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THE AUSTRALIAN **Women's Weekly**

NEW ZEALAND EDITION

Renee Wright

Motherhood, loss & the love that keeps me going

ROYAL REPORT

PRINCE HARRY

Can the rift with his family *ever* be healed?

HEARTACHE & HOPE

A TOWN REBUILDS *after* tragedy



Summer favourites

- Sweet treats
- Barbecue hits
- Tasty salads

TRUE CRIME

MURDER SHE WROTE

The real story of the Black Widow

EXCLUSIVE

KRISTIN SCOTT THOMAS

Life at 60

Plus

KATE SYLVESTER

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and more

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NATIO

NATURAL AUSTRALIAN BEAUTY

Editor's letter



Our wonderful editor, Michele Crawshaw, is away with her husband Chris on a great American road trip, so it's my turn for a spin in the ed's chair. Like most Aucklanders, my morning commute is long and I fill my bus ride by listening to podcasts. Yes, this means I am like that annoying person in your friend group who is always saying: "I heard this great quote on a podcast." But bear with me, because I did indeed hear this great quote on a podcast! "Perfection is the enemy of progress," said Winston Churchill. I have long been a fan of Winston's quotes – my favourites being, "If you're going through hell, keep going," and every single one of his drunken party insults (none of which we can really print here). But the perfection quote spoke to me, because it's fair to say 2020 has truly arrived with a bang. The headlines dominating the world this past month have been terrifying, depressing and fast-moving. The fires raging through Australia; the fact that World War Three almost broke out, announced via Donald Trump's Twitter; as we go to print, a deadly virus threatens to sweep the globe... The news climate, just like the actual climate, can feel catastrophic at times, and it can be hard to know how to be useful.

"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."

- Margaret Mead

When you can't fix everything, why bother fixing anything? But that attitude solves nothing. We don't have to be perfect to help make things better, we all just have to start somewhere. In our story about the devastating Australian fires (page 28), you'll read about how communities sprang into action when it seemed all hope was lost. It's a great reminder of how resilient the human spirit is, and how powerful we can be when we work together.

In our cover story, TVNZ presenter Renee Wright talks about the difficult reality of raising three small children in a world that's shifting due to climate change. It's easy to get overwhelmed, she says. "[But] it's important for them to know they have to be aware, and do their bit, every day."

That's a good lesson for all of us. Over the summer holidays, my mother and I were looking through the roles available at Volunteering New Zealand. As Mum hits 65, she's keen to transition from full-time work into part-time work, with a day or two a week dedicated to volunteering. There's a plethora of jobs available, for every skill set, and I'm going to join her in finding a role that works alongside my full-time work. Whether it's helping improve things in our homes, our friend groups, our wider communities or planet Earth itself, all we can do is be aware, and do our bit, every day.

Emma Clifton, Deputy Editor

THREE THINGS I LOVE IN THIS ISSUE



BOLD EXPERIMENT

Enriching the lives of young and old alike
Page 62



FRESH & FLAVOURFUL

Tasty new summer salads
Page 106



KIMBERLEY CROSSMAN

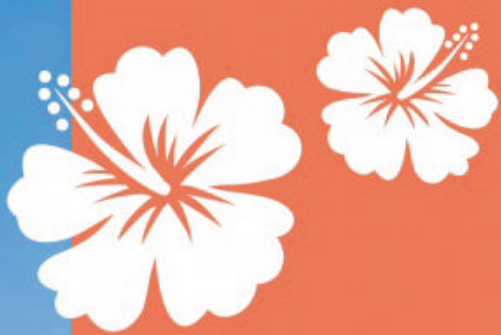
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THE LATEST BEAUTY NEWS AND REVIEWS



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**After you've
designed your
dream kitchen...**

 **noel leeming**

Open line

WRITE
AND
WIN!

Letter of the month

Thanks for sharing your article about the brave female firefighters battling the blazes in Australia. Fire fighting is often considered a more male dominant career option, so it's great for younger generations to see successful women in this profession. The devastation to humans, animals and their habitats is heart-wrenching and I have found myself in tears many times over the last few weeks watching the coverage. Your article also brought me to tears, for the devastation caused, the blindness to the effects of climate change by the Australian Government, but also for the bravery of these firefighters. After reading your article, our family donated to both the Queensland and New South Wales Rural Fire Services and I'm sure many other readers did the same.

Jess Good

BE BRAVE ABOUT CHANGE

I have just finished reading the article of extracts from the book *Letter to My Younger Self*. Oh how these ring true. I know I would tell my younger self to chase dreams, read more and go after your ultimate goal, but also, if you are not happy, make a change. The results could be worth it, even if it ends up being hard, heartbreaking or challenging. And the next time you walk past a stranger, give them a smile – you never know how much it can mean. *Polly Barach*

LIVING LIKE PETA

After a tough year with a few personal challenges, I am looking forward to this new decade and what it may bring. I bought your January issue on a whim and reading Peta

Mathias's story about how she lives life so fully and deeply had a real impact on me. Her perspective on living alone, and on love and friendship were just what I needed to hear. Thanks Peta, I'm going to be channelling some of your "live with colour" attitude this year.

A. Lawson

RETREAT SOUNDS FUN!

I love how your magazine celebrates women. The story in your January issue about the three sisters who have launched wellness retreats for women of all shapes and sizes, after overcoming struggles of their own, was inspiring. I've never been on a wellness retreat before, but a weekend with these ladies sounds like a whole lot of fun! *Lynne Edwards*

PEARL of WISDOM

"Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world." – Lucille Ball

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OUR MONTHLY ROUND-UP

In Brief

NEWS
BITES

Awards
season

Revel with a cause

AWARDS SEASON was less about celebrating past achievements and more about looking to future action. Russell Crowe's Golden Globe speech highlighted the bushfires, and Australian *Succession* actress Sarah Snook backed his comments. BAFTA double-nominee Margot Robbie urged viewers to donate anything they could to fire services. Nicole Kidman, who donated \$500,000 to the cause, also spoke about the fires, while Cate Blanchett sent a thank you to emergency personnel, while presenting a Golden Globe award.

Dame Helen Mirren (left) and Olivia Colman (right) will both voice sea turtles in an animation to raise awareness of the crisis facing the world's oceans.

Around the world



OLYMPIAN DEFECTS

Iran's only female Olympic medallist, Kimia Alizadeh, has defected from the country, saying she no longer wants to be a part of "hypocrisy, lies, injustice and flattery".



IM-PRESS-IVE

Human rights lawyer Amal Clooney has been honoured with a Freedom of the Press award for her work, including defending two journalists being held in Myanmar.



PACIFIC ACCOLADE

Prime Minister Jacinda Ardern has been named Pacific Person of the Year by *Islands Business* magazine, because of her work in raising global awareness of climate change and how it will drastically affect the Pacific region.



Now we are nine

The Danish royal family has released these beautiful candid photos of Prince Vincent and Princess Josephine to mark the twins' ninth birthday. Their mother, Crown Princess Mary, took the photos herself.



It's been 15 years since they were last photographed together, so the very friendly embrace between very famous exes Brad Pitt and Jennifer Aniston at the SAG Awards sent the gossip mills into a frenzy!



ICE ART DELIGHTS

The 10,000 workers who cut 220,000 cubic metres of ice into towering sculptures for the world's biggest winter festival have outdone themselves. China's Harbin Festival grows bigger every year.





Renee
WRIGHT

The love & loss that *drives me*

Renee Wright's life is full to bursting. The TV presenter and mother of three talks openly to **Emma Clifton** about why she values the honesty of other mums, what she's learned about helping children cope with loss, and her overwhelming love and gratitude for her thriving family.

This year, Renee Wright will turn 40, and if that's a surprise to you, rest assured that it's quite the surprise to her as well. As mum to three children, there is no time to look too far into the future, because the present is very much here, now, and requiring Renee to be in about five places at once. When she sits down with *The Australian Women's Weekly*, Renee is midway through, as she calls it, "the never-

ending school holidays". It's a marathon, not a race. "Some days, okay is enough," she laughs. "It's like, 'Okay, we made it, everyone is fed, everyone is in bed.' Some days are like that – and some days are like that one after the other. And then on other days, you're like 'Oh yes, I'm on fire, I'm pretty much a super-hero,' and you're high-fiving yourself. And if you do that, you're in trouble, because you're absolutely going to get nailed the next day." →

PHOTOGRAPHY by MONTY ADAMS • HAIR AND MAKE-UP by KRISZTINA MORICZ
STYLING by TORI AMBLER for THE FASHION DEPARTMENT

Cover story

The ability to go with the flow is something Renee believes is crucial to being a parent. “You have to let go of perfectionism, that’s just never going to happen with kids.” And even though she and her husband Charlie, 40, have spent the last decade raising Leonardo, nine, Giselle, six and Arabella, three, Renee jokes she’s still waiting for the ever-elusive “grown-up” gene to kick in. “I always feel like my stuff is everywhere and I’m all over the show. I keep thinking, ‘Well, I’ll grow up one day and get my act together and then I’ll be slick,’” she laughs. “But when I think about 40, I remember when Mum and Dad turned 40 and it seemed so adult.” She makes a faux grimace. “So then it’s like, okay, maybe this is the year I grow up? But really, I think maybe you just learn not to take yourself so seriously. Life is crazy – you never know what’s around the corner.”

