the kind of dangerously catchy bubblegum pop song that would soon land the future *This Is Us* actress on the cover of celebrity and music magazines and earn her the title 'pop princess' alongside the likes of Britney Spears and Christina Aguilera.

But over the past 20 years, she's had time to reflect on her early music, and it gives her mixed feelings. "Sometimes I liked the songs, other times I said, 'I don't get this, but OK,'" she tells WHO. At least one thing she sang then still resonates: "Show me who you are." At 35, she's finally ready to do just that, on her new album *Silver Landings*, her first in 11 years. It's a deeply personal project for Moore, one that dives into what it was like to find success before she was old enough to vote. Moore's music career dates back to a basketball game where a girl roughly her age sang the national anthem. >>



Her *This Is Us* character has been a strong family matriarch.



BIG COMEBACK

Moore's co-writer and husband Taylor Goldsmith (with her above) has helped her find the confidence for her comeback album, *Silver Landings*. She was 15 when she made the video for her hit single 'Candy' (below).

Watching from the stands, Moore, around 11, had what she calls a “light bulb moment”.

“I didn’t know you could do that!” she recalls while sitting down with WHO at her LA local coffee shop. “So I begged my mum to record me singing a cappella, then she hand-delivered it [to the arena] with some cookies.” The baked goods successfully sweetened the deal, and she began singing the anthem at a handful of sporting events until a music producer heard her and immediately invited her to his studio.

She released *So Real* – a sugar rush of an album that blended innocent ballads with cheesy pop synths – when she was 15, and was soon opening for both NSYNC and the Backstreet Boys, and being offered acting roles. By the age of 25, she had amassed multiple film credits and released six albums with no intention of slowing down.

But suddenly, the music stopped. Instead, Moore became best known for her on-screen work. In 2010 she voiced Rapunzel in Disney’s *Tangled*, the first of several voice overs in movies including *Racing Stripes*, *Ralph Breaks the Internet*, *Tangled Ever After* and *Brother Bear 2*. In 2016 she landed the role of Rebecca Pearson, the lovingly overbearing matriarch on the family comedy/drama *This Is Us*. It won her a Golden Globe nomination and a Screen Actors Guild prize for best ensemble cast, and has so far lasted four seasons. Her character sang, but Moore no longer did. It wasn’t clear why until February last year, when she gave an interview to *The New York Times* calling her ex-husband, musician Ryan

Adams, psychologically abusive and claiming that he blocked her ability to make new connections in the music industry (he has denied the allegations). Before she knew it, it had been a decade since she’d released a song. “I missed it,” she says.

But now she’s back making music, she’s determined this time will be different.

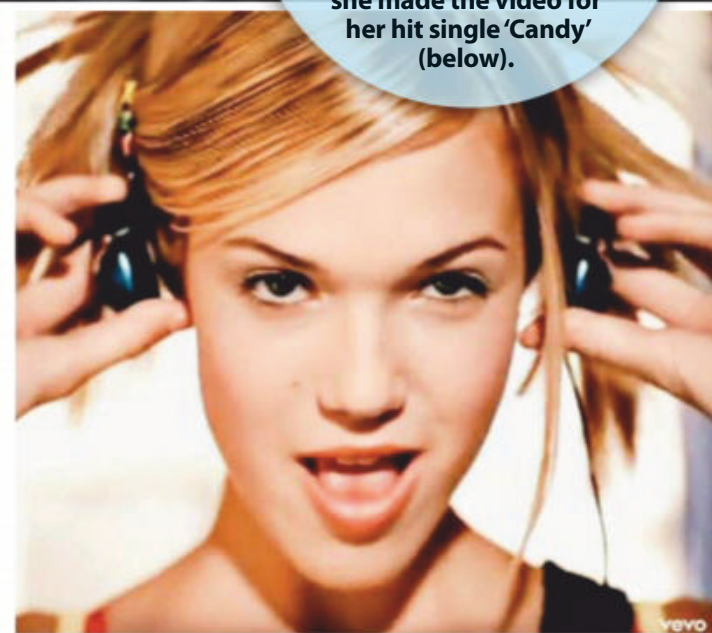
Now armed with a live band, she was ready for her sound to grow, much in the way that she has. A big part of that has been her husband, Taylor Goldsmith, who she married in 2018 and who has helped her write and produce the album. He says: “I find that so many people, when they have success at a young age, tend to want to stay in that space because that’s the sound and the version of themselves that the world approved of.

“What’s the point if I’m not going to be honest?”

I think it’s so bold and impressive that she’s growing with her music. Her going out there and making a singer-songwriter record is indicative of how confident the record is.”

On *Silver Landings*, she sings about her struggle to get back to music in ‘When I Wasn’t Watching’ (“My favourite version of me disappeared through longer days and shorter years”) and learning to put herself first in ‘Forgiveness’ (“I wanted to be good enough for you until I wasn’t good enough for me”). “To me it was like, ‘What’s the point of making this record if I’m not going to be honest?’” she says. “Selfishly, I need to come to terms with my own life and choices and find some catharsis. It’s really finding the silver linings in what has happened in the last 10 years of my life since I’ve made music.”

Sitting across from her, it’s easy to see the



15-year-old who arrived on the music scene more than 20 years ago. She still has a smile that can make anyone feel like she’s their best friend, and the kind of general optimism that’s expected of a teen but refreshing in an adult. And if her sparkly pink eye shadow says anything, it’s that she’s still Mandy; just a different Mandy.

“I needed to go through all that s--t to get to where I am today,” she says. “It informs everything.” But this isn’t an album about how rough life can be. That’s the opposite of what she wants to sing about.

“I wrote plenty of songs about some of the more tumultuous years, but I was hesitant to put anything out because this record was a means to go on the road again, and I don’t want to get on stage every night and sing about s--t that I don’t want to think about anymore. That is in the rear-view mirror. I am in the driver’s seat and I’m only looking forward.”

Just don’t expect to see her riding around in a lime green Beetle any time soon. •

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INSTITUTIONS

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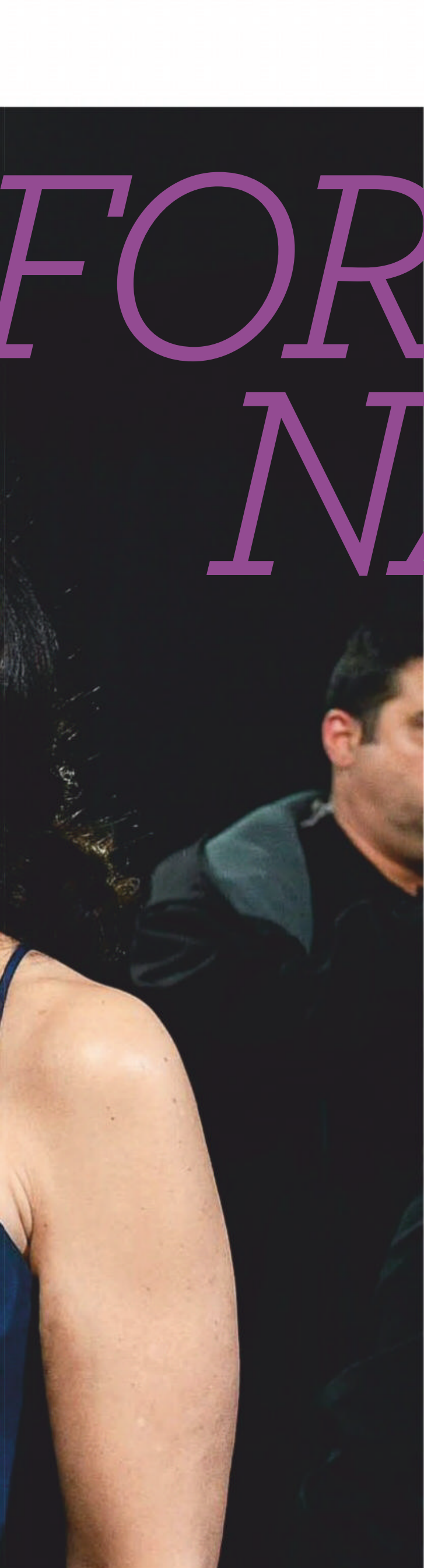


BREAST
CANCER
TRIALS

Funny man Will Ferrell is a big-screen staple, but for Julia Louis-Dreyfus, *Downhill* is a rare foray into movie-land.



PHOTO CREDIT XERUMQVO SANDES ESTRUNTOTAT AUTA VEL FARIA VERSPELIAMET ET QUE SENT VOLUM RES SED QUAMUS ENDE PREMPERIT ESE MODICITATAT.



FORCES OF NATURE

WHEN TWO OF HOLLYWOOD'S COMEDY GIANTS COLLIDE, YOU KNOW THINGS ARE GOING TO GO DOWNHILL FAST – IN THE BEST WAY POSSIBLE ...

Between the unstoppable force that is Julia Louis-Dreyfus on *Veep* and the immovable object that is Will Ferrell in his best-known studio comedies like *Anchorman*, it's hard to imagine anything other than clamour and chaos resulting should the two clang together.

And yet, it's in the awkward, quiet negative spaces that their new film *Downhill* really hums. In what Louis-Dreyfus calls "a drama with comedic moments in it", an avalanche at an Austrian ski resort hurtles toward an American family on holiday at a mountain resort; dad Pete (Ferrell) flees the scene as mum Billie (Louis-Dreyfus) tries to protect herself and their two children from an imminent snowy doom. Pete spends the rest of the movie trying to bury his monumental cowardice, which Billie can't and won't let slide. *Downhill* – Louis-Dreyfus' first feature-film credit as a producer – is based on the Swedish film *Force Majeure*, Ruben Östlund's pitch-black 2014 comedy, but it's not a note-for-note remake. The new film adds a horny resort manager (Miranda Otto) and sexpot ski instructor (Giulio Berruti), a death in Pete's family, more cringe-worthy scenes of Pete's middle-aged cluelessness, and more dialogue for Billie spelling out the family's crisis. What it does share with its inspiration is space, some silence, and skis. Ferrell, 52, and Louis-Dreyfus, 59, spoke to WHO, appropriately enough, from the edge of a snowy slope in Park City, Utah, home of the Sundance Film Festival, where *Downhill* made its debut.

"It was exciting to play a real couple"

Are you actually good skiers in real life?

WILL FERRELL She is. She's a natural. Me, I am self-taught. But if there's a run called Devil's Crotch Hair, I'm not going out there. I'm sticking to Sesame Street, Main Street, all the streets, but none of the runs with the word devil.

You two had never met before this film.

Julia, you're the producer – why did you cast Will?

JULIA LOUIS-DREYFUS Yeah, that's what I'm asking myself. [Laughs] I've always been a massive fan of Will's and of everything he's done, which includes [the film] *Stranger*

Than Fiction, which I adored.

When I heard that he was interested, I was thrilled. I had a feeling that this would be something in his wheelhouse we could explore together.

Why did you take Julia's call?

FERRELL Outside of, obviously, the opportunity to work with Julia, it was the premise. I hadn't seen the original before, and Jesse Armstrong's script was so well-written, weaving humour throughout such a serious kind of thing. I don't get to do movies like this that much. I'm not usually offered this kind of thing. It was exciting to play a real couple. We both have families and kids and have been married for a long time. Fortunately, nothing like this has happened [to] each of us in our marriages, but there's still a lot to draw on from family experiences and



raising kids. I was just happy to be asked. **You're not known for subtle comedies. Is this the type of film that you would like to do more of in the future?**

FERRELL I would love to. It's such a luxury to get to play moments, as opposed to the pressure of riffing funny lines. It's nice to play with silence and pacing.

Were there things you definitely did and didn't want to do in adapting the original film?

LOUIS-DREYFUS I was not going for the big, broad comedy version of *Force Majeure*. I wanted to do good by the original. I want it to have an authenticity.

FERRELL There's a scene with Pete and [his work friend] Zach [Woods] on their ski day, where a woman comes up to Pete and tells him that her friend thinks he's attractive. Which, like, what is he going to do with that? He says, "What do we do? Should we send drinks?" And then she comes right

back and was like, [*heavy Austrian accent*] "Actually, I wasn't talking about you. Just so you know", with that European frankness. The 'out' of that scene in a pay-cheque comedy would be "Oh, there's the laugh [*snaps fingers*], get out of the scene". But then we just live in the misery of it. There's a scene when he's come back from his day with the kids and she's come back from her day with

the ski instructor, and they're both in the bathroom brushing their teeth and both of them are really not saying what happened that day to each other. There are pauses in there that are heavy pauses ...

LOUIS-DREYFUS ... that some people would be tempted to

tighten up. Also, in terms of the poster shoot and things like that, we wanted to make sure that the marketing was true to the tone as opposed to ...

FERRELL ... as opposed to us in our ski gear posing back-to-back.

"It's such a luxury to get to play moments"

LOUIS-DREYFUS With two funny faces. Exactly. "He messes up – and she's mad at him!"

FERRELL I think that's true for the trailer too. There are plenty of funny moments in the film, but we didn't want to highlight that in the trailer so that the expectations were ...

LOUIS-DREYFUS ... super slapstick or super ... super.

A lot of people assume that as you both work in comedy, your sensibilities will be similar. What do you feel is the mark of a good comedic collaborator?

LOUIS-DREYFUS Oh, I think somebody who is a good listener. [*Both sit quietly, smiling.*]

FERRELL I think that and someone willing to play, regardless of how ridiculous the words are, that it's played completely real and ...

LOUIS-DREYFUS ... finds truth all the way through.

Julia, you have a pretty emotionally intense scene where you describe, in front of strangers, what happened [during the avalanche]. You bring in your kids. You're crying. What went into shooting that?

LOUIS-DREYFUS It was a thrilling and, at the same time, incredibly arduous couple of days that we had shooting that scene, which was about 12 pages long. We shot it as one piece, a play that we kept doing over and over again for two and a half days. That was a very effective way to approach this particular scene, because if you were stopping and starting, you could not get into the zone. I don't know what else to say – it was about being a mother, abandonment, separation, all sorts of things.

I feel like this film also plays with gender a lot more than the original did. As a producer, was that something you wanted from the top?

LOUIS-DREYFUS Yes. It was an equal-opportunity flaw-fest, that our wife-mother character would also make mistakes in light of this crisis. They both make big mistakes in this movie. And then, how do they come around? It's left a little ambiguously.

