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The SECRET video that TRAPPED A RAPIST

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*Based off Department of Infrastructure and Regional Development Bureau of Infrastructure, Transport and Regional Economics (BITRE), Information Sheet 95, Canberra, 2018. Spending by Australian households on owning and operating vehicles in 2015-16. Average Australian Household spends \$45.36 per week on Motor vehicle fuel, lubricants and additives

Welcome!

MORE
real-life stories
than any
other mag!

An item in our Living Well section (Page 60) about three ways to banish loneliness caught my attention. Most of us have experienced moving to a new area, away from our friends and family. And if I'm ever in that situation again, I would certainly follow our tips. However, there is one I would add. Walk a dog. Now note I didn't say 'get a dog', because to take on a pet is a big commitment that not everyone can make. But we can be available to walk *other* people's dogs. And what a connector our four-legged friends can be! My hubby, Simon, is chief dog walker in our family, and *that's life!*'s Pet Editor, Dizzy, is much more than a pretty face (you are welcome to admire him on Page 18. Haha!). He is a connector par excellence. Each time we've moved home, he's been the key for Simon getting to know pretty much everyone in the neighbourhood. On weekends, when all three of us walk, lots of locals stop for a friendly chat. When I ask Simon who we were just talking with, he'll



say 'Digby's dad' or 'Brucie's mum'. Which is enough, really. Not so long ago, we were out for dinner and someone in our party mentioned that a great friend of theirs lived just around the corner from us. A short description of the nearby friend followed, at which point Simon asked, 'Does he have two schnauzers?'. Sure enough he did. Next time we saw him with Biggles and Algie, we introduced ourselves. And so a new connection was made. But you don't have to be lonely to enjoy dog walking. Not so long ago, I asked our local vet if they had any canine patients whose owners were unable to walk them. They didn't, and I wondered if there is an organisation that puts people hoping to walk a dog in touch with people who, for whatever reason, are unable to do so. If you know of one, I'd love to hear about it.

Linda

Linda Smith, Editor
linda@pacificmags.com.au

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Your **LIFE!**

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What a perfect summer's day to go surfing!
Paula Simpson, Ocean Grove, Vic



As I sailed the seas to Noumea, New Caledonia, I still made time to read my favourite magazine.
Kathleen Healy, East Hills, NSW



I had the best view of the Grand Canyon National Park in Arizona.
Sarah Lee, Lidcombe, NSW



What's in a **NAME?**

Cayden

My grandson Cayden's unique name is a combination of Kyan and Aiden. His parents loved both names and decided to put the two together.
Lorraine Dobbin, Glenfield, NZ

While in Melbourne, my boys and I got the pleasure of meeting actor Alan Fletcher, better known as Karl Kennedy from *Neighbours*.
Angelique Devold, Biggera Waters, Qld



DON'T I KNOW YOU?

FAMILY FRIENDS LAUGHS



Living five hours apart, it's special when cousins Matylda, Katie, Kobe, Ryan and Joshua get together.
Linda Weatherstone, Botany, NSW

ME
and my
PET 



My daughter Tashi loves our puppy Boris.
Judie Siu, Ashfield, NSW



Mitchell and Phoenix were very excited to meet their little cousin Catalina on our trip to the Gold Coast.
Vicky Tanner, Bayswater North, Vic



Thank you, *that's life!*, for the Tabu hair care gift pack. My kids, Isabella and Natalie, had a great time testing all the products with their Aunty Deb!
Tracy Holt, Clyde, Vic

 **WINNERS**
are grinner

that's love

With
Andrea I
am free



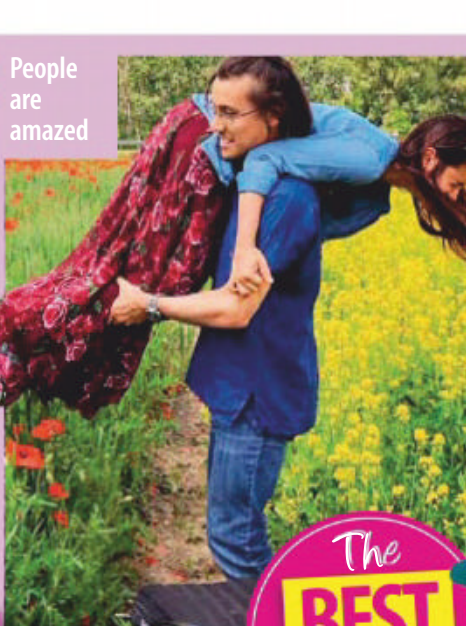
Visiting
Mount Fuji



Vienna for
Christmas



People
are
amazed



Scuba-
diving in
Indonesia



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BEST
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stories

29 countries and counting

MY HUBBY PIGGYBACKS ME AROUND THE WORLD

Giulia Lamarca, 28, has climbed mountains, thanks to her hubby's love

Agony tore through my back as I lay sprawled on the road.

Riding home on the back of my then-boyfriend's scooter, we'd slipped on a bend and I'd fallen off. The pain was like nothing else.

It was October 6, 2011, and I was 19.

He was unhurt, but an ambulance sped me to hospital where I was rushed into surgery to have screws fitted into my broken spine.

Afterwards, when I looked at my legs on the bed, they no longer seemed to belong to me. They were still and dead.

My family gathered around me, worried.

'Can you feel my hand on your leg?' my mum, Christina, 47, said.

'Yes,' I lied.

But then I was given my diagnosis. I had a spinal

cord injury, resulting in incomplete paraplegia.

I was paralysed from the waist down and would be in

a wheelchair for the rest of my life.

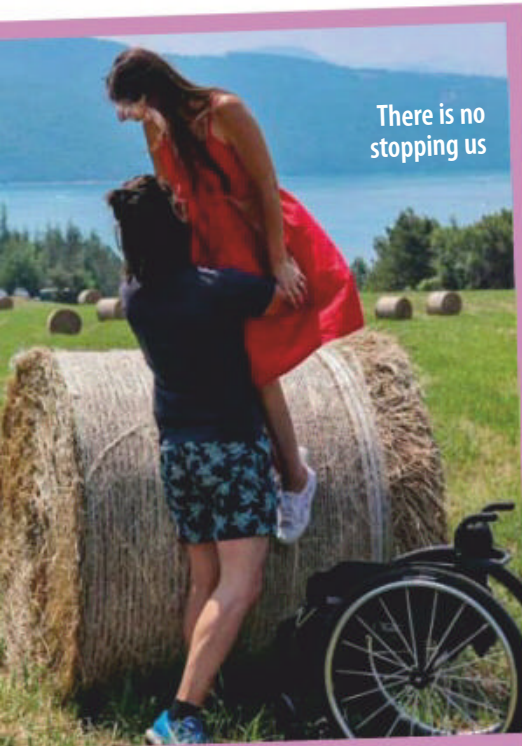
Trying to stay strong, I made jokes about how I'd now be able to skip queues.

In reality, I was devastated – crying for hours every day.

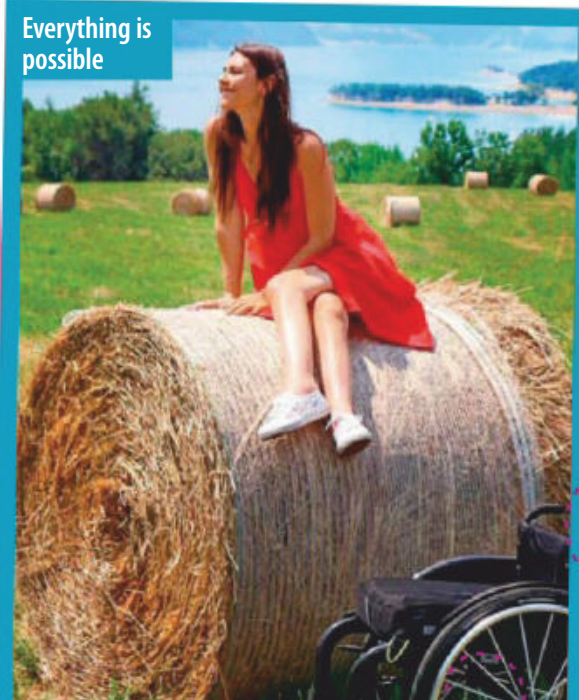
My relationship broke down too.

A psychology student, I'd been a competitive volleyball and tennis player.

I was
paralysed from
the waist down



There is no
stopping us



Everything is
possible

Now what was I?

Soon after, a physiotherapy intern, Andrea, then 21, was assigned to help my rehabilitation. He was calm, kind and upbeat and we became friends.

I confided in him about how my dreams of being free and independent were shattered. Living in Italy, I longed to travel the world.

Then, when Andrea's internship ended, he had a question for me.

'Why don't we go to Australia when you're discharged from the hospital?' he asked.

'Are you joking?' I replied. It seemed impossible.

Even though I'd developed feelings for him, I was convinced no-one would want me as I was.

I found it difficult to even accept myself.

But Andrea did like me, and soon we were in love.

Slowly, I told myself that maybe he would stay with me after all.

When I was released from



Ski high in Sri Lanka

Andrea and me in Bolivia

ME WORLD

hospital the following year, we flew to Australia together. I loved that when Aussies spoke to me they looked at my face, not my wheelchair.

Travelling to so many beautiful places, I sometimes forgot I couldn't walk.

I feel free, I realised.

After that, there was no stopping us.

Back home, I qualified as a psychologist and found a job.

Then, the two of us would save up, just so we could take off again.

We took trains around Europe, seeing Vienna, Copenhagen, Switzerland, Berlin, Amsterdam and Paris.

'One step at a time,' Andrea would puff, pulling my wheelchair up stairs.

Next, we flew to China, keen to see the Great Wall.

Our travel agent assured us there was an elevator but our guide hadn't a clue where it was. I looked at all the stairs in despair.

'You go on your own,' I told Andrea.

'No,' he said. 'I'll carry you.'

'Are you sure?' I asked.

I weighed less than 50 kilos, but it was still a long way up!

'It'll be fine,' he assured me.

So, after finding someone to mind my wheelchair, he hoisted me on his back like a rucksack, and up we went.

'Why are you carrying her?' people asked Andrea.

'Is she lazy, or do you just like carrying women?' others asked.

'She can't walk,' he told them. 'I'm her legs... she's my head!'

They were amazed.

'We did it,' Andrea smiled, exhausted, when we reached the top.

'Thank you darling,' I said tearfully, giving him a kiss.

Then we held each other, admiring the magnificent



view.

In Sri Lanka, we visited Sigiriya,

a 200m-high sacred boulder considered the eighth wonder of the world.

There were 1000 steps to the top.

'We can't manage that,' I said to Andrea.

'Yes we can,' he insisted, hoisting me onto his back. With me clinging to him like a koala, he climbed.

It took two hours and when we reached the top, it was better than winning an Olympic gold medal!

In Peru, Andrea carried me to the top of Machu Picchu.

And he carried me across

an Indonesian island with no roads and through temples that banned wheelchairs.

In 2016, we married before 150 guests. It was the happiest day of my life.

We honeymooned in India, where Andrea gave me a piggyback along pot-holed roads and crowded streets.

Now, we have visited 29 countries and 100 cities.

We have marvelled at the bustle of New York, laughed in Lapland, and scuba-dived in Indonesian seas.

When I'm with him, I almost forget I can't walk.

Putting our videos on YouTube and photos on Instagram, to our surprise, strangers loved them too.

Although it's impossible for me to walk again, I've learnt everything else is possible.

Thanks to my husband's love, I am again free. ●

To follow Giulia Lamarca's journey visit: mytravelsthehardtruth.com

He climbs with me clinging on like a koala



David Hanna
outside court

THE SECRET THAT JA MY RAP

When Emma*, 32, lost her keys, a stranger offered to help her into her home...

Meeting the girls for happy hour after work one Friday, one drink led to another.

By midnight, I'd found myself alone at a roof-top bar.

'Miss, I'm going to have to ask you to leave,' a bouncer told me.

Stumbling outside, I realised I wasn't holding my handbag.

My keys! I fretted.

'Can you help me find my bag?' I asked the door staff.

But it was nowhere to be seen.

'I'll get you into your house,' I heard someone say.

Looking up, it was a stocky, older man.

At first, I brushed him off. Then, I reconsidered.

Maybe he was trying to do the right thing and get me home safe...

Suddenly, he'd hailed us a taxi.

Slumping back inside the car, my heavy eyes shut.

Groggily coming to outside my house, I got out and walked towards the front door, and so did the stranger.

'Stand back,' he said.

Busting it open with one ferocious kick, he walked inside, which made me feel uncomfortable.

'You better go, my dog's pretty vicious,' I fibbed.

Harvey* was out the back, but he was harmless.

I also shared the house with my friend Sarah* but she was away for the weekend.

The man strutted into my kitchen and poured us both a drink.

Hanging back in the

lounge room, I was scared. *Please help me...* I texted my best friend.

Save me, I wrote to another mate.

'Sarah!' I called out, as I walked up the stairs, not

wanting the intruder downstairs to know we were alone.

Just then, the stranger strode into my room, and quickly, he

was on top of me, the weight of his body pressing mine into the bed.

'I don't want to,' I begged, trying to push him off.

But he was too strong. My world went black...

'I don't want to,' I begged, trying to push him off

Waking up in the morning, I had a hazy memory of a man lying on top of me, trying to pry my thighs apart, before I'd passed out.

Now I was naked, and my thighs were bruised.

The new outfit I'd been wearing was in tatters on the floor.

Something bad happened, I realised.

Grabbing my phone, I called the police.

The cops came, and I was taken to the hospital, where every inch of my body was inspected.

Finally back home that night, it was clear the forensics team had scoured my place for clues.

My sheets, outfit and undies were gone, and

anything the man might've touched had been dusted for fingerprints and taken for evidence.

Over the weekend, I started to doubt myself.

What have I started? I worried.

He was a random stranger.

How would the cops ever find him?

Then, on the Monday night, my phone buzzed.



Have you jailed an attacker?
Share your story with us at t1.features@pacificmags.com.au

VIDEO MAILED LIST

AUSSIE
REAL
LIFE



'We've got him,' a detective told me. 'His name's Dave Hanna – just be aware, it could be quite high profile.'

I'd never heard of him. Googling the predator's name, I clicked on a news link.

Seeing his photo on the screen, I felt sick to my stomach.

Hanna was the former Queensland Labor Party vice president and the ex boss of the Construction, Forestry, Maritime, Mining and Energy Union (CFMEU).

At least they've got him, I thought.

But it was only the beginning.

Police found graphic photos and a video of me hidden in the deleted media folder on Hanna's phone.

Back at the station, the police showed me the images. There was a shot of me sprawled naked on my bed, and a second close-up of my private parts.

A video also showed him digitally penetrating me, while I was unconscious.

It was horrific to see.

But part of me was relieved as it was cold, hard evidence.

A few days after the attack, Hanna was charged

with rape.

Waiting for the case to go to court, I was plagued with nightmares.

My closest friends were witnesses, so I couldn't really talk to them.

But my family, who lived far away, supported me as much as they could.

Nearly two years on, in February 2019, David Arthur Hanna, 54, pleaded not guilty to three counts of rape and one count of recording in breach of privacy.

Hanna's defence mercilessly tried to discredit me, arguing that we'd had consensual sex.

But the evidence told a

very different story.

CCTV footage of Hanna and me, captured outside the bar, clearly showed that I was unsteady on my feet.

Witnesses had described me as 'dazed and confused' and 'very intoxicated'.

And in photos snapped inside the taxi, I was asleep.

'At one point, the accused has both of his hands on her while she is in that state,' Prosecutor Michael Lehane said.

And, of course, the jury saw the disgusting images Hanna had taken on his phone.

Unanimously, they found him guilty on all charges and

he was sentenced to six years in jail.

'It was a demeaning act of rape,' Justice Julie Dick said in sentencing.

But she said I was 'an extremely brave person'.

It's taken me a while to feel that way though.

I was diagnosed with PTSD, and at first, I was just putting one foot in front of the other.

That was actually a really courageous thing to do, I've realised now.

If you're a survivor like me, please know that you will be believed.

I got to see justice done – and you can too. ●

As told to Beth Young
For support with sexual assault, call 1800 737 732 (Aus) or 0800 88 33 00 (NZ).

The jury saw the disgusting images

that's amazing



Baring it all has been the best decision



Some chores do require protective clothing



We want people to love the skin they're in

Ally feels comfiest in the buff!

Ally Neave, 54, Yeppoon, Qld

While I skinny-dipped in our pool, my partner Buck was busy

cooking us brekkie – completely starkers!

Just then, our mate rocked up and let himself in without knocking.

Seeing Buck, in all his glory, then spotting me, he made a very quick exit.

After that, he would rev the guts out of his motorbike outside to let us know to put our clothes on.

You see, my boys, Jeremy, then 18, and Dan, 17, had moved out, and Buck and I liked to roam around our place in the nude.

Both Jeremy and Dan still had a key, of course.

'But you've got to knock,'

NUDE AWAKENING WE QUIT OUR JOB TO LIVE

I warned them. 'We could be running around in the nick!'

In the privacy of our own home, that's how we felt comfiest.

A few years later, at the news agency one day, Buck and I spotted *The Australian Naturist Magazine*.

It wasn't in the same section as my *that's life!*, but, flicking through, it definitely wasn't smut! Instead, it was a celebration of all types of bodies – young, old, solid,

saggy or slim. Nudity wasn't the point – it was about being free in nature.

A couple of years on, in

July 2017, we decided to try out a nudist retreat for the first time.

But I didn't want to go to one anywhere near our home in Dubbo, NSW.

Firstly, it was the middle of winter.

'And I don't want to run into anyone we know!' I told Buck.

So we made the 13-hour drive north in our motorhome to Savannah Park Retreat for Naturists in sunny central Queensland.

Checking in, we drove towards our site.

I saw a person sitting in the shade reading a newspaper, and another under a caravan awning boiling the kettle – everyone was in the nude.

Pulling up, as Buck connected the electricity and water, still completely clothed, I stripped off.

Looking over at me, Buck laughed.

'God, the van's not even set up yet!' he said.

Then he dropped his dacks and ripped off his shirt too!

Going from site to site, Buck and I met our fellow naturists. It was such a friendly and accepting atmosphere.

We'd checked out the grounds, dipped our toes in the pool and explored the bush golf course when we spotted a 'for sale' sign.

Buck and I looked at each other.

'Maybe we can buy the retreat,' I said.

We already had a five-year plan to retire then travel in our motorhome.

Perhaps *this* could be our semi-retirement.

Going back up to reception, we chatted to the owners of the retreat and checked out their house, which was on-site.

After an incredible two-day

It was about being free in nature

Has a unique hobby changed your life? Tell us at tl.features@pacificmags.com.au

Celebrating one year at the retreat





The
**BEST
AUSSIE**
real-life

BS

WE NAKED

It's so refreshing
being nude



Me and my
hubby Buck

stay, Buck and I drove back home to Dubbo.

'We're thinking of buying a place up in Queensland, it's on 40 acres... and it's a naturist retreat,' we told my boys, and Buck's daughters, Suzanne, then 31, and Danielle, 28.

The kids just wanted us to do what made us happy.

Selling our house, I quit my job as an office manager, and Buck said goodbye to his position as a maintenance coordinator.

Just three months on from our first visit, we had moved to Queensland and were now the proud owners of a naturist retreat!

Open for business straight away, we did some minor renos to jazz up the place and make it our own.

It was so refreshing to be clothes-free all the time – except when we went in

to town, of course.

'We're nudists, not idiots!' I like to say.

If it's cold, I'll rug up, if Buck's using the chainsaw, he'll wear protective clothes and if we're cooking with hot oil, on goes an apron.

We have one strict rule for our guests too.

'If your bum's bare, put a towel on the chair,' I'll say.

When we meet new people and they find out what we do, they often say, 'Ohh, I couldn't do that!'

But you don't have to be Elle Macpherson or Chris Hemsworth to feel comfy in the buff.

It's about being happy with the body you do *have* and

We've even
had a Baptist
minister come
to stay

loving it – flaws and all.

Age is no barrier either.

We've run the retreat for two-and-a-half years now, and we've even had a

92-year-old come to stay.

Women who've had mastectomies proudly show off their scars.

And we've had federal police and

even a Baptist minister as guests.

'I don't know what my parishioners would think if they knew what I do on my holidays,' he confided.

But it shouldn't make a difference – he's just being true to himself.

A common misconception is that naturists are swingers. But we're not – we just like to run around in the nude!

My mum, Margaret, 79, and Buck's parents, Pamela, 79, and Les, 80, have been to visit. But we kept our clobber on while they were here.

Our kids haven't made it up yet, but Buck and I would love to have them.

We miss our family every day, but we love our life.

Baring it all has been the best decision we've ever made! ●

As told to Beth Young

MUM ON THE BRINK

HOW THIS PHOTO SAVED MY

Melissa Matos, 42, was horrified when she received a series of pictures...

I poured myself a glass of water and popped the white pill on my tongue.

Then I glugged back a mouthful of liquid and stuffed the packet of tablets back into my bag.

I'd been prescribed antidepressants after giving birth to my first daughter, Katherine.

Two years later, I had another girl, Elisabeth.

But when my marriage to their dad broke down, I found myself struggling to get through the day.

I also had fibromyalgia,

which caused pain in my muscles and has no cure.

Dosing myself up with pain medication for that as well as the antidepressants, I felt a welcome numbness.

As the years passed, I found the regular dosage wasn't enough though.

Instead of the recommended maximum of eight pain relief pills per day, I was taking 24 – but still I wanted more.

I went to multiple doctors for prescriptions, but eventually, one of them discovered what I was doing.

'Please,' I told him. 'I can't get through the day without the meds.'

By now, I'd been addicted to pain medication for six

years and the thought of life without it was terrifying.

As the withdrawal set in, I was sicker than I'd ever been and I became racked with panic.

I'd never tried any hard drugs before, or even been much of a drinker.

But one day, my then-boyfriend Terry* put a wrapper of heroin in front of me.

'I'm just going to give you this to get you through the next few days,' he said.

From then, I was hooked.

Each time I injected

myself, I felt more numb than before.

But when the drug wore off, all I cared about was my next fix.

I'd spend most of the day shooting up in my

bedroom, while my girls, then five and three, were in the room next door.

Terry made sure they were fed and dressed and took them to school before he went to work.

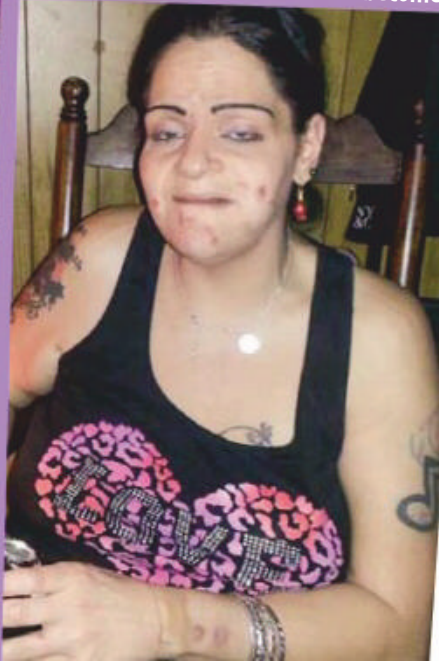
Katherine was used to seeing me sick, so she

When the drug wore off, all I cared about was my next fix

My girls Katherine and Elisabeth



I didn't realise how addicted I had become



Me raising awareness of drug addiction



I was
unrecognisable

0 LIFE

thought it was because of my fibromyalgia.

She'd come into my bedroom and lay wet rags on my forehead.

'Are you sick again, Mummy?' she'd say.

I felt awful but I couldn't stop.

One day, I'd been doing heroin in the bedroom but as the drugs rushed through my system, something felt different.

I blacked out, and when I opened my eyes, I was surrounded by strangers in uniforms.

'You've had an overdose,' a paramedic was telling me.

I sat up, panicked.

'Where are my girls?' I screamed.

'They're safe,' he said. 'They're with their dad.'

In hospital, I realised the full scale of my using for the first time, and I called my mum, Elaine.

'I need help,' I sobbed.

Back home, I visited several drug addiction centres. But faced

with long waiting lists, I couldn't get immediate help and I soon began using heroin again.

It was another year before I finally realised how lucky I was to still have my two girls.

If I don't get clean, I'll lose them for good, I thought.

So, I went to social services and asked for my mum to have temporary custody.

The next morning, I began an outpatient detox program.

It was the hardest thing I'd ever done and I relapsed several times, but the amazing staff never gave up on me.

Once I'd completed the program, I decided to move to a new area with the girls.

But it was tough and after a few months, I felt the temptation of drugs pulling me back.

Terry and I had broken up,

but one night, I reached out to say I was struggling.

'Look at how far you've come Melissa,' he said. 'I'm going to send you something.'

Moments later, a string of photographs flashed up on my screen. Looking at them, my jaw dropped open.

They were pictures of me.

But I was unrecognisable. Passed out in the bathroom with my mouth wide open, I looked like a zombie.

My skin was covered in sores and my eyes were rolling back in my head.

Terry told me he'd taken the photos at the height of my heroin use.