As a minor example of this, our photo shoot is rescheduled twice because, the day of the cover shoot, Renee woke up with a sty in her eye that was so severe she couldn’t open her eye, and a quarter of her face was inflamed. When we meet for the interview, it’s still so swollen the first thing she says is: “Don’t worry, it’s not contagious!” In an attempt to balance her face, she’s popped pink eyeshadow on the non-ouchy eyelid, to try to pretend that it’s all just a fun make-up look she’s going for. In part of her current role, she’s filling in on the morning show for Coast FM. She asked listeners for their tips on how

to heal it and was inundated with responses, including a hot flannel, baby shampoo and, oddly, urine. Luckily, the less controversial choice of antibiotics (and judicious use of eyeliner) meant the photo shoot was able to go ahead, but Renee jokes she’s absolutely willing to do mysterious, eye-covering poses in order to make it work, just in case. Her mix of being both funny and seemingly

totally unflappable makes you think she must be a delight as a mother – although, like most women, she would probably scoff at that.

Renee had just turned 30 when she gave birth to Leo, and discovered she has a silent labour, meaning she gets about an hour’s warning from whoa to go. It would become a good metaphor for motherhood itself. “I remember when I first had Leo, having that feeling of ‘Oh, wow, I don’t recognise my life at all.’ Then I joined a boot camp with some other mothers, and

I saw how they did the balance, and I thought, ‘Yeah, it’s all okay.’ That’s what I always say to young mums: This too shall pass. All these little phases they go through, they do pass and it does get better and better, and just when you think you can’t love them any more than you already do, they’ll go and do something else and you do – it just grows and grows.”

But Renee says she’s grateful to be part of a generation of mothers who are able to talk about how hard it is as well. “Women are starting to support each other by saying, ‘I’m struggling a bit,’ and being okay with admitting

that. It doesn’t take away from the love of your children – you love them more than anything in the world but it is tough sometimes. Especially when you’re on next to no sleep and hearing ‘Mum, Mum, Mum’ a million times,” she laughs. “Nothing can prepare you for that, but when you’re in it, and you’re doing it, that’s when it’s important to have that moment where you catch your breath.”

Back to work

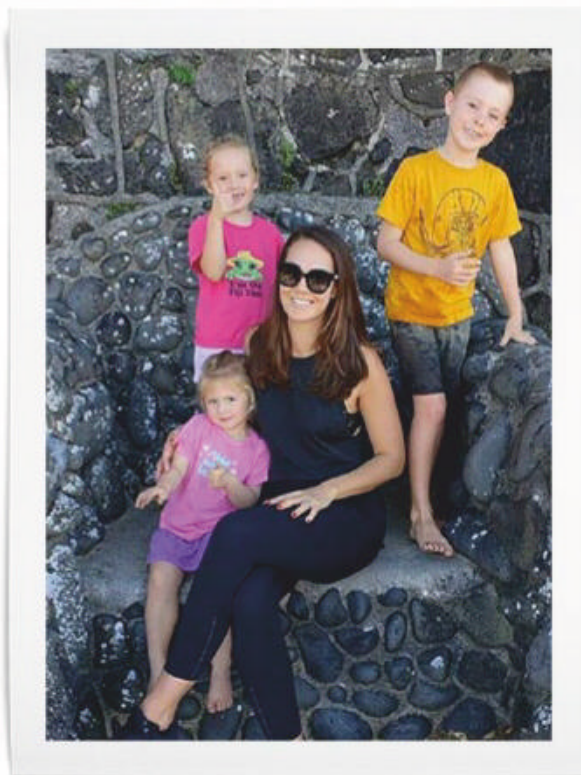
Having a support network is key, and Renee credits not only her parents Marian and Warren Wright, but her TVNZ work family as well.

“Working and children... I mean, it’s not pretty, and it’s not glamorous, and there have been times when I’m sitting in the dressing room with a breast pump,” she laughs. “But I’m lucky to have a dressing room, and a breast pump. It’s tricky for women. We’re so amazing that we can do what we do and just get on with it. But it is important to have those people around you who can help you, because you can’t do everything on your own.”

Going back to work after each of her children was always crucial for Renee – it was modelled to her by her own mother, and she’s keen to pass that on to her daughters. “It’s important to keep doing things that I do to nourish me, so that then I can continue to give to those who need me the most. If my cup is full, then everyone is happy.”

On Renee’s Instagram, you’ll often see sneak peeks of the mischief that goes on behind the scenes of the very serious news – with presenters like Melissa Stokes and Wendy Petrie joining in for a choreographed dance on set.

But the absence of her chief conspirator, Greg Boyed, is still keenly felt. Greg and Renee were very close and this August will mark two years since his death. “He was very charismatic, very real, very funny and very, very naughty,” Renee remembers with a huge grin. “Things he would say... you’d be like, ‘No, Greg, you can’t say that,’ but it was like church giggles, you know? No one else could say those things and get away with it.” She recalls the drive to his funeral, where she and fellow presenters Miriama Kamo and Mary Jane Aggett →



“You love your children more than *anything in the world* but it is tough sometimes.”

A full-page photograph of a woman with long, wavy brown hair, smiling and looking back over her shoulder. She is wearing a white, sleeveless, pleated dress with blue and white geometric patterns on the sides and back. She is standing on a balcony or terrace with a glass railing. In the background, there are lush green trees and a modern building with large glass windows. To the left, there is a black outdoor sofa with cushions.

OPPOSITE: Renee
with Arabella,
Giselle and
Leonardo at the
“giant’s chair”
near Thorne Bay
on Auckland’s
North Shore.



over the past few years, as they have lost a number of family and friends, most recently Renee's grandmother and Charlie's uncle.

"My kids have had to encounter death quite a bit, for how old they are. They've seen it a lot and they've seen people grieving a lot," Renee says. Just recently, Leo went with Charlie to sprinkle his uncle's ashes, and was emotional upon their return. "We were talking about it and trying to change the focus from yes, we still love them and we miss them, to now it's important to be there for the people who are still around.

"Gigi thinks that when people die, they turn into stars, so she talks to the stars a lot."

When Renee's grandmother died, the kids met the undertaker and asked her heaps of questions. The undertaker told Renee it was good to encourage their questions, because it's the unknown that is most scary for kids.

"Nana was 92, so I just said that her body was very tired and she needed to rest. I just try and tell them that it's normal and healthy to feel sad, but also to feel happy when you think about the nice times you had with them. That's what you have to hold onto."

Balancing the light with the dark was also part of Renee's own childhood. At one stage,

all travelled together. "We were all talking and reminiscing, sharing stories. That was a moment I really treasure, because we were laughing so much – and crying sometimes. He was so wicked and naughty and it just really, really sucks that we've been robbed of him in that way."

She recalls a lesson he had imparted to all of his fellow TVNZ presenters – you are responsible for the energy you bring into the studio. "And it's true, if someone does have a different energy, it really does affect everyone." One of his favourite tricks, she laughs, was

messing with the control room by talking about absolutely not-on-air material while they were counting him down to go live. "At the last second, he'd click into professional mode, and he'd have that look and that voice and you'd have no idea. Those are the things that we're left with, and you just have to treasure those moments."

With the stars

It's impossible to shield children from some of life's saddest parts and, for Renee and Charlie, conversations about death have been hard to avoid

her parents owned a series of McDonald's, which was quite a dramatic change from Renee's mum's previous job running a modelling agency.

As well as pre-packing Happy Meals as an after-school activity – and gaining serious street cred with their buddies by using the soft serve machine – Renee and her siblings Monique and Peter were always part of the midwinter Christmas celebration her parents would throw for families at Ronald McDonald house, where families of sick children stay for free. "The idea that children might not make it to Christmas, or that it might be

too stressful a time for the family, was just too much for Mum.” So in the middle of every year, Renee’s parents would host a big meal at Ronald McDonald house for all the families and Renee and her siblings would get the day off school to hang out with the kids.

“When I started working with TV and got pregnant with Leo, I thought, ‘I need to check in with that again. I’m lucky enough to have a healthy child, I should be supporting someone who’s not as lucky.’” It’s a partnership Renee has continued.

“There’s nothing more stressful than having a sick child,” she says. “With this, you can take away the stress of ‘where will I sleep, where can I get a hot shower, how can I keep my family all in one place?’ And you also have support from other people.” She knows how isolating parenting can be, and the relief when you no longer feel you’re on your own. “It’s a reminder of what’s important in life and how lucky you are if you have your health, and you have a healthy family.”

As a parent, Renee also knows how child-related costs can add up, so she’s been happy to support Variety’s back-to-school appeal, where sponsorship means kids don’t miss out on uniforms, stationery and other basics.

Climate fears

And then there’s the looming unknown of living in a world that’s shifting very quickly due to climate change. As one of the mainstays of weather presenting for TVNZ’s *1 News*, Renee knows the weather like the back of her hand. But gone are the days when weather was just weather, rather than a possible harbinger of doom. This summer has been apocalyptic for Australia, with deadly bushfires ripping through the country for months on end.

New Zealand got a tiny taste of how unnerving it is when the weather upends the world around you, during early January when the smoke from the bushfires made its way here and gave the sky an other-worldly orange glow. “The kids didn’t understand what was

happening, but they knew it was related to the fires... It made us all feel strange because it was so eerie and we all thought, ‘Oh my goodness, our poor Australian neighbours are going through hell at the moment.’ It was a big wake-up call, for everyone.”