This movie is short – 86 minutes! Do you have opinions on how long movies should run?

LOUIS-DREYFUS I'm a fan of less is more. I think everything's really long these days – albeit there are plenty of stories that support length, but I'm a believer in 'get out while the getting's good'.

FERRELL Leave them wanting more.

Todd Phillips, who directed *Joker* after having directed movies like *The Hangover*, has spoken about how it's hard to make comedies now because of 'woke culture'. Do you feel that way, that comedy is too PC?

LOUIS-DREYFUS I actually don't feel that way. I don't know Todd Phillips, but I think when people say it's too 'PC', 'it's too safe',



Hivju in *Force Majeure* in 2014 ...



... and in *Downhill* in 2020.

GINGER SPICE

Kristofer Hivju can't escape the snow. Following his turn on *Game of Thrones* as wintry warrior (and fan favourite) Tormund Giantsbane, the Norwegian actor is now scoring laughs in a brief, scene-stealing part in *Downhill*. Hivju also had a role, albeit a different one, in *Force Majeure*, the 2014 Swedish film that inspired *Downhill*. According to Hivju, star Julia Louis-Dreyfus and directors Jim Rash and Nat Faxon liked the idea of adding him as a "small wink" to the audience. For the actor, 41, it was a no-brainer: "They asked if I wanted to play against my two favourite comedians of all time," Hivju says of Louis-Dreyfus and Will Ferrell. "It was like, 'I'll do anything.'" He appears as an

unhelpful ski-patrol supervisor, to whom Pete (Ferrell) and Billie (Louis-Dreyfus) complain after a controlled avalanche almost obliterates their family – a departure from *Game of Thrones*, for sure. Hivju notes that the *Thrones*' cast gathering at January's SAG Awards served as their unofficial goodbye. "It felt like the last last thing," he says. "But it feels good. I gave everything to Tormund." Has he wondered what Jon Snow and Tormund would be up to north of the Wall? "Jon needs Tormund to cheer him up by the fire, warming each other," Hivju says with a laugh. "Tormund is pretty heartbroken himself, so maybe they can bond." Heartbreak? Jon Snow knows all about that ...



"An equal-opportunity flaw-fest," Louis-Dreyfus says of *Downhill*.

that always concerns me. I believe in a certain kind of political correctness. I don't mean I don't want to rattle the cages, so to speak. And I don't mean I don't love irreverence or irony or sarcasm. Do you feel differently?

FERRELL There's a self-help book that I remember my mum showing me as a kid, *What You Think of Me Is None of My Business*. That stuck with me from being a little kid to being a comedian. I don't feel it's my job to even comment. I just do what I do and let the marketplace figure that out. I have my own kind of internal gauge. I'm just going to keep ploughing ahead, and if the Mayor of Show Business calls me and says, "Thank you for your time, you're out", so be it.

LOUIS-DREYFUS You're lucky the mayor calls you at all, because I never hear from him.

FERRELL He's actually not a he.

LOUIS-DREYFUS Oh!

FERRELL It's a she, but she dresses as a he.

LOUIS-DREYFUS Well, it's all cool. Everything's cool.

ICONIC ROLES

JULIA LOUIS-DREYFUS



VEEP
2012-2019



ENOUGH SAID
2013



THE NEW ADVENTURES OF OLD CHRISTINE
2006-2010

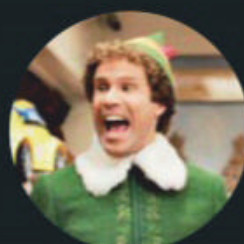


SEINFELD
1990-1998

WILL FERRELL



ANCHORMAN
2004



ELF
2003



OLD SCHOOL
2003



SATURDAY NIGHT LIVE
1995-2002



Anderson and new boyfriend, Jordan Simi.

Bonnie Anderson ‘We LEARNED from our MISTAKES’

THE SINGER-ACTRESS ON HER LEGAL

Bonnie Anderson has several tattoos. Her first, which the *Neighbours* star had inked on her wrist when she was just 17, reads ‘Music heals’. They all mean something, such as the one the singer-actress has of a gun and a rose on her right arm. No, it’s not a nod to notorious LA hard rockers, Guns N’ Roses. “The gun ... there are harder situations in life you might go through,” the 25-year-old tells WHO, “and the rose is what I like to think is me blossoming or coming out of that or overcoming those situations.”

Those situations she’s referring to involve the former *Australia’s Got Talent* winner facing court in July last year charged with lying to police in 2017 in order to protect her then-boyfriend Matt Arnautovic, the son of convicted drug baron Dragan ‘Machine Gun Charlie’ Arnautovic. Anderson pleaded guilty after she failed to tell police Arnautovic was driving a car which sped off from officers. She escaped conviction but was put on a good

behaviour bond for three months. “I made a mistake which I put down to my naivety and being overly trusting,” Anderson told the *Sunday Herald Sun* at the time.

No doubt it was a harrowing experience for the young star – and one she is determined to move past. “Last year was definitely a good learning curve for me and something that really shook me,” she says candidly. “I don’t want to be a baddie. We all make mistakes and I think everyone learns from mistakes. I’ve always been one to wear my heart on my sleeve and I always want to be someone who can speak openly about experiences and situations because everything I have done in my life I have learnt from.”

Anderson’s rose tattoo is also a reminder of her godfather, former champion boxer Lionel Rose, who passed away in 2011. Anderson sang the song ‘Desperado’ at Rose’s funeral. “The rose has a really strong meaning for me,” she says.

Keen to move on from her challenging year, Anderson is fronting a campaign called Kind is Cool. “This is something I’ve always believed – kindness overrules everything,” she says. “In life, there can be so much hate and unfortunate things that go on in people’s lives. But kindness is the number one thing.”

The campaign is the brainchild of Anderson’s older sister Amber Wilkinson. For Kind is Cool, Anderson designed an oversized T-shirt featuring a rose (of course) and the phrase ‘kindness never dies’. “That’s something I believe in very strongly,” she says. “Leaving people better than you found them, that kind of thing.”

Anderson has been a familiar face on our

screens since she won *AGT* in 2007, when she was just 12. Starting her career at such a young age, she was forced to grow up quickly in an often-unforgiving industry. “I was overseas in LA and there were a lot of things

I was doing as a young girl that an adult would be doing,” she recalls. “And I was on my own at times. My 18th birthday I celebrated in a hotel room in LA and I remember my parents calling me and sending me gifts.”

Things weren’t all bad last year for Anderson. She did get to perform on stage on *Britain’s Got Talent: The Champions*, where she says judge Simon Cowell offered her some wise advice about “keeping things simple” when she sings.

“Last year was definitely a good learning curve for me”



Anderson found fame on *Australia’s Got Talent* when she was 12.



STAR
POWER

Last year, Anderson performed on stage at Wembley Arena as part of *Britain’s Got Talent: The Champions*. As well as singing, Anderson continues to act in TV soap *Neighbours* as Bea Nilsson (right).

Neighbours'
Bonnie
Anderson,
25, is part
of the Kind
is Cool
campaign.

Anderson LEARN from TAKES'

DRAMAS AND WHY KINDNESS MATTERS

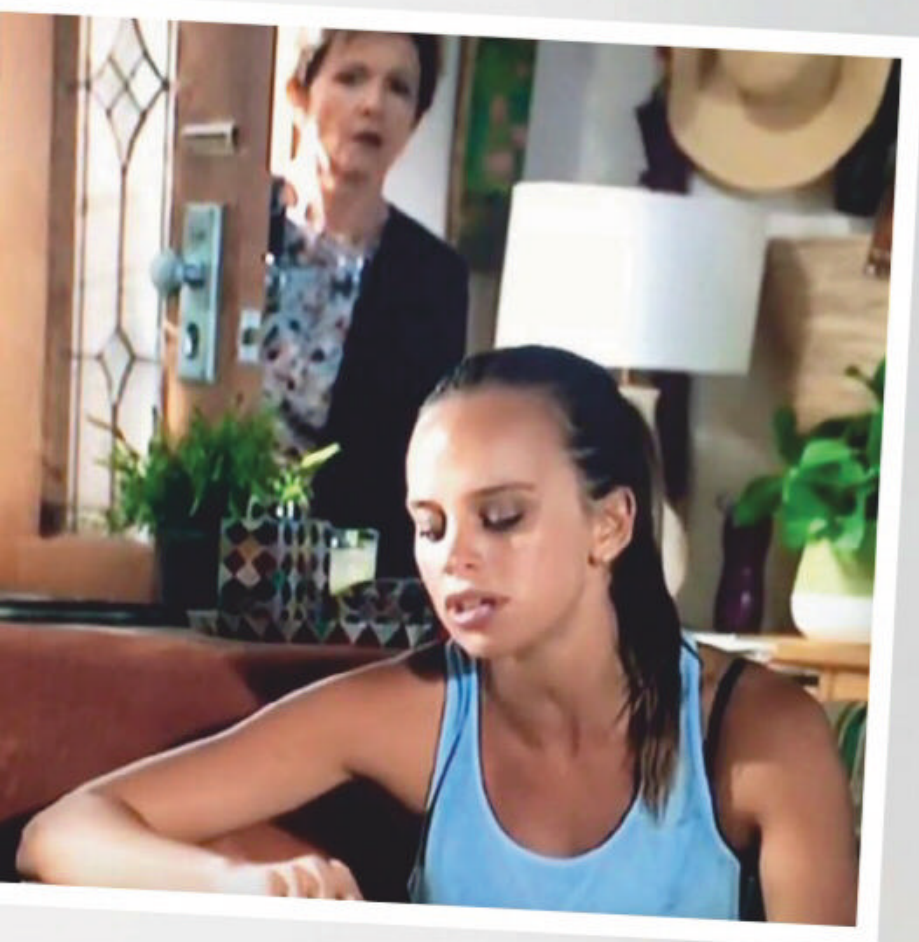
This year, Anderson will release more music and she's excited about her time with her second family in *Neighbours*. Contrary to speculation, she has not quit the show.

And she has found love with new beau, Jordan Simi. "He's a great laugh and we're great mates," she says. "I feel like he motivates me every day to be a better, stronger person. It's good to have someone like that who builds you up. He believes in me and he is my No. 1 supporter."

A tough period behind her, Anderson is feeling positive about her future. "I'm definitely in a good place," she says, smiling. "I feel proud of myself and I feel happy."

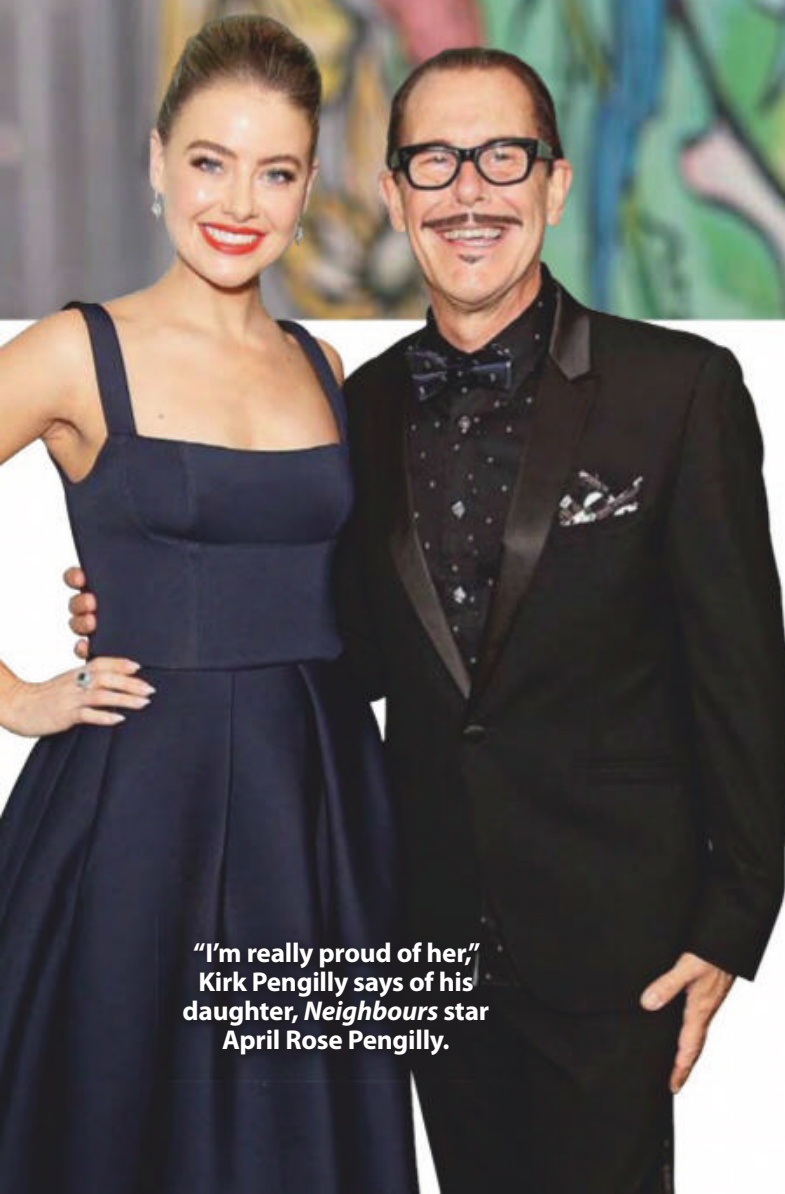
■ *By Stephen Downie*

For more information about Kind is Cool go to kindiscool.com.au



Kirk Pengilly 'My health battle'

THE INXS MUSICIAN ON HIS
LIFE-THREATENING ILLNESS
AND THE BAND'S LEGACY



"I'm really proud of her,"
Kirk Pengilly says of his
daughter, *Neighbours* star
April Rose Pengilly.

At the peak of their fame, INXS – pub rockers from suburban Sydney who transformed into stadium-filling superstars – were the biggest band in the world. Their sexy, slinky 1987 tune 'Need You Tonight' hit the top spot on the US charts, and was followed by a string of top 10 hits including 'Devil Inside', 'New Sensation' and 'Never Tear Us Apart'.

"I don't know what other band has achieved that," proud INXS guitarist and saxophonist Kirk Pengilly, 61, tells WHO of INXS' chart success. "It seemed like a dream."