He'd tried to show me them before, but I hadn't been able to see just how addicted I had become.

I felt a wave of shame and

disgust. But then, I felt something else – pride.

I realised then that I'd turned my life around and I was lucky to be alive.

That night, I logged onto Facebook and shared the photographs, hoping my story might help others.

The post went viral and I was inundated with messages of support. It was all so overwhelming.

Now, I've been sober for four years.

I've written a blog about my experience and I focus on raising awareness about drug addiction.

But most importantly, I want to be the best mum I can be for Katherine, now 12, and Elisabeth, 10.

Drug addiction almost killed me, but their love gave me a second chance at life. ●

As told to Jess Bell

For drug addiction support, call Lifeline 13 11 14 (Aus) or 0800 543 354 (NZ)

I had to get
clean for
my girls

YOUR
real-life
stories

I'd turned my
life around and
I was lucky
to be alive

Have you
overcome an
addiction? Tell
us at tl.features@pacificmags.com.au

Life matters

It's reassuring to know your family's future is in good hands



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COVER DONE DIFFERENTLY

Real Life Insurance offer you the reassurance you need for peace of mind. Their multi-award winning cover has been taken out by hundreds of thousands of

Australians, because they offer cover you can tailor to suit your budget and lifestyle. There are no medicals or blood tests required to apply, just a series of underwriting questions they ask you over the phone. Once you're covered, you're eligible to choose from \$100,000 up to \$1 million (depending on your age), which is paid to your loved ones when they need it the most. Plus, Real Insurance customer service offers straightforward, no-jargon advice and a stress-free claims process handled by a friendly, dedicated specialist based in their Australian call centre.

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that's amazing

I BOUGHT A HOUSE FOR \$1.62!

The
**BEST
AUSSIE**
real-life

The price tag had Mark asking, what's the catch?

Mark Kopun, 33, Adelaide, SA

Gliding down the ski slopes in France, I felt on top of the world. A keen snowboarder, I loved the adrenalin of zipping down the side of a mountain.

But once I left school I got a job as an electrician and didn't often get a chance to hit the ski fields.

I saved hard to buy my own house and live the great Australian dream.

But the increasing house prices meant over the next 11 years my debt worsened.

Then, in 2007, I realised I needed a change. I decided to sell my home and use the money to see the world.

In November that year, I set off for Italy and spent a month learning about the country's history. It was

fascinating as my father's family was from there.

Next, I travelled to Switzerland then Germany, Amsterdam and London before making my way to France.

There, I was thrilled to find work doing maintenance on houses in the snow.

One day in February 2019, my cousin Tyson, then 31, called me.

He'd just read an article about a small town called Mussomeli in Sicily, Italy, where houses were selling for just one euro - that was \$1.62!

'You should check it out,' he encouraged.

Even after reading the article it seemed too good to be true.

Who wouldn't want to buy a house for less than a cup of coffee? I thought.

There had to be a catch, but I decided to look into it some more.

Calling a councillor in Mussomeli named Toti, he explained that many of the town's residents had

abandoned their homes to move to bigger cities.

As a result, many of the homes had started to deteriorate and were creating a hazard for those who had stayed.

So the council devised a scheme to sell the properties for just one euro to attract buyers who would revive the homes and the local community.

'All you have to do is renovate the outside of the house within three years of the purchase date,' Toti said.

I estimated it would only cost between \$25,000 to \$33,000 all up - less than a tenth of the price of a house in Adelaide.

So I booked a seat on the first flight I could get.

After landing in Catania three days later, I drove to Mussomeli. Passing by orchards full of lemon and orange trees, it looked like a scene out of a movie.

Meeting with Toti, he was delighted to show me around, and through him and his friends I learned life in Italy was all about taking things slowly. It was so different to Adelaide but already felt like home.

It looked like
a scene out
of a movie

I've found
the perfect
place

Have you
managed to
bag a bargain?
Tell us at
[tl.features@
pacificmags.
com.au](mailto:tl.features@pacificmags.com.au)

The following day, I looked at 30 houses. Some looked like they'd been lived in quite recently, others had been abandoned for a while.

I was able to narrow down my choice to five, before deciding on a three-storey home with breathtaking views of Mt Etna.

I knew it was the perfect place.

Handing over my euro, I couldn't quite believe I'd bought a house for less than the cost of a gelato!

Now back in Adelaide, I'm waiting on the last of the paperwork to come through before I get the keys.

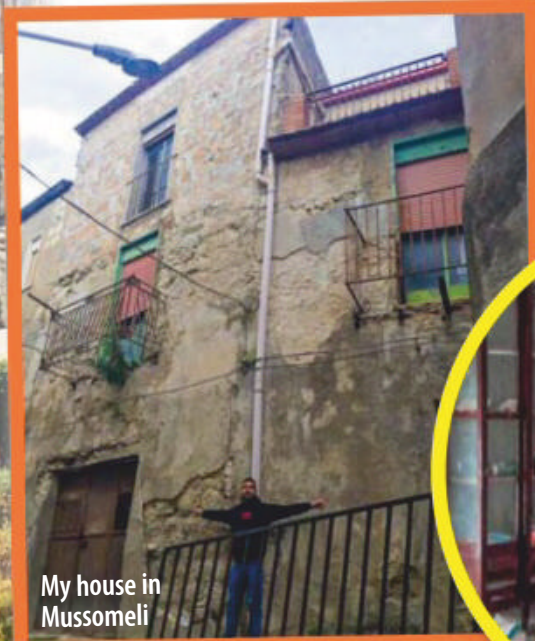
I plan on living in Italy for three to six months each year and hope to eventually open a café or health food shop on the lower level.

The best part is not having to worry about renting it to cover the mortgage when I'm in Australia.

When people ask why I've bought a house on the other side of the world, my answer is simple - why not?

Life is too short not to be happy! ●

As told to Amber Wemyss



Knowing that her bestie's man was hopeless with gifts, Emma couldn't resist helping

THE PERFECT PRESENT

Catching up with my bestie Liv over a glass of wine, we chatted about her birthday plans.

She was turning the big 30 next month and we were planning a girls' weekend in Brisbane to celebrate.

'What are you going to do with Tom?' I asked her.

'Who knows, we all know he's not great with birthdays,' she sighed.

'Oh love, it's a big one, it might be different,' I said.

But deep down, I didn't hold out much hope.

Tom, Liv and I had all gone to uni together – I was almost as close to him as I was with Liv.

They were a great match, but when it came to birthdays, he was hopeless.

He hardly even

remembered and Liv was lucky if she got a card.

'I know he doesn't mean it, but I just feel unappreciated,' she'd cried in the past.

Other years she tried to brush it off, but I knew it hurt her.

This birthday was special and I was determined to make sure Tom did something for Liv.

Later that night, I dropped Tom a message, *What're you getting Liv for her birthday?*

When is it? I completely forgot, he replied.

'Typical,' I sighed out loud.

It's April 4, you've got a few weeks to organise something, I typed back.

On to it! he wrote.

Despite his good intentions, I still didn't trust Tom to remember.

A week before Liv's big day, I gave him a call.

'Hey, what did you end up getting Liv?' I asked.

'Ah no! I forgot. I'll order flowers tonight,' he promised.

But when I chased him up a few days later, he still hadn't sorted anything.

'I've got a memory like a goldfish,' he protested.

I rolled my eyes. But I knew Liv would be devastated if he hadn't got her anything.

Liv was lucky if she got a card

'Okay, just this once, I'm going to help you out,' I told him.

Online, I booked Liv in for a day at the spa in town she'd always wanted to try. I then phoned a florist, arranging a huge bouquet of her favourite blooms.

'You owe me big-time, Tom,' I said when I phoned and told him what I had organised.

'I really do, thanks so much, Emma,' he said.

Calling Liv on her birthday, I sang 'Happy Birthday' to her down the phone.

'Thank you,' she giggled, 'Guess what, Tom bought me a spa day and a gorgeous bunch of flowers!'

'No way, he's upped his game,' I said.

Three years on since Liv's 30th, it seems like Tom has turned over a new leaf.

Every year, he gets Liv a lovely present.

But we still haven't told her that the spa and flowers were all down to me... ●

Shhhh!
Have you got a secret? Let us know!
Your story will remain anonymous
tl.features@pacificmags.com.au





Maxx Chewing went all out for his dog's first birthday. The Texan man rented out an entire electronic billboard to let everyone know he was wishing his puppy, Dood, 'Happy Birthday'. The goldendoodle was also treated to a dog-friendly cake and a trip to the pet store to pick out some new toys.

Say it with a BILLBOARD



HOT

March into Yellow

Join the March into Yellow challenge to help raise awareness of endometriosis, a disease affecting one in 10 Australian women. During March, wear yellow to show your support.



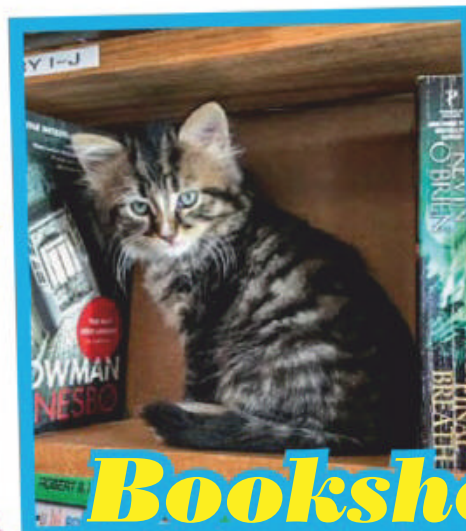
Roo in flames

Wilko, a store in the UK, has apologised after its My Outback Is Burning Hot Sauce with an image of a kangaroo being consumed by fire on the label was spotted by shoppers.



330

The total number of islands in Fiji



Bookshop for cat lovers

Otis & Clementine's Books and Coffee in Nova Scotia, Canada, allows you to read, have a coffee and adopt a cat on your way out. Adorable kittens freely roam the space and greet customers throughout the store. Shop owner, Ellen Helmke, fosters the cats at her workplace to provide temporary accommodation before a forever home is found for them.



Billionaire diner



Jennifer Navaria, a waitress who works at Seaglass restaurant in the US was shocked when a guest left her a \$5000 (A\$7460) tip. At first the server thought she read \$50 but was shocked to see four digits, with a decimal point on the end. The bill was signed by generous billionaire and Massachusetts car dealership owner Ernie Boch.



PHOTOS: INSTAGRAM; TWITTER; FACEBOOK





with Dizzy
PET EDITOR

PETS ARE PAWS

You know what
they say: sun's
out, tum's out!



Timothy was
so happy to
meet his new
buddy, Max
the kitten.
*Sue Jackman,
Charnwood, ACT*

Nap time for Gyzzzi!
Bill Saris, Bundaberg, Qld



Chappy loves to
share a cup of tea.
*Cecilia Cabrera,
Rockingham, WA*

What did the mother
cow say to the baby calf?
It's pasture bedtime




PAWFUL
pet of the
week



Frankie was trying
to help with
the gardening.
*Ella Neilson,
Swansea, NSW*

COME!

**PET
of the
WEEK**

And now
for my seal
impression...

WE PAY
\$25 FOR
EACH PHOTO
USED



Boston just loves to go
snorkelling at Coral Bay.
Jenny Outram, Westdale, WA



Nine-year-old
Kitty loves
bubble time!
*Rebekah
Mitchell-Matthews,
Blackburn South, Vic*

Each week
we bring you
the cutest
pets from
Instagram!



INSTA PET
@PINGOENINADALMATIANS

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

PET IN A PUZZLE

Spot the difference: YOUR PET IN A PUZZLE!

Turn to entry coupon
(p44) to enter!

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

Chloe loves lounging
around at home.
*Monica Ryan,
Sebastopol, Vic*



Do you have a cute critter who could feature in our Pet in a Puzzle? Send a photo and some info about them to tl.pets@pacificmags.com.au

that's terrifying



It was a miracle he survived

MY BOY WAS BURNING FROM THE INSIDES

Fiona's little boy thought he'd just taken a sip of water...

Fiona Prosser, 28, Bathurst, NSW

Stirring in bed one morning, I tried not to make a sound.

Any minute, my husband Jason and I were expecting our son Xavier to come crashing into our room to remind us it was his fifth birthday.

Always so full of beans,

he'd been talking about his special day for weeks.

With three other kids at home, Jessie, 10, Rossi, nine, and Dominic, two, Jason and I relished every moment of peace we could get.

But when we hadn't heard a peep out of them by 8am, I started to get suspicious.

What mischief could they

be up to now? I wondered.

Just as I slid out of bed, Rossi came into our room screaming.

'Dominic drank this!' he said, handing me a tiny white bottle.

Horried, I quickly realised it was poisonous liquid from a kit to test for ammonia – a toxic substance – in fish tanks. When we'd moved into our house three months earlier we'd decided not to set up the tank. But the chemicals were so strong we couldn't throw them in the bin.

Even the council refused to collect them. So I hid them on the tallest shelf in the house out of reach from the kids until I could find a safe way to dispose of the chemicals.

If it's that dangerous, what could it do to my baby's insides? I panicked.

But before I'd even had a chance to check on him, Dominic let out a blood-curdling scream.

Rushing to the hallway where he was standing, I could see he was in agony.

Then he began vomiting blood right into my hands.

Petrified, I called an ambulance. When they arrived, Dominic and I were rushed to Bathurst Hospital while Jason took the other kids to school.

That's when Xavier admitted to his dad that he'd been the one to climb the laundry shelves and take down the bottle of poison.

Tipping the contents into a plastic cup, he then put it on the table in the lounge room before sitting down to watch cartoons on TV.

Dominic mistook the clear chemicals for water and drank it.

'I'm sorry,' Xavier cried.

Now, as I tried to comfort my baby in the back of the ambulance, I realised his insides were burning.

'Mummy's here,' I soothed, trying to calm him down.

But Dominic was inconsolable.

At hospital, doctors provided him pain relief.

Being a rural area, they didn't have the equipment to properly treat my boy, so we were airlifted to



Jason and me with, Xavier, Rossi and Dominic

AS E

INSIDE

Little Dominic
in hospital



Does
your child
have an incredible
story
of survival?
Email us at
[tl.features@
pacificmags.
com.au](mailto:tl.features@pacificmags.com.au)



My boy is
inquisitive
and bright
again

Sydney's Children's Hospital where the severity of Dominic's injuries was revealed.

Performing an endoscopy to assess the damage, doctors initially thought he had only burned his mouth.

But they soon found that our boy had suffered chemical burns to his lips, oesophagus and stomach.

They explained a healthy oesophagus should look like a breathing tube, but our boy's looked like mush.

So they'd need to perform another procedure to determine whether his oesophagus was perforated.

Finally, after 24 hours, we learned the chemicals hadn't caused any holes.

So a nasogastric tube was inserted into Dominic's nose and down into his stomach, so he could be fed via the tube and to prevent his oesophagus from closing over.

Afterwards, doctors revealed that Dominic had only ingested around five to 10 millimetres of the deadly

chemicals.

Had there been more, there's no telling what could have happened to our boy.

'It's a miracle he survived,' one doctor admitted.

When Dominic's eyes opened, he was dazed and confused but I was overcome with relief to see him awake.

'You're safe,' I told him, holding him tightly.

All my poor little boy wanted was food.

Heartbroken, I had to explain that he wasn't able to eat proper food until his body had healed.

Over the next 10 days, Dominic was kept in hospital to monitor his condition before he was allowed home.

But it was four long months before he was able to slowly start eating again.

First, he was limited to a milk formula before moving on to pureed meat and

vegetables, then regular food.

Incredibly, by the time Dominic's third birthday rolled around in September, he was even able to eat some chocolate cake.

Then, two months after that, Jason and I married with the kids by our side.

Although there were times we thought we'd have to postpone our big day while Dominic was receiving treatment, we were so glad to have our whole family together for the occasion.

Now, 15 months on from the scary ordeal, Dominic is such an inquisitive and energetic little boy.

He adores his older siblings and follows Xavier around everywhere he goes.

I've since disposed of all

store-bought cleaning products from my home, including the ammonia testing kit, which was given to a friend with fish tanks.

Instead, I make my own concoctions out of natural ingredients such as vinegar and eucalyptus oil.

Working as a cleaner, I even use my own products when visiting my client's homes and they are often amazed at the results.

By using natural ingredients in our home, I know my kids will be safe.

Having such deadly chemicals around just isn't worth the risk. ●

As told to Amber Wemyss

Having deadly
chemicals
around isn't
worth the risk

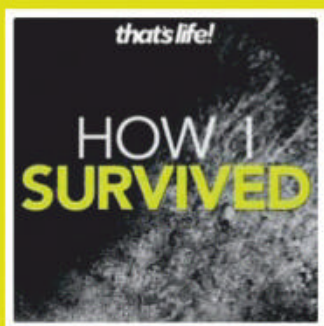
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Your LETTERS

WE PAY
\$25 PER EMAIL/
LETTER USED AND
\$35 FOR THOSE
WITH PICS

JOKE of the WEEK

Why didn't
the skeleton
go to the
dance?

*Because the poor guy had
no-body to go with.*



My sister, Amanda, lives in England and was so sad about the devastating bushfires. She baked and decorated this amazing cake for a raffle at her work and raised \$350 for Australian bushfire appeals. I'm so proud of her, and grateful for the help for our beautiful country.

*Fiona Olsson,
Prestons, NSW*



It's not every
day Chelsea gets
a wild ride on a
zebra!

Liz Ennis, Lawnton, Qld



FEEDBACK



Special thanks to Dannielle Daisley for introducing us to her very brave and inspiring son, Nicholas, in 'More than perfect' from Issue 4. I'm in awe of Nicholas' can-do attitude and the way he embraces life and all the medical challenges that come his way. I hope that this very special and inspiring young boy will continue to enjoy life and may the future shine bright for him. No wonder his parents are so proud of him!

Judith Caine, Donvale, Vic

KIDS CORNER

I was reading the story of Cinderella to Emma, my eight-year-old daughter.

When we got to the part where the fairy godmother appeared, she stopped me and said, 'Mum, I know this story is fiction.' I was really impressed, but then she went on to say, 'I know because in real life, fairies only come when you lose a tooth.'

Lisa Gupta, Northland, NZ

Vintage toys

I smiled when I read Catherine Brauer's letter in Issue 5, about toys being considered 'special editions'. It's even worse when you see things in a museum that you still use, such as cast iron mincers and enamel pie dishes. Now that's scary!

Margaret Coxon, Willowbank, Qld

On a recent weekend getaway, I was lucky enough to feed some alpacas – my favourite animals.

Elizabeth Mather, Taree, NSW



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home
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diabetic
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that's life!
Mega MONTHLY

ROYALS
MONTHLY

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Available at Woolworths

ISSUE 10



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

PUZZLE No. 4

Grill Pan

HOW TO WIN... Each of the clues below describes either a word or a picture in the hexagon grid. Strike out the word or picture that corresponds with the clue. When you've gone through all the clues, one word will remain. Write this word only on the entry coupon and you could be a winner.



WORTH \$329
1 TO BE WON

CLUES

- | | |
|-------------------|-------------------------|
| 1 100 cents | 7 Seafood delicacy |
| 2 Poisonous | 8 Indian or Pacific, eg |
| 3 Camping shelter | 9 Wireless |
| 4 Wax pencil | 10 Knight's weapon |
| 5 Wheel cover | 11 Iconic Aussie bird |
| 6 Lifting device | 12 Made of timber |

PUZZLE No. 6

Scatter Word

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

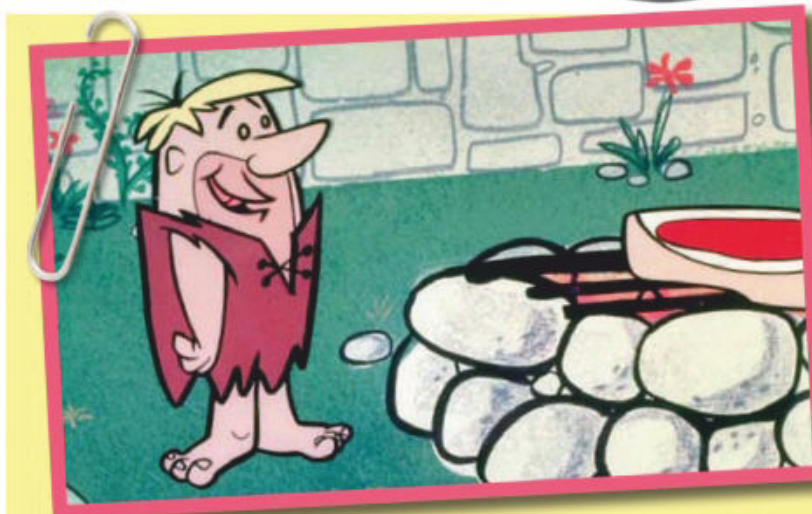
\$50 CASH
1 TO BE WON

PUZZLE No. 5

Stainless Steel Teapot

WORTH \$169
1 TO BE WON

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

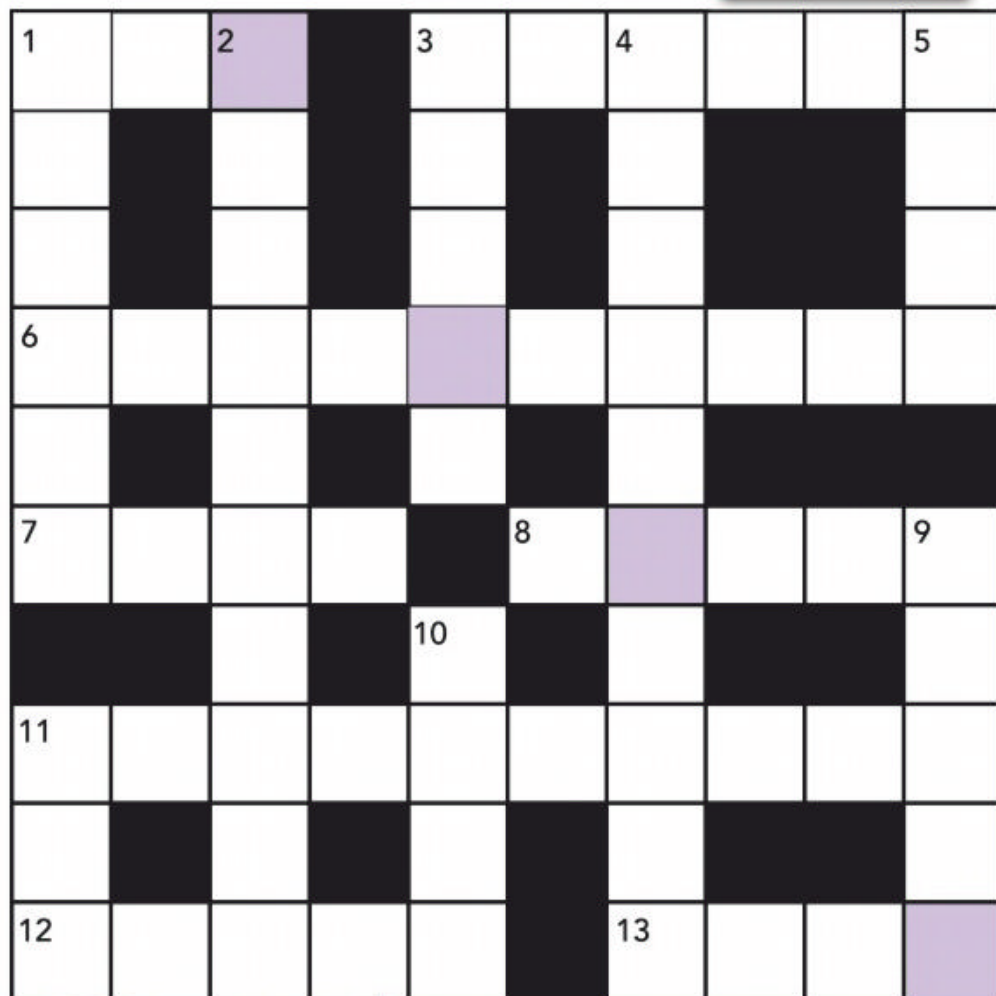


1 What is the name of Barney Rubble's wife?

- | | |
|--|--|
| 2 According to a law in Venice, what colour are the gondolas required to be painted? | 7 What is the main ingredient in borsch? |
| 3 Which phrase, consisting of two things starting with the letter B, is used to describe one's livelihood? | 8 Which group sang the hit songs <i>No More Words</i> and <i>Take My Breath Away</i> ? |
| 4 What is the capital city of Belgium? | 9 What is the largest marine mammal in the world? |
| 5 Which former empire is considered to be the place of origin of Baklava? | 10 In the cartoon series <i>The Adventures of Rocky and Bullwinkle and Friends</i> , what kind of animal was Bullwinkle? |
| 6 Who was the lead actor in the TV series <i>Moonlighting</i> ? | |



ANSWERS 1 Winning answer, 2 Black, 3 Bread and Butter, 4 Brussels, 5 Ottoman Empire, 6 Bruce Willis, 7 Beetroot, 8 Berlin, 9 Blue whale, 10 Moose.