The younger generation are hyper-aware of the importance of looking after the planet, Renee says, and it’s a lesson her kids take to heart as well. “At the beach the other day, Gigi was picking up rubbish, because she didn’t want the baby turtles to get trapped – and then she was trying to stuff it in my mum’s



CLOCKWISE FROM ABOVE: Renee with Wendy Petrie and Hilary Barry; fun with Elle MacPherson and Coast presenter Jason Reeves; Renee says working with people like Melissa Stokes is a joy.



handbag,” Renee says. “But it’s important for them to know they have to be aware, and do their bit, every day.”

She tries not to look too far into the future when it comes to thinking about what kind of planet her children might inherit. “Motherhood is so overwhelming full stop. At the moment it is really just take it as it comes. But if you think about it too much, it’s just terrifying. The thought of trying to navigate three small people through that. We just have to all do those little things, and show them, through your own actions as a parent, that they have

to be accountable for themselves, to be mindful. And then you just have to hope for the best.”

Baby era ends

With her youngest, Arabella, turning four this year, comes the realisation that there are no more babies in the house. “It goes like that,” Renee says, snapping her fingers. “You particularly notice that with the third one. With the first one it’s like ‘whoa. WHOA.’” And then when number two arrived soon



after, that was truly full-on, says Renee. By the time Arabella was born, Renee and Charlie had the job down pat.

“So you relax and you really enjoy – I enjoyed her being a baby so much – I didn’t want her to grow up any faster than she was. I was just loving and relishing every moment. I did with the other two as well, but you

evolve with the children. It’s lovely to watch the dynamics between them all.”

It’s been a big decade to evolve through, Renee says. “It feels like LIFE,” she enthuses. “It feels like I’m in the thick of it – and this is the time when you usually are. Trying to build that family home, build your career, build your family, build all of those foundations. It’s a lot and it’s all at once. And that’s why it’s so important to have that support. Sure, there have been ups and downs, and life is always busy. There’s always something going on. But it’s good. It’s wonderful.” **AWW**

Harry's



leap of faith

After months of talks, neither Prince Harry nor Her Majesty got what they wanted. Inspired by his mother, Harry followed his heart, but where does this leave the monarchy? **Juliet Rieden** unpicks an unprecedented royal split.

When Harry met Meghan everything changed. He was floating on cloud nine, falling hard and fast for this passionate, nurturing, exciting Californian with her brilliant TV career and thriving lifestyle blog. Prince Harry was a young man aching to find love, to start his own family, to stand by his brother with his own wife by his side and find a partner for his very unique line of work.

In those halcyon months before the world knew about their secret romance, Harry and Meghan forged a powerful union and a tender love. Together they planned to take on the world, to inspire and empower, and have a go at fixing many of the problems that troubled their generation. Those closest to Prince Harry saw the change immediately.

At a recent dinner for his most personal passion project, Sentebale, the Lesotho charity he set up with his friend and fellow royal Prince Seeiso to help children affected by AIDS and HIV, Harry said: "I have grown up feeling support from so many of you, and watched as you welcomed Meghan with open arms as you saw me find the love and happiness I had hoped for all my life. Finally, the second son of Diana got hitched, hurray!"

No sooner had they wed (in front of an estimated 1.9 billion global



audience), than they got straight to work. "We were excited, we were hopeful, and we were here to serve," he said.

Harry and Meghan brought their special brand of can-do positivity to the royal arena and for the House of Windsor this was gold dust. The couple became catnip for a new international audience hungry for young leaders they could look up to.

For a honeymoon period the couple became the people's royals. There was a Diana frisson to their warmth, charisma and their ability to connect with everyone they met.

Then a tall poppy resentment kicked

in with a jaw-dropping ferocity. Not everyone bought into their progressive ideas. They were branded hypocrites for jumping on private jets while espousing environmentalism and portrayed as "pushy" and "demanding" by a media that seemed determined to pull them down.

In response the Sussex family opted to connect with their followers directly through their own social media channels, garnering millions of followers. But ironically it was in the social media space that Meghan especially faced the most alarming commentary, fuelled by an ugly racist agenda. Controlling the media is still a work in progress for the couple. "The media is a powerful force, and my hope is one day our

collective support for each other can be more powerful because this is so much bigger than just us," Harry said.

Having watched paparazzi hound his mother, this new attack on his wife was a chilling reminder of desperately sad times. Diana had counselled her sons: "If you find someone you love in life, you must hang onto it and look after it... protect it." And here her youngest, who a few years earlier had admitted "all I've ever wanted to do is make my mother proud," opted to follow his mother's advice.

For Meghan, the endless barrage of criticism she and Harry faced was neither "fair" nor accurate. "My →

Royal family



FROM ABOVE: The couple has faced a barrage of criticism from UK tabloids; the Queen and the Sussexes at the centenary for the Royal Air Force; Harry at his mother's funeral; Prince Harry, pictured with Prince Charles and Prince William, will lose his military positions.

wife upholds the same values as I do," Harry has pleaded. Meghan was at a loss to understand the backlash she was facing.

And then Harry dropped a bombshell.

Just two years into the job, with baby Archie not yet a year old, the Sussex family announced they would quit their roles as "senior royals". They hoped to broker a deal to work part-time for Her Majesty The Queen, dividing their time between North America and Britain. They would become "financially independent", earning their own crust while also supporting the monarchy.

In the wake of this momentous announcement, hurt, confusion and anger reigned. "I don't believe Meghan came into the marriage with a pre-formed idea of changing everything, turning over the apple cart, but the



culture shock of joining an ancient and venerable institution and having to follow its rules turned out not to be to her taste, and she started to plan an escape route," royal biographer Christopher Wilson tells me.

For traditionalists, Harry and Meghan's demands seemed outlandish and presumptive: from their privileged ivory tower the Duke and Duchess of Sussex were refusing to fulfil their duties to the Crown, it seemed.

"The situation's unprecedented

because Harry has decided to leave the country and will only return occasionally. There is a great deal of anger, especially among the military who were his greatest supporters (and he theirs), that he has just dumped them. The idea that he will be going out making money off a red carpet when he should be turning up on parade hasn't gone down well," Wilson explains.

But many others, including those new young fans, felt Harry and Meghan deserved to be free, to choose how they live and work, that it was time the monarchy modernised. "It's true the House of Windsor has been slow to

recognise the need to find an exit route for those family members who are not royal-central, and the problem can only get worse until the system changes," comments Wilson.

The role of the "spare to the heir" has always been problematic. Prince Andrew and Princess Margaret both felt overlooked. Harry is now sixth in line to the throne with his son, Archie, seventh, and he has struggled with his royal role since he was a boy. From his wild party days to the moment his army career was cut short when *New Idea* magazine revealed the royal was on active service in Afghanistan, Harry has always loathed the spotlight.

He was just 12 when his mother died and he blames the paparazzi for taking her

from him. In the recent documentary filmed on their tour of southern Africa – *Harry and Meghan: An African Journey* – Harry unpacked his trauma, saying he still had work to do on his mental health. "Everything that she went through and what happened to her is incredibly raw every single day... Every single time I see a camera, every single time I hear a click, every single time I see a flash, it takes me straight back."

Veteran royal photographer Arthur Edwards watched the devastated →



Harry and Meghan
visit Canada House
in London on
January 7, the day
before they
announced their
ground-breaking
plans for the future.

“What I want to make clear is we’re not walking away.”

Harry crumble. “People talk about Harry walking behind his mother’s coffin and that was an ordeal. But when he was brought down with his father from Balmoral and they went to look at the flowers and messages on the gates of Kensington Palace I saw his face crease up – he was so tortured and I just couldn’t take the picture.”

You’d have to be made of stone not to appreciate Harry and Meghan’s situation, trapped in a gilded cage with strict rules that they feel prevent them from doing their best work. As a powerful woman used to running her own life, Meghan has found the transition to royal at best challenging, and behind the scenes appears to have been trying to change what is a very well-oiled, if archaic, institution.

“I would say that Diana showed many of the same qualities – and in some ways I think both women were admirable,” notes royal biographer Penny Junor. “On the other hand, you could say that what Meghan is doing is the equivalent of being a new recruit in a company you’ve agreed to work for and immediately trying to restructure it! But if it needs to be done, maybe that’s a good thing.”

But would Diana support her son’s move to quit his royal role? “It is tempting to say his mother might have applauded his move – but actually I think she may have been conflicted. She spent her time preparing William for his future role, and Harry’s decision could cause havoc and ultimately be very damaging to his brother,” says Junor.

Christopher Wilson agrees. “I think Diana would be heartbroken to see him in conflict with the royal family like this. She had her difficulties with them, but those largely stemmed from the failed relationship with her husband – if that had been okay, she could have hacked the rest. She believed in the royal family. Without

Meghan, Harry would have continued doing the job he was born to do. But it’s clear that he loves her more than he loves the job and therefore must follow her wherever she leads. What’s happened is sad, but it would become a tragedy if, like Diana, Harry’s marriage failed.”

For Prince Harry, at this crossroads the most important three women in his life came into sharp focus. There’s Meghan, who he’s determined to protect from the media snarl that crucified his childhood; Diana, whose motherly life lessons and legacy are echoing around his head, and his beloved grandmother, The Queen, who always stands by him – but in her statement on January 13 said that while supportive of Harry and Meghan “we would have preferred them to remain full-time working members of the royal family”.

For months there have been reports of a rift between Harry and brother William. Unsubstantiated gossip painted a rather unlikely brotherly spat, but now Harry’s plans are out in the open, the crux of the divide seems more transparent. Prince William would be rightly concerned not to have his brother and family to call on to support the “royal firm” he will one day be leading. And in the meantime there is likely to be more work for the Cambridges to shoulder.