But life turned into a nightmare for

Pengilly while touring with the band in the mid-'80s. The then 29-year-old was playing a run of local shows, culminating in a gig in Darwin. "I was commuting back to the hotel and there were kind of foggy halos around the street lights," he recalls. "I just thought maybe I had conjunctivitis or sweat in my eyes or too much beer."

He was mystified when he woke up after the Darwin show with "excruciating pain" in his eyes. "It felt like someone was twisting a dagger in them," Pengilly says. "I couldn't open my eyes and my partner at the time called a doctor. But the doctor didn't know what was wrong with me."

In the dark – literally – about his illness, he flew back to Sydney, where an optometrist



"I was wheelchaired onto the tarmac," Pengilly recalls of his experience with glaucoma.

WHAT HE NEEDS

When he was touring with INXS (right), Pengilly would jet from city to city, but not actually get a feel for where he was. "You'd go from the airport to the hotel to the show," he says. Now he's enjoying being a tourist in the world.



Pengilly on stage with INXS singer the late Michael Hutchence.

And this is why Pengilly, now an ambassador for Glaucoma Australia, is urging anyone who has a family history of glaucoma or is 50 years or older to get tested every two years. While Pengilly has no family history of glaucoma, he is proof not only that glaucoma isn't always hereditary, but also that it doesn't just affect older people. "It can happen at any time," he says, ahead of World Glaucoma Week (March 8-14).

This wasn't Pengilly's only brush with ill-health, with the musician diagnosed with prostate cancer in 2015, which resulted in him having his prostate removed before the cancer spread. "This one (compared with glaucoma) was more life-threatening," Pengilly says. "It certainly makes you think about your mortality. You just have to be thankful for every day you wake up."

Last year, INXS released a remastered version of their concert DVD, *Live Baby Live*, which captures their iconic 1991 show at London's Wembley Stadium in front of more than 70,000 screaming fans. Pengilly recalls how important the concert was for the band at the time.

"We had got s--t from the British press over the years, 'cause we were Australian, I guess," he says. "So, this was a good middle finger up at them – we'd just sold out Wembley; take that!" Pengilly says he arrived early to the show to soak up the

atmosphere. "I snuck out into the audience to catch one of other bands play and it was just an incredible party vibe."

With INXS playing their last show in 2012, the big question is whether they could

reform. "Never say never," Pengilly teases. "We thought we'd said everything we could, but who knows? We may not have the band, but we have the music – a catalogue of unbeatable songs which remain as popular as ever."

"They still stand up today, which is good," Pengilly says.

• By Stephen Downie

To find out more about Glaucoma Australia, go to glaucoma.org.au

immediately diagnosed Pengilly with glaucoma, and he realised the terrifying truth that he was just days away from going blind. He was fast-tracked to a local ophthalmologist, who performed then-revolutionary laser surgery on Pengilly.

"It wasn't until I saw the optometrist that I realised that I had come that close to going blind," he says.

According to the latest statistics, glaucoma affects 300,000 Australians. But because many people show few (if any) symptoms, 50 per cent of sufferers are not even aware they have glaucoma until it's too late.

"It makes you think about your mortality"



Pengilly is married to former champion surfer Layne Beachley.

April 2020 marieclaire.com.au

marieclaire

AUSTRALIA

NEW SEASON NOW!

The latest fashion &
beauty trends to try

**GIRLS GONE
ROGUE**

INSIDE THE SECRET
SOCIETY FOR
WILD WOMEN

IS THIS THE
WORLD'S MOST
SEXIST SCHOOL?

**SINGLE, FEMALE
& HOMELESS**
AUSTRALIA'S
HIDDEN CRISIS

Emily
BLUNT

*The surprising
trait that made
her a star*



174
**SHOES,
BAGS,
JEWELS**
Accessories
to amp up
your look

30 pages of

WONDER WOMEN

*We celebrate the trailblazers and
future-shapers changing our world*

April Issue

ON SALE NOW

The LIFESTYLE EDIT

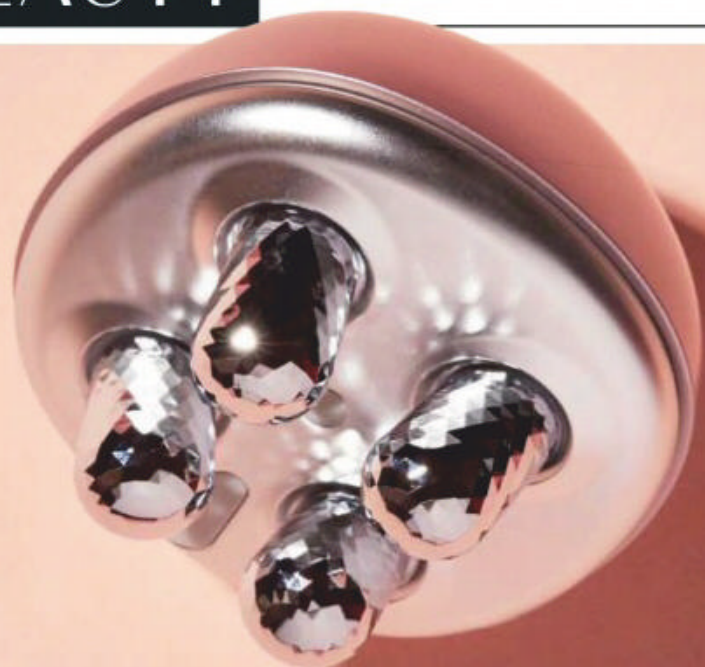
WHO'S GUIDE TO THE LATEST TRENDS IN BEAUTY, STYLE AND WELLBEING

\$14.95
Lanolips Lano 101
Ointment Multi-Balm
Minty
lanolips.com



IN MINT CONDITION

Meet your new handbag staple. Using its hero ingredient, medical-grade lanolin but with an added pop of minty freshness and vitamin E, this lip balm will soothe, hydrate and leave you fresher than ever before.



\$114.99
Manicare Nova Fit Face
Massager
manicare.com.au

FACIAL WORKOUT

Using tiny electric pulses, this mini handheld device targets all of your facial muscles, stimulating and promoting circulation through a gentle, pulsating massage. It promises to tone, firm and rejuvenate the appearance of your skin by targeting underlying muscles and get your skin in peak fitness.

DOUBLE DUTY

From the makeup artist and guru behind the BeautyBlender sponge comes your new multitasking must-have tool. Meet the Detailers – vegan bristle brushes paired with zamac rollers, to cool and de-puff skin, creating the perfect canvas for your makeup. Genius!



From \$40
(Left to right) Shady
Lady, \$45, Big Boss, \$90,
High Roller, \$50
Available exclusively at
Sephora



DETOX THE DAY

Purify and clean skin with this kaolin clay and activated charcoal formula to deeply cleanse pores. The botanical ingredients also help to protect the skin's microbiome, promoting a rejuvenated complexion.

\$62
Dermalogica Active Clay
Cleanser
dermalogica.com.au

SKIN SA

Reinvigorate your skincare routine with the latest in beauty



\$85
Elizabeth Arden
Superstart Probiotic Skin
Renewal Biocellulose
Mask (4 pack)
davidjones.com

PRESS RESET

These ultra-cooling sheet masks are like a vitamin shot for the skin. The probiotics strengthen and restore the skin to leave it feeling ultra-hydrated. The sheets are infused with coconut water and sit on your face perfectly, without having to constantly readjust.

LOVE THYSELF

Eliminate puffy eyes and dark circles and help minimise the appearance of fine lines with the ultimate in eye masks. Made from more than 150 crystals, the masks help calm the soul and boost tranquillity.



\$149
Caw Crystal Eye Mask
cawlife.com

LIGHTLY POLISH

This mild exfoliating formula combines AHAs, Ecoscrub and fruit enzymes to gently remove dead skin cells from the face and neck. Remove with a damp muslin cloth to reveal revitalised, polished skin.



\$59.50
Aspect Illuminating
Polish
aspectskincare.com

BOTANICAL BEAUTIES

We love this new Australian made and owned natural skincare range. Born from a passion to reconnect customers with the healing power of plants, this range uses unfiltered hemp oil to help heal even the driest of skin.



\$74 & \$62
Cannabella Renewal
Serum and Hemp Jelly
cannabella.com.au

INTS

products to keep that summer glow going



\$24.99
Face Workouts For
Beginners by Nadira V
Persaud (Published by
Murdoch Books)
murdochbooks.com.au

FITNESS FIRST

International makeup artist Nadira V Persaud shares her knowledge of massage, reiki, reflexology and acupressure in this beginner's guide. Reap the rewards of releasing tension by incorporating a daily facial workout into your beauty routine.

HEALING LIGHTS

Relish in the power of LED lights from the comfort of your couch. By incorporating this little gadget into your beauty routine for 10 minutes a day, the blue, red and yellow lights will target acne, fine lines and the general tone and texture of your skin.



\$179
Peppy Co. LED Light
Therapy Mask
peppyco.com



BEAUTY TALK WITH

MIRANDA KERR

The mum, model and CEO shares her natural secrets to a glowing complexion

Congratulations, you've introduced another boy into your family. How is Myles? He's 4 months now; it's crazy how quickly the time goes by! Myles is such a calm, sweet baby.

How does it feel to be mum to three boys? It's amazing! But it's also intense. I'm breastfeeding Myles, Hart is pulling my finger wanting me to play with him and Flynn is asking me to schedule play dates and after-school activities for every day of the week! Then I have Teddy, our dog, looking at me with these big eyes.

Is it now impossible to have any 'me time'? It is tricky, but not

impossible. I feel it's really important for everyone to take a little time out for themselves.

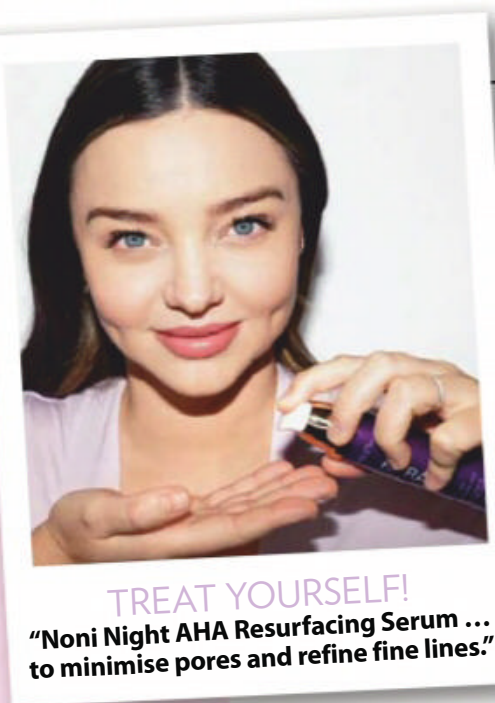
How do you manage the juggle? No two days are the same and it's definitely a juggle, but I love it ... The most important thing is making sure that I plan and schedule appropriately. I'm passionate about having a healthy work-life balance and I feel fortunate to be able to balance a career while raising my family.

How has your beauty routine changed? With all three pregnancies I've experienced pigmentation, so I developed products to address those

concerns – the Exfoliating & Brightening 2-in-1 Turmeric Mask, the Noni Bright Vitamin C Serum and the Noni Night AHA Resurfacing Serum.

How do you work out now? Taking the kids for a walk is something that I really enjoy doing to get some exercise in. I'm also easing my way back into Pilates and Kundalini yoga.

Your favourite way to unwind? Taking a simple bath ... I dim the lights, light a few candles, put on a face mask and play some calming music (I love Snatam Kaur). I create a little sanctuary, almost like my own little mini retreat.



TREAT YOURSELF!
"Noni Night AHA Resurfacing Serum ... to minimise pores and refine fine lines."

\$40
Nars Lipstick in Jungle Red
mecca.com.au



\$83
Kora Organics Noni Glow Face Oil
koraorganics.com



\$55
RMS Beauty "Un" Cover-Up in 22
mecca.com.au

\$92
Kora Organics Noni Night AHA Resurfacing Serum
koraorganics.com

\$26
Kosasport LipFuel Hyaluronic Lip Balm in Rush
mecca.com.au

BEAUTY FAVES

Date night A red lip! **Go-to hairstyle** Loose, undone curls ... or a ponytail if I'm time-poor! **Favourite skincare product?** It's so hard to pick just one but at the moment it's our new Noni Night AHA Resurfacing Serum.

Favourite makeup product? Kosasport Lip Balm in Rush.

Foundation? I love the RMS Beauty "Un" Cover-Up concealer in 22. I apply a few drops of Noni Glow Face Oil into the RMS pot and apply to my face with a makeup brush.

Fuel your day with Keto-Fit Fire.



Fuel your day with keto's new bestie, Keto-Fit.

If you're doing the keto diet, Keto-Fit's range of products are specifically designed to help you stay in ketosis, where you burn fat as energy.

Keto-Fit Fire is a great way to help support your keto

lifestyle, it combines keto-friendly ingredients such as coconut MCTs, Carnitine, Cayenne Pepper and Guarana to help kick start your day and stay in ketosis.

Fire up your keto diet and help reach your keto goals with Keto-Fit Fire.

Available at leading Supermarkets and Pharmacies.

Formulated supplementary sports food. Check with your medical professional before starting the keto diet. Contains caffeine.



RETURN OF THE



VIVIANE
GEPPERT

EMMA
ROBERTS

KAIA
GERBER

LUCY
HALE

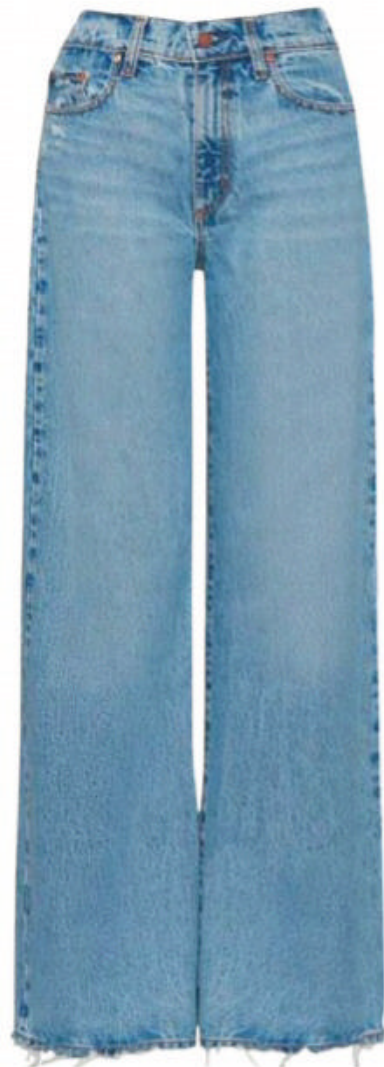
MARGOT
ROBBIE

WIDE-LEG

The retro style making a comeback with celebrities and influencers alike



\$239
Ksubi
theiconic.com.au



\$249
Nobody Denim
nobodydenim.com



\$372
M.I.H jeans
orderofstyle.com



\$262
Reformation
thereformation.com



\$69.95
Zara
zara.com/au



\$78
Topshop
topshop.com



\$149.95
Levi's
levis.com.au



\$375
Frame
matchesfashion.com

LABELS WE LOVE

The latest on noteworthy collaborations and collections, and the scoop on what celebrities are loving right now!