**PUZZLE No. 7****Samsung 55 Inch TV****WORTH
\$1599**
1 TO BE WON

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

CLUES**ACROSS**

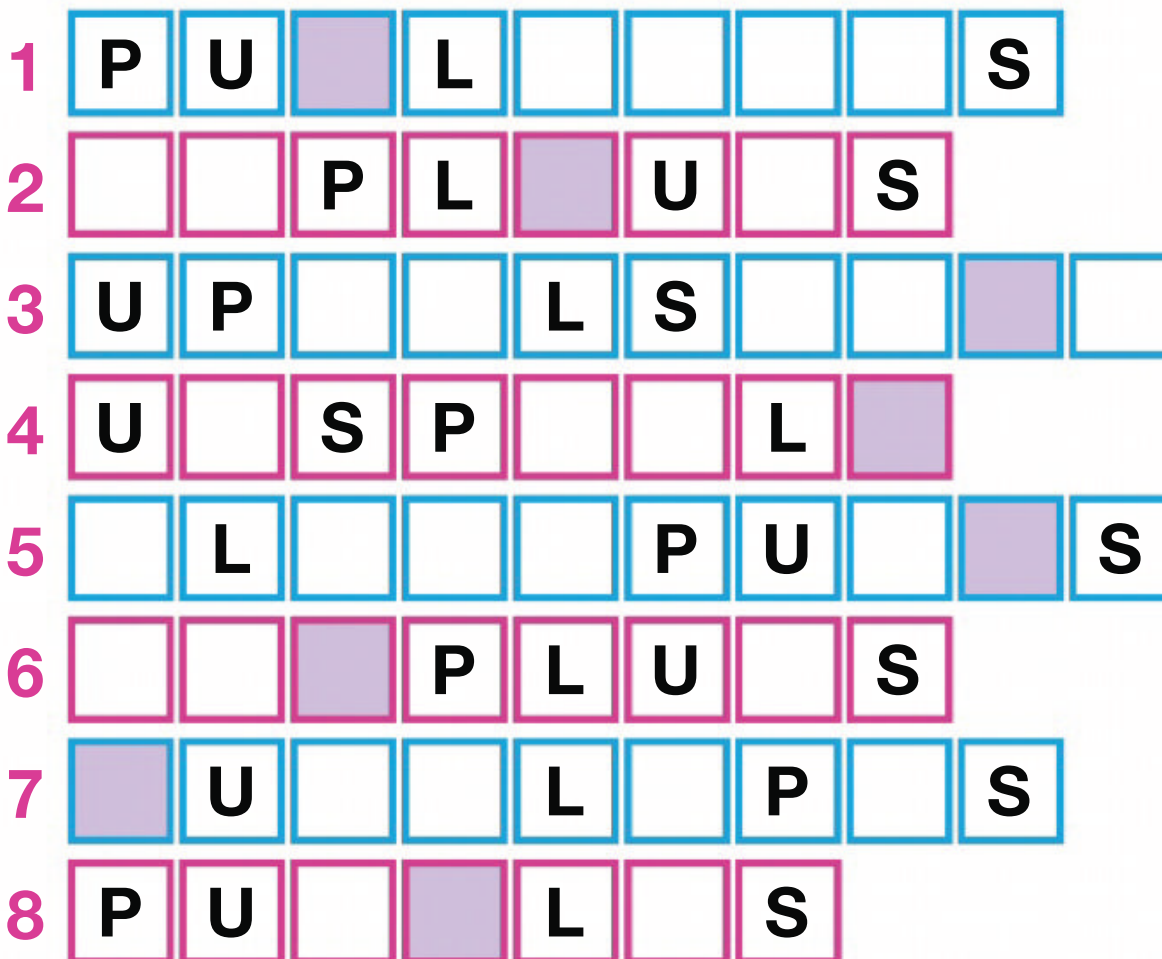
- 1 Pixie (3)
3 Spirit, apparition (6)
6 Capital of California (10)
7 Complete again, repeat (4)
8 Composition (5)
11 The E in EFTPOS (10)
12 Cowboy's rope (5)
13 Make wool items (4)

DOWN

- 1 Pencil rubber (6)
2 Costume (5,5)
3 Cereal grain (5)
4 Subsequent tremor (10)
5 Central character (4)
9 Large boat (5)
10 Miranda —, Australian actress (4)
11 Moray, eg (3)

PUZZLE No. 8**DeLonghi Automatic Coffee Machine****WORTH
\$999**
1 TO BE WON

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

**CLUES**

- 1 Innkeepers, licensees
2 Claps
3 Furniture covering
4 Pristine
5 Duck-billed monotremes
6 Sound mufflers
7 Gum trees
8 Small rainwater pools

PUZZLE No. 9

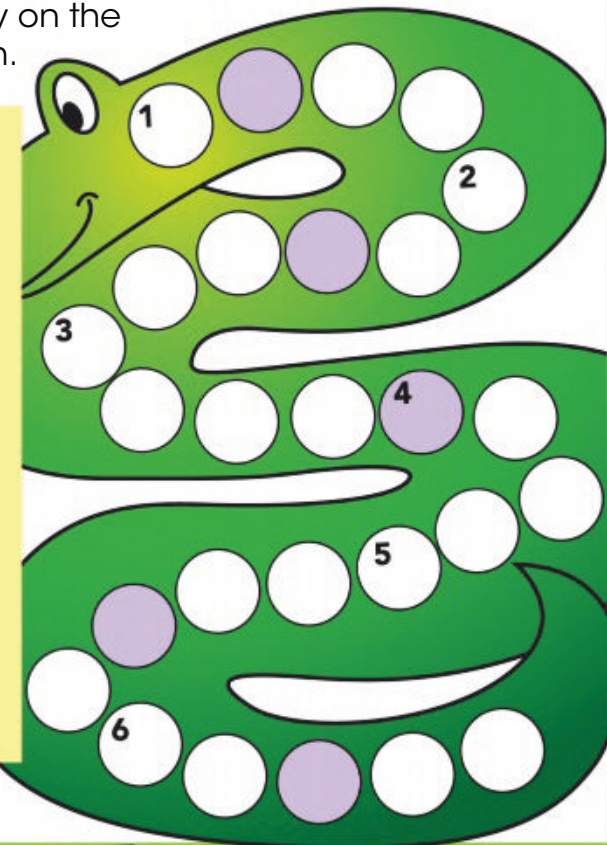
Head to Tail

\$100 CASH
1 TO BE WON

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

CLUES

- 1 Grinned, beamed (6)
- 2 Teach, inform (7)
- 3 Circus shelters (5)
- 4 How Bond likes his martinis (6)
- 5 Join the military, enrol (6)
- 6 Filled fried tortillas (5)



PUZZLE No. 11

Mixing Bowl Set

WORTH \$168
1 TO BE WON

HOW TO WIN... Each of the clues identifies a specific number. Write the number that the clue describes in the box – we've given you one answer to help start you off. When you've worked out what all the numbers are, add them up for a grand total. Write this total only on the entry coupon for your chance to win.

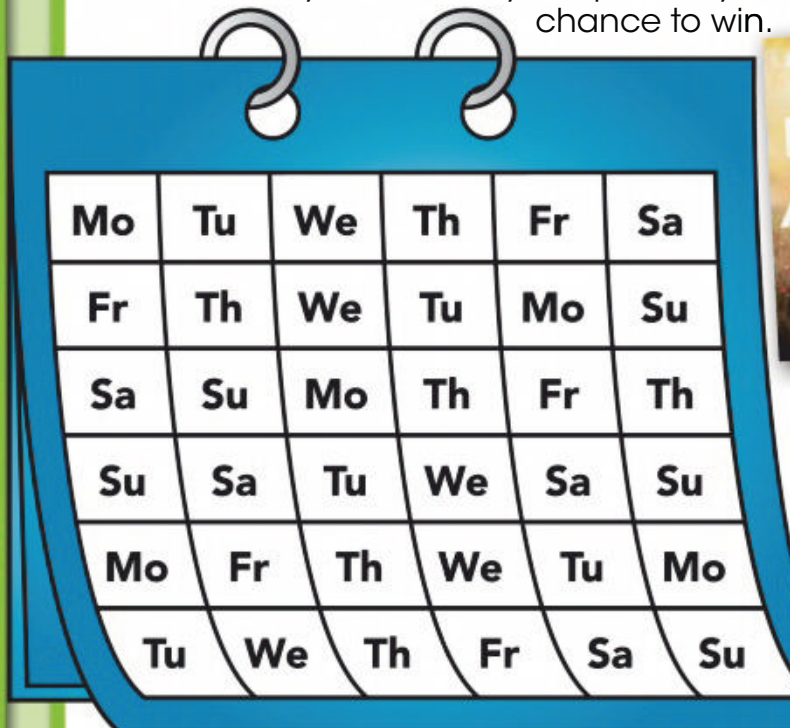


Number of players in a netball team	
Apollo ---, first manned spacecraft on the moon	+
Number of muscular hydrostats on an octopus	8
Twenty percent of 80	+
Cloud number you're on when you're very happy	+
ANSWER TOTAL	=

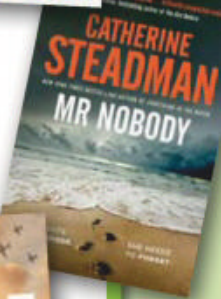
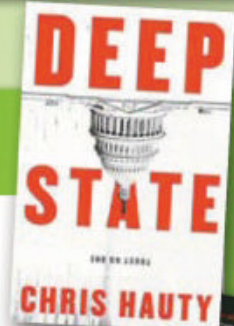
PUZZLE No. 10

Book Pack

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



WORTH \$123
17 TO BE WON



A deadly plot against the president. A mysterious man found on a beach. An incredible, true story of Holocaust survival. A moving story of a dog and his human. Your end-of-summer reading sorted. www.simonandschuster.com.au



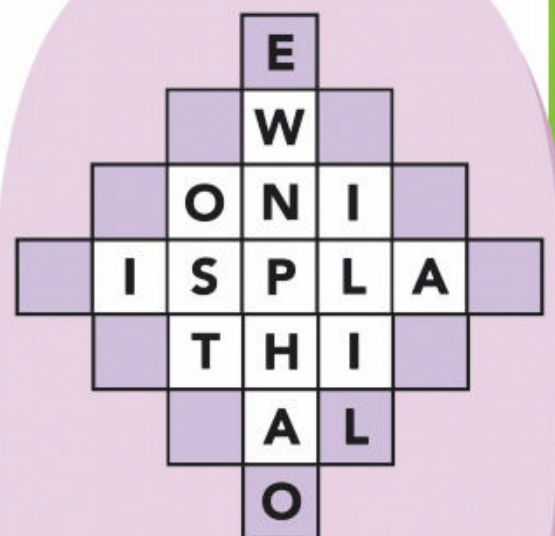
SIMON & SCHUSTER AUSTRALIA

PUZZLE No. 12

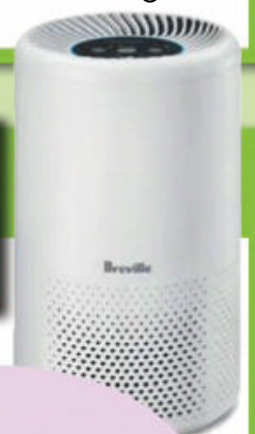
Air Purifier

WORTH \$219
1 TO BE WON

HOW TO WIN... Use the given letters next to the grid to fill in the empty squares so that each horizontal row spells out a word. When you have placed all the letters in the correct spaces, you will find a reference book (12) reading clockwise from the top. We have placed some letters in the grid to help get you started. For a chance to win, write the 12-letter word only on the entry coupon.



C A N O E D
E P I C L Y



**PUZZLE No. 13****Knife Block**

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

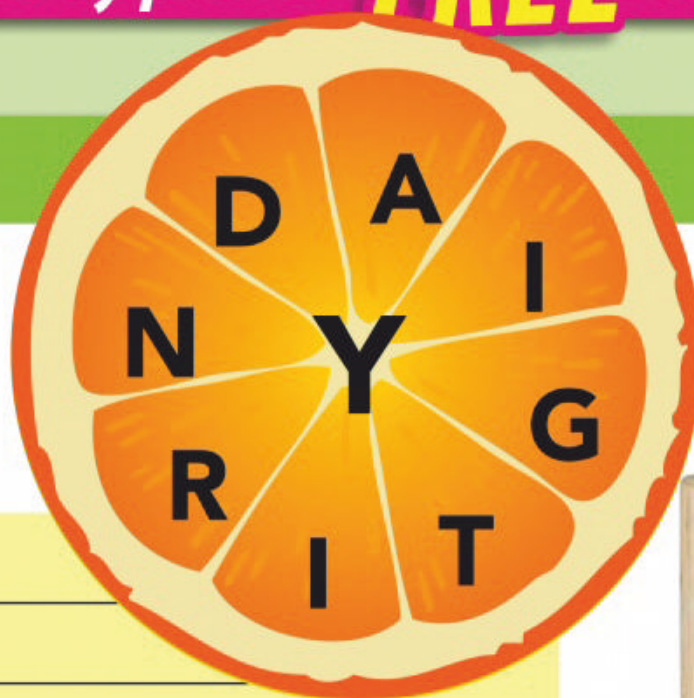
This week's target: 0-9

words, better luck next time;

10-15 words, good; **16-21**

words, very good; **22-27**

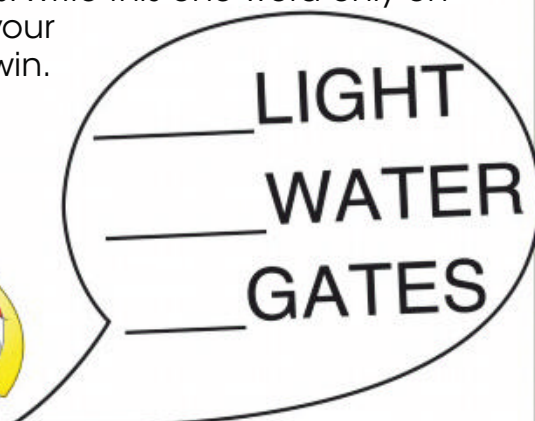
words, excellent; **28+ words**, genius!



**WORTH
\$699**
1 TO BE WON

**PUZZLE No. 14****Buzzword**

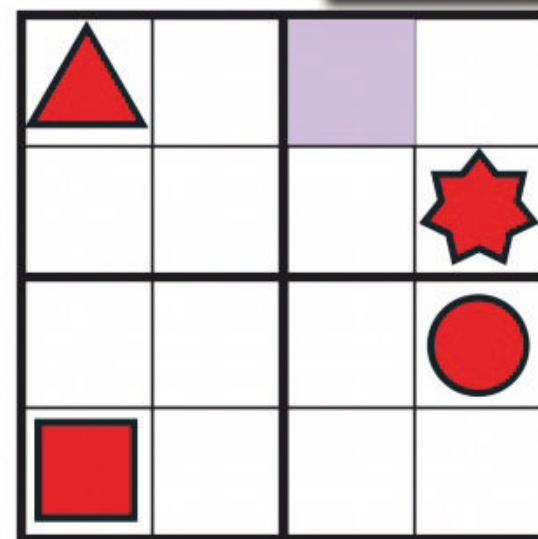
HOW TO WIN... There is one five-letter word which can go before the three given words to make three new words. Write this one word only on the entry coupon for your chance to win.



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

PUZZLE No. 15**Shape O**

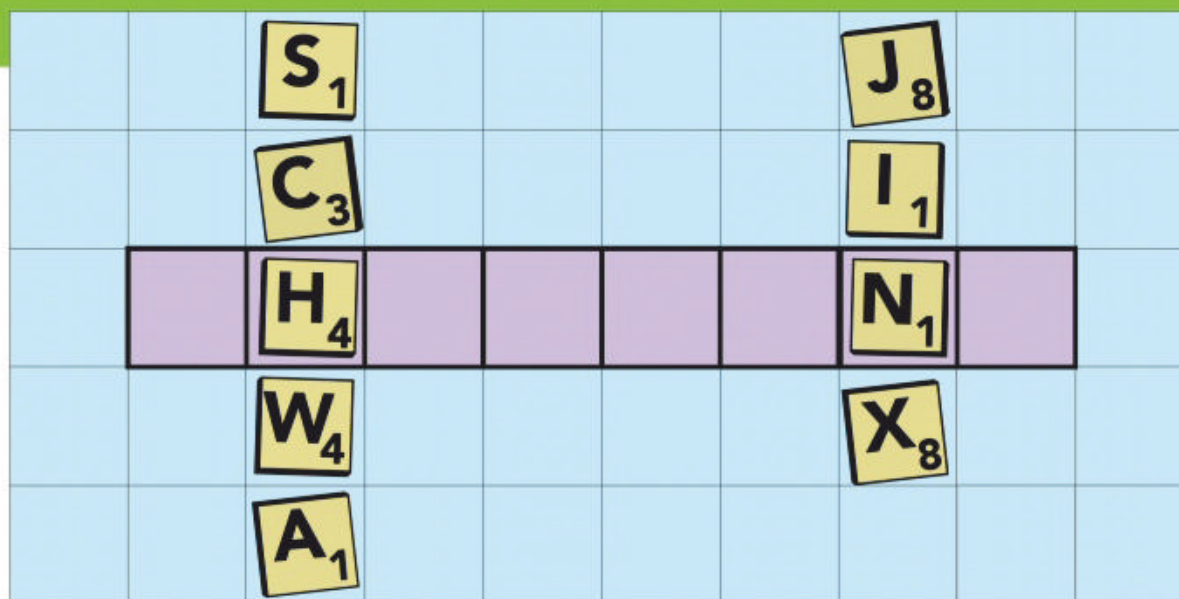
HOW TO WIN... Each 2 x 2 box, as well as each row and each column, must contain each of the four shapes (circle, square, star and triangle) in the grid. Work out the shape in the lilac space and write that shape's name only on the entry coupon for your chance to win.



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

PUZZLE No. 16**Air Fryer**

HOW TO WIN... Use the letters at the bottom of the grid to form a word in the lilac squares that has a total score value of 21. Each letter can be used only once, however there may be letters left over that won't need to be used. For your chance to win, write the word that totals 21 only on the entry coupon.



**WORTH
\$179**
1 TO BE WON

Win!

\$20,000

MONSTER CROSS

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

ACROSS

- 1 Behind the scenes (9)
- 6 Person who receives (9)
- 11 Mopped (7)
- 15 Dish up a meal (5)
- 16 Joyousness (7)
- 17 *The Simpsons* Kwik-E-Mart owner (3)
- 18 Interior (5)
- 19 Cap or beanie, eg (3)
- 20 Aladdin's pet monkey (3)
- 21 Gusto (4)
- 22 Stop a vehicle (5)
- 23 Vase support (8)
- 24 Negating word (3)
- 27 Sleeping noise (5)
- 29 Slope (5)
- 30 Ballads, eg (5)
- 34 Bind again (5)
- 36 Intone (5)
- 37 Late (5)
- 38 **Small dog with fringed hair in box A (4,3)**
- 39 Bluegrass instrument (5)
- 40 Arctic carnivores (5,5)
- 45 In some other place (9)
- 49 — Irons, actor (6)
- 52 From outside (8)
- 54 Story, account (9)
- 56 Calls on the phone (5)
- 57 Carry (4)
- 60 Sample flavour (5)
- 62 *The Sound of —*, Simon & Garfunkel song (7)
- 64 Move (5)
- 66 Corporate bigwig (abbr.) (4)
- 68 — the line, abide by the rules (3)
- 70 Economic downturn (9)
- 72 Irrational (11)
- 75 Cherish (8)
- 76 Eddying (8)
- 81 One involved in the marketing of goods (11)
- 85 Soundless (9)
- 88 Meadow (3)
- 89 Small nail (4)
- 90 Sharp end (5)
- 91 Letter, written communication (7)

- 93 Apprehension (5)
- 95 Film spool (4)
- 99 Soothsayer, prophet (5)
- 100 Redress (9)
- 103 *The —*, gothic Fred Gwynne sitcom (8)
- 105 **Miniature —, curly-haired canine in box B (6)**
- 107 The act of coming out (9)
- 111 Alters (10)
- 114 Pig (5)
- 116 Delicate (7)
- 117 Foot warmers (5)
- 120 Glare (5)
- 121 Drizzly (5)
- 122 Not much (5)
- 123 Robbery (5)
- 125 Pay money (5)
- 130 Alias initials (1,1,1)
- 132 Utmost degrees (8)
- 135 Chimney emission (5)
- 136 Bushman's pack (4)
- 137 Number of years (3)
- 140 Small dog breed (3)
- 141 Get up (5)
- 142 Davis —, tennis trophy (3)
- 143 Version of a book (7)
- 145 — **Wilson, box C star and host of brand new dog grooming TV show (5)**
- 146 Cricket teams (7)
- 147 Widespread (9)
- 148 Craftsman (9)

DOWN

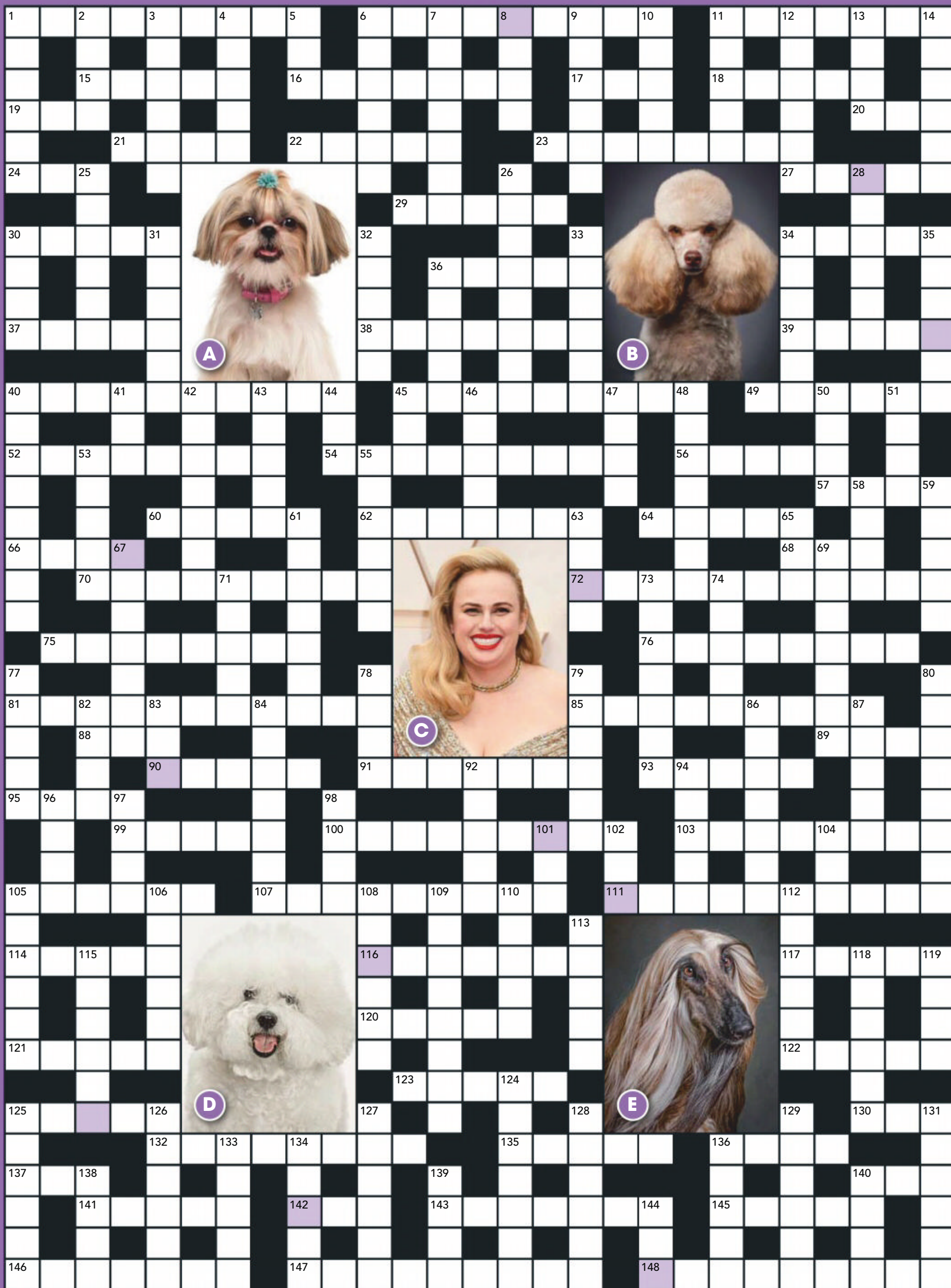
- 1 — **frise, fluffy white dog in box D (6)**
- 2 Expense, price (4)
- 3 Shrill cry (6)
- 4 Skilled, competent (5)
- 5 Female sheep (3)
- 6 Ronald —, US President (6)
- 7 — chequers, board game (7)
- 8 Await a decision (4)
- 9 Nail polish (6)
- 10 Brownish grey colour (5)
- 11 Blouse (5)
- 12 Chronicles (6)
- 13 Adriatic wind (4)
- 14 Especially elegant (6)

- 25 Fiddle, repair clumsily (6)
- 26 Ready and witty reply (8)
- 28 Choice (6)
- 30 Fat (4)
- 31 *Buffy the Vampire —*, TV series starring Sarah Michelle Gellar (6)
- 32 Aniseed (5)
- 33 Crikey! (6)
- 34 Disorderly crowd, ruffraff (6)
- 35 Funeral speech (6)
- 36 Cool in a fridge (5)
- 40 First public showing (8)
- 41 Reverential fear (3)
- 42 Tourniquet (7)
- 43 Distribute (5)
- 44 Solar star (3)
- 45 Commit a sin (3)
- 46 Musical notation line (5)
- 47 Water jug (4)
- 48 On the way (2,5)
- 50 Oxidise (4)
- 51 Baseball glove (4)
- 53 Lion trainer (5)
- 55 Away (6)
- 58 Candid (4)
- 59 Artfully evade (5)
- 61 Noted, famous (7)
- 63 Reverberate (4)
- 65 Arrival time (1,1,1)
- 67 *Mary —*, mysterious ghost ship (7)
- 69 Greasiest (7)
- 71 Small firework (5)
- 73 Take back (7)
- 74 Green fabric used on billiard tables (5)
- 77 Smell, scent (5)
- 78 Factual, correct (4)
- 79 Hospital trainee (6)
- 80 Little Rock's state (8)
- 82 Gin-flavouring fruit (4)
- 83 Hip-hop (3)
- 84 Unsettle, frighten (7)

- 86 Driver in training (7)
- 87 Fry lightly (5)
- 92 Flock of geese in flight (5)
- 94 Cuban ballroom dance (5)
- 96 European currency (4)
- 97 Reposed (4)
- 98 Bottom (4)
- 101 Before (3)
- 102 Rocky peak (3)
- 104 Dress leather (3)
- 105 Irritate, badger (6)
- 106 Room for action (6)
- 108 Say no to, turn down (6)
- 109 Issues (8)
- 110 Reprimand (5)
- 112 Evaluate (6)
- 113 Sandy shore (5)
- 115 Arouse (6)
- 118 Ottawa's country (6)
- 119 — in the dark, wild or random guess (4)
- 124 Raw fish dish (7)
- 125 Horse shelter (6)
- 126 Longing, yearning (6)
- 127 Tyrant (6)
- 128 Cell phone (6)
- 129 Take a chance, bet on (6)
- 131 — **hound, long silky-haired pooch in box E (6)**
- 133 Curl of hair (5)
- 134 Master of ceremonies (5)
- 136 Damascus' country (5)
- 138 Comfort (4)
- 139 Eager (4)
- 140 Stone fruit (4)
- 144 Louse egg (3)

WINNING ANSWER

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



THURSDAY 7.30 >



PG

PUZZLE No. 18

Puzzler of the Week

\$150 CASH
1 TO BE WON

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



CHRISTINE lives in **SYDNEY** with her **HUSBAND** Peter. They are very proud **GRANDPARENTS** of their six grandchildren, **RUSTY**, **CHARLOT**, **JASON**, **JESSICA**, **KAI** and **EVIE**. Christine and Peter's hobbies include going to the **MOVIES**, bike riding, **COOKING**, **GARDENING** and taking their **STAFFY** Black **BETTY** for walks. Christine also loves **SOLVING** the puzzles in *that's life!*, her favourite being the **MONSTERCROSS**, and **READING** all the great **STORIES**. Christine and **PETER** recently **BOUGHT** a new **CARAVAN** to visit family and **FRIENDS** more often. When they **RETIRE** next year, they plan to go caravanning to South Australia and **NORTH** Queensland.