In the UK’s *Sunday Times* newspaper royal correspondent Roya Nikkhah reported that William had told a friend, “I’ve put my arm around my brother all our lives and I can’t do that any more; we’re separate entities. I’m sad about that. All we can do, and all I can do, is try and support them and hope that the time comes when



we’re all singing from the same page. I want everyone to play on the team.”

Photographer Arthur Edwards has known Harry from the day he was born and, like many who love him, had been crossing his fingers for a resolution. “I thought the Queen might talk him out of it,” he sighs.

But in their statement, the Sussex duo was firm and resolute. They had a plan. Their future was in the balance and they needed to take charge. Harry and Meghan’s public statement had blind-sided Palace advisors, Her Majesty, Prince Charles and Prince William. Talks about the couple’s future had been going on behind doors for months but there was still a lot to thrash out. For reasons that haven’t been confirmed, the Sussex duo took the initiative to force the issue.

Could Harry and Meghan be granted their wish? Could they have their cake and eat it too? For 10 heart-in-mouth days it almost looked as if they might prevail.

Forging a new path

FROM LEFT: Morocco in 2019; Diana and the press; the Vancouver Island mansion; happy in Canada; the Queen hoped for a resolution.



Duchess of Sussex titles, the royal in their trademarked Sussex Royal branding, the cornerstone of their new empire, may now need to be amended.

In a poignant personal statement The Queen said:

“required to step back from Royal duties, including official military appointments. The Sussexes will not use their HRH titles as they are no longer working members of

the Royal Family... they will continue to maintain their private patronages.”

Harry greeted Her Majesty’s edict “with great sadness that it has come to this”.

He said that his and Meghan’s choice to challenge the status quo was “not one I made lightly... I know I haven’t always got it right, but as far as this goes, there really was no other option.” He added, “What I want to make clear is we’re not walking away... Our hope was to continue serving the Queen, the Commonwealth and my military associations, but without public funding. Unfortunately, that wasn’t possible.”

This is a watershed moment for the House of Windsor. The “stiff upper lip” Meghan had admitted she struggled with showed its mettle. While the couple retains the Duke and

“Harry, Meghan and Archie will always be much loved members of my family... I want to thank them for their dedicated work across this country, the Commonwealth and beyond, and am particularly proud of how Meghan has so quickly become one of the family.”

And in support and acknowledgement of their battles with the limelight, she added: “I recognise the challenges they have experienced as a result of intense scrutiny over the last two years and support their wish for a more independent life.”

“It’s a very sad day for me because I thought Harry was the greatest kid of all to work with,” says Arthur Edwards. “He was always fun, unpredictable; you couldn’t take your eyes off him. He seemed to enjoy the role of Duke of Sussex. But then the last couple of years he’s just become completely withdrawn, moody and sad. He’s lost the spark that made him the popular member of the royal family, certainly as far as our readers are concerned.” →

The Queen’s first media statement sounded promising. “We understand their desire to take a different approach, but these are complicated issues that will take time to work through,” said Her Majesty.

Meghan returned to the luxurious mansion on Canada’s Vancouver Island, where the couple had been holed up since late November, to rejoin baby Archie while Harry was called to a family summit at Sandringham. News following the meeting was positive. The Queen said “we respect and understand their wish to live a more independent life as a family while remaining a valued part of my family” and a “period of transition was discussed”.

But on Saturday January 18, Harry and Meghan’s half-in half-out solution was quashed. They were out, and

Money matters



Personal wealth

Before she joined the royal family, the Duchess of Sussex reportedly earned US\$50,000 an episode as an actress in TV drama *Suits* plus income from film roles and her lifestyle blog.

According to *The Independent*, Meghan's net worth before she married was around £3.8 million.



Past funding

- The sussexroyal.com website says five per cent of the Sussex family funding came from The Sovereign Grant, money from the UK public purse to fund royal duties.
- The £2.4 million renovation of the Sussex family's Windsor home, Frogmore Cottage, was paid from Sovereign Grant funds.
- The remaining 95 per cent of Sussex funding, which finances their office and staffing, was paid by The Prince of Wales from income accrued from his estate, the Duchy of Cornwall.

Funding now

- The couple will no longer receive money from The Sovereign Grant.
- They are refunding the renovation costs of Frogmore Cottage and keeping the property as their UK home.
- They are free to pursue their own business interests.
- They may still receive additional private financial support from Prince Charles.

There are many questions about Harry and Meghan's future life, which it is now thought will be mostly in Canada and the US.

Will the couple still have a security retinue and if so who will pay for it? Buckingham Palace won't comment on the details of security arrangements and while Canadians are happy to host the couple they don't want to pay for them from public money.

"When past royal tours have taken place here in Canada, there are always complaints after we get the bill," says Jamie Samhan, royal commentator and online editor for *Entertainment Tonight Canada*. "Since they say that they want to be financially independent, most Canadians expect them to stick to that."

I am advised that Harry will still head up the Invictus Games, but losing his military positions will cut deep. And then there is concern over the sort of commercial deals that the duo will be brokering. "I think that the earning potential of the Sussexes is

huge – especially in the US – but I think that marketing using their titles is problematic, to say the least. The Queen's brand is that of a tireless, self-sacrificing public servant who embodies the state. And this is in direct conflict with any commercial enterprise, in my view," says Lynne Bell, Canadian Royal correspondent for *Majesty* magazine.

While they are now free to work where they choose, the Sussexes have pledged "to uphold the values of Her Majesty" and with a TV show with Oprah in the works and a trademark that has listed everything from socks to magazines, it remains to be seen what Harry and Meghan have in mind.

As for the Queen, there is no question the monarch is protecting the reputation and future of the Crown in refusing the couple a part-time royal role, but it would no doubt have been a tough call to make, and the future of a slimmed down monarchy concentrating on Prince Charles, the Duchess of Cornwall, the

Duke and Duchess of Cambridge and their children seems inevitable – although there is to be a review in a year's time.

I ask Penny Junor whether this split has damaged Harry's very special relationship with his grandmother.

"I would think not," she says. "He has caused a rumpus of one sort or another so many times during his life and she has always taken it in her stride. She is a wise old owl and I imagine she is sad to be losing him but sympathetic to his situation and possibly worried about his wellbeing."

Harry said: "I will always have the utmost respect for my grandmother, my commander-in-chief, and I am incredibly grateful to her and the rest of my family, for the support they have shown Meghan and I."

"I will continue to be the same man who holds his country dear and dedicates his life to supporting the causes, charities and military communities that are so important to me." In his new life he explained: "We are taking a leap of faith." **AWW**

OLAY

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From heartbreak *to* HOPE



Home isn't home anymore...
Dave and Laena Stephenson
survey the remnants of their
house in Nymboida.

The **AUSTRALIAN**
BUSHFIRE
CRISIS

Four months after fire tore through the beautiful Clarence Valley, **Susan Chenery** finds a close-knit community offering each other hope and slowly healing and rebuilding together.

They could hear the fire coming an hour before it arrived, “roaring like an aeroplane taking off,” says Bob Gorringe. “You can hear things exploding at other properties – gas bottles, trees – these loud bangs as it is coming up the valley on the other side of the hill. It is loud, it is hot, it is dark.” With an 80kph wind behind it, 12km across the front and 120 metres high, the fire roared through the Clarence Valley in northern NSW, leapt across the Nymboida River and came straight for Bob’s house.

“Hell, it was hot. The wind is rushing in at about knee height to feed the fire. It tips you over – your legs are going one way and your body is going the other. It’s almost impossible to stand up.”

Realising they wouldn’t be able to defend the house, Bob, 60, who is ex-Air Force, and his wife, Narelle, had to get out fast. But the cars were stalling. “There was no air to run on. The fire followed us all the way.”

The next day, when he came back, Bob’s house had “vaporised”. All that was left of his contented life in this densely forested wilderness were brick stumps and a pile of tin. Months later, Narelle still wakes in the night unable to breathe, thinking there is smoke. She couldn’t return to look at the wreckage of her home. “She didn’t feel safe.”

There are still crashes in the night as dead, hollow trees fall.

Nymboida in the Clarence Valley, was a beautiful place – lush, fertile and green; the clear river, trees tangled in vines, gullies of rainforest teeming with birds and wildlife. It attracted people like Laena Stephenson, a

marriage celebrant, who came to bring up her children in nature.

“When we came here, we were all young,” she says of the group of families who settled in the district 33 years ago. “We started our families together, had babies together. We helped each other build our houses.”

All that is left of Laena’s house are the remnants of walls, the twist of metal that was the television, broken crockery and a melted Rayburn wood stove in what was once the kitchen. It was a pretty mudbrick house, covered in climbing vines. She and her former husband had built it.

“I massaged every brick in that house, I hammered in every bit of that earth floor,” she remembers solemnly. “I dug rocks out of the ground with a crowbar. I couldn’t walk into that house without loving it.”

She keeps remembering things that are gone: “Oh, my grandfather’s banjo mandolin, oh this, oh that.” One of her four daughters, Kaya Jongen, owned the house next door. That’s gone too, and Kaya is now living in a tent. “There were many beautiful owner-built homes in Nymboida,” Laena says sadly, “homes made of mudbrick, rock and timber – really beautiful bespoke houses.”

Now, for miles and miles, there are just burned, black, skeletal trees, sticks and scorched earth – an empty, desolate landscape. Twisted metal where 101 houses used to be. The fires roared through 51 per cent of the Clarence Valley, taking three million hectares. It’s deathly quiet now. There is no birdsong, no animals anywhere.