LILLY & LIME

With the aim of specifically designing for larger-busted ladies (D cup and up), Lilly & Lime makes stunning, supportive swimwear with an elegant and fashion-forward twist.

The extensive size range spans from 6D to 40HH in tops, and 8 to 22 in bottoms, and with a

powerful stance on inclusivity and body positivity, the Australian-based brand is making real waves in the swimwear and fashion industry.

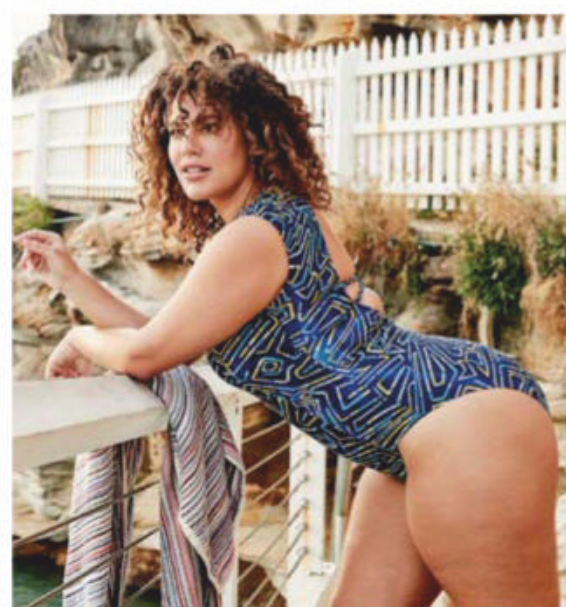
All pieces from the collection can be bought separately, making it easy to mix and/or match to suit each individual's style.



P.E. NATION x H&M

Sydney-based fashion and athleisure brand P.E. Nation has teamed up with international retail giant H&M for its first-ever Australian designer collaboration.

Launching in store on March 5, the highly anticipated collection offers classic P.E. Nation designs at a competitive high street price point.



The Grid Iris cap sleeve one-piece ranging from small-xlarge in cup size D-E, \$160



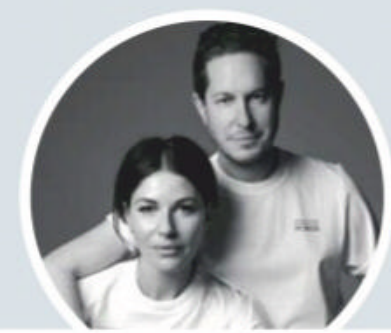
Balconette bra sizes 8D-14H, \$80, and hipster tie, sizes 8-18, \$40

we're crushing on ...
CAMILLA AND MARC



\$160
 Camilla and
 Marc t-shirt in
 collaboration with
 artist Rina Freiberg
camillaandmarc.com

\$140
 Camilla and Marc
 T-shirts
camillaandmarc.com



5 QUICK QUESTIONS
 Camilla Freeman-Topper

Tell us a bit about the campaign

The 'Ovaries. Talk about them' campaign is designed to shine a light on ovarian cancer and raise money to find an early detection test. Because the symptoms are so difficult to feel and women are diagnosed too late, the survival rates are extremely low. All of that combines to create a situation where this disease is just not talked about; it's the silent cancer.

Why is ovarian cancer so close to your heart?

I lost my mother to ovarian cancer 26 years ago due to a late diagnosis when I was 11 years old. Growing up without my mum was a pain like no other, and I want to do my best to prevent others from experiencing that same loss.

Who have you partnered with for the campaign?

We have partnered with associate professor Caroline Ford and her team at Ovarian Cancer Research, UNSW, who have developed a test that may change how ovarian cancer is diagnosed.

Talk us through the Camilla and Marc T-shirt designs.

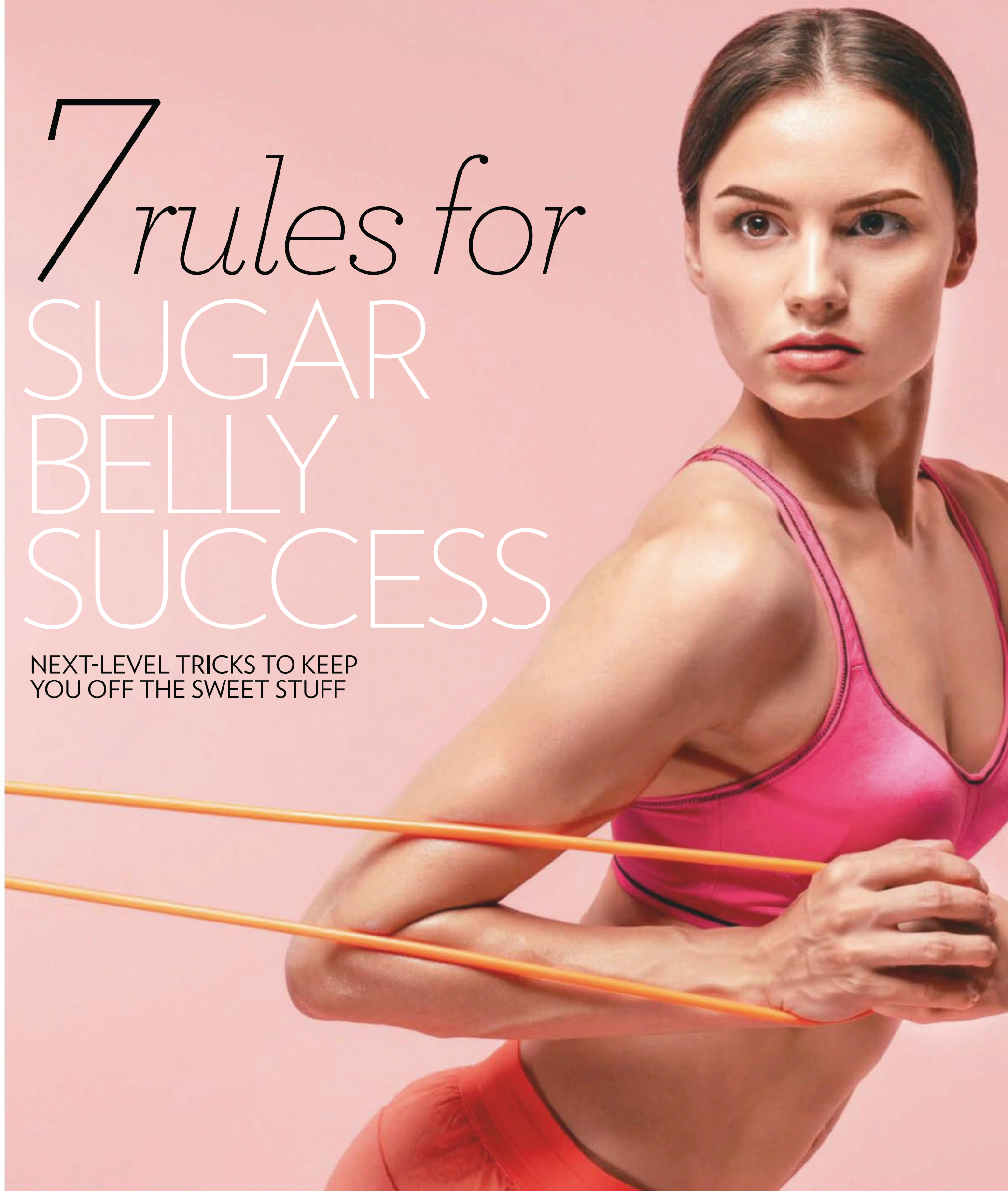
We wanted to design a T-shirt that women and men could wear every day, long after the campaign period, so we could spark a continued and very natural and open conversation about ovarian cancer. We also wanted the women who are currently undergoing treatment to have something to wear that they could be truly proud of. The impact of this disease is often so devastating that we wanted to create a design that offered hope and inspiration and that deeply honoured a woman's body.

What can the public do to help?

By joining the conversation and wearing the limited edition T-shirt from March 2. You can purchase it online at camillaandmarc.com or in select Camilla and Marc stores. We would also love support from all those who buy the T-shirt to spread the word by posting themselves wearing it across social media using the tags #ovariestalkaboutthem #powerandsolidarity @camillaandmarc.

7 rules for SUGAR BELLY SUCCESS

NEXT-LEVEL TRICKS TO KEEP
YOU OFF THE SWEET STUFF



WHEN YOU REACH
FOR FOOD IN
RESPONSE TO
STRESS, YOU
CREATE A
CONNECTION IN
YOUR BRAIN; THE
FOOD GETS CODED
IN YOUR MEMORY.

1 Begin your day with breakfast, and pack it with protein

You've probably heard this a million times, but breakfast really is the most important meal of the day, especially if you're looking to slim down. Breakfast skippers are four-and-a-half times more likely to be obese than breakfast eaters, a study in the *American Journal of Epidemiology* showed. What you eat is important, though. Protein slows digestion and research shows that calorie for calorie, protein is more filling than carbohydrates or fat.

2 Never go hungry – eat five times a day

We told you why you shouldn't skip breakfast. Now we'll tell you why you shouldn't skip lunch, dinner or snacks, either. If you're looking to flatten your sugar belly, the 'starvation' response is the last thing you need. Meal skipping is a guaranteed way to fire up sugar cravings. Skipping meals actually lowers blood sugar levels and causes you to over-eat for the rest of the day to make up for missed calories.

3 Jolt your tastebuds with flavour, not sugar

As delightful as sugar is, it always tastes the same, with variations on sweet, and sickeningly sweet. On the other hand, flavour is diverse and surprising – if you expose your tastebuds to it. Sweet spices, such as cinnamon, can ease cravings for sugar. Fresh herbs, such as basil, coriander, parsley, mint and thyme are far more flavourful than their dried counterparts. Don't forget other flavour boosters – balsamic vinegar, lemon and orange zest, roast capsicum, homemade salsa and extra virgin olive oil.

4 Sleep more to eat (and crave sugary treats) less

In a University of Chicago study, a few sleepless nights were enough to drop levels of leptin by 18 per cent and boost levels of ghrelin by about 30 per cent. Those two changes alone caused appetites to kick into overdrive, and cravings for sugary foods jumped by 45 per cent.

5 Fix what's really bothering you

From the moment you were born, you associated sugar with comfort. Newborn babies derive comfort from their mother's milk, which is rich in lactose and naturally sweet (even if you were bottle-fed, you had the sweetness of lactose in your formula milk). The link between comfort and sweet is primal – and persistent. Whether or not to eat a biscuit isn't about need, it's about a decision. Making a conscious choice about sugar, regardless of how you feel, is an important milestone.

6 Exercise away your cravings

If you're plagued by strong sugar cravings, getting more active may help to deactivate them. According to a study published in *Applied Physiology, Nutrition, and Metabolism*, the more you sit, the greater your appetite – even if your body doesn't need the calories.

7 Add some joy to life each day

To lose weight and shrink your sugar belly, it's vital to commit to everyday rest and relaxation. Chronic stress – a daily assault of stress hormones from a demanding job or a life – grinds away at every cell in your body. When you're stressed, your body releases the hormone cortisol, which signals to your brain to seek rewards. When you reach for food in response, you inadvertently create a powerful connection in your brain. The food gets coded in your memory centre as a solution to an unpleasant experience or emotion. A scented oil or spray can save the day. In a study published in the *Journal of Alternative and Complementary Medicine*, participants who endured a stressful test felt much less anxious when they sniffed orange essential oil five minutes before the exam.



This is an edited extract from *Women's Health 'Shrink Your Sugar Belly'*, \$12.99, on sale now at newsagents and major supermarkets nationally.



CRAVINGS CHASERS

BREAKFAST IS YOUR FIRST DEFENCE AGAINST SWEET
TEMPTATION. LOAD UP ON PROTEIN OR CHOOSE
LOW-SUGAR ALTERNATIVES TO SWEET FAVOURITES



Leading-Lady Croque Madame

SERVES 2, READY IN 30 MINS

INGREDIENTS

2 tps olive oil

1 small onion,
finely diced

Juice of 2 lemons

½ bunch kale

Pinch of cayenne

Pinch of nutmeg

4 thin slices wholemeal
sourdough bread

60g gruyere cheese

60g lean, deli
sliced ham

2 eggs

METHOD

1 Add oil to a pan and cook onion for 8 minutes. Add lemon juice, kale, cayenne, nutmeg and 3 tbsps of water. Cook for around 7 minutes, or until kale is tender. Season with salt and pepper.

2 Sprinkle two slices of bread with about 15g of the cheese. Top each slice with half the ham, half the kale-onion mix and another 15g of the cheese. Place remaining slices on top and press lightly.

3 Cook sandwiches in a lightly greased non-stick frying pan until golden brown.

4 Remove. Fry two eggs and place one on top of each sandwich to serve.



Why it works

When it comes to grab-and-go meals, you can't beat a sanger. Wholemeal sourdough bread will keep you from feeling bloated, but its fibre combined with egg protein will fill you till lunch. The calcium in gruyere is great for your bones, nails and hair while cayenne boosts the flavour – and your body's fat burning abilities, according to the *Journal of Proteome Research*.

RUN RINGS AROUND TEMPTATION

Are everyday life hassles what make you reach for sugar? Here's how to see off stress without pounding a jumbo bag of Fantaes

1

Inhale and stretch your arms over your head. Exhale, sighing as you lower them. Relax and keep your arms lowered for the rest of the exercise.

2

Now imagine that you're inhaling a stream of peaceful energy into a spot a few inches below your navel.

3

Continue inhaling, imagining the energy travelling to the base of your spine, then imagine it travelling back up to the top of your head.