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

You could be our next Puzzler of the Week!

We pay \$25 for letters used. Send a photo and some facts about yourself to *that's life!*, Puzzles, AUS: GPO Box 7804, Sydney, NSW 2001 or NZ: PO Box 90064 Victoria St West, Auckland 1142 or via email to puzzleteam@pacificmags.com.au

PUZZLE No. 19

Arrow Word

\$100 CASH
1 TO BE WON

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

Veterans' club (1,1,1)	↓	Ketchup fruit	↓	Entertain, beguile	Bay, like a wolf	↓
Hi-fi	→	↓				
Captain's journal	→			Mark —, Star Wars star	Cobra	
Pelt, hide	Taj —, monument	→		↓	↓	
↓	Woe is me!	→				Walked
	Entice	→				↓
→			Greek god of music		— Street, Muppet show	
— de Janeiro, city	Curved line	As well	↓	A	L	S
→	↓					
Tasted, tried		Frequently		Afterwards		New version of a song
Pet's accessory	→	↓		↓		↓
Sixth note	Lick of fire	→				
↓	Amulet	→				
	Colour of linen		Distance down		Arty film	
→	↓	E	↓		↓	
Jimi —, guitarist	C	Donkey		Anger		— Diego, US city
White water	→	R	↓	↓		↓
→	U					
Vienna's country	Martin —, actor	→				

that's life!



Enter by post or

FREE

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

PUZZLE No. 20

Code Cracker

\$150 CASH
1 TO BE WON

HOW TO WIN...

Each number in this crossword represents a different letter of the alphabet. We've given you a few letters to help you on your way to cracking the code, so you'll see that L=1, N=24, and T=25. Write these letters wherever the corresponding numbers appear in the grid and you should then be able to start working out what the other missing letters are. Use the Letter Checker box to keep track of the letters you've decoded. You'll notice that all 26 letters of the alphabet are used and you can strike through each one as you decode it. When you have filled in the Letter Checker, seven consecutive letters will spell a word. Write this word only on the entry coupon and you could be a winner.

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

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

N
O
P
Q
R
S
T
U
V
W
X
Y
Z

Letter Checker

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



Can you crack it?

KATE



PUZZLE No. 21

56 Piece Cutlery Set

HOW TO WIN... Put the three pictures together to form the name of an actress (6,5). Write this actress' name only on the entry coupon and you could win our prize.



WORTH \$229
1 TO BE WON

CASH heaven!

CASH to be won for
each puzzle

PUZZLE No. 23

Quick Crossword

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

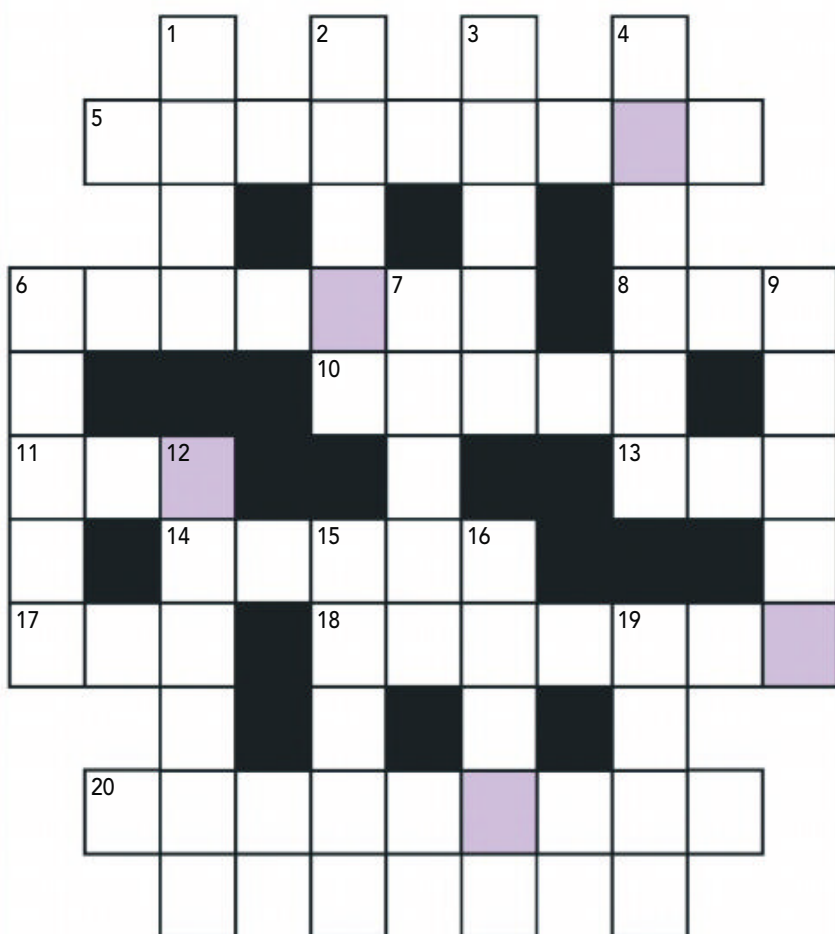
HOW TO WIN... When the puzzle is complete, the letters in the lilac squares, reading left to right and top to bottom, will spell a word. Write this word on the entry coupon for your chance to win.

ACROSS

- 5 Large hairy spider (9)
- 6 Side by side (7)
- 8 Frequently (3)
- 10 Vast body of water (5)
- 11 Grandma (3)
- 13 Our puzzle editor (3)
- 14 Passageway between rows of seats (5)
- 17 Second person pronoun (3)
- 18 Jack —, beat poet (7)
- 20 *An Officer and a —*, Richard Gere film (9)

DOWN

- 1 Just, even (4)
- 2 Tree which gives us chocolate (5)
- 3 Declare, utter (5)
- 4 Tear-shaped nut (6)
- 6 Vex, irritate (5)
- 7 Climb up or over (5)
- 9 Sleeveless dress (5)
- 12 Motion sickness (6)
- 15 Glide on ice (5)
- 16 Went wrong (5)
- 19 Salt Lake City's state (4)



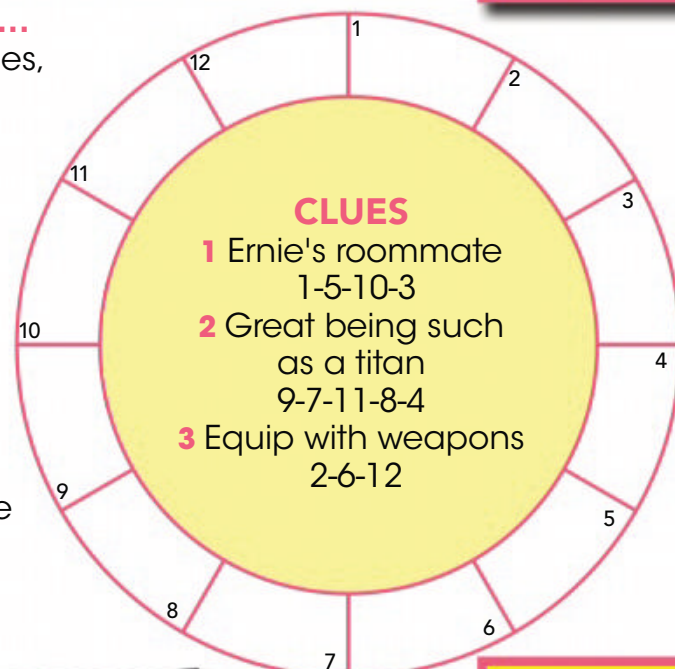
PUZZLE No. 22

Word Wheel

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

HOW TO WIN...

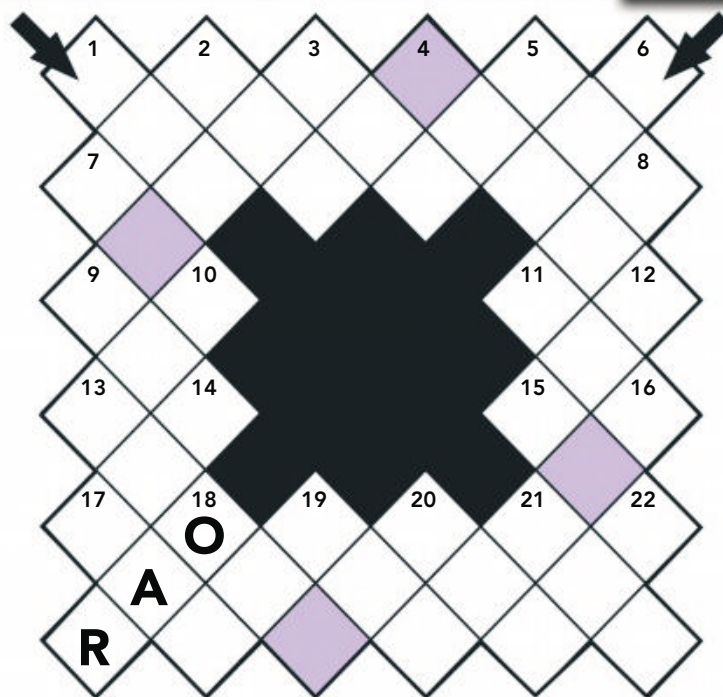
Answer the clues, writing each letter in the numbered section of the ring. When complete, the letters will spell an object (9,3) reading clockwise from number 1. Write this object on the entry coupon.



PUZZLE No. 24

Mini Corner

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



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

CLUES THIS WAY ↘

- 1 Elongated fish (3)
- 2 Brooch (3)
- 3 Escorted, guided (3)
- 4 Jolly, especially at Christmas time (5)
- 5 Edge of a glass (3)
- 7 Bar account (3)
- 9 Tea vessel (3)
- 11 Dry, of wine (3)
- 13 South Korea's capital city (5)
- 15 Facial twitch (3)
- 17 Joke, prank (3)
- 19 Each (3)
- 20 Vapour (3)
- 21 Deity (3)

CLUES THIS WAY ↙

- 2 Domestic animal (3)
- 3 Pale purple shade (5)
- 4 — *in Black*, Will Smith action movie (3)
- 5 Colour of passion (3)
- 6 Coniferous tree (3)
- 8 Wife's title (3)
- 10 Public coach (3)
- 12 Until now (3)
- 14 Laundry clip (3)
- 16 Roll of tobacco (5)
- 18 Paddle (3)
- 19 Small dog with a wrinkled face (3)
- 20 Hair product (3)
- 22 Lettuce variety (3)

PUZZLE No. 25

Word Tracer

\$70 CASH
2 TO BE WON

1	P	L	E	C	M	O	O
	M	U	R	T	Y	E	N
	A	3	H	O	N	E	W
	M	T	A	L	P	A	P
	M	O	R	D	E	R	H
	E	M	E	A	F	F	U
	E	G	N	O	L	O	B
	B	B	O	W	I	D	A
	E	L	B	M	U	6	B
							R

HOW TO WIN... The answer to each clue below appears in the grid. The first answer begins with the letter next to the number 1, following to an adjacent square horizontally or vertically (but not diagonally). Each answer begins with the last letter of the previous answer. We've numbered a few squares in the grid to help you. Once complete, the leftover letters, beginning with the final letter of answer eight, will spell a word. Write this word on the entry coupon and you could be a winner.

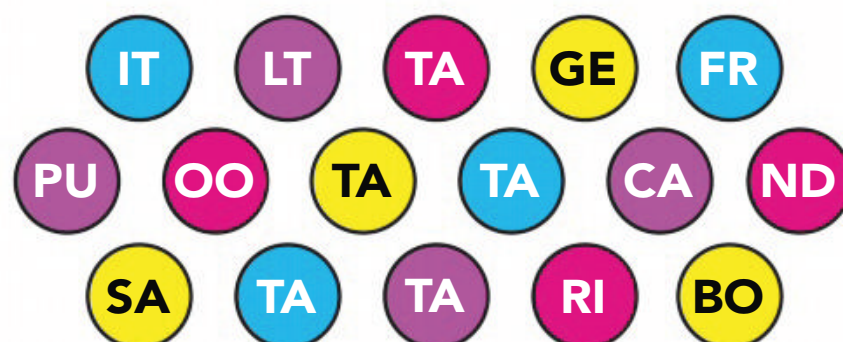
CLUES

- 1 Guitar pick (8)
- 2 Extinct woolly elephant (7)
- 3 Vacation for newlyweds (9)
- 4 Daily gazette (9)
- 5 Dessert vegetable (7)
- 6 Large variety of a fuzzy black and yellow insect (9)
- 7 Precious green gem (7)
- 8 Flower in the narcissus family that is often white or yellow and is the national flower of Wales (8)

PUZZLE No. 27

Match Ups

HOW TO WIN... Mixed up in the circles are four words containing the letters 'TA', each eight letters long and made of the same coloured circles. For a chance to win, write the one that would appear FIRST in an alphabetical list on the entry coupon.



PUZZLE No. 26

Logic Puzzle

\$60 CASH
1 TO BE WON

HOW TO WIN... Five Renaissance fair actors are competing in a tournament. Use the clues below to work out who used which weapon, and how well they did. Read through the clues and use the larger grid to record any information. Place a tick in a box if you have any definite positive information and a cross for any definite negative information. For example, you learn that the person with the mace came 5th, so we have placed some logical ticks and crosses in the grid to help. Using this method, you should be able to fill in the smaller grid. Work out which weapon Benedict was wielding (which is the lilac space in the lower grid) and write this answer on the entry coupon.

CLUES

- 1 The mace broke mid-swing so its wielder came last
- 2 Dobbin did neither the best nor the worst
- 3 Benedict came in 2nd place, behind the person with the quarterstaff
- 4 The halberd was wielded by a woman
- 5 Cyril was saddened to come two places behind his younger sister Anthousa
- 6 Elinor did not wield the mace
- 7 The halberd fared better than the battle axe

		Weapon					Place				
		Battle axe	Halberd	Quarterstaff	Mace	Sword	1st	2nd	3rd	4th	5th
Actor	Anthousa										
	Benedict										
	Cyril										
	Dobbin										
	Elinor										
Place	1st				X						
	2nd				X						
	3rd				X						
	4th				X						
	5th	X	X	X	✓	X					

Actor	Weapon	Place
Anthousa		
Benedict		
Cyril		
Dobbin		
Elinor		

PUZZLE No. 28

Sudoku

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

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

\$100 CASH
1 TO BE WON

PUZZLE No. 29

Hair Dryer

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

CLUES

- 1 Upstaged, did better than
- 2 Pariah, persona non grata
- 3 Power failure
- 4 Outlives, lasts longer than
- 5 Opposite of inner

1	2	3	4	5
O	O	O	O	O
U	U	U	U	U
T	T	T	T	T

WORTH \$149
1 TO BE WON



PUZZLE No. 30

Handstick Vacuum

HOW TO WIN... Here's an Arrow Word with a difference. The answers to the clues are formed by unscrambling the letters in the clue boxes. Once you have finished, the letters in the lilac squares will spell our winning word, reading left to right and top to bottom. Write this word only on the entry coupon and you could win a prize.

YIV	EEVSX	PAY	CHEO		EMIGRES		NEBE PROD		CAT STENS		SSAYE
→	↓	↓	RECCE END ELUC	→			↓		↓		↓
HACE	→		↓		EGRETS ISS	→G	R	E	E	T	S
→					↓					PIED MICE	
NIXES SPOOL		LOOP		MIP URN	→			ETA SOXSEEP	→	↓	
		↓		↓R			YESP SAP	→↓			
SEE SPAR	ANOLE		TOTCE	U	XSA EGT	→	↓		WEARA		TERCE
ANGLO	→↓		↓	N	↓	DAPES CHUM	→		↓		↓
→				PEERMOW ETU	→	↓					
CLOB		UUTT	→	↓			SEAM	→			
→					CIRCLE	→					
STONE		CHET	→				STEC	→			

WORTH \$649
1 TO BE WON





DAN

Dan's CHOICE

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

PUZZLE No. 32

Kettle and Toaster

HOW TO WIN...

This puzzle has been broken into jigsaw pieces. Fit the pieces back together to create a completed crossword. We've put in two blocks to help get you started. The grid is symmetrical, so you can shade the position of several other black squares straight away. When complete, the lilac squares, reading left to right and top to bottom, will spell a winning word.



WORTH \$258
1 TO BE WON



PUZZLE No. 31

Cookware Set

WORTH \$769
1 TO BE WON

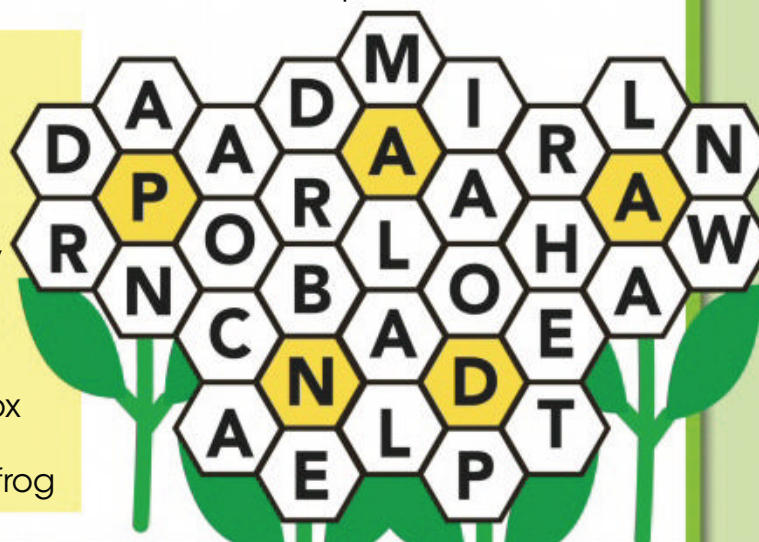
HOW TO WIN...

Around each of the daisies below, including the letter in the yellow hexagon, is a scrambled seven letter word that, when rearranged, answers one of the clues below. These clues are not in any order. One of the daisies, however, has a jumbled up word that does not answer any of the clues. For your chance to win, write this left over word on the coupon.



CLUES

- 1 Unicorn of the sea
- 2 Head of a fleet
- 3 Legendary Greek woman who was gifted a box by Zeus
- 4 Immature frog



PUZZLE No. 33

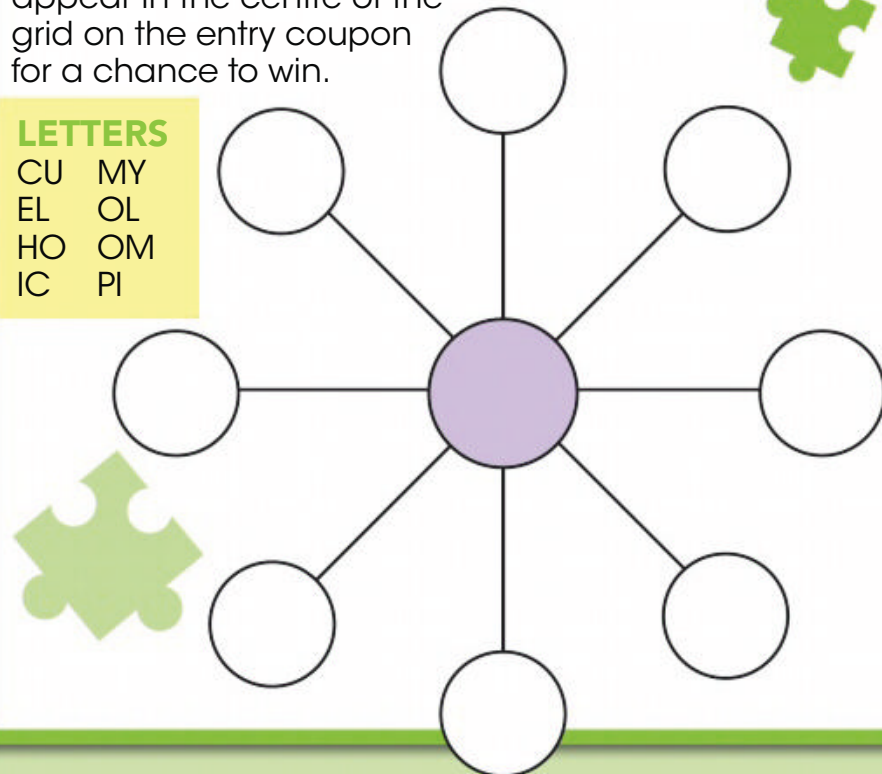
Solar Orbit

\$50 CASH
1 TO BE WON

Work out which two letters are missing from the list in order to make four words when fitted in the grid. Write the listed pairs of letters into the circles so that each line running through the centre produces a six-letter word. Write the two letters that would appear in the centre of the grid on the entry coupon for a chance to win.

LETTERS

- | | |
|----|----|
| CU | MY |
| EL | OL |
| HO | OM |
| IC | PI |



PUZZLE No. 34

Washing Machine

HOW TO WIN... The answer to each of the eight clues is a five-letter word. Add one letter to the four-letter word on the left to create a new word reflecting the clue. Write just the letter added in the lilac box. When you have done this a word will appear, reading from top to bottom. Write this word only on the entry coupon and you could be a winner.



WORTH \$569
1 TO BE WON

SOON		Tea stirrer
HERS		Listens
COAT		Seashore
AIDE		Stage whisper
WARS		Distorts
DROP		Hang loosely
TIED		Attempted
EASE		Taunt, heckle

PUZZLE No. 36

Breville Sandwich Press

CLUES

- 1 Emergency vehicle
- 2 Winston —, former British prime minister
- 3 Replying to a question
- 4 Male head of a family
- 5 Satisfying or satiating a thirst
- 6 Cooked on an outdoor grill



HOW TO WIN... Write the nine-letter solutions to the list of clues into the appropriately numbered rows of the grid. When the puzzle is complete, the letters in the lilac squares, reading down, will form the title of a 1980s comedy film starring musician Phil Collins (6). For your chance to win, write this title only on the entry coupon.