Laena can be philosophical about her house. “It’s only a house. It was a beautiful house but in the end, it is material things.” But she weeps →

openly for the defenceless animals that were lost. “When I really break and feel it intensely, it is always to do with looking at nature, the wildlife, the flora and fauna who had no part in creating this situation and couldn’t get away from it, everything just screaming. One of the beautiful things about Nymboida was that we had incredible variety – a number of threatened species, wallabies, wallaroos, brush-tailed rock-wallabies. Now people talk about seeing one animal – a possum or a



pair of Eastern Greys [kangaroos]. Just seeing a firefly can make us happy. A team of wildlife people went around to the dams and watering holes taking food. And if it was eaten, they were so happy. But most of the time it wasn’t. I had leaf-tailed geckos in my house before the fire. Now I don’t know if I will ever see one again.”

Laena was lucky. Her current husband, Dave, had insured their house. He also built the shed that they now live in with donated furniture. And he helped defend the community-owned Camping and Canoeing Centre, which became the hub for recovery operations when the district’s shell-shocked people were left largely with just what they were standing up in. After the fire, they had no phone or internet for five weeks and no power for 10 days.

A month before the Nymboida fire, further north along the valley, the community of Ewingar had sheltered in the local hall from a “monster” of a fire that had surrounded the building leaving them unable to escape. The fires came three times to Ewingar. Each time they had to evacuate.



The volunteers who are helping out. Laena (left) and Bob Gorringer (below) now have to look forward and rebuild.



“There were times when we thought the fire was contained, but then a month later, something would flare up. Without rain, it just doesn’t go out,” says Nadine Myers, 42.

“Everyone has been touched by the fires,” she says. “An elderly couple died [Gwenda Hyde, 68 and Robert Lindsey, 77]. A lot of people around here knew Gwenda. That was horrible. We were surprised more people weren’t killed with the intensity of the fire.”

Yet, in the midst of it all, Ewingar rallied. “We had periods where the fires were going crazy and we were feeding people at the hall, who had lost their homes or had been evacuated,” says Nadine. “We fed the RFS [Rural Fire Service] volunteers too. All these people came forward with big pots of food and bread and everything we needed. The Red Cross donated food and water. Our

Two Hands, a local charity that works with people who are homeless, helped out. So did the Casino Golf Club. Shed of Hope has been building little sheds for people who have lost everything. People were amazing.”

Then, one evening, after a long day volunteering with the RFS, Nadine and her partner, Boris Sweeney, hatched a plan to hold a benefit concert. They made some inquiries and before they knew it, 20 bands had volunteered. Rock singer Tex Perkins was the linchpin, says Nadine. Six weeks later, a weekend-long music festival was held at one of the few buildings still standing, the hall.

“It was just beautiful,” says Nadine, and it not only raised funds, it was healing. “A lot of our good friends and neighbours had been depressed for a long time. They’d been depressed about the drought already, and then the fire came and they lost a lot. But everyone’s cares were wiped away for that weekend. There were smiles just everywhere.”

Likewise, the Nymboida community has galvanised. “Officials started coming out, donations started coming in, my husband got a generator going for power,” Laena says. “We fed people at the canoe centre twice a day for a month and had emergency accommodation there. Mary, a registered nurse, came in every day. Other people who have experience with trauma came in to help.” Chef Scott

Gonzales cooked 700 meals in four weeks. People who didn't have insurance were taken in by people who still had houses. "But what people need more than anything is to tell their stories," says Laena.

When John Lillico from BlazeAid arrived, the valley was "just black everywhere. There was nothing here, absolutely nothing. It was like a moonscape, and the people were pretty downcast."

BlazeAid's mission is to rebuild farms and fences, but volunteers often spend almost as much time listening to locals' stories. "There is so much emotion in these people," says volunteer Danny Handcock. "We would sit down for a smoko up in Tenterfield and get up three hours later. All we did was listen."

"You can tell when they're stressed because they have no idea what to do," says John. "That's when we say, 'Let's have a cup of tea and by the way, why don't we lock up that boundary over there?' Once they see something happening, they're into it."

Khalsa Aid, a Sikh charity, also arrived in the district with a truckload of fodder for farm animals, and that lifted spirits.

For Bob, like so many, helping others has been healing. "Initially you go into shock. Then you realise the entire community is completely screwed. And what you can do is try to help the people around you. Even those who have survived the fire and have still got houses have no communications, electricity or running water. We put out a call to anybody with a chainsaw, generator or a water pump. We took them out to people so they could get on with their lives."

When *The Australian Women's Weekly* arrives, Bob is fixing old tools for the new tool library. "When you start building a house, the first thing you have to do is drop \$10,000 at Bunnings. This will save people thousands of dollars that they haven't got."

After a car accident and a heart attack, Bob had been unable to work, so couldn't insure his home, but he is

determined to rebuild. "I'm an old man, but I'm going to give it a go." For now, he is living at the canoeing centre in a donated caravan. Narelle is staying with friends.

Tommy Welham has been working on the recovery efforts and says the focus has shifted now "from first aid, food, water and emergency shelter to looking at how we can help people rebuild. We are working on a support programme where architects, builders, engineers can come in and help design houses, and get them through council. It's a low socio-economic area where a lot of people don't have savings. So we are looking into low-cost, fire-rated designs using green materials."

The fires, says Laena, have strengthened in her a "deep-seated knowledge of what is important, and it isn't a house. As we accounted for everybody, it took days. 'Has anyone seen the hermit who lived up here? Oh yes, I have.' Every time we accounted for another person, I thought, nobody has died and we won't have to go to that next level of grief. I love this community."

Laena believes that recovery comes "by working together, trying to be nice to each other... and communicating about what we can do, as a community, to remain living in this beautiful place."

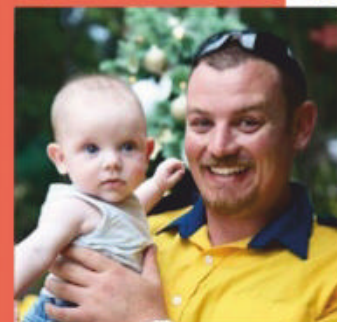
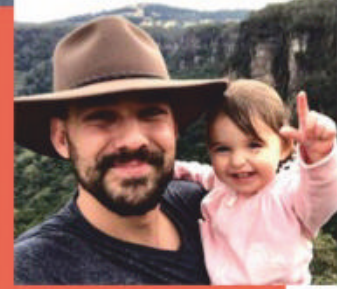
"We need to make sure we're ready next time and don't lose lives – building into hills and cliffs, conserving water, stopping run-off, dealing with drought. I will plant trees, I will plant food. I will try to look after the environment with good land management techniques and more sustainable, environmentally friendly dams, so we can protect our houses."

"I see the recovery as being hyper-vigilant about how we deal with this very fragile landscape and how we help nature to heal. I don't think Australia will ever be the same again. But we have to try to help it recover."

And hope lies in the fuzz of green on the ground, and frills of leaves on the trunks of burned trees. The valley is slowly greening, but it will be years before it flourishes.



Fallen heroes



As he addressed the daughter of one of the volunteer firefighters who lost their lives, RFS Commissioner Shane Fitzsimmons' voice cracked: "Baby Charlotte, you need to know that your dad was a selfless man, he was a special man and he only left us because he is a hero."

Fitzsimmons was speaking at the funeral of Andrew O'Dwyer, 36 (third from top). He and fellow firefighter, Geoffrey Keaton, 32, (bottom) lost their lives before Christmas when a falling tree hit their RFS truck on the Green Wattle Creek fireground near Buxton, south-west of Sydney. Both men were posthumously presented with the highest accolade, the Commissioner's Commendation for Extraordinary Service and Bravery.

Volunteer firefighter Samuel McPaul died on duty on December 30 at the Green Valley fireground near Albury, leaving behind a pregnant partner. And most recently, Victoria was mourning veteran firefighter Bill Slade, who died on January 11 while working to contain a blaze near Omeo in the Victorian Alps.

Bushfire crisis

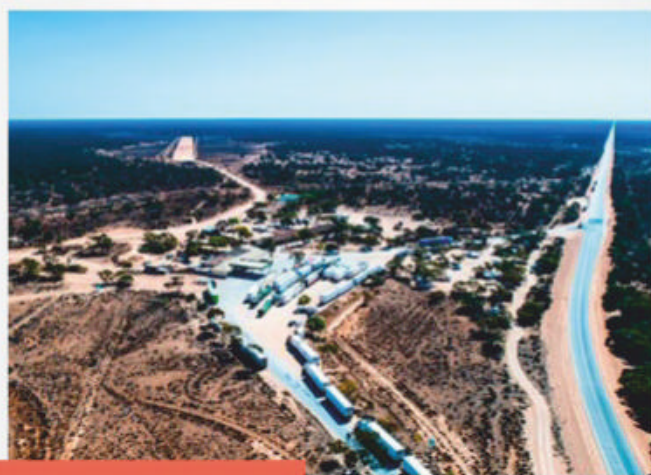
The long road to recovery

As the fires subside, the real work begins. **Genevieve Gannon** looks at the efforts to help the land recover.