4

Exhale, and mentally follow that breath back down the front of your body to the point below your navel where you'll begin the next inhale. Your breath has now made a full circle.

5

Do five to 10 circle breaths.

Circle breathing is a simple way to relieve stress fast, and you can do it anywhere, anytime. Aim to use this exercise five or more times a day to help form a strong, positive habit.

Tricks
to try

Throw the book at cravings



A study by the University of Sussex found reading can slash stress by 68 per cent. Researchers also discovered that sipping a cup of tea worked too (54 per cent). Pick a quiet spot where you won't be interrupted and sip on a calming tea, such as chamomile, while you turn the pages. (Maybe give *Charlie and the Chocolate Factory* a miss, though.)

FABULOUS FIGS

IN SEASON NOW, ADD FIGS TO YOUR MENU TODAY

Figs with Grana Padano and Pink Peppercorn Dressing

SERVES 4, PREP: 10 MINUTES

INGREDIENTS

2 big handfuls rocket
12 ripe figs, halved
30g Grana Padano, finely grated
1½ tblsp white wine vinegar
3 tbsp olive oil
1 tsp pink peppercorns, crushed

METHOD

- 1 Lay the rocket and figs, cut-side up, on a platter.
- 2 Put the remaining ingredients (except the pink peppercorns) in a blender and whiz until smooth (or use a stick blender). Add a splash of just-boiled water and whiz again until emulsified.
- 3 Spoon the dressing over the figs, then sprinkle with crushed peppercorns to finish.



IT'S A WOMAN'S WORLD

There are now so many talented women at the helm of wineries across Australia and around the world. So with International Women's Day just around the corner on March 8, it's timely to take a look at two very inspirational women in the local wine industry.

One of Australia's leading sparkling winemakers, Amy Hickling of Croser and Petaluma, tells us what her work day entails.

My job varies a lot, says Hickling, dependent on the time of year, at the moment my days start early ...

4.30am The alarm goes off and I get ready for the day.

5am Head down to check all the wines and see if they are ready to be bottled.

6.30am Sneak off to fuel myself. My go-to breakfast usually consists of some fresh fruit, whatever is in season!

7am My colleagues and I prepare the wine for the next day's tirage [part of the tasting process].

8.30am Off to the vineyard to check the fruit. Due to the recent bushfires, checking the vineyards takes longer than usual as we need to ensure the fruit quality hasn't been comprised by the smoke.

12pm Lunch on the run from one of the great local bakeries.

2pm Afternoon team meeting to share updates on fruit conditions in the vineyard, discuss harvest dates and what techniques can be implemented to ensure the 2020 vintage meets our uncompromising standards in light of the recent bushfires.

4.30pm When I'm not working in the winery, I love getting outdoors and exploring, so at least a few times a week I go for a walk and take in the beautiful scenery of Adelaide Hills.

6pm Home time! Have a home-cooked meal, often accompanied by a glass of my favourite vintage Croser.



\$39.99
Croser Vintage
Sparkling
Available nationally

"My passion for winemaking started while studying at Otago University in New Zealand. I would spend holidays helping out in neighbouring vineyards and later completed my first vintage with Church Road Winery in Hawke's Bay. This spurred me on to becoming a winemaker."

Amy Hickling, Croser Sparkling Winemaker



"While travelling in South America, I met an Aussie winemaker who had just completed a vintage in Argentina. Her lifestyle and love for wine inspired me, so naturally, when I returned home, I enrolled in a winemaking degree and never looked back."

Narelle King, Tar & Roses founder and winemaker

Central Victoria-based Tar & Roses was founded by former accountant Narelle King and award-winning winemaker Don Lewis. With their Mediterranean-inspired, Australian-grown wines they created a style uniquely their own.

After Lewis' death in 2017, King continued their legacy by rebuilding, growing and enriching the Tar & Roses story. So much so that one of King's first solo vintages claimed the title of best pinot grigio at the 2019 Royal Melbourne Wine Awards.

In an industry dominated by men, King's determination to challenge the status quo and take Tar & Roses in a new direction is testament to the tenacity and resilience of women in wine.

In 2020, King is drawing inspiration from the women in her life and has created two new wines to explore the next chapter for Tar & Roses. The new labels are a subtle nod to the strength of family, and showcase wine inspired and made by women.



\$24
Tar & Roses
Pinot Grigio
2019
tarandroses.
com.au



\$32
Tar & Roses
Nebbiolo
Rosé 2019
tarandroses.
com.au

Disney PIXAR



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6 to collect!

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\$7.99 when sold separately.

New Idea

that's life!

Who

Better Homes and Gardens

marie claire

home beautiful

InStyle

Men's Health

Women's Health

Girlfriend

diabetic LIVING

that's life! Mega MONTHLY

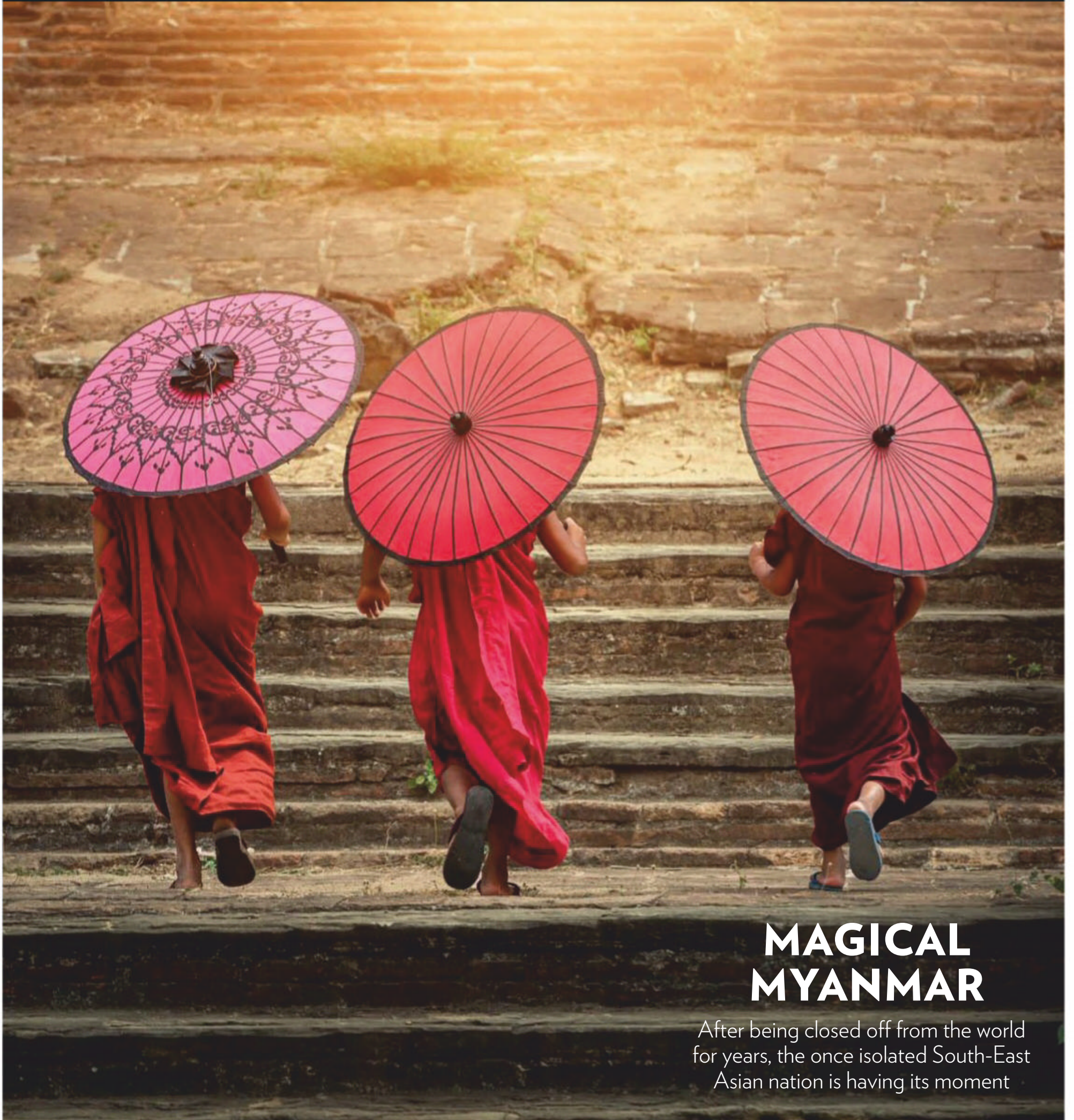
ROYALS

Offer valid from 9th March to 5th April 2020. \$3 when purchased in the same transaction as a participating magazine. RRP \$7.99 when sold separately. Subject to availability, while stocks last in participating stores only. © 2020 Disney © 2020 Disney Pixar

Available at Woolworths

The TRAVEL EDIT

WHO'S GUIDE TO THE MOST LUXURIOUS DESTINATIONS HERE AND ABROAD



MAGICAL MYANMAR

After being closed off from the world for years, the once isolated South-East Asian nation is having its moment

The gilded details
of Shwedagon
Pagoda in Yangon.



Bella visits the Shwe Indein Pagoda at
Indein Village in Inle Lake.



BELLA DE ALMEIDA REIS
WHO Junior Writer

It wasn't too long ago that the exotic and diverse nation of Myanmar (formally known as Burma) was off limits to tourists as a result of a long-standing military dictatorship.

Needless to say, landing in Yangon – previously Rangoon – and being gifted a bunch of flowers from excited locals, I feel extremely grateful to have this opportunity to dive into this South-East Asian nation's hidden treasures.

I meet my tour guide Chan from Memories Travel Group, the company that organised my bucket list trip around Myanmar, who greets me with a warm smile.

We transfer to Awei Metta urban resort, our home for the evening, and enjoy a three-course meal with endless cocktails and wine.

The following day, we depart for our flight to Kawthaung, a town located in the southernmost part of Myanmar, and on arrival are immediately whisked away on a two-and-a-half-hour yacht ride to Awei Pila, in the heart of the Mergui Archipelago.

The moment I step off the yacht, I'm in awe of the immaculate scene.

Located 80km from the shoreline of

Kawthaung, the luxurious resort is surrounded by lush forests and pristine waters with coral reefs, and has 24 sustainable luxury tented villas.

If you're looking for an eco-conscious holiday, Awei Pila delivers in every way. The solar-powered resort has a ban on single-use plastics and the team are working on marine and rainforest conservation initiatives in a bid to preserve this paradise.

The happy staff at Awei Pila are very accommodating and never fail to make me feel at home, showing genuine interest in me and my fellow guests during our stay.

I spend my blissful, slow days on the island indulging in spa treatments, beach swims, snorkelling, boat rides, jungle walks and tai chi classes.

What really makes the experience extraordinary, though, is exploring the Moken communities, which are only a jungle hike or two away.

The semi-nomadic Moken people, or sea gypsies, live in small villages across the island and their knowledge of the sea enables them to live off its bounty using their tools and tricks. Exploring these

communities is an experience I won't forget.

I reluctantly leave the island and return to Yangon, the city with the highest number of colonial-period buildings in South-East Asia. I board the last old Chevrolet coach with a knowledgeable local guide and head to Yangon's most famous landmark.

Sitting atop Singuttara Hill, the 100m-tall, 2500-year-old Shwedagon Pagoda is the most sacred Buddhist place in Myanmar. It has a magical, golden glow which is visible from most of the city, but be sure to visit at sunrise or sunset when it glistens brighter than ever.

For quality dining in Yangon, try Seeds Restaurant & Lounge, set amongst tropical gardens beside Inya Lake. While it is expensive, the attentive service, contemporary cuisine by Swiss Michelin star chef Felix Eppisser and moody decor make it a must.

Another highlight is flying into Heho and boarding a boat for Inle Lake, which exposes me to the tucked away world of stilt houses and floating gardens.

The freshwater lake is breathtaking and with the sun shining on my face as I glide

A traditional
stilted housing
community on
Inle Lake.



Bella glides past a floating village while on the Inle Canoe Lady tour.



The interior of
the tented villa
at Awei Pila.



A lotus silk
weaving
workshop at
the village of
Inn Paw Khon.



along on a wooden boat, I feel so far removed from the demands of day-to-day life. Inle is made up of 17 villages and about 150,000 residents so it's unlikely there will be enough time to explore every part, but the charming Nam Pan village is a must.

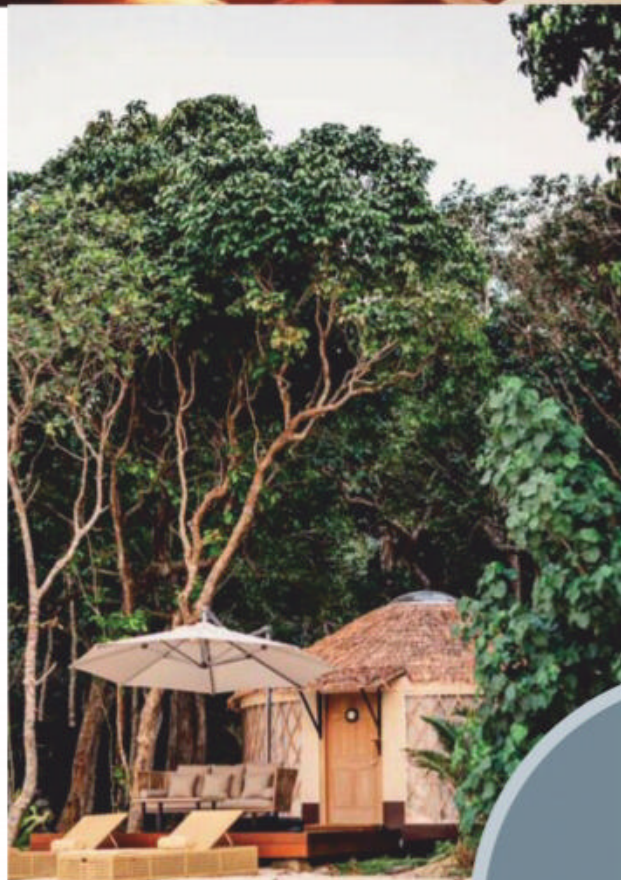
Be sure to visit Green Chilli Restaurant, which offers Burmese and Thai menus as well as local Intha cuisine. One Burmese specialty is tea leaf salad, and Green Chilli's offering is delicious.