1								
2								
3								
4								
5								
6								

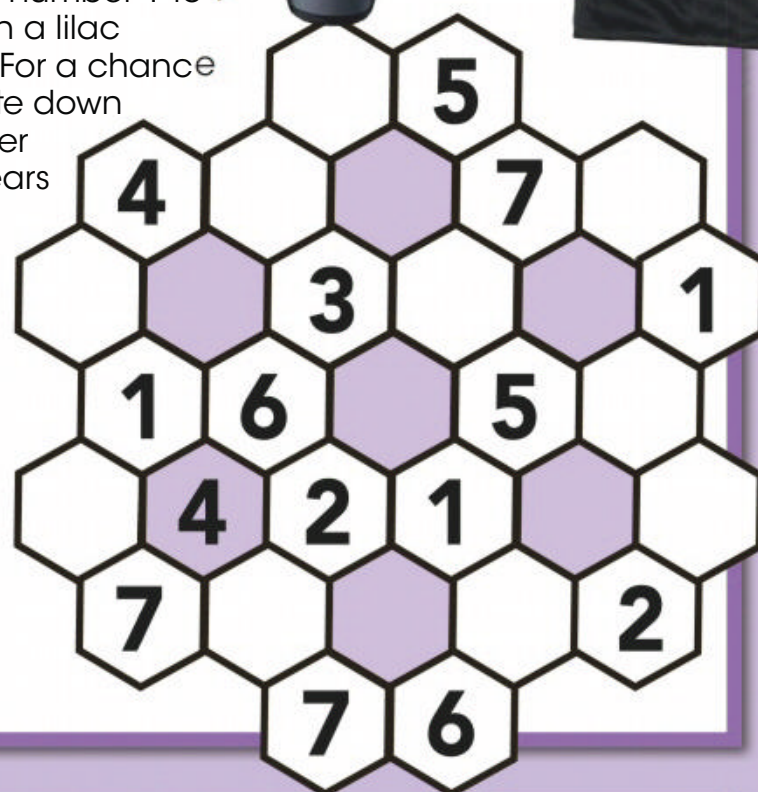
PUZZLE No. 35

Beard Trimmer

HOW TO WIN... Can you crack our rosetta code? Each rosetta consists of a centre lilac hexagon surrounded by six white hexagons. The task of this puzzle is to fill in all seven rosettas with the numbers 1 to 7. To fill in the grid, ensure that no number is repeated in a horizontal row and that each number 1 to 7 appears in a lilac hexagon. For a chance to win, write down the number that appears in the top lilac hexagon.



WORTH \$89
1 TO BE WON



WORTH \$89
1 TO BE WON

that's life!



Enter by post or

FREE online!



BONUS! * BONUS! * BONUS!

PUZZLE No. 37

First Letter

HOW TO WIN... The answers to all the clues begin with the letter C. Write your answers in the appropriately numbered rows and you will notice that the letters in the lilac column will spell a word reading down. For a chance to win, write this word only on the entry coupon.

1	C						
2	C						
3	C						
4	C						
5	C						

CLUES

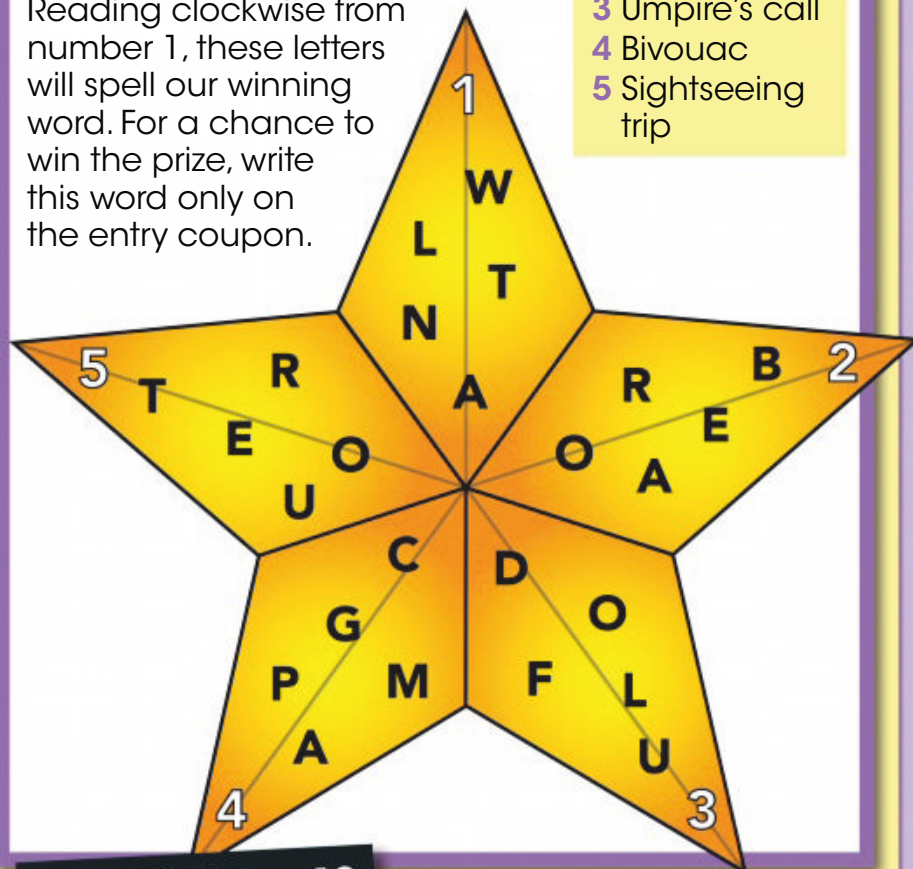
- | | |
|---|--------------------------------|
| 1 Overhead surface in a room | 3 Leader on a pirate ship |
| 2 Half-man half-horse mythical creature | 4 Laugh softly with restraint |
| | 5 Whiskered freshwater denizen |

\$50 CASH
1 TO BE WON

PUZZLE No. 38

Star

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



CLUES

- 1 Desire, hankering
- 2 Tusked beast
- 3 Umpire's call
- 4 Bivouac
- 5 Sightseeing trip

\$50 CASH
1 TO BE WON

PUZZLE No. 39

Vowel Play

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

HHHNRRRSTW

	O			O	
	E	A			
A				O	

\$50 CASH
1 TO BE WON

PUZZLE No. 40

Where Am I?

HOW TO WIN... Solve the clues to work out where in the world I am! I am a republic in central Europe and my official language is German. I am one of the top twenty richest countries in the world and have been a member of the United Nations since 1955. I have been the birthplace of many famous composers such as Franz Liszt, Johann Strauss and Franz Schubert. Both Weiner Schnitzels and strudel are popular national foods. My most populous city, which also serves as my capital, is Vienna. Write on the entry coupon what country I am for your chance to win.

\$50 CASH
1 TO BE WON



PUZZLE No. 41

Bonus Puzzle

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

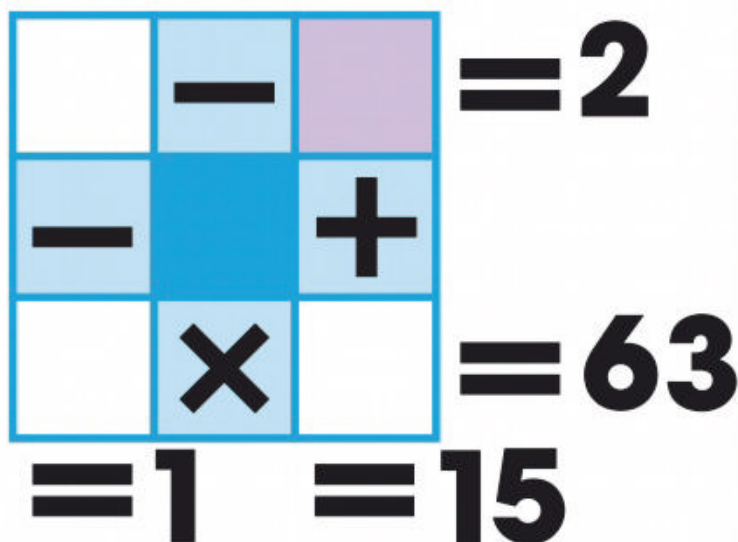
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\$80 CASH
2 TO BE WON

Try your luck – you could win cash!

Cross Maths

on the
entry
coupon.



Jumbled Up

HOW TO WIN... Unscramble each of the computer-related terms in the list below. When you have worked out what all the words are, the first letter of each unscrambled word, reading from top to bottom, will spell another related word. Write this word only on the entry coupon for your chance to win.

NOTOMIR

LIONEN

APULOD

SCENER

LAIME

**\$70
CASH
1 TO BE WON**

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

P	V	U	B
I	P	E	L
R	N	A	S
O	H	T	S

Spelling Test

HOW TO WIN... Only one of these spellings is correct. When you know which one it is, write the letter next to it on the entry coupon for your chance to win.

WORDS

- A** Courgette
B Corgette
C Courgett
D Courgete

Bookworm

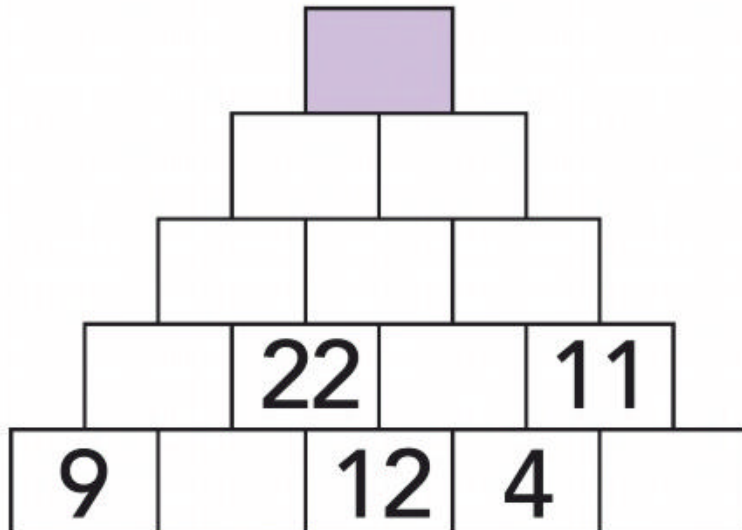
HOW TO WIN...

A worm's been eating holes through some famous texts, revealing small glimpses of the title page beneath the front cover. By using the portions of the letters you can see through the holes, work out the title of this novel by George Eliot. Write this title only on the entry coupon.



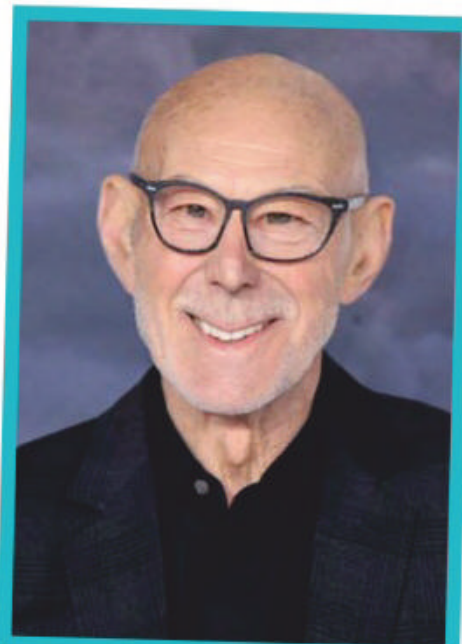
**PUZZLE No. 47****Number Pyramid**
**\$80
CASH**
1 TO BE WON

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

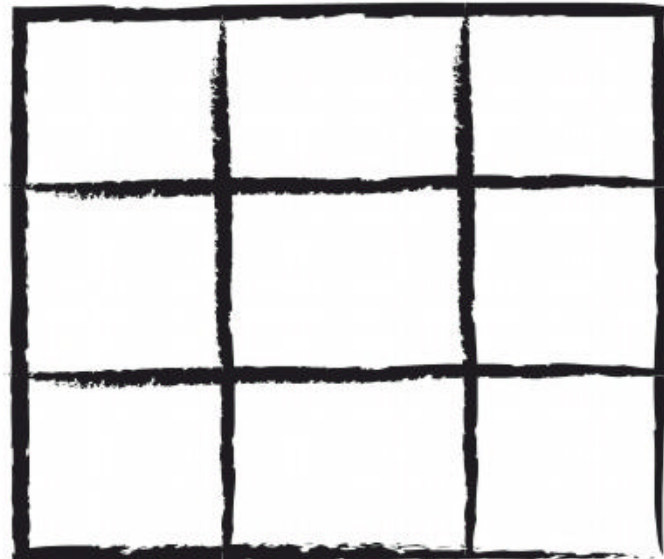
**PUZZLE No. 49****Who Am I?**
**\$100
CASH**
1 TO BE WON

HOW TO WIN... Rearrange the given letters to spell the name of our pictured actor (7,7). Write this name only on the entry coupon for your chance to win.

**"TRAP
TRICK
WASTE"**

**PUZZLE No. 48****3x3**
**\$60
CASH**
1 TO BE WON

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



**WORD
LIST**
Dry
God
Oar
Toy

PUZZLE No. 50**Say What?**
**\$50
CASH**
1 TO BE WON

HOW TO WIN... Work out what object (7,4) is being represented by the image in the box. Write this object only on the entry coupon for your chance to win.

CApackSE

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Issue 10: Entry opens at 09:00 AEDT on 05/03/20 for Australian entrants (Entry for New Zealand residents opens 09:00 NZDT 09/03/20) and entries close at 17:00 AEDT on 03/04/20. The draw will begin at the Promoter's premises from 10:30 AEDT on 09/04/20 for issue 10. Winners from issue 10 will be notified by mail and winners of prizes valued at over \$250 will be published in issues of *that's life!* 07/05/20 (AUS), and 11/05/20 (NZ). The total prize value for issue 10 is (up to) \$12,363.93 at 18/12/2019. Authorised under NSW Permit No. LTPS/20/41442; ACT Permit No TP 20/00059; SA License No. T20/59.

Car Promotion: Entire competition opens on 24/10/19 at 09:00 AEDT for Australian entrants and opens on 28/10/19 at 09:00 NZDT for New Zealand entrants, & closes on 22/05/20 at 17:00 AEDT. Entries for Issue 10 must be received by 03/04/20 at 17:00 AEDT. Finalists from issue Issue 10 will be drawn at the Promoter's premises on 09/04/20 from 10:30 AEDT. Major Prize draw for Car THREE will occur at Promoter's premises on 05/06/20 from 10:30 AEST. Winner of the Major Draw will be published in *that's life!* magazine on 02/07/20 in Australia and on 06/07/20 in New Zealand. Prize value for Car THREE is up to \$26,810.00. Total prize value is (up to)

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Monstercross: Entire competition opens on 03/10/19 at 09:00 AEST for Australian entrants and opens on 07/10/19 at 09:00 NZST for New Zealand entrants, & closes on 29/05/20 at 17:00 AEST. Entries for Issue 10 must be received by 03/04/20 by 17:00 AEDT. Finalists from Issue 10 will be drawn at the Promoter's premises on 09/04/20 from 10:30 AEDT. Major Prize draw for Monstercross will occur at Promoter's premises on 05/06/20 from 10:30 AEST. Winner of the Major Draw will be published in *that's life!* magazine on sale 02/07/20 in Australia and 06/07/20 in New Zealand. Total prize value is (up to) \$20,000.00. The Promoter is Pacific Magazines Pty Ltd 8 Central Ave, Eveleigh NSW 2015 (ABN 16 097 410 896). Authorised under: NSW Permit No. LTPS/19/37827; ACT Permit No. TP 19/04131.1; SA Licence No. T19/1499.

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www.pacificmagazines.com.au

Lucky Winners

Issue 1, 2020
Congratulations!



\$249 HANDVAC

J Antonio, Coombabah, Qld

\$1,499 TV

C Messenger, Burdell, Qld

\$79 PANCAKE MAKER

C Dunne, Childers, Qld

\$449 NUTRINJA KITCHEN SYSTEM

N Bennett, Castle Hill, NSW

24 X \$85 BOOK PACK

S Attars, Moe, Vic; S Barber, Bennett Springs, WA; K Blades, South Penrith, NSW; S Castell, Ridgehaven, SA; H Chappell, Perenjori, WA; B Cignarella, Granville, NSW; A Colligan, Prospect, SA; L Coombe, Taree, NSW; K Donogue, New Norfolk, Tas; M Emerson, Phillip, ACT; S Firkistone, Emu Plains NSW; M Harping, Calliope, Qld; K Kath, Smithfield SA; Y, Lawrence, Narre Warren South, Vic; I, McOusens, Garfield, Vic; T Montebello, Melton West, Vic; B Murray, Taree, NSW; T O'Callaghan, Akl, NZ; S Pennington, Monteith, SA; R Phillipot, Casino, NSW; M Ritchie, Welby, NSW; J Ryan, Bell Post Hill, Vic; N Veale, Gwelup, WA; P Winter, The Brook Nelson, NZ

\$238 KETTLE AND TOASTER

K Bevinetto, Dundas Valley, NSW

15 X \$152 TARONGA ZOO PASS

B Blaney, Labrador, Qld; S Cooper, Pakenham, Vic; J Gauslaa, Narooma, NSW; P Giddings, Mount Gambier, SA; F Griffiths, Maroochydore, Qld; A Griffiths, Peakhurst, NSW; R Holden,

Padstow NSW; A Hudson, Blacktown, NSW; G Kelly, Margate Qld; R King, Coonabarabran, NSW; K McGuffog, Glenmore Park, NSW; K Nightingale, Altona Meadows, Vic; J Roadley, Leichhardt, Qld; J Varga, Beauty Point, Tas; A Walker, Forster NSW

\$399 KNIFE BLOCK

M Smith, Port Douglas, Qld

\$65 VEGETABLE STORAGE BAGS

P Rogers, Walkerston, Qld

\$149 SPICE RACK

D Spencer, Weston, ACT

\$79 TRAVEL DRINKS SET

L Baker, Clifton Springs, Vic

\$26 POP UP FOOD COVERS

S Benson, Tallai, Qld

\$219 PICNIC BASKET

M Cappelluti, Yangebup, WA

\$83 SALAD BOWL

S Hardy, Melbourne, Vic

\$66 FRUIT PITCHER

J Whitelock, Monarto, SA

\$119 DINNER SET

B Laws, Morawa, WA

\$149 ICE CREAM MAKER

A Fryer, Berowra, NSW

\$100 TREASURE CHEST

G Gray, Adamstown, NSW

\$100 CODE CRACKER

A Gill, Morwell, Vic

\$50 SCATTER WORD

C Vanderhaar, Lithgow, NSW

\$50 QUIZ

G Hartig, Croki, NSW

\$150 PUZZLER OF THE WEEK

M Edmunds, Fairy Meadow, NSW

\$100 ARROW

WORD

H Egan, Glen Innes, NSW

\$150 CODE

CRACKER

S Stone, Laidley, Qld

\$80 WORD

WHEEL

M Lewis, Red Beach, NZ

\$100 QUICK

CROSSWORD

G Mansotra, Homebush West, NSW

\$80 MINI CORNER

P Jenner, Beckenham, NZ

\$70 WORD TRACER

N Wallace, Nilma, Vic

\$60 LOGIC PUZZLE

T Moore, Slacks Creek, Qld

\$90 MATCH UPS

N Thomas, Bray Park, Qld

\$100 SUDOKU

M Cunningham, Somerset Tas

\$50 COLOUR CODED

C Darnett, Ingham, Qld

\$50 HEAD TO TAIL

G Stace, Lansdowne, NSW

\$50 FIRST LETTER

S O'Connor, South Murwillumbah, NSW

\$50 IN THE MIDDLE

G Lock, Traralgon, Vic

\$50 STAR

D Farnsworth, Woodend, Vic

\$50 WHERE AM I?

P Davis, Bentleigh, Vic

\$80 BONUS PUZZLE

N Bartrum, Whanganui, NZ

\$70 NUMBER PYRAMID

D Chapman, Braintree, NT

\$100 WEEKDAYS

E Daley, Bargara, Qld

\$90 WORD KNOCKER

J Bone, Deer Park, Vic

\$70 BOOKWORM

G Dale, Crookwell, NSW

\$60 SPELLING TEST

E Pink, Elizabeth North, SA

\$50 NINE LETTER WORD

G Godwin, Clunes, NSW

\$50 WEATHER WORD

J Freeman, Wodonga, Vic

\$50 ONE AT A TIME

B Chapman, Dubbo, NSW

\$50 4X4

K Kwitschau, Murray Bridge, SA

\$50 PET IN A PUZZLE

D O'Flaherty, Red Cliffs Vic

\$19 ACTIV RACER

D Guglielmin, Torrensville SA

\$29 SLIDA PUZZLE PACK

B Reilly, West Busselfton, WA

2 X \$19 ZTRINGZ

J Riches Evatt, ACT; E Seymour, Sailors Gully, Vic

\$23 KREEPIE KRAWLIES

PACK

M Pearce Teralba, NSW.

All other **WINNERS** will be published at www.that'slife.com.au/win



WINNER!
\$1,599 COFFEE MACHINE
E Loeskow, Burnett Heads, Qld

Solutions

ISSUE 1, 2020

Puzzle No. 1 Car

Answer: Cupcake

Puzzle No. 2 \$100 Treasure Chest

Answer: Page 18

Puzzle No. 3 Handvac

Answer: X

Puzzle No. 4 Breville Coffee Machine

Answer: Nearby

Puzzle No. 5 55 Inch TV

Answer: Blouse

Puzzle No. 6 \$100 Code Cracker

Answer: Yacht

Puzzle No. 7 \$50 Scatter Word

Answer: Plaza

Puzzle No. 8 \$50 Quiz

Answer: Rio de Janeiro

Puzzle No. 9 Breville Pancake Maker

Answer: Lifeguard

Puzzle No. 10 Ninja Kitchen System

Answer: Tacos

Puzzle No. 11 Rotating Spice Rack

Answer: Ornate

Puzzle No. 12 Taronga Zoo Family Pass

Answer: 2

Puzzle No. 13 Kettle and Toaster

Answer: Ecstatic

Puzzle No. 14 6 Pce Knife Block

Answer: Folks

Puzzle No. 15 \$20,000

Answer: Seaweed

Puzzle No. 16 \$150 Puzzler of the Week

Answer: Flying

Puzzle No. 17 \$100 Arrow Word

Answer: Picnic

Puzzle No. 18 \$150 Code Cracker

Answer: Camping

Puzzle No. 19 Fruit Infusion Pitcher

Answer: Toucan

Puzzle No. 20 \$80 Word Wheel

Answer: A Dog's Purpose

Puzzle No. 21 \$100 Quick Crossword

Answer: Kennel

Puzzle No. 22 \$80 Mini Corner

Answer: Leash

Puzzle No. 23 \$70 Word Tracer

Answer: Fetch

Puzzle No. 24 \$60 Logic Puzzle

Answer: Labrador

Puzzle No. 25 \$90 Match Ups

Answer: Pedigree

Puzzle No. 26 \$100 Sudoku

Answer: 2

Puzzle No. 27 Book Pack

Answer: Star

Puzzle No. 28 Travel Drinks Set

Answer: Spree

Monstercross Solution

Across 1 Tariff, 4 Them, 6 Crab, 10 Calves, 12 Rabbi, 14 Error, 15 Marmalade, 16 Spire, 17 Puccini, 18 Sent, 19 Uni, 21 Tactless, 25 Exec, 27 Lyre, 28 Starfish, 32 Ape, 33 Kent, 35 Embarrass, 38 Teenager, 40 Stet, 42 Ruth, 43 Sidecar, 44 Sister, 47 Case, 49 Pelican, 51 Amazon, 52 Help, 53 Talk, 55 Element, 57 Genesis, 60 Warsaw, 64 Islands, 68 Rat-Race, 72 Nap, 74 Vacant, 76 Legend, 77 Ado, 78 Reeds, 79 Sushi, 80 Cop, 81 Tier, 82 Tatty, 83 Baron, 85 Pity, 87 Sty, 88 Harpo, 90 Rhone, 91 Lea, 92 Battle, 95 Lassie, 98 Ava, 99 Erasers, 103 Snorkel, 106 Psycho, 109 Oiliest, 112 Maestro, 113 Erne, 115 Tear, 117 Cabana, 118 Cornets, 119 More, 120 Recede, 122 Sinatra, 124 Stun, 126 Seer, 128 Slippers, 131 Adjourned, 133 Chew, 135 Ate, 136 Resonate, 139 Ogre, 141 Wide, 143 Umbrella, 147 Sin, 148 Awol, 149 Amadeus, 151 Inapt, 152 Automaton, 153 Short, 154 Geese, 155 Deride, 156 Hard, 157 Jaws, 158 Shield.