Flora lost in fires

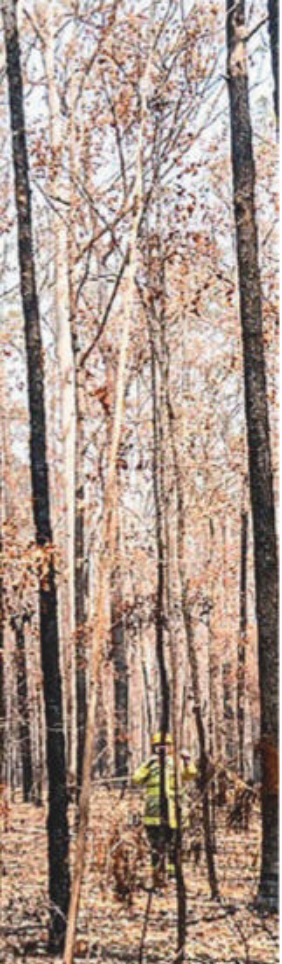
Some of Australia's richest wilderness has been ravaged by bushfires so fierce conservationists now fear it may never fully recover.

Western Australia's Stirling Range is home to more than 1500 species of plants, at least 87 of which are not found anywhere else in the world, but out-of-control bushfires that burned more than 40,000 hectares in December could alter the delicate ecosystem. Nearly half the park was burned before 200 fire crews brought the flames under control, but now conservationists fear the blaze may have caused irreparable damage. The Department of Biodiversity, Conservation and Attractions is conducting an aerial survey of the area to assess the damage, but they say they'll have to wait until the regrowth begins in spring to know how well the bushland, which is recognised as one of the world's top 34 biodiversity hotspots, will recover.

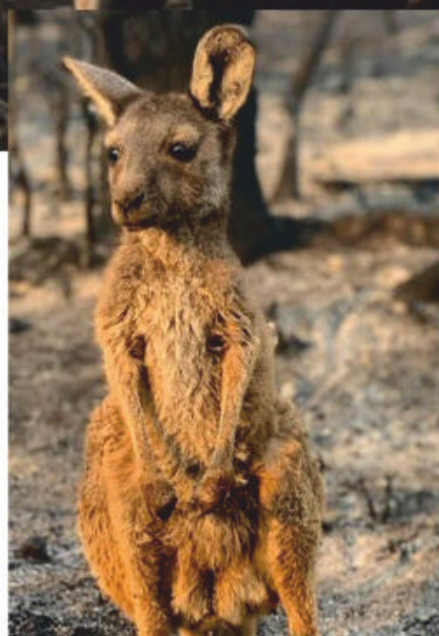


STIRLING RANGE, WA



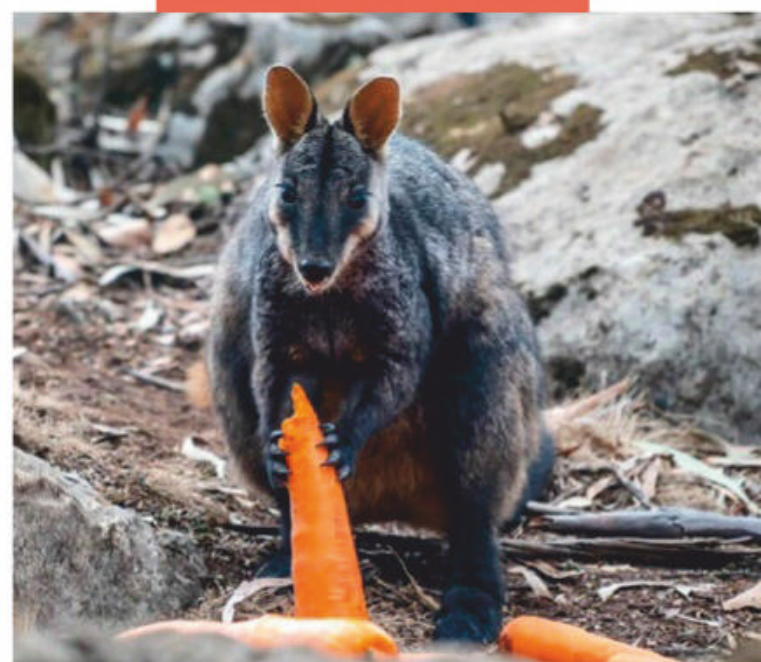


PORT MACQUARIE, NSW



Wildlife wipe-out

Dr Chris Brown has urged us not to forget “the other quiet Australians” devastated in the fires, who are “too small, too hidden or simply not pretty enough to have a PR presence”. Posting photos of the brush-tailed rock-wallaby, long-footed potoroo and Kangaroo Island dunnart, he sought to “shine a light on them before we lose them forever”. With over a billion animals estimated to be lost nationwide, he said it was the right time to put faces to these horrific numbers and truly understand what we are about to lose forever.



Our canine conservationist

As fire closed in on his home, and his wife Jen rushed between their son and their premature twins in Port Macquarie hospital, Ryan Tate and his faithful detection dog Taylor went to work rescuing wildlife. Fire had devastated the local koala habitat and Ryan (with Jen’s full support) felt compelled to help. “We both genuinely felt a moral responsibility to get out there,” he says.

Ryan and his specially trained springer spaniel Taylor (above, left) worked for up to 12 hours a day in heavy gear and harsh conditions, spotting koalas that had been injured,

displaced or left without adequate food as a result of the bushfires. “A dog can cover in an hour what would take 10 people half a day,” Ryan says.

Taylor is trained to sniff out koalas or, in bushfire conditions where it’s smoky and windy, their droppings. “She’s probably one of the most broadly trained conservation detection dogs in the country.”

The Tates’ twins, Evie and Wren (above), had been born seven weeks premature, and at times fire cut both Ryan and Jen off from their newborn girls. “There are three ways to the hospital but many times all three of them were on fire,” Ryan says.

The area where Ryan and Jen live came under threat from an ember attack but fortunately the flames never reached their house. Ryan says the kindness of people has made what would otherwise have been a torturous time more tolerable. **AWW**




Kimberley
CROSSMAN

Finding *the* LIGHT

Kimberley Crossman's crazily busy international career looks like every actor's dream. But she opens up to **Emma Clifton** about the flipside – depression, her therapy journey and facing her fears to launch a new mental health podcast.

PHOTOGRAPHY *by* REBEKAH ROBINSON • HAIR AND MAKE-UP *by* KRISZTINA MORICZ
STYLING *by* TORI AMBLER *for* THE FASHION DEPARTMENT

A woman with blonde, wavy hair is smiling and looking back over her shoulder. She is wearing a white, sleeveless, ribbed dress with a full skirt. She has large gold hoop earrings and a gold bracelet on her right wrist. She is standing in a garden with a white lattice fence, green hedges, and a stone birdbath in the background. The scene is brightly lit with sunlight.

“You can be a
happy, bubbly
person and
simultaneously
have moments
of deep
struggle.”

“Look over to the right, and look thoughtful,” instructs our photographer. “Should I look like I’m thinking about my depression?” Kimberley Crossman deadpans, then adopts a dramatically furrowed brow. It’s a moment that beautifully sums up the dual nature of the exuberant 29-year-old, and the complexities of mental health. Kim, sunny and radiant in a peach-coloured dress, couldn’t appear more removed from the damp, grey cloud that can be the reality of living with depression. And yet, like so many New Zealanders, keeping her thoughts on track is a daily process. It’s this dichotomy that Kim is aiming to address in her new podcast, *Pretty Depressed*, where she talks to well-known people about their mental health.

The need to look after her own mental health became a pressing reality for Kim halfway through last year. Like so many people (and, in particular, so many women), Kim has always seen being busy as a matter of pride. For the past few years, she has been based in Los Angeles, working both there and back in New Zealand as an actor – she took 17 trips home in 2019.

But the wheels were starting to fall off. “I’d been trying for nine months to get my head space right,” she says of her decision to see an Auckland-based psychologist last year. “I wasn’t very well physically or mentally and I knew that because my thoughts had changed, my behaviour had changed... I thought I’d go and get some help. And then I was diagnosed with being burnt out and also being pretty severely depressed.”

“I didn’t quite know how to receive that information, because I’m not a sad person. It just highlighted my lack of knowledge about what depression is.”

Kim is quick to offer a self-deprecating eye roll about her situation. “I know I’m not reinventing the wheel here: ‘Oh, I’m an artist and I have depression, what a unique take on life,’” she laughs. But as much as working as an actor in Los Angeles sounds like the stuff gold-dusted

dreams are made of, the reality can be completely different. She’s working as a freelancer in an industry that is as challenging and volatile as it is exciting and creative. Los Angeles, in a way, is its own gilded sword for an actor: a hub of possibility and stardom that can also feel isolating and competitive. The biggest difference between her life in LA and her life in New Zealand, Kim says, is that she’s not lonely here. “I have familiar faces here, and there’s a comfort level to that. There’s an element of loneliness in the States, when you don’t have things or people that you’ve known for a long time.”

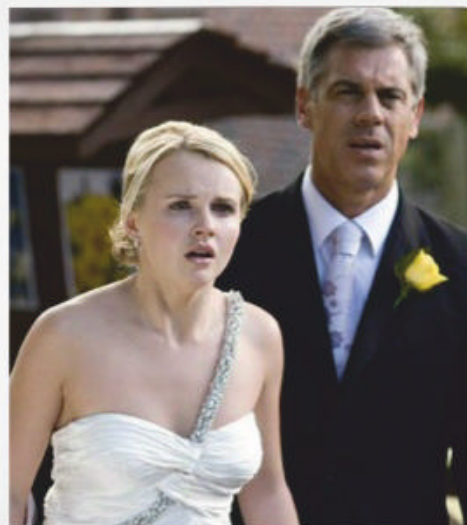
But the seductive nature of Hollywood is hypnotising. “There is an air of possibility that life can change in an instant,” Kim says. And more importantly, she really, really loves her job. There is no love/hate relationship when it comes to acting. “I never hate it. That’s probably half my problem – I love

that’s not going to change, then something else is going to have to change. So I stop doing what I love and go and live a zen life with a stable job... and at this stage in my life, that’s not an option to me. One, because I have no transferable skills,” she laughs. “And two, because this is what I love.”