Don't forget to check out the Five Days Market for sweet treasures and head to the lotus silk weaving workshops based in the village of Inn Paw Khon. Every piece is handmade by predominately women and it takes 20 days and 4000 lotus stems to make just one shawl.

My escape to Myanmar was surreal and one I won't ever forget.

To truly experience the Burmese culture, be open to trying the cuisine, visit the historical sites and spend time chatting with the locals, who are clearly relishing the boost in tourism after years of brutal military rule and isolation.

memories-travel.com



A beach yurt
guest room at
Awei Pila.

The beachfront
pool at Awei
Pila hugs the
Kawthaung
shoreline.



Getting there

THAI (Thai Airways International) flies daily from Sydney via Bangkok to Yangon, Myanmar. Visit thaiairways.com for the latest special offers and promotions.



The charming canals of Amsterdam.

EUROSTAR'S NEW SERVICE

Eurostar has launched a high-speed direct rail service between London and Amsterdam in a bid to encourage travellers to switch from planes to low-carbon train travel.

From April 30, people can travel between the iconic European cities in just over four hours, with no security checks in Brussels, for about \$78 each way.

The cross-channel rail operator claims to offer the most sustainable choice for short-haul European travel with a journey between London and the Dutch capital resulting in 80 per cent less carbon per passenger than the equivalent flight.

HEALTHY ON HOLIDAYS

Holidays may be an opportunity to relax and indulge but it is also possible to stay in shape during a well-earned break.

Villa rental company, The Thinking Traveller, has teamed up with London's fitness and holistic wellness studio Bodyism to offer guests exclusive personal training and bespoke fitness programs during their luxurious villa holidays.

Bookable exclusively through The Thinking Traveller and costing \$4817 a week per trainer, the service includes up to six hours of daily training for up to 10 people, supplements, equipment and daily nutritional advice. thethinkingtraveller.com



GLAM IN AUSTIN

Design aficionados will adore the latest Kelly Wearstler-designed luxury hotel in Austin, Texas. Located in the Texan capital's vibrant 2nd Street district, the Proper Austin is part of Wearstler's Proper hotels brand and her first hotel outside California.

Influenced by the city's historic craftsman-style homes and paying homage to art nouveau as well as the area's unique arts and crafts movements, the stunning property has the famed designer's signature eclectic touch with clashing prints, bold colours and feature pieces by local artists.

The new building is the first LEED Gold certified sustainable hotel in the area, with 244-rooms, four bars and restaurants.



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horoscope

BY MILTON BLACK

WHAT YOUR STARS SAY THIS WEEK

ARIES

MAR. 20-APR. 18

Expect a positive turning point – many new opportunities or experiences will be offered to you. Keep a strict account or diary of daily events that are happening around you, so you don't end up repeating things or being in two places at the one time. Career matters may bring a surprise and new developments can be expected in romance.

TAURUS

APR. 19-MAY 20

An invitation to an elaborate function will do wonders for your ego. A new opportunity may be yours for the taking and a twist of fate may bring a windfall or prize. You don't seem to put a foot wrong with your daily routine and others will admire your tenacity and goodwill. You will be well rewarded for your efforts.

GEMINI

MAY 21-JUN. 20

Career or personal interests should be pushed to the maximum. Remember: nothing ventured is nothing gained. You are about to reach a cycle of advancement and greater responsibility, a period of total fulfilment. The arrival of a new friend or work colleague could set your heart on fire. Be prepared for the unexpected where love is concerned.

CANCER

JUN. 21-JUL. 21

Give plenty of consideration to others, particularly those who have helped you in the past. Others will thank you for your efforts. You will feel satisfied now with what you have achieved and will enjoy the rewards of past efforts. This is a time of happy outcomes, material wealth and greater spiritual awareness. Finances improve through negotiations and contracts.

LEO

JUL. 22-AUG. 22

Plenty of social activity is indicated and you may be involved with clubs, groups and charities. Show your leadership and others will follow. An important conversation with a colleague may set the stage for a positive change of pace or direction. Vital and important matters will turn out just the way you want them, providing you understand the facts.

VIRGO

AUG. 23-SEP. 22

Catching up with family or friends brings happiness and nostalgia. Opportunities for business, career or job changes are in the wind and new prospects bring financial gains. If you have been planning to move house, or to improve or purchase real estate, you may experience a few setbacks. Be patient, all turns out well. Finances improve through a little luck and speculation.

LIBRA

SEP. 23-OCT. 22

An emotional experience may make this a time to remember. Success with relationships is indicated and your popularity will increase. You may feel everything is going your way and with a little effort you can reach outstanding goals. You will believe in fairness and justice when making agreements. Partnerships, and personal or professional dealings, bring success.

SCORPIO

OCT. 23-NOV. 21

Sometimes sudden disruptive change is inevitable, and as painful as it may seem, we come through it a stronger and better person. It does not matter how disruptive things are around you now. If you feel life is really against you, re-evaluate your ideas and move on to a new direction. Success will astound you, as you receive deserved recognition.

SAGITTARIUS

NOV. 22-DEC. 21

You may receive a happy surprise, improved material surroundings, make changes or put down roots. The Sun is shining on you and it's your time for success, joy and happiness. You will feel confident and full of vitality. It's a time to celebrate with friends and loved ones – enjoy a well-earned holiday or take time off to recharge your batteries.

CAPRICORN

DEC. 22-JAN. 20

An interview, meeting or debate will bring positive results. New developments are active but there is a warning to not make hasty decisions. Avoid stress; try a little rest and recuperation. You may experience some unsettledness with personal plans, so be confident, and success is yours for the taking. Money attracts through speculation.

AQUARIUS

JAN. 21-FEB. 18

You may face many new financial challenges as you re-arrange your personal affairs and lifestyle. A heavy budget may be called for and help is at hand. If you want wise counsel and moral guidance, put your trust in someone you have a lot of respect for. Don't allow others to influence you or make you conform; be true to yourself.

PISCES

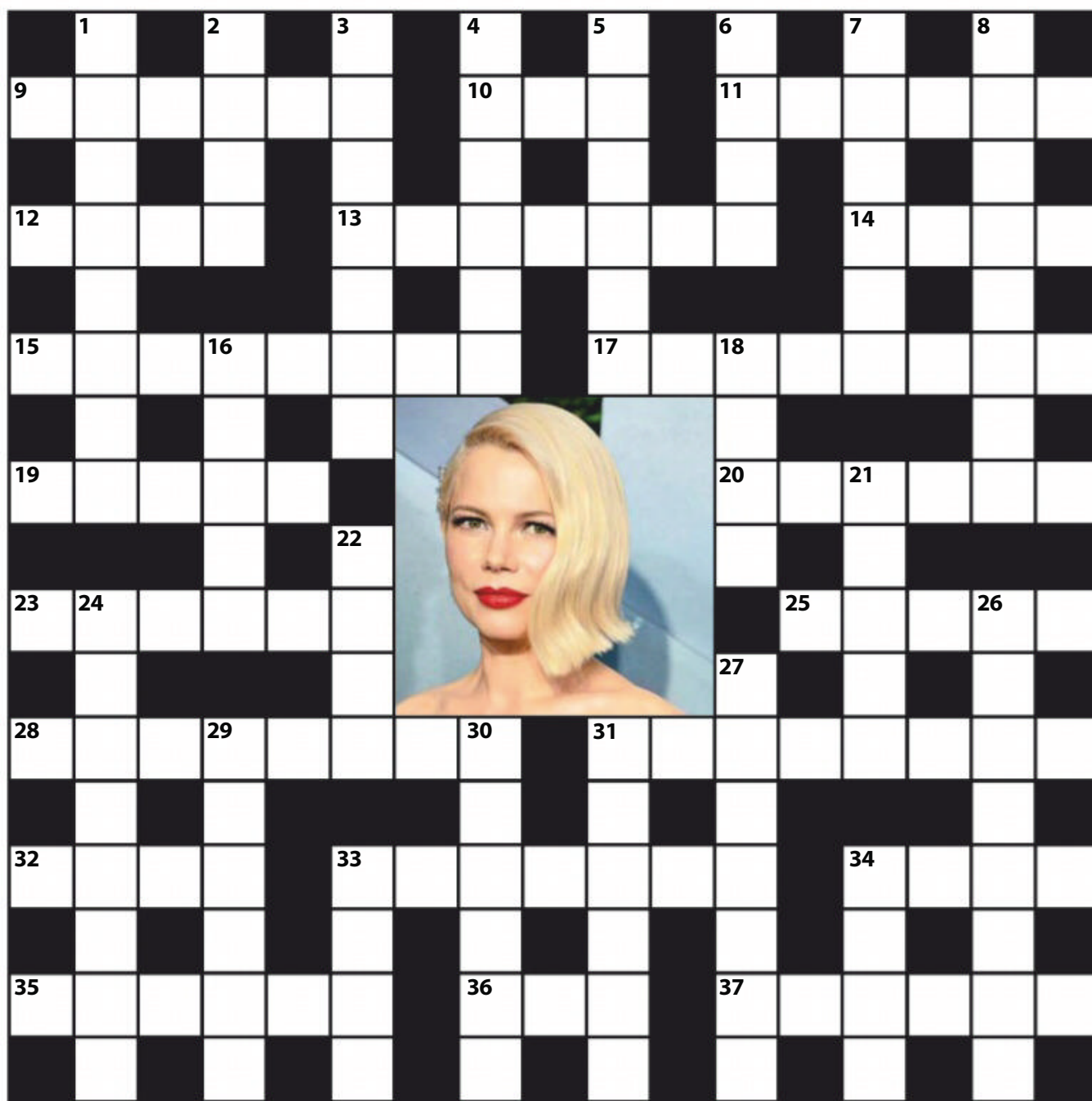
FEB. 19-MAR. 19

It is important to know your strengths and weaknesses when dealing with others. You are afraid the conclusions you want are delayed, and fear any far-reaching changes ahead. Perhaps things aren't turning out quite as you expected. This is a period when your routine will be changed dramatically. Chin up, your plans will be successful.



Olivia Wilde

The Piscean actor/director turns 36 on Mar. 10.



10-MINUTE TEASER

ACROSS

- 9 Tatiana Maslany sci-fi series ____ *Black* (6)
- 10 *Nocturnal Animals* star ____ Adams (3)
- 11 "Fancy" singer Iggy ____ (6)
- 12 Cheerleading flick *Bring* ____ (2,2)
- 13 Social network with a bird logo (7)
- 14 Justin Bieber song featuring Nicki Minaj "Beauty and a ____" (4)
- 15 2003 Ben Affleck and Aaron Eckhart sci-fi mystery (8)
- 17 *Fosse/Verdon* and *Manchester by the Sea* star ____ Williams (8; pictured)
- 19 "All The Lovers" singer ____ Minogue (5)
- 20 Actress and fashion designer daughter of Peggy Lipton ____ Jones (6)
- 23 *Starship Troopers* actress ____ Richards (6)
- 25 Disney deer animation (5)
- 28 2018 Nick Jonas single (5,3)
- 31 US high-end women's fashion label (8)
- 32 Charming animal film *The Adventures of Milo and* ____ (4)
- 33 T-Pain track featuring Ne-Yo "____ The Lights On" (4,3)
- 34 "Use Somebody" band Kings of ____ (4)
- 35 Asa Butterfield sci-fi film ____ *Game* (5'1)
- 36 1984 Bruce Springsteen anthem "Born in the ____" (1.1.1.)
- 37 2019 Taylor Swift soundtrack contribution "Beautiful ____" (6)

DOWN

- 1 Jillian Bell comedy ____ *Runs a Marathon* (8)
- 2 Gabriel Byrne and Jesse Eisenberg drama *Louder* ____ *Bombs* (4)
- 3 Queen hit "____ One Bites The Dust" (7)
- 4 *A Hidden Life* director Terrence ____ (6)
- 5 "B.Y.O.B." metal band ____ of a Down (6)
- 6 Hippie musical (4)
- 7 Aqua chart-topper "____ Girl" (6)
- 8 2005 Clive Owen and Jennifer Aniston thriller (8)
- 16 "Scar Tissue" band Red Hot ____ Peppers (5)
- 18 Daniel Craig crime drama *Layer* ____ (4)
- 21 Crime mystery series ____ *in Paradise* (5)
- 22 2015 Cage the Elephant track "Sweetie Little ____" (4)
- 24 Jennifer Jason Leigh and Jude Law virtual reality horror (8)
- 26 *The I-Land* and *The Art of More* actress Kate ____ (8)
- 27 Three-part movie or book series (7)
- 29 British life coach and matchmaker Matthew ____ (6)
- 30 2014 Little Mix cover track (4,2)
- 31 Erykah Badu song "Turn ____ (Get MuNNY)" (2,4)
- 33 2014 Justin Long and Michael Parks horror comedy (4)
- 34 Ariana Grande tune "How I ____ On You" (4)

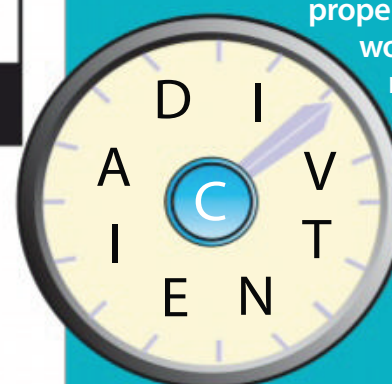
SUDOKU

Place a number from 1–9 in each empty square so each row, column and 3x3 block contains all the numbers from 1–9. This puzzle is MEDIUM.

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

SCRAMBLER

Create words of four letters or more using the given letters only once, but always including the centre letter. Do not use proper names or foreign words. Can you find the nine-letter word?



How did you score?

GOOD: 15+
VERY GOOD: 25+
EXCELLENT: 35+

LAST WEEK'S ANSWERS

10-MINUTE TEASER

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

SUDOKU

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

SCRAMBLER

anew, ewer, lawn, newel, newer, newie, newt, renew, renewal, tawnier, tinware, trawl, twain, twee, tween, twin, twine, twiner, twirl, wail, wailer, wain, wait, waiter, wale, wane, want, ware, warn, wart, water, weal, wean, weaner, wear, ween, weer, weir, welt, went, were, wert, wile, wilt, wine, winter, wire, wren, writ, write

Nine-letter word
waterline

THE LIST

YOUR GUIDE
TO THE BIGGEST
ENTERTAINMENT
RELEASES
EACH WEEK

Pick
of the
week

"We are in the midst of a collective debate about corrupt corporations," says Ruffalo. "This movie addresses this issue."