Down 1 Trident, 2 Frisbee, 3 Obvious, 4 Timepiece, 5 Earache, 7 Reality, 8 Beer, 9 Travels, 10 Croatia, 11 Sunbather, 13 Ratio, 20 Lens, 22 Crest, 23 Luke, 24 Son, 26 Chandeliers, 27 Lyric, 29 Tie, 30 Ran, 31 Ingot, 32 Apricot, 34 Ethiopia, 36 Misspoken, 37 Stringent, 39 Ensnare, 41 Three, 45 Share, 46 Runes, 48 Shea, 50 Cheer, 54 Ail, 56 Tia, 57 Glee, 58 Nile, 59 Sandcastle, 61 Sec, 62 Win, 63 Oval, 65 Stretcher, 66 Apertures, 67 Dusty, 69 Abs, 70 Reservoir, 71 Clientele, 73 Pops, 74 Volleyball, 75 The Bill, 83 Byron, 84 Asia, 86 Lark, 89 Oar, 93 Tote, 94 Left, 96 Alp, 97 Say, 100 Arm, 101 Exercised, 102 Sitar, 103 Stone's Throw, 104 Overstate, 105 Kin, 107 Satirise, 108 Hero, 109 Oscar, 110 Image, 111 Siamese, 114 Cleanse, 116 Amuse, 121 Clips, 123 Noose, 125 Trail, 127 Ewer, 128 Surfboard, 129 Pin, 130 Rot, 131 Avow, 132 Dressings, 134 Hum, 137 Analyse, 138 Emotion, 140 Reactor, 142 Inertia, 143 Untamed, 144 Booties, 145 Awkward, 146 Magma, 150 Bath. **Answer:** Seaweed

Puzzle No. 29 Pop Up Food Covers

Answer: Husky

Puzzle No. 30 \$50 Colour Coded

Answer: Sunscreen

Puzzle No. 31 Picnic Basket

Answer: Surfing

Puzzle No. 32 Salad Bowl

Answer: Railway

Puzzle No. 33 Vegetable Storage Bags

Answer: Wells

Puzzle No. 34 Dinner Set

Answer: React

Puzzle No. 35 Ice Cream Maker

Answer: 2C, 3B or 3D

Puzzle No. 36 \$50 Head to Tail

Answer: Vague

BONUS!

Puzzle No. 37 \$50 First Letter

Answer: Isles

Puzzle No. 38 \$50 In the Middle

Answer: Woodpecker

Puzzle No. 39 \$50 Star

Answer: Sunny

Puzzle No. 40 \$50 Where Am I?

Answer: Monaco

Puzzle No. 41 \$80 Bonus Puzzle

Answer: Swim

LAST-MINUTE JACKPOT!

Puzzle No. 42 \$70 Number Pyramid

Answer: 123

Puzzle No. 43 \$100 Weekdays

Answer: Thursday or Thur or Th

Puzzle No. 44 \$90 Word Knocker

Answer: Idol

Puzzle No. 45 \$70 Bookworm

Answer: Death on the Nile

Puzzle No. 46 \$60 Spelling Test

Answer: A

Puzzle No. 47 \$50 Nine Letter Word

Answer: Panettone

Puzzle No. 48 \$50 Weather Word

Answer: Glance

Puzzle No. 49 \$50 One at a Time

Answer: Ward

Puzzle No. 50 \$50 4X4

Answer: Once

KIDUZZLES!

Puzzle No. 51 Activ Racer

Answer: Trial

Puzzle No. 52 Slida Puzzle Pack

Answer: 6

Puzzle No. 53 Ztrings, The Original

Rainbow Rope Foil Bag Pack

Answer: Sleep

Puzzle No. 54 Kreepie Krawlies Pack

Answer: Potion

\$50 Pet in a Puzzle (Page 19)

Answer: 2

For all prize enquiries, please email that'slife.prizes@pacificmags.com.au • or call (02) 9394 2837 (Australia only)

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

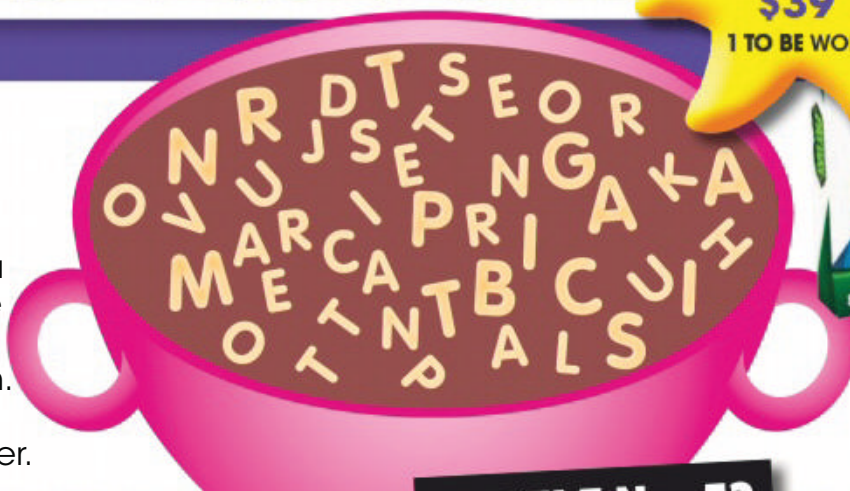
KIDUZZLES!

JUST FOR KIDS!

PUZZLE No. 51

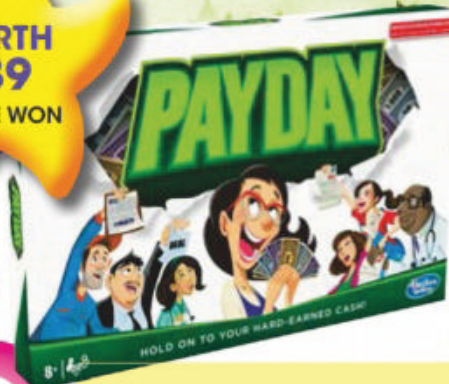
Monopoly Pay Day

HOW TO WIN... Every letter in the list of clothes can be found in the bowl of alphabet soup. Cross out all the letters from the list that appear in the soup. Once you've crossed out all the letters a few letters will remain. Unscramble these letters to discover another item of clothing (4,3) that is two words in length. Write that item of clothing only on the entry coupon and you could be a winner.



WORTH \$39

1 TO BE WON



WORD LIST

Blouse	Raincoat
Cardigan	Shirt
Jumper	Vest

PUZZLE No. 52

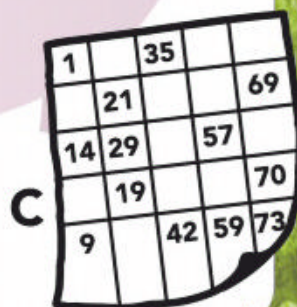
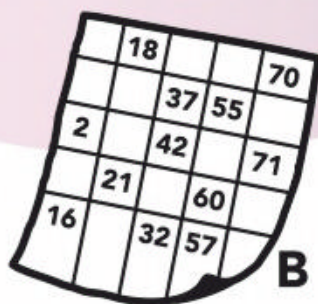
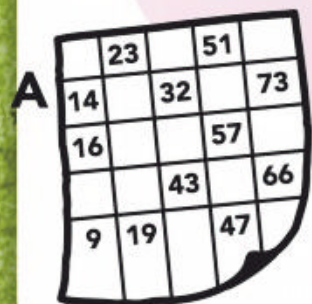
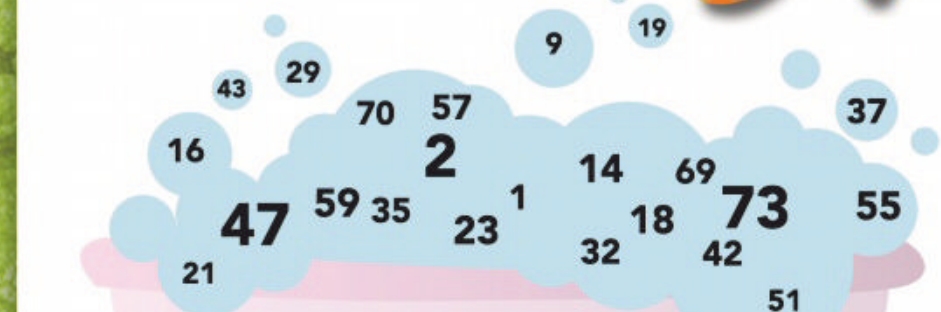
Cars Playset

HOW TO WIN... On the bingo cards, cross off all the numbers that appear in the bubbles. Only one of the cards will have all of the numbers crossed off. Write the corresponding letter next to the card only on the entry coupon and you could be a winner.



WORTH \$39

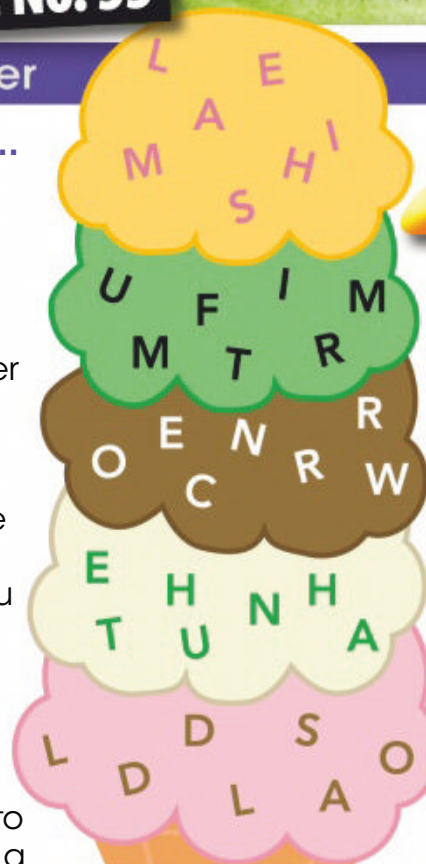
1 TO BE WON



PUZZLE No. 53

Bop It Maker

HOW TO WIN... Each scoop of the puzzle ice-cream contains the scrambled five-letter answer to the appropriate clue. Simply cross out all the letters of each answer and you will be left with two letters in each scoop. Unscramble these letters in order from top to bottom to spell a type of shark. For a chance to win the prize, write this type of shark only on the entry coupon.



WORTH \$39

1 TO BE WON



CLUES

- | | |
|-----------------------|-----------------------------------|
| 1 Goo, sticky stuff | 4 Linger in a place, like a ghost |
| 2 Banana or mango, eg | 5 Action figures |
| 3 King's headwear | |

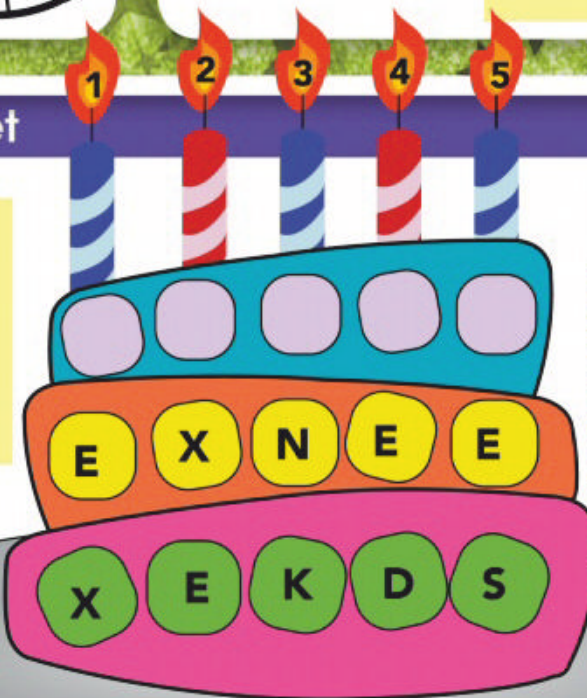
PUZZLE No. 54

Shopkins Spa Playset

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

CLUES

- 1 Witch's curse
- 2 Woodchopping tool
- 3 Pen fluid
- 4 Scarlet colour
- 5 Affirmative vote



WORTH \$50

1 TO BE WON



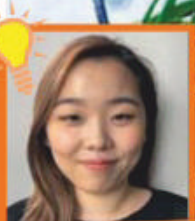
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use for...

oats



- For acne sufferers, let cooked oats cool and apply to affected areas. Let it sit for 10 minutes before rinsing.
- To absorb odours in your fridge, place an open container of rolled oats on the top shelf.
- Stop meatloaf or veggie burgers crumbling by adding oats to bind.

Using a can of spray oil,
lightly spray your grater
to prevent the cheese
from sticking.

Bev McCrimmon,
Nhill, Vic



Freeze herbs
when you have an
excessive amount.
Simply store them in an
airtight container before
placing in the freezer.

Pamela Burrows,
Devonport, Tas

Try a natural remedy to...

GET SCUFF MARKS OFF SHOES

- ✓ Take some white toothpaste and gently scrub at marks with an old toothbrush. Wipe with a damp cloth and air dry.
- ✓ Mix together two tablespoons of baking soda and warm water to form a paste. As a spot treatment, apply on specific areas and scrub. Wipe off paste with a clean damp cloth.
- ✓ For patent leather, use paper towel and a small amount of petroleum jelly to lightly buff the scuffed area. Wipe off any excess with a clean paper towel.



Use bulldog clips
for cards or photos
you want to hang
up with pins to
avoid getting holes
in them!

Georgia Berry,
Dunedin, NZ

Separate your
bananas to keep
them fresher
for longer.

Karen Haman,
Forster, NSW



When travelling, put your
eye shadow brushes in
a toothbrush case. They
are easier to find rather
than rummaging through
your make-up case.

Leonarda Bradshaw, Mt Sheridan, Qld



REAL FOOD

Home cooked never tasted SO good!

MARSHMALLOW WEETBIX SLICE

SERVES 24

PREP AND

COOK: 25 MINS

4 Weetbix, crushed
1 cup self-raising flour
1 tblsp cocoa powder
¾ cup desiccated coconut
½ cup brown sugar, firmly packed
150g unsalted butter, melted
¼ cup raspberry jam
Pink food colouring, to tint

TOPPING

1 tblsp powdered gelatine
1 cup caster sugar
1 tsp vanilla extract

1 Grease an 18cm x 28cm rectangular slice pan. Line base and sides with baking paper, extending paper 3cm above pan edges.

2 Combine the Weetbix, flour, cocoa, ½ cup of the coconut and sugar in a large bowl. Stir in butter until well combined. Press mixture firmly over base of prepared pan.

3 Cook in a moderate oven (180°C) for about 12 minutes, or until golden. Remove. Cool. Spread evenly with jam.

4 Meanwhile, place remaining coconut in a snap-lock bag. Add 2 to 3 drops of colouring. Seal bag and rub coconut through plastic to tint.

5 To make topping, sprinkle gelatine over ⅓ cup of the water in a small heatproof jug. Stand jug in a saucepan of simmering water. Stir until gelatine is dissolved. Remove jug from pan.

6 Place sugar and ⅓ cup water in a large bowl of an electric mixer. Beat on high speed for 4 minutes. With

motor on a medium speed, gradually add gelatine in a thin, steady stream. Beat on high speed for a further 8 minutes, or until thick and fluffy. Beat in vanilla.

7 Spread topping over jam. Sprinkle with pink coconut. Stand until set.

8 Lift slice from pan. Cut into squares.

Top tip

We used a planetary mixer with a whisk attachment to make topping. For a change, replace tinted coconut with melted dark chocolate.

Share the love and sweeten up your day with these favourites!

JUST LIKE
Nan makes



Great idea

Pink Lady or Gala apples are best used in this recipe. Loaf can be made up to two days ahead. Store in an airtight container.

LEMON APPLE TEA LOAF

SERVES 8
PREP AND COOK: 1 HOUR, 5 MINS

125g unsalted butter, chopped, at room temperature
 2/3 cup caster sugar
 1 tsp finely grated lemon rind
 2 eggs, at room temperature
 1 1/2 cups self-raising flour
 1/2 cup milk
 1 medium red apple
 2 tblsps lemon juice

1 Grease a 12cm x 22cm medium loaf pan. Line base and sides with baking paper, extending paper 2cm above pan edges.
2 Beat butter, sugar and rind in a small bowl of an electric mixer until light and

fluffy. Beat in eggs, one at a time, until combined. Transfer to a large bowl.
3 Add sifted flour and milk in two batches, stirring until combined. Spoon into prepared pan. Smooth top.
4 Quarter and core apple. Cut each wedge into thin slices. Toss in juice. Arrange slices, slightly overlapping, over top of cake mixture.
5 Cook in a moderate oven (180°C) for about 45 minutes, or until cake is cooked when tested. Remove from oven. Stand in pan for 15 minutes. Cool on a wire rack.
6 Serve loaf dusted with sifted icing sugar, if desired.

PASSIONFRUIT MELTING MOMENT SLICE

SERVES 18
PREP AND COOK: 45 MINS

250g unsalted butter, chopped, at room temperature
 1/2 cup icing sugar mixture
 1 tsp vanilla bean paste
 1 1/2 cups plain flour
 1/4 cup cornflour
 1 tblsp fresh passionfruit pulp
ICING

1 1/2 cups icing sugar mixture
 1 tblsp fresh passionfruit pulp
 1-1 1/2 tblsps milk

1 Grease an 18cm x 28cm rectangular slice pan. Line base and sides with baking paper, extending paper 3cm above pan edges.
2 Beat butter, sugar and vanilla in a small bowl of

an electric mixer until light and fluffy. Transfer to a large bowl. Stir in combined sifted flours and passionfruit pulp.
3 Spoon mixture into prepared pan. Using damp fingers, press to cover base. Smooth over top.
4 Cook in a moderate oven (180°C) for about 25 minutes, or until lightly browned and firm to touch. Remove from oven. Cool completely in pan.
5 To make icing, combine sugar and pulp in a bowl. Stir in enough milk until icing is smooth.
6 Remove slice from pan. Spread over icing. Stand at room temperature until set. Cut into bars.

Top tip

Slice can be made up to two days ahead. Store in an airtight container.



CHOCOLATE SPONGE CAKE WITH COFFEE CREAM

SERVES 10-12

PREP AND

COOK: 50 MINS

6 eggs, at room temperature

1 cup caster sugar

½ cup plain flour

⅓ cup self-raising flour

¼ cup cocoa powder, plus extra
to decorate

50g unsalted butter,
melted, cooled

COFFEE CREAM

1 tbsp instant coffee granules

2 cups thickened cream

2 tbsps icing sugar mixture

1 Grease and line two x 20cm

round cake pans with baking
paper, extending paper 2cm
above pan edges.

2 Beat eggs and sugar in a
large bowl of an electric mixer
for about 5 minutes, or until thick.

3 Sift combined flours and
cocoa twice, onto a sheet
of baking paper. Sift again
over egg mixture. Add 1 tbsp
boiling water. Using a balloon
whisk, gently fold to combine
– do not stir.

4 Spoon 1 cup of mixture into a
small bowl. Stir in butter. Return
to remaining mixture and gently
fold until just combined. Divide

evenly between prepared pans.

5 Cook in a moderate oven
(180°C) for about 25 minutes,
or until edges have shrunk away
from sides of pans. Immediately
turn out onto wire racks, lined
with lightly greased baking
paper, to cool.

6 To make cream, dissolve coffee
in 1 tbsp boiling water. Cool. Beat
cream, sugar and coffee mixture
in a small bowl of an electric
mixer until soft peaks form.

7 Sandwich sponges together
with half the cream. Top with
remaining cream. Dust with
sifted cocoa.



JAM DROP COOKIES

MAKES 18
PREP AND
COOK: 35 MINS

125g unsalted butter,
chopped, at room
temperature
½ cup caster sugar
1 tsp vanilla bean
paste
1 egg, at room
temperature
¾ cup self-raising
flour
½ cup plain flour
¼ cup desiccated
coconut
¼ cup strawberry
jam

1 Line two large oven trays with baking paper.
2 Beat butter, sugar and vanilla in a small bowl of an electric mixer until light and fluffy. Beat in egg

until combined. Transfer to a large bowl. Add sifted flours and coconut. Stir until combined.
3 Roll heaped tablespoons of mixture into balls. Arrange 4cm apart, on prepared trays.
4 Make a small indentation with your finger in the centre of each cookie. Spoon about ½ teaspoon jam into each.
5 Cook both trays in a moderate oven (180°C) for about 12 to 15 minutes, swapping trays halfway, or until golden brown and firm to touch. Remove.
6 Cool cookies on trays.



Top tip

Try using your favourite jam for the centre of these cookies. They can be made up to five days ahead, stored in an airtight container or sealed jar.



Great idea

Cake can be made up to three days ahead. In warm weather, store in an airtight container in the fridge. Stand at room temperature for 30 minutes before serving.

APRICOT ALMOND UPSIDE DOWN TEACAKE

SERVES 8-10
PREP AND COOK:
1 HOUR, 35 MINS

25g unsalted butter, melted
¼ cup brown sugar, firmly packed
4 fresh ripe apricots, (320g) halved, stones removed
150g unsalted butter, chopped, at room temperature
1 cup caster sugar
1 tblsp finely grated lemon rind
1 tsp vanilla bean paste
2 eggs
1 ¼ cups self-raising flour
1 tsp baking powder
1 cup almond meal
1 cup milk

1 Grease a 20cm round cake pan. Line base and side with baking paper, extending paper 2cm above pan edge.
2 Combine melted butter and brown sugar in a small

bowl. Pour over base of prepared pan to cover. Arrange apricots, cut-side down, over sugar mixture.
3 Beat chopped butter, sugar, rind and vanilla in a small bowl of an electric mixer until light and fluffy. Beat in eggs, one at a time, until combined. Transfer to a large bowl.
4 Add combined sifted flour and baking powder, almond meal and milk. Stir until combined. Spoon over apricots in prepared pan. Smooth over top.
5 Cook in a moderately slow oven (160°C) for about 1 hour and 15 minutes, or until a skewer inserted into the centre of cake comes out clean. Stand in pan for 20 minutes. Invert onto a wire rack.
6 Serve cake warm or cold with cream, if desired.

A Stunning Way to Remember...
"I Am With You"

DIAMOND AND
CREATED OPAL PENDANT

I Am With You Still

I give you this one thought to keep

I am with you still— do not weep.

I am a thousand winds that blow.

I am the diamond glints on snow.

I am the sunlight on ripened grain.

I am the gentle autumn's rain.

When you awaken in the morning's hush,

I am the swift uplifting rush

Of quiet birds in circled flight.

I am the soft stars that shine at night.

Do not think of me as gone—

I am with you still— in each new dawn.

*Keep the spirit of your loved one
close to your heart*

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Karen Buckley
Food Editor

THIS WEEK WE'RE LOVING...

BUBBLE AND SQUEAK SHEPHERD'S PIE

SERVES 4

PREP AND COOK: 30 MINS

8 frozen bubble and squeak patties
1 tblsp olive oil
1 onion, finely chopped
2 cloves garlic, crushed
500g lamb mince
500g jar tomato and capsicum pasta sauce
2 tps Worcestershire sauce
1 cup grated Tasty cheese

1 Place patties in a single layer on a large oven tray lined with baking paper.

2 Cook in a very hot oven (220°C) for 10 minutes. Remove. Break each patty in half.

3 Meanwhile, heat oil in a large, non-stick frying pan over a medium heat. Add the onion and garlic. Cook, stirring occasionally, until soft. Add lamb. Cook, stirring to break up mince, for about 5 minutes, or until browned.

4 Stir in combined sauces and ½ cup water. Bring to a boil. Boil, stirring occasionally, for about 3 minutes, or until sauce is thickened. Transfer to a large ovenproof dish (10-cup capacity).