Scary idea

However it turned out her skill as an entertainer was, in fact, immediately transferable to the world of podcasts. Kim had already mentally bookmarked the name *Pretty Depressed* for a possible future storytelling/stand-up comedy gig, but the idea morphed when she was approached by her friend and fellow

actor Kevin Connolly, from the popular US series *Entourage*, who



CLOCKWISE FROM LEFT: The cast of *Golden Boy*; *Shortland Street*; Kim stars with Dennis Quaid in the Netflix series *Merry Happy Whatever*.

it so much; more than living my life. The time between action and cut is when I’m the most present, when everything else in my mind silences,” she explains. “I don’t know how to execute that in my real life, because it’s such an addictive feeling.”

But that all-consuming enthusiasm was taking over her life, and not in a good way. “My psychologist’s advice was that because a lot of what was going on was tied to the work I’m doing, and the travel I’m doing, that if

had opened a podcast studio and wanted to know if she had any show ideas. Kim fired off a list of topic ideas, including one for *Pretty Depressed*, which was the one she didn’t really want to do. “There was some trepidation and nerve, about me not really having a grasp on my own situation and then offering to go and expose a wound that I hadn’t wrapped up nicely.” Naturally, that’s the idea he picked. “After thinking about it, I realised it was the right decision to do it because it did terrify me.”

She decided the podcast would be a series of interviews with people she had worked with or known over the →

years who were also on a mental health journey of their own. It would be a chance to demystify a topic that can seem very scary or isolating. Before she was diagnosed with depression, Kim believed – as many of us do – that it meant an inability to go about a normal life.

“Something I’ve now learned is that two things can be true at the same time, that you can live in a duality. You can be a happy, bubbly person and simultaneously have moments of deep struggle and self-doubt.”

It was hard to grasp that she could be depressed, when she would go to work and enjoy seeing everyone and be fine and happy, and then back home “if I’m left alone long enough, open all the doors to this really negative self-talk and just undo all the good that has happened hours earlier.”

It was her constant, negative inner dialogue that was the warning sign that she wasn’t in a good place mentally, Kim says. “Understanding that depression doesn’t always mean being so sad you can’t get out of bed, it can mean what your constant thought processes are... Realising that ‘oh, not everyone has a horrible voice inside their head.’ I thought we were all complete a***holes to ourselves internally, but no!”

Even though she was diagnosed in Auckland, Kim says therapy is very much part of normal life in Los Angeles. “If you don’t go to a therapist, it’s seen as irresponsible,” she says. “That’s LA specific – and I do understand people who think, ‘oh, they do all this heebie-jeebie stuff in LA,’” – she waves her hands around dramatically – “and don’t get me wrong, they do,” she laughs. “But therapy provides self-awareness to know what your triggers are. Essentially, I think it’s a way to take responsibility for yourself.”

The cast of characters she has enlisted for the podcast are an interesting mix of familiar names, including New Zealand’s own Rhys

Darby and *The Sopranos* actress Jamie-Lynn Sigler, who is battling multiple sclerosis. “They’re people who have been there for chapters of my life and I’m getting the chance to talk to them and dive in; to hear their story, but also see how they navigate their ups and downs. I just wanted to talk to them and see what that journey has looked like for them, to get and also give a better understanding of not only where I’m at, but learn tools that my friends and family can also apply.”

Whether listeners are going through a mental health battle, or they know someone who is, it’s a part of life that we can all experience, Kim



FROM TOP: Kim with boyfriend Josh Edwards; in India promoting a World Vision campaign aiming to get 1000 girls sponsored.

says. “We all go through seasons in life and whether we want to call it depression or not, we’ve all gone through big highs and big lows in life. I’m just trying to understand it more.”

Doing the interviews for the podcast also gave Kim a better framework for how we should respond to people who are asking for help. When she reached out to loved ones following her own diagnosis, she was often met by well-meaning advice that wasn’t all that helpful; go for a run or travel less,

for example. This is because, as a society, we still tend to view depression as something that just requires a “fix”, as if it’s the brain version of the common cold. Whereas in reality, mental health issues are more of a squirrelly, complicated thing to pin down – and the causes can be just as vast as the solutions.

“If anything, it made me feel more isolated. That wasn’t anyone’s intention, of course, but what it felt like was someone going, ‘It’s not my problem, you need to go and do this, this and this.’ Whereas what

I wanted was someone to ask questions: ‘What does it feel like? What kind of things do you need? How can I help, or how can I be better?’ But I didn’t have the emotional intelligence to articulate or ask for that.”

Doing good

Right from when Kim started acting on screen at age 15, as precocious Sophie McKay on *Shortland Street*, she knew it was a fantastic opportunity she would have to work hard to protect. “I wanted longevity in my career... and I understood that I didn’t just want to be known as ‘Sophie’.” She also took to heart the idea that she should use her new platform to do good, and try to stand for something, which led to becoming an ambassador for both the SPCA and World Vision. Last year, Kim travelled to India as part of her work with World Vision, to visit her three-year-old sponsor child Megha, as well as

promoting the campaign 1000 Girls, which is aiming to get one thousand girls sponsored. She went to Biha, where 40 per cent of girls are married while under-age and therefore miss out on education, presenting a report for Three’s current affairs show *The Project*, where

“I don’t want to have ‘busy lady syndrome’, I want to try to balance my life.”



she is a regular collaborator. Having many strings to her presenting bow has ensured that Kim always has work on the go, even when she's in between acting jobs, but conversely means that there is very little time when she doesn't have to be "on".

"My life is very spontaneous, which is cool, but it's also very unpredictable. So there is the issue of having to have your life organised to a point that you can suddenly get on a plane with two hours' notice, or quickly read a script and drive across town for an audition. Everything has to be malleable in your life to allow for the last minute things."

Los Angeles is very much home for now – she has put down roots, living with a partner, two cats and a tarantula, called Prince Harry O'Connor (the

tarantula, not the boyfriend). She commutes to New Zealand often for work, stars in Three's comedy *Golden Boy*, and was also filming for Leigh Hart's satirical news show *Late Night Big Breakfast*. Moving from a dramatic role on *Shortland Street* into comedy happened quickly and Kim's natural comedic timing and, as she calls it, "ability to play crazy very well", means she's worked in US comedy shows like *SMILF* and the recent Netflix series, *Merry Happy Whatever*. "I took my show reel to America with all of my *Shortland Street* stuff... some of my best dramatic acting, and it had everyone in hysterics," Kim says, laughing about the assumption the show was a comedy. "I was trying to be serious and they were like, 'Oh, mate. So funny!'"

In 2018, she was a whisper away from a spectacular full-time gig, after she landed a role as a regular cast member in the spin-off to hit TV show *The Middle*, but the show was cancelled before it went to air. It is, of course, not an easy industry to work in, although Kim is very matter-of-fact about it. "The job is easy, it's the lifestyle that's difficult. You are choosing an unpredictable, seasonal, non-structured, chaotic job. But it is a choice. And there is bravery involved in that. For a lot of people, that uncertainty would be too much."

To the limit

Part of the issue is that Kim has always been someone who has pushed herself, and striving to the point of sickness became par for the course – being hospitalised with the flu every other year, getting eye infections at high school from studying for too long. "At what level is it an obsession, rather than what's driving you," she muses. "I've always thought I'm just a very driven, ambitious person and if you were to say to me, 'Oh, you're always so busy,' then I would be like, 'Compliment!' But I don't want to have 'busy lady syndrome', or be constantly rushing. I want to try to balance my life."

In her podcast interview with Rhys Darby, she asked him: "What does your brain look like?" and he gave such an interesting, immediate answer – a six-tiered spaceship, with every door leading to a new dimension – that she asked every subsequent guest the same question. So, what does the inside of Kimberley Crossman's brain look like? "It's a woman with frizzy hair and glasses and she's surrounded by filing cabinets, which are all close to bursting." She's always waiting for the next question and "then she'll panic and try to find the answer in one of the filing cabinets, but she can't quite get it."

Kim pauses, and smiles. "It's very telling as to where I am right now. I know I possess all the tools to help myself, I'm just not sure what cabinet has the answers in it just yet." **AWW**

● The *Pretty Depressed* podcast is available now. To find out more visit kimberleycrossman.com.

Dame Kristin
SCOTT THOMAS

Turning 60 is rather fabulous

Dame Kristin Scott Thomas is known for playing frosty, posh Brits but behind the aristocratic cheekbones, **Louise Gannon** meets the real KST, who learned her craft in France, loves babies and laughing, and refuses to reveal the name of the lady who keeps her skin so radiant.

Kristin Scott Thomas has a reputation for being an ice queen of the movie industry. As an actress she has immortalised those particular roles which require a certain aloofness and hauteur. Her breakthrough came in 1994 in *Four Weddings and a Funeral* when she played the acerbic Fiona, who is madly in love with the hapless Charles (Hugh Grant) but too proud to let him know how she feels. She went on to star opposite Robert Redford as the powerful, successful-but-broken Annie MacLean in *The Horse Whisperer*, and then as a frosty, married

congresswoman who falls for a tough police detective (Harrison Ford) in *Random Hearts*. But it was as the brilliant, complicated, Katharine in *The English Patient* in 1996 – where her steamy affair with Ralph Fiennes won her multiple award nominations, including an Oscar – that she really put her mark on Hollywood.