MOVIE

DARK WATERS STARRING: Mark Ruffalo, Anne Hathaway, Tim Robbins

Lawyer Robert Bilott (Ruffalo) is a partner at a firm that has a number of chemical companies among its clients. A farmer who doesn't quite understand what Bilott's job involves asks him for legal assistance in taking on chemical giant DuPont, who he says is responsible for the death of almost 200 cattle on his land due to waste dumping. There's no conflict of interest – DuPont is not a client – and Bilott becomes intrigued, ultimately deciding to take on the case, even though it places him at odds with many in his firm and turns him into a pariah.

Based on real events, *Dark Waters* follows Bilott's painstaking investigation into DuPont's activities and the evidence he uncovers of a widely used chemical compound that could

potentially have deadly side-effects. It quickly becomes apparent that this is about much more than just some dead cows.

A cross between *Erin Brockovich*, which also dealt with a legal battle against a massive corporation, and *Spotlight*, in which Ruffalo played a similar role of a man intent on discovering the truth, *Dark Waters* is at times workmanlike as the case plays out over a number of years. But even at its most plodding, the film retains your interest. This all actually happened, and without the tireless efforts of an underdog, a company may have continued to poison an entire community.

What also makes the film gripping in a low-key way are the performances by Ruffalo and

Hathaway as Bilott's wife, Sarah, who contends with the case dominating her husband's every waking moment. As the impact on Bilott's career, personal life and health mounts, the two leads bring a quiet intensity to their performances. There is a real cost to what he is doing, and that is never more apparent than in the scenes with his wife and sons, who age before our eyes as a reminder of how much of his life is consumed by the case.

Is it the most exciting film ever made? No, but in this era when it seems like money and power allow people to get away with anything, *Dark Waters* is a reminder that with enough effort, anyone can be held accountable.

★★★★★ (Out now)



Bilott holds a photo of a child born with deformities due to DuPont's actions.



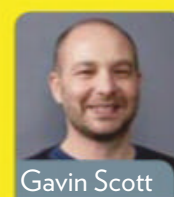
"There wasn't really any acting required, playing someone who was ... equal parts aghast and terrified and angry and emotional," Hathaway told *USA Today*.



Tim Robbins plays Bilott's mostly supportive boss.



ALL PARENTS WILL RELATE TO 'BREEDERS'



Gavin Scott

Any parent who tells you raising kids is easy is lying – or maybe has a staff of nannies at their disposal. But no matter how tough it can get dealing with children, most of us put on a brave face and pretend everything is just fine. Not so on new comedy series *Breeders* (starts Mon., Mar. 9 at 8.30pm; Fox One), which devotes its first episode to depicting something every parent – nannied or otherwise – will have plenty of experience with: kids who will not go to sleep, no matter what you do.

Watching as married couple Paul (Martin Freeman) and Ally (Daisy Haggard) try to settle their son and daughter throughout the night reminded me that I'm not the only one who has been dragged out of bed countless times to find a dummy, fix the bedclothes, find a dummy again, shut the window, fetch a drink of water and, yes, find another dummy. And however badly I felt I'd dealt with things, Paul shouting and swearing at his kids, and then getting an attack of the guilts, reassured me that parents everywhere have the same struggles. I also picked up a tip – if your child won't sleep in the middle of the night, try to wear them out with push-ups. Genius.

A realistic comedy in the same vein as *Catastrophe* and *The Letdown*, *Breeders* doesn't shy away from showing the challenges of parenthood – from losing your sense of self as somebody else's needs come first to the frustration you can feel when your kids will not be quiet for just one second.

But the series is not only about coping with difficult children. Episode 2 touches on parent-teacher interviews, what to look for in a school and the hate you can feel for seemingly perfect parents. Paul and Ally say things we all think but don't often dare speak out loud, and it is so nice to hear a character speak truthfully about the infinite number of decisions and responsibilities a parent faces every single day. And how sometimes you just want to sleep. •

Last word

ELLE FANNING

The actress, 21, co-produced and stars in Netflix's *All the Bright Places* (streaming now) and tells WHO about the last ...

... time she danced

Oh, two days ago at the wrap party in Italy for *The Great* [a new miniseries]. For me, it's a lot of hair-flipping. My neck is so sore right now.

... time she cried

On a plane yesterday when I was listening to sad music. I don't know what it is about flying, but if you look around, people are watching movies or drinking wine – and crying.

... road trip she went on

My best friend and I went to Carmel [California] for spring break. You have to stop at gas stations and get junk food like Sour Patch Watermelon and Dr Pepper. That's very necessary.

... thing she took from a set

I took a cake topper of me from *The Great*. I still live with my mum, so everything is kind of packed away and waiting.

... game she played

It's [an app] called *Cooking Fever* and it's so addictive. I can cook but not as much as I enjoy the game. I'll just do it on my phone.



Fanning with her *All the Bright Places* co-star Justice Smith.



STREAMING

AMAZING STORIES

Twenty-five years after the original *Amazing Stories* debuted, Steven Spielberg is resurrecting his sci-fi and fantasy anthology series for a run of five stand-alone episodes on Apple TV+. The first episode, 'The Cellar', is released on Fri., Mar. 6, and stars Dylan O'Brien, Victoria Pedretti and Sasha Alexander. Subsequent episodes, which release each Friday, will feature the likes of Kerry Bishé, Josh Holloway, Austin Stowell and Edward Burns, with plot details a closely guarded secret.



STREAMING

SPENSER CONFIDENTIAL

This new Netflix film (streams from Fri., Mar. 6) is also reviving an old property – the Detective Spenser franchise, which spanned novels originated by Robert B. Parker, TV show *Spenser: For Hire* and spin-off telemovies. Stepping into the updated role is Mark Wahlberg, whose Spenser is newly released from prison, where one of the inmates is a character played by rapper Post Malone. On the outside, mentor Henry (Alan Arkin) teams him with Hawk (Winston Duke) and mayhem ensues.

THE WAY BACK

STARRING: Ben Affleck

To say Jack Cunningham (Affleck) has a drinking problem would be an understatement. From the moment the construction worker gets up to when he staggers into bed at night, a drink isn't far. There are understandable reasons he has turned to alcohol, and those are teased out over the course of this drama, which sees the former basketball star hired to coach his old high school's current team. That part of the movie – the *Friday Night Lights*-style transformation of a squad of losers into a team with real potential – is thrilling and engaging. As with *FNL*, even non-sport fans will get swept up in the game montages and be moved by Jack's ability to connect with the students. But *The Way Back* gets its real emotional heft from Jack's journey. He is battling real demons, and Affleck imbues his performance with the weight of his own real-life troubles and the knowledge that there is no neat Hollywood resolution to issues like these. ★★★★★ (Out now)



MOVIE



MOVIE

DOWNHILL

STARRING: Will Ferrell, Julia Louis-Dreyfus

On a deluxe ski vacation in the Alps, Billie (Louis-Dreyfus) and Pete (Ferrell) are on a restaurant terrace with their sons when they notice an avalanche gaining momentum across the valley. Billie hugs her boys tight and braces for death. Pete gets up and quickly walks off to safety. No-one is hurt – the avalanche, luckily, peters out in time – and Pete returns, Billie staring at him with a look of hurt, fury and disbelief.

It's only a matter of time before Pete and Billie will have to confront that thoughtless moment of cowardice and betrayal – an emotional catastrophe that threatens to bury their marriage in a second avalanche of recriminations. A remake of the acclaimed 2014 Swedish film *Force Majeure*, *Downhill* gets most of its pain and humour from Louis-Dreyfus, who's become a master of brittle, bristling nuance. Ferrell is good, too, his affable face constantly tumbling down into an expression of sheepish humiliation. ★★★★★ (Out now)

ALSO OUT THIS WEEK



MOVIE

THE PHOTOGRAPH

In this romantic dramedy, Issa Rae plays Mae Morton, a woman who falls in love with the journalist (Lakeith Stanfield) writing a profile of her late mother, a noted photographer from whom she was estranged. As the couple grow close, Mae learns more about her mother's past.



MOVIE

ESCAPE AND EVASION

Starring Josh McConville, this Australian drama follows soldier Seth, who returns home from a mission in Myanmar. He is struggling with post-traumatic stress disorder and questions about the death of a soldier under his command. Hugh Sheridan, Firass Dirani and Bonnie Sveen co-star.



THE LIST



Quick-fire Q&A

"The finale was really emotional as the stakes were so high," Dr Bron says.

**DR
BRON**

The registered veterinarian ensures the dogs in *Pooch Perfect* (continues Thu., Mar. 5 at 7.30pm; Seven) are well looked after.

Is this your first television role?

I've provided commentary for news outlets before, but this was my first entertainment role. It was a big surprise when Seven called me out of the blue, but it's been a fantastic experience.

What's been the biggest lesson you learnt during the show?

So much goes on behind the scenes. In addition to my filming requirements, I was on-set monitoring all dogs during production, and health and temperament checked more than 200 dogs.

What's been the reaction from your colleagues in the industry?

I've had a mixed response. Many are supportive and see the opportunity as I do – a chance to work with a major network to make animal health and welfare the top priority during production.

Did you have much contact with host Rebel Wilson?

I worked alongside Rebel every day during filming. She was very generous with her time on set and always tried to get a laugh out of people. She's really bright and was a pleasure to work with.

You're a pet owner – how much grooming do you give your pets?

My dog and cats are all short-haired, mixed-breed rescues so they are pretty low-maintenance. I give them an occasional brush and wash and that's about it. But I do brush my dogs' teeth daily, as dental disease affects all pets.

What about yourself – are you high or low-maintenance?

Definitely low-maintenance. Most days I don't wear makeup and just throw my hair into a bun. Having my hair and makeup done every day on set was a quite a treat.

DEVS

STARRING: Sonoya Mizuno, Nick Offerman

The challenge for shows about technology is how to make what happens on a laptop or phone work as drama. Characters scrolling through lines of code or having conversations about hacking don't make for interesting TV. The key, as demonstrated by this thriller, is to ensure there is a significant human element in the mix – something even the biggest Luddite can relate to. And there's nothing more human than love, which spurs Lily (Mizuno) into action when her boyfriend, Sergei (Karl Glusman), goes missing. Sergei recently received a promotion at tech firm Amaya which saw him move into the top secret Devs division. What does Devs do and what happened to Sergei? As Lily seeks the truth, time is spent giving her and the other characters – including Amaya's morally complicated CEO, Forest (Offerman) – emotional depth. So when Lily tries to break into Sergei's phone, you feel her concern, rather than just watch her trying out passwords. ★★★★★ (Starts Sun., Mar. 8 at 7.30pm; Fox Showcase)



THE CAVES

Underneath the Syrian capital of Damascus, a series of tunnels keeps residents relatively safe from the constant bombing and chemical attacks above ground. In a facility known as The Cave, a group of doctors led by Dr Amani Ballour tends to the wounded with limited supplies and the ever-present danger their makeshift hospital will be destroyed. Here, women like Ballour hold positions that would be otherwise unheard of in their society. This unflinching documentary highlights the bravery and leadership shown by Ballour and her female colleagues in a situation filled with horror and dread. ★★★★★ (Airs Sun., Mar. 8 at 7.30pm; National Geographic)

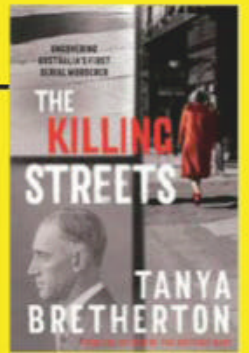


BOOKS

THE KILLING STREETS

Tanya Bretherton

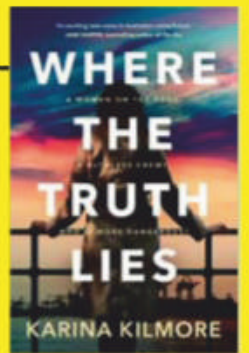
In this fascinating retro true crime tale, the idea that Sydney's first serial killer may have been responsible for what became known as the 1930s 'park murders' is explored. Predictably, two of the killers' victims, Iris Marriott and Hilda White, garnered little sympathy from police or public as they were sex workers. Meanwhile, the murder of a far more media friendly 16-year-old captured newspaper headlines and led to a possibly innocent man being imprisoned. ★★★★★ (Out now)



WHERE THE TRUTH LIES

Karina Kilmore

Melbourne journo Chrissie is investigating a clash between wharf unions and big business when a potential whistleblower dies on the job. Convinced there's more to this workplace accident than originally appears, Chrissie begins to investigate. Soon her obsession with uncovering the truth puts her in danger as she unwittingly comes up against a sinister and powerful foe. A gripping and gritty novel introducing a heroine who's just as layered and complex. ★★★★★ (Out now)



FREYA RIDINGS

The on-the-rise British singer behind hit singles 'Lost Without You' and 'Castles' performs her first shows in Australia this week. The 25-year-old, whose self-titled debut album was released in 2019, plays intimate gigs at Sydney's Metro Theatre on Tue., Mar. 10 and The Corner Hotel in Melbourne on Thu., Mar. 12.



ROBINSON

Another singer-songwriter making a name for herself the past few years is New Zealander Anna Robinson, who also performs a couple of shows in Sydney (The Lansdowne Hotel on Wed., Mar. 11) and Melbourne (The Gasometer Hotel on Fri., Mar. 13) this week. She'll play tracks from her recently released EP, *Watching You*. ★★★★★



PODCAST

THINGS YOU CAN'T TALK ABOUT ON TV



Co-hosted by Dr Ginni Mansberg (*Embarrassing Bodies Down Under*) and journalist Shelly Horton, this new health series tackles subjects other shows wouldn't touch – and does so in a fuss-free and informative way. A slick production made more listenable due to the obvious friendship between the pair, it covers a lot of ground in 20 minutes, but by zeroing in on one topic per episode, it does mean you get a lot of discussion of, say, farts all at once. ★★★★★ (Episode 1 on Audible on Tue., Mar. 10)



THE LIST

STAR POWER

A SNEAK PEEK
AT WHAT'S NEXT
FOR STAN SERIES
'BILLIONS' AND
'POWER'

First
look

Blige also stars
in Netflix series
*The Umbrella
Academy*.