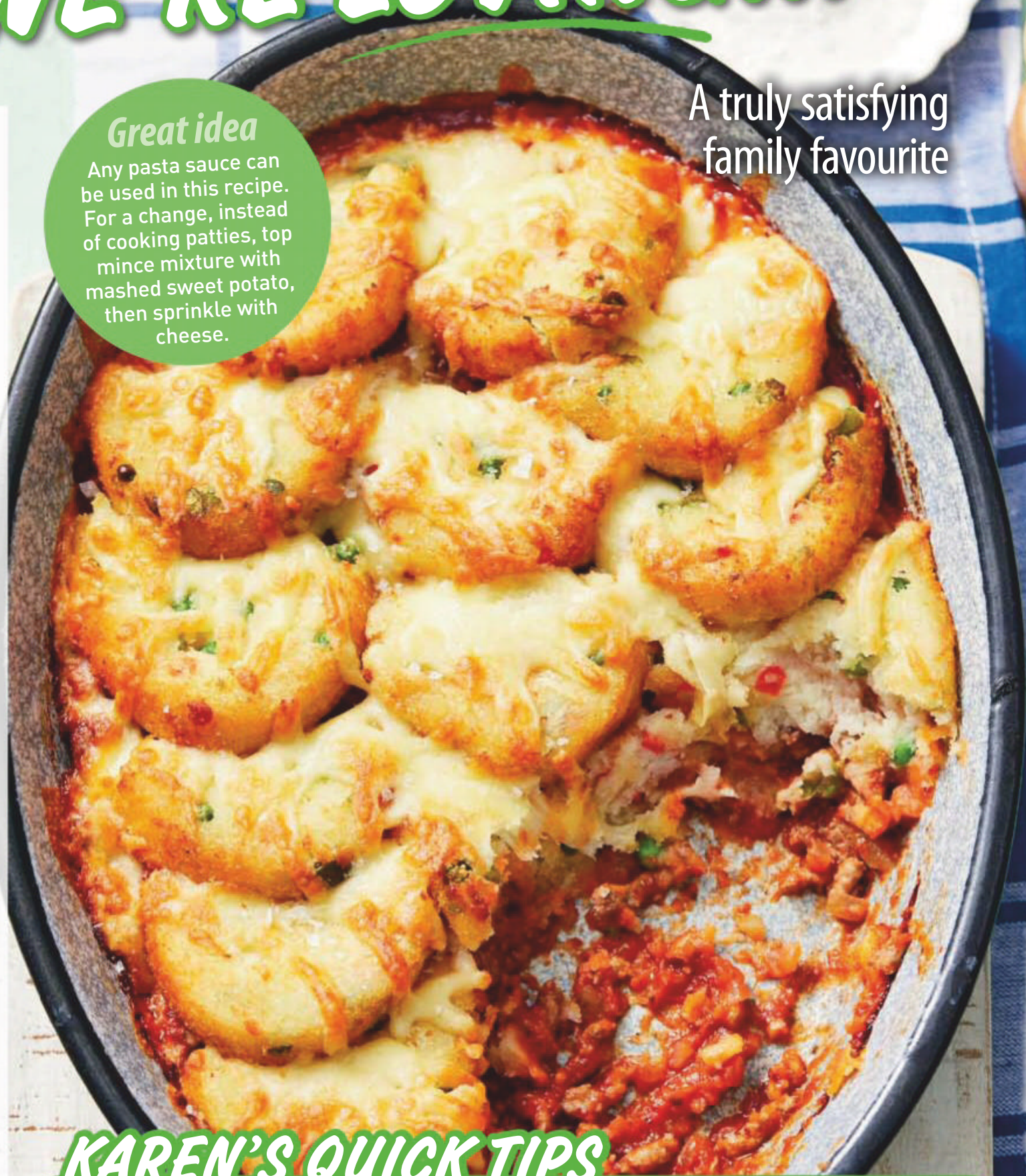
5 Arrange patties, slightly overlapping over top. Sprinkle with cheese.

6 Cook in a very hot oven (220°C) for about 15 minutes, or until top is golden brown. Serve.

Great idea

Any pasta sauce can be used in this recipe. For a change, instead of cooking patties, top mince mixture with mashed sweet potato, then sprinkle with cheese.

A truly satisfying family favourite



KAREN'S QUICK TIPS

USE UP THOSE LEFTOVERS...

CURRY PASTE

✓ Mix curry paste with olive oil and a little salt. Rub over potatoes and chicken before roasting or pan-frying. Serve with yoghurt or sour cream, mango chutney and mint.

✓ Add a spoonful of curry paste and a small,

crumbled stock cube to water when cooking white rice. Use cooked rice as a base for an Indian or Thai-style fried rice.

✓ Mix with mayonnaise or Greek yoghurt and spoon over roasted vegetables.

CHUTNEY

✓ Add a couple of spoonfuls

to a stir-fry or casserole, or add to a curry for a hint of sweetness and fruity flavour. Chutney is great added to gravy as well.

✓ Add to cooked couscous or brown rice with onion, parsley, coriander, oil and lemon juice for a slightly sweet, tangy side dish.

HOW TO:

Roast beetroot

Using food-handling gloves, trim beetroot stems and tails. Peel beetroot. Cut into 3cm wedges. Place on an oven tray lined with baking paper. Drizzle over oil. Season with salt and pepper. Toss to coat.

THIS TREAT IS MADE WITH A FAVOURITE PANTRY STAPLE – CONDENSED MILK



Cook in a hot oven (200°C) for about 25 minutes, or until tender.



Add warm or cooled beetroot to a salad, or serve hot as a vegetable side.

IN THE KITCHEN



Great idea

Wafers will soften slightly once frozen. For a crisp wafer option, freeze ice-cream in the pan without wafers, then cut and sandwich with wafers just before serving.

COCONUT AND CARAMEL ICE-CREAM SLICE

SERVES 12

PREP: 40 MINS

24 natural ice-cream wafers (See Tip)
300ml tub thickened cream
270ml can coconut cream
395g can sweetened condensed milk
1 cup frozen raspberries
½ cup shredded coconut, toasted
⅓ cup caramel spread

Extra ⅓ cup caramel spread, to serve

1 Grease a 20cm x 30cm lamington pan. Line base and sides with baking paper, extending paper 5cm above edges of pan.
2 Line base of prepared pan with half the wafers.
3 Beat cream, coconut

cream and condensed milk in a large bowl of an electric mixer until thick and soft peaks form. Fold in raspberries and coconut. Pour over wafers in pan.
4 Dollop caramel over top. Using a flat-bladed knife, swirl through cream mixture. Arrange

KITCHEN

Q+A

Can you give me a quick formula for cooking jasmine rice in a saucepan?

Rinse 1 cup jasmine rice under cold running water until water looks clear, moving rice around with your

hands. Drain. Place rice in a medium saucepan with 1½ cups water. Bring to a boil. Cover with a lid. Reduce heat to low. Simmer for 10 minutes, or until water is absorbed. Remove pan from heat. Stand, covered, for 5 minutes before serving.

KEEP IT fresh

Don't let your beautiful, fresh Chinese greens and salad leaves get sad and wilted. Place into large containers that are lined with a double sheet of absorbent kitchen paper. Place another sheet of kitchen paper over the greens and seal with a lid or plastic wrap. Store in the fridge for up to four days. Rinse under cold water and drain well before using.

NUTTY CHICKEN SANDWICH

These feel-good sandwiches are well worth trying and will have you coming back for more. Increase or reduce the quantities depending on your needs. Recipe by Simone and Hayden Clements and photo by Freya's Nourishment, for Redkite's *For the Love of Bread* ebook.

1 loaf of Coles Own Brand bread
3 cups of finely chopped cooked chicken
2 celery sticks
4 tblsp mayonnaise (you can add mustard or garlic aioli)
½ cup of almonds finely chopped

- 1 Combine all the filling ingredients in a large bowl.
- 2 Butter the bread and spread a layer of the filling (to your liking).
- 3 You can add another layer of bread and filling and finish with a slice of bread (triple decker).
- 4 Cut the sandwiches to suit the occasion (try slicing off crusts, cut into triangles or ribbons) and arrange on a platter.

remaining wafers over top, in the same direction as the wafers on the base. Cover with plastic wrap. Freeze overnight.
5 Use baking paper to lift ice-cream out of pan. Cut into slices. Place on a tray lined with baking paper. Drizzle with extra caramel. Freeze until ready to serve.

The children's cancer charity Redkite is determined to raise awareness in the community and increase funds with the launch of a new, free recipe ebook, *For the Love of Bread*. Packed full of feel-good sandwich ideas from families that Redkite has supported over the years – with each sharing their own personal cancer story – as well as famous Australian faces and food bloggers. To get behind this initiative, purchasing specially marked loaves of Coles Own Brand bread, five cents from each loaf goes towards children and their families affected by cancer.

To download the free *For the Love of Bread* ebook or to support Redkite, visit: redkite.org.au or sandwich4redkite.org.au

that's shocking

THE ROAD TO

These people weren't happy until they had enacted revenge

REVENGE

Injured man Oleg Beloguzov

DEADLY SPOILERS

Working in close quarters with others for extended periods can fray tempers and magnify irritants.

That is reportedly what happened with Russian engineers Sergei Savitsky, 54, and Oleg Beloguzov, 52, after being cooped up on the remote research facility of Bellingshausen Station on King George Island in Antarctica.

With only two TV channels, a gym and a library to keep them entertained for up to a year at a time, Sergei was apparently fond of reading during downtimes.

But Oleg had a habit of revealing the ending of the novels

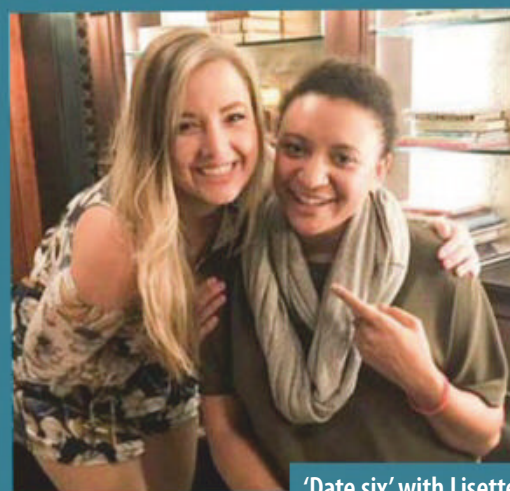
Sergei was enjoying. After several months of constant spoilers, Sergei is said to have lost his cool one night, and, while eating dinner, allegedly grabbed a kitchen knife and stabbed Oleg in the chest.

Oleg was airlifted to a hospital in Chile where he recovered. Sergei was shipped home to Russia, where he was charged with attempted murder.

Sergei is quoted as saying he regrets losing his temper. 'It's bad that everything worked out like this,' he told a local news station. 'Who needs a person who waves a knife around at the Antarctic?' ●



Bellingshausen Station



'Date six' with Lisette

I STOLE AND WE

table, then proceeded to fill her in.

That's when date number three arrived.

The girls decided to work together to teach the wannabe Casanova a lesson.

Lisette, date No. 2 and date No. 3, engaged the guy in conversation and ordered multiple drinks before

promptly walking out, leaving him with the bill.

Going to a bar next door, the duped-dates were still

in shock over

the guy's brazen tactics when Lisette received a text message from her friend Kyle saying date number four had just sat down!

While one of the girls raced back to the bar to rescue No. 4, Kyle managed to intercept date No. 5, who

When Lisette Pylant went on a blind date in August 2017, she arranged to meet the guy at a Washington DC bar where her friends Kyle and Katrina worked.

So 45 minutes in his next date shows up because he

double books himself and he decides he's going to friendzone me to get out of the situation, Lisette wrote on Twitter.

Not wanting date number two to feel awkward, Lisette played along until the guy left the

'I seem to have the worst dating luck'

0 vge LE HIS DATES BECAME MATES!

immediately became part of Lisette's group.

With date No. 4 joining them also, the girls all bonded over their shared outrage.

I'm stealing his dates and making them my friends! Lisette wrote under a photo of the group.

It wasn't long before Katrina sent Lisette a photo she'd taken of herself with unfortunate date number six.

The tribe is growing! Katrina wrote.

When Lisette later confronted the guy about his back-to-back dating schedule, he claimed he was a project manager and liked to use his time efficiently.

'I seem to have the world's worst dating luck,' Lisette told Mashable.

'But I'm glad I was able to make some new friends out of the situation!' ●



The girls bonded



EXPLOSIVE PAYBACK

Gregory Lee Rodvelt, 66, already had a long history of criminal behaviour when his then 90-year-old mother sued him for elder abuse.

She was awarded around \$3 million and Gregory was forced to sell his six-hectare property to pay her.

In prison for a previous offence, Gregory was released for two weeks so he could prepare the property for sale.

When the real estate agent arrived, he discovered a sign that read 'protected with improvised devices.'

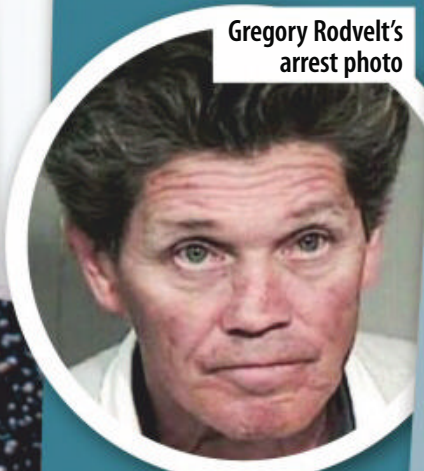
Given Gregory had a history with explosives, the FBI and bomb squad were called, and they discovered the entire property had

been booby trapped.

Likened to an *Indiana Jones* movie, a trip line attached to the front gate was rigged to cause a hot tub to roll down a hill, barely missing the entering officers. Court reports say the driveway was riddled with spike strips, a mini-van was full of animal snares and a rat trap was rigged to fire a gun when the garage door was opened.

An FBI agent was also shot in the leg when he moved a wheelchair that was rigged to a shotgun.

When asked if police could expect any other surprises, Rodvelt allegedly replied, 'I wouldn't race right in.' ●



Gregory Rodvelt's arrest photo



The hot tub was booby trapped

that's heartwarming



DIRTY H healed my br

The
**BEST
AUSSIE**
real-life

George and
me on our
wedding day

After Jill's year from hell, she needed a ray of light. Then she met Harry...

Jill Baker, 61, Melbourne, Vic

Standing at the entrance of the farm, I looked out at the dusty paddocks.

Could I really make this my home? I wondered.

As a city girl, I was sceptical. But from the moment my husband George laid eyes on the land, he was sold.

Ever since I'd met George in my 20s, he'd always dreamt of us building a life together in the bush.

My work as a journalist had kept us near the city.

But I knew George's heart belonged to the country.

So, after 13 years of marriage, we decided to buy the farm in Victoria.

'Let's do it!' I smiled, full of excitement and nerves.

George, 63, quit his job to become a farmer and began building the perfect farmhouse that would become our new home.

I quickly realised our patch of dirt was where George belonged and where I wanted to grow old with my husband.

I still lived and worked in Melbourne during the week, but when Friday arrived, I couldn't wait to escape to our little slice of heaven.

Years passed and we were happier than ever.

Then, one Monday, I got up at the crack of dawn like normal.

I kissed George on the lips and said, 'See you Friday.'

'Mind those kangaroos,' he said, before I set off.

That evening, I rang George.

He said he'd felt a pain in his stomach in the morning and had spent the rest of the day in bed with a fever.

At 73, George was healthy and fit but I still wanted him to see a doctor.

He was prescribed antibiotics for a suspected UTI and I hoped he'd feel better.

But the next morning when I rang George he didn't answer.

I tried again and again with no response.

Worried, I drove straight home where all was quiet.

Then, I walked into our bedroom and my stomach dropped. George was collapsed on the floor.

He was the
ray of sunshine
I needed

pulse, I realised he was already gone.

Sitting on the bed, I whispered a goodbye.

In the weeks that followed, I was numb with grief.

We'd been happily married for 23 years.

Now what am I going to do? I thought.

The coroner believed George had died from an abdominal aortic aneurysm, when part of the major

vessel that supplies blood to the heart expands and ruptures.

I eventually forced myself back to work but I could barely function.

Then, just 12 weeks after I'd lost George, I was hit with another devastating blow.

A routine breast screening revealed I had cancer in my left breast. It had spread to my lymph nodes.

Still grieving, I underwent two surgeries followed by seven months of chemotherapy.

I lost my hair but somehow, I found the strength to keep fighting.

Afterwards, I made the



We were
supposed to
grow old
together on
the farm

My boy gets
us into all
sorts of
trouble



HARRY

broken heart



tough decision to sell the farm. It was heartbreaking, but it was too difficult living there without George.

With my year from hell behind me, I tried to focus on the future.

Then, a few years later, I found myself thinking about something a friend had said to me.

'Jill, you need something to love,' she'd told me.

I wasn't ready for a relationship, but I thought maybe there was something else.

Maybe I could get a dog, I thought.

I visited a kennel and the second I clapped eyes on the cavoodle my heart melted.

With soft orange fur and big brown eyes, he was hard to resist.

The puppy was just seven weeks old and fitted in the palm of my hand. I decided to name him Harry.

I'd never had a dog before and when we ventured out for our first walk, I quickly

discovered that I had a lot to learn.

After a few steps, I turned around to see Harry chasing his tail in a frenzy.

'Come on Harry,' I said optimistically, giving his lead a tug. But it was no use.

So I enrolled Harry in puppy training and then for obedience lessons.

But things were never quite plain-sailing with my unruly pup.

Somewhere along the line he earned the nickname Dirty Harry and it stuck.

Whether he was tearing around the house at full speed or running around me in the park, Harry never failed to make me laugh.

Did your dog help you in an amazing way?
Tell us at
tl.features@pacificmags.com.au

This sweet and cheeky pup was the little ray of sunshine I so desperately needed in my life.

Whenever I came home, Harry would be waiting for me, tail wagging as soon as I put my key in the door.

Over the years, he got us into all sorts of trouble but keeping up with Harry's escapades kept me entertained.

Of course I thought about George often, but it was no longer the overwhelming grief I'd felt before.

Now, I had something to live for.

I had Harry.

Harry is seven now and I couldn't imagine life

without him. It's 10 years since George died, and my diagnosis, and thankfully I'm still cancer-free.

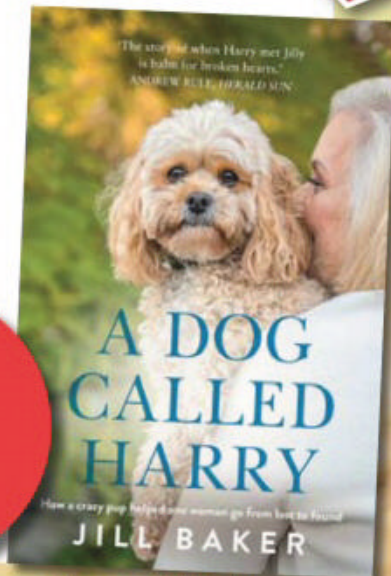
The wonderful team of doctors saved my life.

But it was Dirty Harry who found

a way to heal my broken heart. ●

As told to Jess Bell

A Dog Called Harry is out in bookshops now



Harry never fails to make me laugh

3 WAYS TO...

Living well

banish loneliness

1

Use the kids

Being the parent or grandparent of young children offers many opportunities to interact with other adults. At the park, sporting events, and before and after school, make the effort to talk to the other adults around you.

2

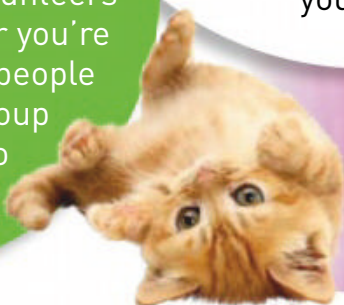
Join in

Visit your local community centre, or their website, and look on their bulletin board. It should be full of notices advertising walking groups, book clubs, social groups and craft lessons. Sometimes pushing yourself to join in when you don't know anyone is hard, but for the most part, people are friendly and you'll find you form bonds before you know it.

3

Volunteer

Donating your time puts you in contact with other like-minded people. Most charitable organisations rely on volunteers to function, and whether you're an animal person or a people person, there's a group that will appeal to your interests.



Five tips to help manage ARTHRITIS PAIN

If you have arthritis you're probably all too familiar with the pain that can accompany it. Try these tips to help keep joints moving.

LOSE WEIGHT

Losing just one kilogram relieves four kilos of pressure from your knees. That can have a huge impact on your pain levels. Follow a healthy eating plan and be sure to include anti-inflammatory foods such as oily fish,

broccoli, garlic, ginger, nuts, berries and olive oil.

MOVE IT Exercise is essential in the management of arthritis pain, but choosing the right activity is a must. Try low-impact exercises such as swimming and bike riding and skip things that involve running or jumping.

QUIT SMOKING The chemicals in tobacco affect the connective tissue in your body, placing more stress on your joints. Yet another reason to give the ciggies the flick!

LOOK AFTER YOUR MENTAL WELLBEING

Chronic pain can take a toll on your mental health. Meditation, cognitive behavioural therapy, yoga, maintaining social interactions and even journalling can help.

TALK TO YOUR DOCTOR

Soldiering on through pain can be as damaging as over-medicating. Work with your doctor to balance your relief. You may need to try several medications before one works for you. Your doctor can refer you to a pain specialist.

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TELL ME WHY:

I have a metallic taste in my mouth

Some medications, such as antihistamines and antibiotics, can taint saliva with a metallic taste. This is also true of vitamin and mineral supplements. Poor dental and oral health is also a common culprit, along with pregnancy and sinus infections. Chemo patients often experience a change in their tastebuds, as do those with kidney or liver disease.

RUN MARATHONS WITHOUT TAKING A STEP!

According to Varidesk, you can burn 200 bonus calories a day simply by spending four out of eight working hours at a standing desk. That's 52,000 calories a year – the equivalent of running 18.71 marathons without ever leaving your desk! Less sitting is known to reduce your blood pressure and improve your cardiovascular health.



96

This percentage of adults don't eat enough vegetables

GOOD HEALTH IN A HURRY:

Don't throw away that banana peel! Boil the skin to soften, then blend to add to smoothies or baked goods and you can potentially boost your fibre intake by 10 per cent and your vitamin B6 intake by 20 per cent, according to nutritionist Susie Burrell.



0.4

This percentage of children aged 14 or under are homeless



HAVE YOU TRIED

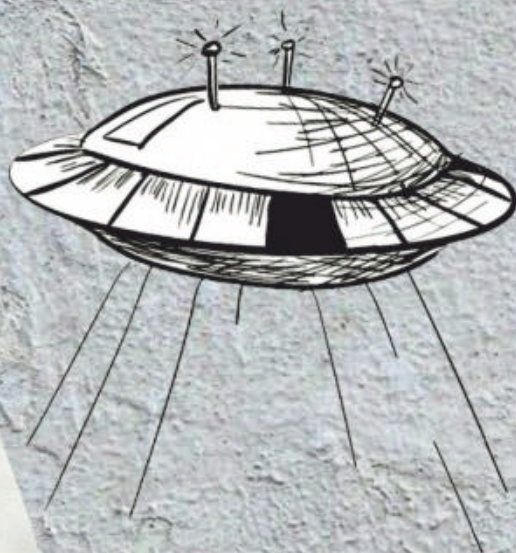
A sauna

Researchers from the University of Eastern Finland have highlighted the heart-health benefits of taking a sauna. They discovered that steam bathing for 30 minutes is associated with a healthier heart rate, lower blood pressure and better overall vascular health. The same researchers also found a link between saunas and a lower risk of dementia. Separate studies have found that saunas help improve circulation and help with muscle recovery after exercise.

FROM THE TEAM AT NEW IDEA COMES...

Investigates

PODCAST



If you find yourself googling unsolved crimes or thinking endlessly about incredible stories, then you need to listen to Investigates - the podcast that lifts the veil on some of the world's most horrific crimes and baffling mysteries. From Australia's most haunted house to the 37-year-old missing person's case that started a national movement, Investigates explores some of the most fascinating stories the world has ever seen.

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MEDI-FILE

I HIT MY HEAD, NOW I CAN'T SMELL ANYTHING

Chloe's head bump had unexpected consequences

Chloe Donovan, 31, Botany, NSW

Taking a bite of a cheese toastie, I frowned. I couldn't taste it.

I can't be hungry, I thought, sitting in my hospital bed.

I'd fainted at work and fallen back on concrete, splitting open my head.

My colleagues called the ambos, and I'd been given stitches.

Back home the same day, I couldn't smell the soap or shampoo in the shower. Brushing my teeth, I couldn't taste the toothpaste.

I can't smell anything, I realised, shocked.

And, I couldn't taste anything, either.

Brain scans confirmed I'd damaged my olfactory nerve – which gives you your sense of smell.

My condition was called anosmia, but specialists couldn't help, or say if it was permanent.

I'd had a sweet tooth but now lollies tasted like rubber bands and chocolate like crayons.

Burgers and pizza tasted

like tissues. Spag bol was just mush and salad was like grass. All I could discern was texture and temperature.

Put on a high-protein supplement, it was

expensive, so I switched to chocolate milk for brekkie, lunch and dinner.

I couldn't taste it, but I liked the texture.

Sometimes I'd hold a flower to my nose and inhale deeply, desperate for its scent.

One day, my son Spencer, 13, came home.

'Have you been making toast?' he asked.

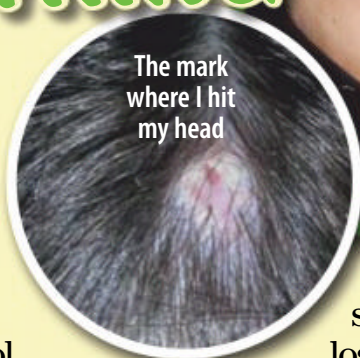
'No mate,' I said.

We found a blackened loaf on top of the toaster. I'd pressed down the lever, scorching it, but I hadn't smelt it burning.

I couldn't smell if food was off, and was paranoid about body odour.

In the supermarket, I'd look longingly at the shelves of amazing food and try not to cry.

It's now been five years



The mark where I hit my head

I miss my sense of smell so badly

since I hit my head and lost my sense of smell.

I've forgotten the aroma of crusty fresh bread and the earth after it rains.

And memories, such as Grandma's roast chicken, or the smell of the beach have been stolen, too.

As it's not visible, people forget I have it.

But I miss my sense of smell so badly – even the odour of ashtrays.

Blood tests show I'm healthy, despite the chocolate milk!

Anxiety and depression are common for people with anosmia, though, so I started a Facebook page for sufferers. It helps to know others are going through the same thing.

If my sense of smell ever does come back, I'm going to take a fortnight off work and gorge myself silly! ●

ANOSMIA

- Anosmia is the complete or partial loss of the sense of smell which affects the sense of taste.
- It's caused by head injury, infection, or blockage of the nose.
- Congenital anosmia affects roughly one in 10,000 people.

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Don't take your eyesight for granted – here are some easy steps to help protect your vision...

7 Ways to KEEP YOUR EYES HEALTHY



We all value our eyes – a survey found that 84 per cent of adults count their sight as their most important sense. A few simple lifestyle changes could keep serious eye conditions at bay...

WEAR THE RIGHT SUNGLASSES

UVA and UVB rays in sunlight may increase the risk of cataracts and macular degeneration, so it's vital to choose sunglasses with a built-in UV filter. When choosing sunglasses make sure they meet the Australian/New Zealand standard and look for those labelled category 2 or higher.

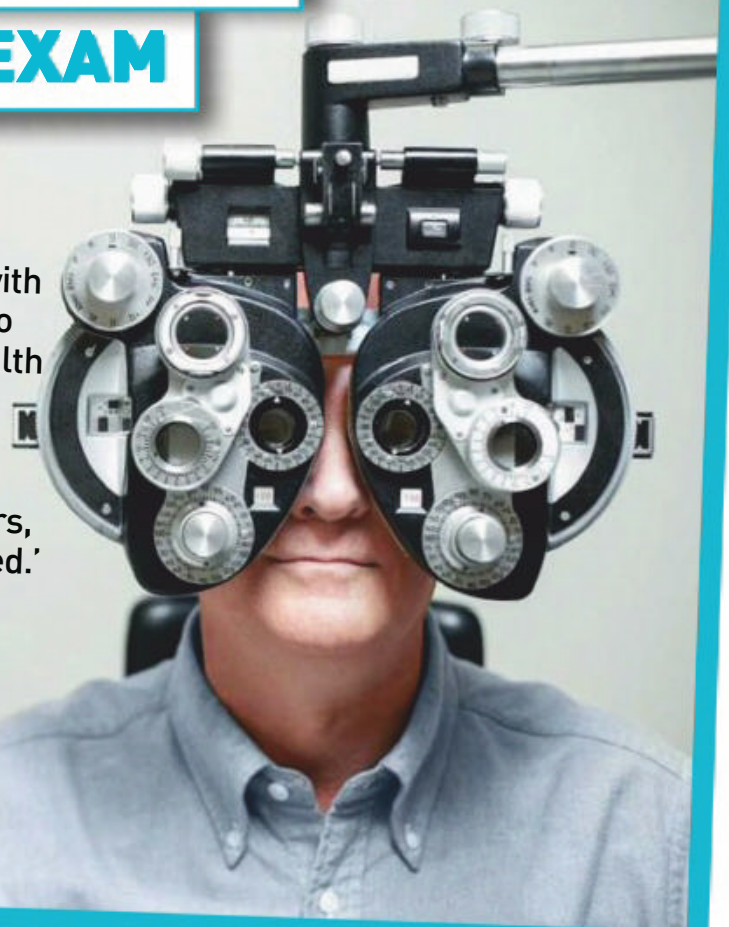


HAVE A REGULAR EYE EXAM

When was your last eye exam?

'Regular exams not only detect problems with your vision, but can also uncover underlying health problems,' advises optometrist Kelly Plahay. 'You should have one every two years, unless otherwise advised.'

It's also good to know if anyone in your family has a hereditary eye condition that may increase your own risk.



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WATCH WHAT YOU EAT

Vitamins, minerals and carotenoids found in fruit and veg can help protect your sight, while omega-3 fatty acids in cold-water fish provide support to cell membranes. Eating one portion of fish a week may reduce your risk of age-related macular degeneration (AMD) by up to 40 per cent. Antioxidants, particularly lutein in eggs, can help to prevent damage to the



retina, a fine sheet of nerve tissue in the eye that acts like a camera film. Studies also show a link between a lower risk of cataracts and eating vitamins E (nuts, eggs) and C (oranges, kiwifruit).

DON'T SMOKE

According to research, smokers are twice as likely to lose their sight in later life as non-smokers. Tobacco chemicals damage the blood vessels behind your eyes, increasing your risk of developing macular degeneration.



KEEP ACTIVE

Exercise, when combined with a healthy diet, can help preserve vision. An active lifestyle may reduce the risk of sight loss from narrowing or hardening of the arteries, high blood pressure and diabetes. US researchers found that active people were 70 per cent less likely to develop Age-related Macular Degeneration (AMD) than those who led a more sedentary life.

TAKE COMPUTER BREAKS

Some of us spend nearly 50 hours a week looking at computer screens, revealed research by The College of Optometrists in the UK. 'Remember to blink regularly,' advises Kelly. 'When focusing on a screen, the reflexes will slow down, tear

production reduces and we blink less, causing dry eyes.'

She advises following the 20-20-20 rule: every 20 minutes, look 20 feet away (six metres) for 20 seconds to give your eye muscles a break and increase the rate of blinking.

THROW AWAY

OLD MAKE-UP

Many women regularly use eye make-up far past the recommended use-by date, yet it can be a breeding ground for bacteria; this is particularly true of mascara. Because it's applied so close to the surface of the eye, it can cause infections. Check the contents of your bag and look for a small open-jar symbol with a number showing how many months it should be used for after opening. Chuck anything out of date.





BROWN IS THE NEW BLACK

Do as the celebrities do
and add the earthy
shade to your look
this autumn



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THE BLACK

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Helpful hint

If brown is not usually your colour, find a print like this paisley one to incorporate the shade without stepping too far outside of your comfort zone.



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I MARK CAVE

Glenn swept Jayne off her feet, but then never lifted a finger to help

I met Glenn at a fancy dress party. I was Tinkerbell from *Peter Pan*; he was Fred Flintstone.

The first thing I noticed about him were his ridiculously hairy legs and stubble-covered face.

The moment he saw me, he smiled broadly and yelled, 'Yabba dabba do', at the top of his voice.

I was gone. Swept off my feet, caveman style.

Glenn had four older sisters, all of them utterly devoted to their baby brother. When we got

together, he literally couldn't boil an egg. He tried the first time I stayed at his tiny, grotty flat. The egg was rock hard. He told me he'd forgotten to check the time but the truth was, he had no clue how long it took.

That's when I made a BIG mistake. I told him to leave the cooking to me. So he did...

And the cleaning and the shopping...

We got married, and after university, Glenn got himself a good position at an up-and-coming

accountancy firm.

When our children came along, I stayed home to take care of them, but once they were old

enough, I went

back to teaching.

Time passed, as it does.

I was promoted and so was Glenn. Most evenings I was too tired to do anything other than slump onto the sofa, but I thought we were doing okay.

Then, one night Glenn

dropped his bombshell.

'Jayne, I'm thinking of taking early retirement so I can set up my own business, working part-time from home. It'll give us a chance to try some different things.'

'Like what?' I asked, cautiously.

'I don't know,' he said. 'One of those wild holidays – where you live in the jungle or in caves.'

I smiled as a vision of him dressed as Fred Flintstone jumped into my mind. He still had the costume tucked away

somewhere.

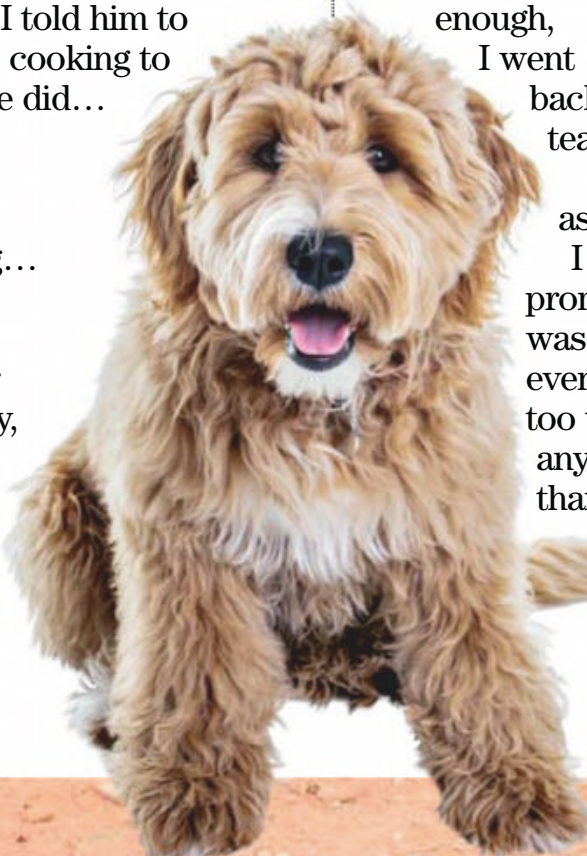
But I really didn't have the energy.

As well as babysitting the grandchildren, I often got lumbered with my eldest's labradoodle. Barney was adorable, but I'd had to give up my lunch break to come home and check on him.

If Glenn worked from home, at least I wouldn't have to do that any more.

My imagination set off... an easier life, Glenn cooking a couple of evenings a week, me coming home to find the ironing done – maybe a

Most evenings I was too tired to do anything but slump on the sofa



RRIED A MAN

grand tour – so I told him it was a great idea.

Only it wasn't.

The first day I came home, Barney leapt off the sofa, and ran for the back door, desperate to be let outside.

The sink was piled high with mugs and there was no sign of a meal under way.

I left Barney in the garden and marched upstairs to tackle Glenn. He had his headphones on and was singing along to the radio as he painted the spare room, ready to turn it into an office.

I couldn't help smiling. He sings badly at the best of times but it's so much worse when he can't hear himself.

Then I remembered I was cross and pulled the plug.

'You were supposed to put the casserole in the oven. It's still there, in the fridge. And you forgot to walk Barney.'

He was full of apologies.

'I'm so sorry, love. I lost track of time.'

I had to admit he'd done a good job. The back bedroom hadn't been touched since our youngest left for university, but after a long day, I wasn't in the mood to give compliments.

'You're such a Neanderthal,' I said. 'It wouldn't hurt you to help round the house.'

Just then, my daughter

sent a text.

We're running late, Mum. Will pick up Barney tomorrow.

And then daughter number one messaged. *Mum! I have a late meeting tomorrow. You okay to pick up the kids from school?*

It was the last straw. I told Glenn that things needed to change, and fast.

When I came home the next day, the kitchen looked as though it had been ransacked by a horde of angry barbarians.

Glenn was standing amid the chaos, looking lost.

'I couldn't find the sugar.'

I opened the cupboard above the kettle, grabbed the packet and plonked it down in front of him.

Apparently, because men used to be hunters, they're better at spotting things that are further away and struggle to see what's right in front of them.

I didn't really want Glenn to change – I knew he was a caveman when we got

Glenn laughed so hard he nearly choked

married. All I wanted was for him to help out every now and then.

The family came for Sunday lunch so after the meal, I made an announcement. 'From now on, I'll need at least a week's notice for dog and babysitting. And next holidays, I've booked Dad and me into a resort where they run lots of courses.'

I turned to Glenn. 'You're doing a basic cookery class. Hopefully, even a caveman can learn to roast a chook.'

Glenn laughed so hard, he almost choked. Then he did something I didn't expect; he began clearing the table.

'Come on, you guys. We'll

wash up. Let's give Jayne a break.'

The whole family got stuck in. It was amazing and much easier than I'd ever have imagined.

When they'd all gone home, we snuggled up on the sofa, the way we used to, way back when.

'So you think I'm a caveman, do you?' he asked.

'Sometimes.'

Glenn nuzzled my neck.

'I've still got my Fred Flintstone costume tucked away somewhere. Want to come and see if it still fits?'

'Yes, please,' I smiled.

'Yabba dabba do,' yelled Glenn, and we raced each other up the stairs. ●

By Linda Lewis





With
Grumpy
Gwen

Got a complaint? Send it to Grumpy Gwen and if she thinks your whinge is justified, she might just send you some cash – it's that easy!

SHARP END

I went to buy a sharpener for my make-up pencils and they were \$10 each. I found the identical ones in the stationery section of the same supermarket for \$1.50. What a roort!

Rosemary Mallon, Atherton, Qld
Congratulations. My cheap mate Meredith is also the queen of substitutions. She substituted tinned sardines for salmon in Gordon Ramsay's famed 'salmon en croute' recipe and borrowed her neighbours goat instead of getting a paper shredder. Her dream is to one day swap her husband, Norman, for John Travolta.



WHINGE-O-METER

BEAUTY SPOT

I'm in my 70s and it's getting expensive to keep looking decently made up as my eyesight is bad and it's hard to lift my arms. Now I have to pay to have my upper lip waxed, my hair coloured and my toenails cut!

Glenys Dayer, Bunbury, WA
I have similar issues, Glenys. Authorities no longer inspect my birth certificate to check my age, they employ carbon dating. Just when I think I have all the answers, I've forgotten what the questions are. However, I think of myself as retro rather than old and you should do the same. Cash for a pedicure.



WHINGE-O-METER

SLOW GOING

Why do drivers overtake you on a highway then get back into your lane about a car's length in front of you and slow down? It's dangerous and annoying!

Linda Johnson, Gympie, Qld
It's called bad driving. My friend Gloria is also guilty of this. The stick-figures decals in her back window don't represent her family, they're the people she's almost hit. She's terrified of having an accident because the paper will print her age. If people stuck to the speed limit and showed courtesy for other drivers the roads would be a much safer place.



WHINGE-O-METER

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TRUE COLOURS

Let your creativity go wild with these pretty and practical hair clips

Instructions

1 Think about the colours and designs you want to create for your clips. Mix and match a few different colours for each clip to create interesting designs.

2 To create the terrazzo effect, choose the base colour and roll out a piece of Sculpey to about 5mm thick. Place small bits of other colours of Sculpey over the top and use the rolling pin to blend the colours together.

3 You can either use the Sculpey shape cutters to cut out different shapes or you can cut other shapes out free-hand using the Sculpey cutting tools.

4 Once you have your Sculpey shapes, lay them onto baking paper and use a toothpick or a Sculpey tool to put holes or markings into your shapes for extra texture.

5 Bake Sculpey pieces in the oven between 2 sheets of baking paper for 15 minutes at 130°C. Cool before handling.

6 Once cooled, use the E6000 glue to stick the Sculpey pieces onto your hair clips.

What you will need

- ✓ Sculpey Oven-Bake Clay Pearls & Pastels 12pc Multipack
- ✓ Sculpey Tools
- ✓ Baking paper
- ✓ E6000 glue
- ✓ Pack of hair clips



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Authenticity

People with integrity are authentic. What you see is what you get and they are not afraid to be themselves under any circumstances.

Respectful of others' time

Good people know your time is important and won't waste it by playing games. They will also be on time for events or appointments. Remember the saying, 'Beware of a person who is always late – they are thieves of time and if they will steal your time, they will steal other things from you too.'

Lack jealousy

Happy for others' success, people with integrity are also quick to point out others' achievements and give credit where it is due. They never try to pass off the achievements or ideas of others as their own.

Without integrity you may attract like-minded people – and be surrounded by friends who take advantage of you, lie to you or use you. To lead a good life, begin with these traits!

Living a good life

Apologise easily

A person with integrity will apologise instantly and sincerely when they are in the wrong. They are used to having a clear conscience. Making amends for wrongdoing, even accidental, is necessary to maintain their inner peace.

Humility

Upright people are grounded and will not boast or try to impress others with their achievements. Integrity brings humility because when you are honest you don't need to show off to make up for your dishonesty or cover your inadequacy.

Direct and truthful

People with principles are straight talkers. They will give you an honest opinion if asked and they don't beat around the bush, even if the subject matter is difficult. They will tell the truth even if it reflects badly on them.

Don't take advantage

Those with integrity can be relied on never to take advantage of people or situations for their own gain. Nor will they put someone at a disadvantage on purpose.

Trustworthy

You can always rely on a person of good morals to be trustworthy. They will never betray you even when you are not around.



True to self

The most important thing is to be honest with yourself. None of us are perfect, but if you see areas you can improve, it's never too late to try! Practising good habits helps keep your energy safe and your circle pure!



Kelli-Jo was shocked when a medium came to the door

Scrolling through Facebook, a page called Danielle's Difference caught my eye.

It was started by a woman called Jennifer, after her one-month-old daughter Danielle passed away from a brain tumour.

Being a mum myself, to my baby girl, Bella-Jeene, Jennifer's story pulled at my heartstrings. I'd also just had a miscarriage and was mourning my own loss.

Jennifer was asking people to participate in 'Danielle's Dare for a Cure' to raise money for the Children's Cancer Institute Australia.

Moved, I dared myself to dye my hair bright pink, raising \$500 in sponsorship.

A couple of weeks later, I was visiting my friend Holly when a woman knocked on the door.

'I need to speak to the woman with pink hair,' she said.

I came to the door, perplexed.

'I'm a medium,' she said. 'I'm visiting a neighbour's house and, this will sound strange, but the right spirits can't get through because a little girl keeps interrupting.'

MESSAGE FROM HEAVEN

She says, 'I have a message for the woman with the pink hair.'

'She says to thank you for the pink hair and say thank you to Mum for the orange and yellow flowers that went on her casket. She liked them better than the pink ones she was going to choose.'

'She liked the book she put in there too. And she said don't worry about the bracelet.'

I was shocked. How did the medium even know I was in this house?

And the reference to my pink hair meant the little girl could only have been Danielle, but she'd been a baby when she'd passed...

Should I tell her mum about the message? *I don't want to impose on the poor mum's grief, I thought, mulling over my*

dilemma on the way home.

If I was Jennifer, I'd want to hear the message, I finally decided.

So I contacted the charity page and left my number.

Soon after, Jennifer rang. 'I don't know how to tell you this,' I said

nervously. 'But Danielle said the orange and yellow flowers looked nicer than the pink ones you were going to get.'

'How did you see her casket?' she asked me, stunned. 'There are no pictures on Facebook.'

'A medium told me,' I replied. 'And Danielle said thank you for the book you used to read her that you put in her coffin.'

Jennifer started crying. 'She also said it's okay that you didn't find the bracelet.'

Jennifer had a bracelet for Danielle that she couldn't find in time for the funeral.



I had a message for Danielle's mum

She also told me she'd put a book, which they'd read to her in hospital, in her casket.

Nine years on, it's made me see there's more to life than we think – and a mother-child bond never dies. ●

Kelli-Jo Hoffman, 30, Macksville, NSW

The medium said a little girl was interrupting the spirits

JENNIFER SAYS:

I was astonished when Kelli-Jo called me with Danielle's message.

Everything she said is true.

I changed the flowers from pink to orange and yellow, I put the book in her casket and I couldn't find the bracelet I had made for her until after the funeral.

My beautiful girl helped to raise \$2 million for the Children's Cancer Institute Australia.

Danielle really did make a difference.



Beautiful little Danielle



Your stars

What's in store for
your week ahead

Aries Mar 21 – Apr 20

Be mindful of others' feelings when tackling a tender task. You can still reach your target with compassion. Factor in unanticipated costs when drawing up a new budget, juggling finances or arranging a romantic treat.

LUCKY NUMBERS 11, 15, 27



Taurus Apr 21 – May 21

Leap into a project, course or returned relationship without second-guessing yourself, Taurus. This could be your new chapter. Somebody tries pushing your buttons again – but, this time, you have them covered.

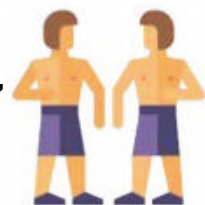
LUCKY NUMBERS 3, 8, 29



Gemini May 22 – Jun 21

Compile a list of questions, apologies or jokes before reuniting with someone who left a hole in your life, Gemini. Understanding what a co-worker means or how a contraption works makes you the ideal candidate to hire.

LUCKY NUMBERS 1, 13, 35



Cancer Jun 22 – Jul 23

It's never the right time to let a loved one down, Cancer – but you'll indirectly do them a favour moving forward. An unusual set of circumstances assists you to finally see what makes your partner or child tick.

LUCKY NUMBERS 16, 22, 40



Leo Jul 24 – Aug 23

Share your plans with loved ones for after your travel expires, study finishes or round of treatment completes. They deserve to be kept in the loop, don't you think? Refuse to accept lame excuses for lateness, Leo.

LUCKY NUMBERS 33, 36, 39



Virgo Aug 24 – Sep 23

My, how you've changed! Remember when all you needed was a roof over your head and someone to love? Shoot for the stars with this life decision. Thursday's hearty exchange provides an idea of where you stand with someone.

LUCKY NUMBERS 4, 24, 26



Libra Sep 24 – Oct 23

Ask the hard questions when coming to terms with a complex family, relationship. The answers could be full of love. Don't hesitate deciding between dinner delivered, housemate cooks or eating leftovers.

LUCKY NUMBERS 19, 21, 45



Scorpio Oct 24 – Nov 22

Why not snuggle up to someone super sweet on Sunday? If you want your cake, Scorpio, call upon your inner courage and just do it. Listen up: it's the final call for a home deposit, home rental or home swap.

LUCKY NUMBERS 6, 7, 41



Sagittarius Nov 23 – Dec 21

Pretty soon you take a flying leap into a challenging-but-exciting domestic situation or money-making opportunity. Niggling self-doubt? You can do this. Someone's symptoms indicate nothing as sinister as the search sums up.

LUCKY NUMBERS 11, 12, 34



Capricorn Dec 22 – Jan 20

Fearful of the fallout from a coffee catch-up or wagging work tongues? Don't let your mind go there because your secret is as safe as houses, Capricorn. A nice note, email or text message shows just how appreciated you are.

LUCKY NUMBERS 20, 17, 42



Aquarius Jan 21 – Feb 19

No reason why you can't initiate a romantic conversation with Mr or Ms Standoffish – they really are into you, and it is the year to lead, Aquarius. Your serious commitment to a health and fitness goal rubs off onto family members.

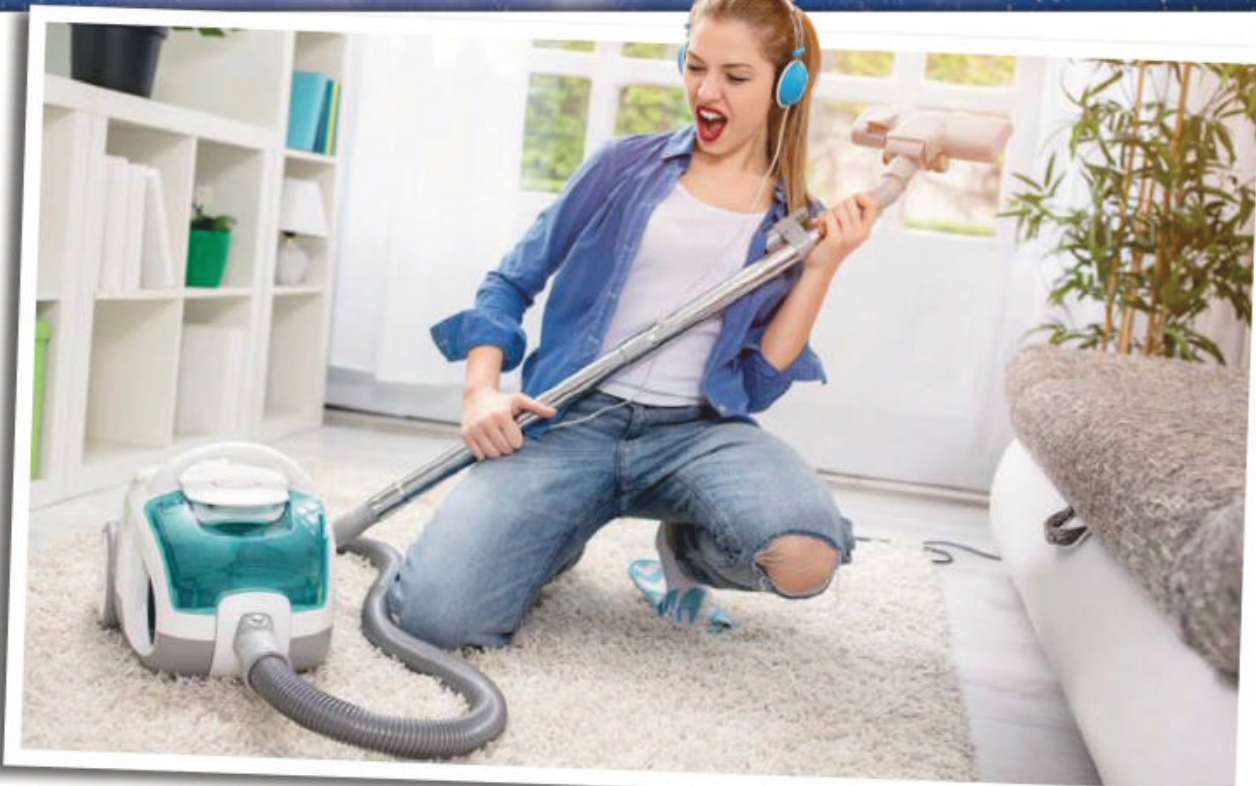
LUCKY NUMBERS 2, 4, 43



Pisces Feb 20 – Mar 20

Make the most of your leap year, Pisces – ask that special someone to be your partner in life or jump off the single train and start your search. Arrange an inspection before signing-up for an apartment, car or office lease.

LUCKY NUMBERS 30, 31, 44



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