POWER BOOK II: GHOST

Power may have wrapped for good, but fans won't have to live long without their weekly crime-drama fix from the addictive (and extraordinarily popular) series. This winter, Stan will unveil a spin-off featuring Mary J. Blige as Monet, a very successful woman in Queens who runs her business "with an iron fist," explains executive producer Courtney A. Kemp. Exactly how Monet earns her keep remains a mystery for now, but it's probably not a stretch to assume that she – like Ghost (*Power*'s Omari Hardwick) before her – will be dabbling in the wild world of narcotics.

It's an idea Kemp had been chewing on for nearly two years but didn't truly take root until reps for Blige approached her about a *Power* cameo (because she was a big fan, natch). "*Power* obviously is a masculine show but has very strong female characters," Kemp says. Blige is pictured with LaToya

Tonodeo, who plays Monet's daughter, Diana. "For Mary's character, we use all the power and presence of the actress to communicate how this is a woman who is remarkable and unique in her abilities. She's as smart, savvy and strategic as Ghost ever was, but her learning doesn't come from books. We always said Ghost was a bookish kid who read all the time. This woman's acumen comes from the street."

If you loved what *Power* had to offer for six seasons, you'll definitely appreciate *Ghost*, promises Kemp. "There are some people from the original show as well as a bunch of new characters," such as Method Man, who will play an ethically challenged lawyer. "It will definitely have a lot of the same elements that you're used to from *Power* in terms of criminality, sex, romance and the legal system. Every scene is still about power."

■ Lynette Rice

"From our very first scene, we're sparring," says Corey Stoll (right) of the dynamic between Prince and Axe (Damian Lewis, left).





"I'm just really grateful that I don't have to do any of the financial dialogue," Julianna Margulies says with a laugh.

BILLIONS S5

Billions is making two big investments in Season 5. Since the launch of their hit series, creators Brian Koppelman and David Levien have tried to cast Julianna Margulies (*The Good Wife*) and Corey Stoll (*House of Cards*), only for the timing never to be right, or, as Stoll admits with a laugh, "Frankly, I was holding out for something a bit more exciting in terms of the role". But persistence paid off, with both actors set to appear in the upcoming season.

"Julianna is one of the smartest actresses working," declares Koppelman. "The way in which she can make any kind of dialogue sound like her own seamlessly fits into our world." And when it comes to Stoll, Levien says they've been hell-bent on working with him since he filled in at a table read on one of their films. "We were able to write a character for him that is smart, aggressive and charismatic, all the things that he's built to play."

That super-rich role for Stoll is business titan Michael Prince, who comes into Axe's

(Damian Lewis) orbit, causing sparks to fly. "He has that same competitive streak as Axe, but it's tempered with this drive to do good," says Stoll. "There's a lot of conflict between Prince and other characters, but stronger than that is the fight within himself to reconcile being a capitalist and a good person."

Unfortunately, the *Billions* team doesn't want to reveal too much about Margulies' Catherine Brant, an Ivy League sociology professor and bestselling author. "She's a conduit for Chuck Rhoades (Paul Giamatti) finding another side of himself," teases Margulies. "She comes from a place of non-judgement and isn't deterred by his behaviour, which he finds quite enlightening."

Chuck will find peace there, but Koppelman warns that he and Axe "are at the brink. They have to find a way to recapture ground lost, and gain high ground for the battles they're about to face."

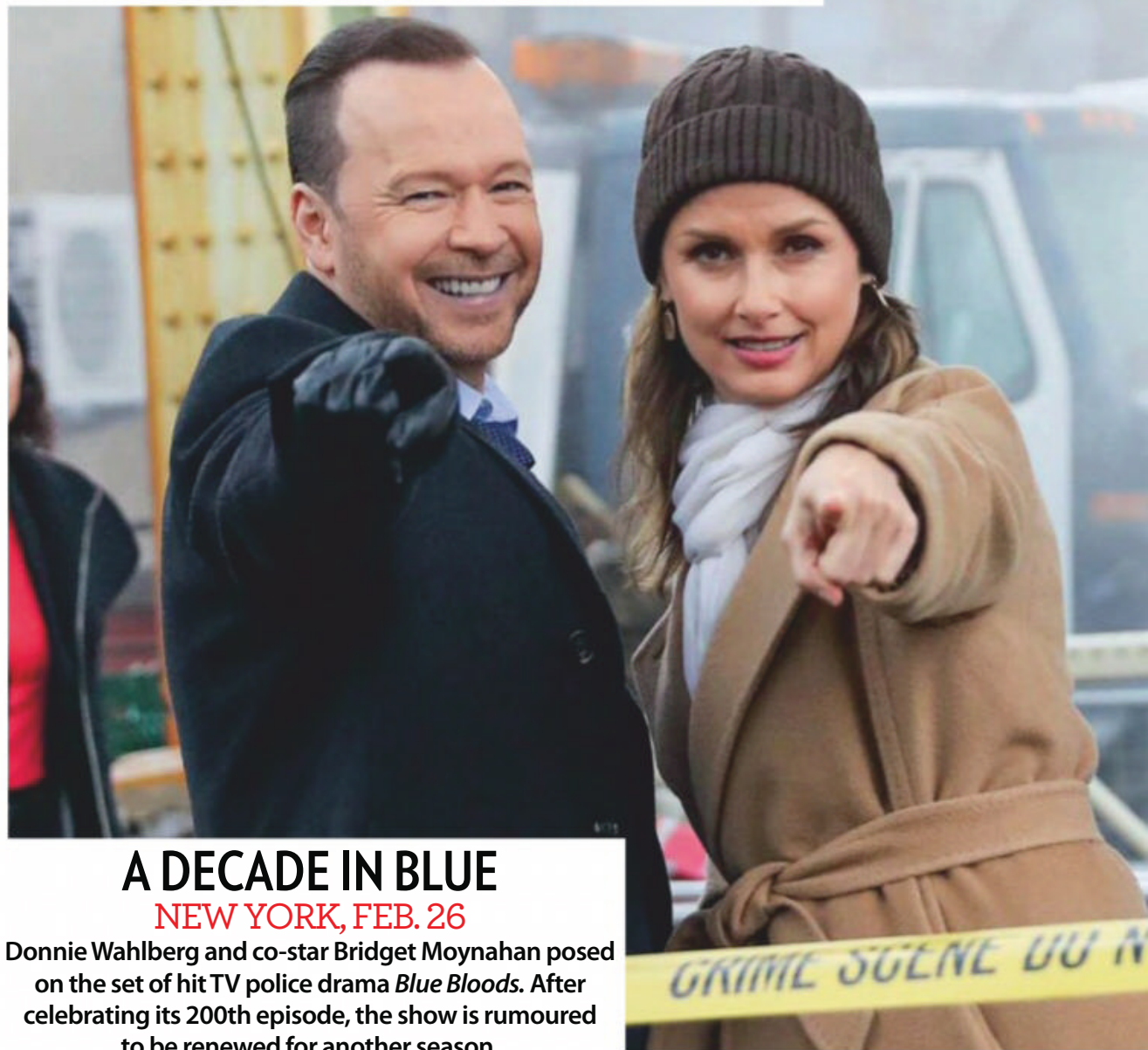
■ *Derek Lawrence*



GETTY IMAGES (6)

GO-GO GIRL LOS ANGELES, FEB. 26

Channelling the '60s, Sophie Turner was spotted in a strategically flowing dress after news broke she is expecting her first baby with hubby Joe Jonas. Paired with knee-high white boots and a fluffy bag to match, the plaid dress cleverly hung over Turner's suspected bump.



A DECADE IN BLUE NEW YORK, FEB. 26

Donnie Wahlberg and co-star Bridget Moynahan posed on the set of hit TV police drama *Blue Bloods*. After celebrating its 200th episode, the show is rumoured to be renewed for another season.



POINTING THE WAY NEW YORK CITY, FEB. 26

Leonardo DiCaprio and long-time friend Kevin Connolly were seen helping out a lost tourist on a rainy NYC day. With a map in hand, the stars pointed the man in the right direction.



MATCH MADE

NEW YORK, FEB. 26

Paired in orange, couple Priyanka Chopra and Nick Jonas spent the day running errands around the city. Chopra sported an orange turtleneck jumper and Jonas coordinated in an orange hooded jumper.

MAIDEN MOSS

NEW YORK,
FEB. 26

Waving to fans outside the *Good Morning America* studio, Elisabeth Moss spoke on the show about the physical challenges of filming her new thriller *The Invisible Man*. "I had to do a lot of running. There's so much running in horror movies," she said.



STARtracks

ALL EYES ON ELLE

BERLIN, FEB. 26

Standing tall in black, Elle Fanning poses at the red carpet premiere of *The Roads Not Taken* during the 70th Berlinale International Film Festival Berlin. Fanning paired her elegant gown with a diamond-encrusted clip.

LIGHT UP THE STAGE

NEW YORK, FEB. 26

Seen publicly for the first time since being robbed at knife-point, Harry Styles performed at NBC's *Today*.

LIVIN' LA VIDA LOCA

CHILE, FEB. 23

Ricky Martin rocked his performance at the 61st Viña del Mar International Song Festival after the six-day concert sold out in just two hours. Martin later took home the prestigious Silver Seagull Award for audience favourite.

CLOCKWISE FROM LEFT: GETTY IMAGES (4); INSTAGRAM (2)



MINI FASHIONISTAS

PARIS, MARCH 1

Looking suave in suits, Penelope Disick, 7, and cousin North West, 6, were seen leaving Kanye's Sunday service at Théâtre Des Bouffes Du Nord during Paris Fashion Week.



WINTER WONDERGIRL

PARIS, MARCH 1

Game of Thrones star Maisie Williams stunned in a white and blue power suit at the Thom Browne show as part of Paris Fashion Week.



MANE CHARM

INSTAGRAM, MARCH 2

Beauty mogul Kylie Jenner posted this snap of her poolside in a one-piece swimsuit, Dior earrings, sneakers and her latest wig – a lengthy plait!

STARtracks



Demi Moore stunned in an elegant Dior gown at the *Harper's Bazaar* exhibition.

PASSION FOR FASHION WEEK

PARIS,
FEB. 24 –
MARCH 3

Paris Fashion Week celebrated the work of female designers including Clare Waight Keller for Givenchy, Virginie Viard for Chanel and Sarah Burton for Alexander McQueen. A-listers from around the globe were spotted admiring this year's trends.



Kit Harington and Hailey Bieber were front row at Saint Laurent.



Lenny and Zoë Kravitz watched on at Saint Laurent.



Cara Delevingne and Karlie Kloss cosied up at the Dior show.

PARIS FASHION WEEK



Bella Hadid strutted down the runway for Lanvin.



Rocking the runway with her sister at Lanvin, Gigi Hadid sported the latest winter fashion.

passades

they said
what?

Muniz and Price



FRANKIE IS MARRIED!

Frankie Muniz, who rose to fame as Malcolm in the TV series *Malcolm in the Middle*, is married. Muniz, 34, wed fiancée Paige Price in Phoenix, Arizona on February 21 – four years to the day from when they first met. The pair got engaged in November 2018. “Every single moment of February 21 was perfect,” he tells WHO. “From the moment of waking up together and jumping on the bed hyping each other up, to helping our wedding planner with setting things up at the venue, all the way to walking down the aisle with my best friend hand in hand with our closest friends and family in attendance. Everything was just so us.” He added his wedding was “literally the best day of my life”. Muniz, who competed on the US version of *Dancing with the Stars* in 2017, and Paige, 27, were already partners. In 2018, Muniz and Price purchased shop Outrageous Olive Oils & Vinegars, in Scottsdale, Arizona.

PREGNANT

Canadian actor **Will Arnett** and girlfriend **Alessandra Brawn** are expecting their first child together. “They are very happy and thrilled,” an insider told *Us Weekly*. It will be the third child for Arnett, 49, who shares sons, **Archie**, 11, and **Abel**, 9, with ex-wife **Amy Poehler**. It is the second child for Brawn, who Arnett has been dating since last year.

BABIES

One Upon a Time ... in Hollywood director **Quentin Tarantino** is



Arnett

a father for the first time. The 56-year-old filmmaker’s wife **Daniella Pick**, 36, gave birth to their son on February 22. His name has not been announced. *The Jerusalem Post* reports the baby was born in Tel Aviv, Israel. ● Singer and reality TV star **Brandon Jenner**, 38, and his wife **Cayley Stoker** are the proud parents of twin boys, **Bo Thompson Jenner** and **Sam Stoker Jenner**. Brandon shares 4-year-old daughter **Eva James** with ex-wife



Jenner and Stoker

Leah James. ● *Orange Is the New Black* star **Laura Prepon**, who played Alex Vause in the hit series, gave birth to her second child with her husband, **Ben Foster**, on February 26. “Welcoming home our new bundle of love,” Prepon, 39, captioned an Instagram shot with her new baby. She didn’t announce the gender or name of the baby. The actress and Foster are also parents to 2-year-old **Ella**.

SPLIT

Retired Wallabies captain **George Gregan** has reportedly split from wife of 22 years and business partner **Erica**, according to the *Sunday Telegraph*. Together, George and Erica own the Gregan Group, which includes multiple cafes, bars and restaurants.

DEATHS

NASA mathematician **Katherine Johnson**, who helped break down racial stereotypes and who was the inspiration for film *Hidden Figures*, died on February 24, aged 101. In 1961, Johnson worked on the first mission to carry an American into space. In *Hidden Figures*, she was portrayed by **Taraji P. Henson**. ● British actor **Michael Medwin**, who acted in films such as the 1983 James Bond film, *Never Say Never Again*, and 2008’s *The Duchess*, died in hospital in the UK on February 26, aged 96.



“He is the epitome of the Hollywood star – very good-looking ... women, even guys, it’s crazy.”

Jamie Foxx really loves **Leonardo DiCaprio**.

“I hate my Irish butt, OK?”

Liam Neeson on using a butt double in *A Million Ways to Die in the West*.

“I do it all the time. I don’t know anybody. I’m walking through the crowds like, ‘Hey! How you doing?’”

Oprah Winfrey admitted she pretends to recognise famous people who say hello.

“Actually, my son said to me the other day ... ‘At first I thought it was really embarrassing that there were vibrators on your website and now I think it’s a great thing!’ He’s like, ‘You’re a feminist, Mum. You’re a badass.’”

◀ **Gwyneth Paltrow** is a cool mum in her son **Moses**’ eyes.

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not here,
*it's nowhere.***

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