Now 59, Kristin has never played the Hollywood game. She cannot bear Los Angeles (“Who would want to actually live there?”) and has spent much of her life in France. She is not a fan of social media (“I do have an official Twitter account but it is for work purposes,” she

says. “I think we should be aware that social media can be as dangerous as it is useful.”) And she has never really cared what people think of her.

Hugh Grant famously remarked she had to be “warmed up” every morning on set, and in interviews she is infamous for refusing to suffer foolish or intrusive questions, and happier to sit in chilly silence. She has been known to launch withering attacks on “vulgar” girls with fake tans and short skirts. She is a woman who knows her own mind. I have been warned.

In her latest movie role in *Military Wives*, true to form, Kristin plays →



Exclusive

a stiff, posh, emotionally frozen colonel's wife in a film based on the true-life story of the partners of British soldiers who formed a choir to help them deal with the pain of separation from their loved ones. Their success – appearing on television and having a chart-topping album – inspired similar choirs on bases all over the world, including 12 Military Wives Choirs in Australia.

Military Wives is a feel-good, tear-jerker of a movie from the makers of *The Full Monty* and, as usual, Kristin's performance is flawless and cleverly nuanced. As Kate, whose teenage son died in conflict, she takes it upon herself to help the other military wives forget about their worries when their men are deployed to Afghanistan, and she does so by leading them in a choir. Except no one really likes her, including the wine-chugging, popular staff sergeant's wife, played by Sharon Horgan, who wants to sing the Beatles rather than Beethoven, and pop songs instead of hymns.

It is as much the story of their unexpected friendship, and the journey of these unsung heroines of combat, which makes the film such a must-see, heart-warming movie. But as ever, it is the story of Kristin playing a singular woman who is not part of the crowd.

We meet in the suite of an upmarket London hotel. Kristin is wearing a long, heavy, black and white tweed coat that is fully buttoned-up over elegant black dress trousers, black leather high heels and a crisp, classic white shirt. Her highlighted chestnut hair, cut in the same vogueish bob she has worn it in for the past four decades, is salon perfect.

She is pencil-slim but it's her face that stops you in your tracks – the transparent skin, those high, aristocratic cheekbones, the hooded grey-green eyes under arched eyebrows and the wide, symmetrical mouth which is, right now, shaped into a surprisingly welcoming smile. Many, many words have been used to describe Kristin's enduring beauty. This year she

will be 60, but still the sensual-woman parts keep coming – most recently as actress Phoebe Waller Bridge's ultimate girl-crush in the black comedy, *Fleabag*. Fashionistas regularly vote her the most stylish woman in the world.

You wonder how it must feel to be universally feted. She gives me a sideways look then laughs. "Oh, I've just got one of those faces which works in front of a camera. From any angle and any distance, you will always see my eyes and my nose. I've grown into my face. I was never considered anything special as a child or as a teenager, but somehow I was given this gift of having a certain beauty which appeals to people on a screen.

"It doesn't make me think: 'Gosh, aren't I wonderful?' I understand it's because I work in an industry where there are a lot of people happy to pay

an awful lot of attention to making me look as good as possible. Off-screen, away from everyone, I can melt away and be invisible. And there are plenty of moments when I look in the mirror and think, 'Ugh'. And then I quickly look away. Things aren't always as they appear."

Right now, Kristin – or KST as she's known to her friends – is not quite living up to her reputation. True, she won't "go personal". There is no hint of whether or not she is in a relationship (since her divorce 11 years ago from François Olivennes, the Paris-based obstetrician and gynaecologist, Kristin has been linked to *Game of Thrones* actor Tobias Menzies and the multi-millionaire financier Arpad Busson). But she laughs a lot, and coos over tales of her two-year-old granddaughter by her daughter, Hannah, 30, the eldest of her three children (along with Joseph, 27, and 19-year-old George).

"Oh God, I love babies," she says,



The English Patient (above, with Ralph Fiennes) is considered one of her best performances.



Military Wives (right) is the latest film to round out Kristin's glittering career, which includes roles in *The Horse Whisperer* (above) and *Four Weddings and a Funeral* (top).





“I was never
considered anything
special as a child.”

dramatically. “I just love them. I have her to stay with me and we have the most tremendous fun. I can spoil her, I can be strict. But as a grandmother you don’t have that constant fear of ‘am I doing this right?’ that you do as a mother. And she behaves so well for me. She sleeps, she eats, she listens. My daughter can’t believe it, and I never imagined having a grandchild would change my life so completely.”

It is appropriate we are talking about family because in so many ways, *Military Wives* is all about family to her. To understand Kristin Scott

Thomas is to understand her past. She, like Kate, came from a military family going back two generations. And like Kate, Kristin grew up on a military base; hers was in Dorset, England.

It is not an easy past and it is only now, she admits, that she is ready to start going back to memories both poignant and painful. “I think this is something that we almost unconsciously do when we get older. I have friends – Jane Birkin, Charlotte Rampling – who also did the same. Something almost outside of you drives you back there.”

Military Wives and a documentary

series called *My Grandparents’ War* were what drove her back there. She discovered that her quiet, reserved grandfather, Thomas, was a military hero whose brave command of a destroyer ship, *HMS Impulsive*, saved the lives of thousands of troops from Dunkirk. He was also awarded a Distinguished Service Cross for laying mines across an enemy minefield. “And he never said anything to us about any of it when he was alive,” she says. “We didn’t talk about it. We didn’t talk about any of it.”

Grief and tragedy were forever wrapped in silence. She was five and at the military base when her pregnant mother, Deborah, told her that her father, Simon, had been killed in his fighter plane during a Cold War training mission. Six years later – after her mother had remarried and had a fifth child – her second husband, who was also a Royal Navy pilot, was killed in another flying accident. Again, there was no weeping or wailing.

Within a year, a decision was made for Kristin to go to boarding school, and there she felt lonely and abandoned. She has talked about a desperate feeling of sadness as a child, but it was something she kept hidden. I ask her why, and she answers simply: “It was just the way things were. I was a child of the ’70s. It was different times then because you just didn’t go

around screaming and shouting.

“And before I was even an adult I had lost two key people in my life. I had one left: my mother. I didn’t want to scream and rage at my mother because I could not risk losing her from my life. So you close down and keep it all contained. It was what I was used to. I understood the need for silence, the need to just keep on.”

It was this aspect of Kate she completely understood. “I don’t think I’m like her in any way,” she says. “She lost a child, which is something I just cannot comprehend, and something →



Joseph (above) and Hannah (left) are her children with ex François (below).



“I had to do a lot of work on myself to get to where I am.”

– thank God – that has never happened to me. But I do totally see the way she coped was by keeping busy, by pushing all those emotions down. It’s not a very fashionable way to deal with life, but it’s the way many of us deal with things that happen to us. You just carry on.”

In her teens and early 20s, Kristin was a lost soul. Miserable at school, she trained to be a drama teacher and then realised that what she really wanted to do was act, but was “kicked off my course for being useless”, she says. “I wasn’t going in to lessons. I was unhappy. Useless.” At 19, she began working in Paris as an au pair for a couple who worked in the opera world. “One day, the mum asked me what I wanted to do. I mumbled that I wanted to be an actress but I knew it was a laughable ambition because it was never going to happen.

“She just stopped me and told me never to think like that, and if that was what I wanted then that was what I must do.” She pauses, looks at her hand for a moment and then says, “It was probably the first time in my life I felt that there was someone who actually believed things were possible, and that not everything was going to

end in disaster. It sounds silly but it was a real follow-your-dreams, believe-in-yourself moment. And it changed everything. I studied acting in France and started working.”

I ask her why she, a girl who spent her whole life keeping all her emotions so bottled up, wanted to become an actress, and she pauses for a moment to think.

“It’s simple really,” she says. “I wanted to be other people.” Then she corrects herself. “Actually, I wanted to know what it was like to be other people, to escape from being me, to try on someone else’s shoes.” She pauses again. “And to walk out on stage was – still is – terrifying. But each time you do it, you feel you have done something quite brave. Not brave like my grandfather. Brave for the person you really are underneath.”

She has said, in the past, she has been too typecast in these uptight, ice-queen roles, but today Kristin seems far more relaxed about life. We talk about depression, something she suffered from until 15 years ago. “It’s not a state of mind, it’s an illness,” she says. “It’s a crippling thing to go through. Nothing people say to you can change the way you see yourself and the world. People

can say you are beautiful, they can say you are wonderful. It means nothing. I suffered from it on and off for years.”

Did she have therapy, I ask. She nods. “I had to do a lot of work on myself to get to where I am now. You have to do it. Hard work. And then you start to get through it and come out the other side.”

On paper she has ticked all the boxes: marriage, a career, a family and financial success. Her marriage to François lasted 18 years and they have three children – and their granddaughter – together. She has, in the past few years, moved back from France to Britain. Does she consider herself more French than English? She laughs. “When I’m in England, I miss France. In France, I miss England. I think I dress like a French woman, and I’ve learnt a lot from French women. I have an amazing lady who looks after my face. I have been going to her for years and she keeps it looking far better than it should with these facial massages which are incredibly painful but have unbelievable effects. And like all French women, I keep her name secret otherwise I’ll no longer be able to get an appointment.”

Family, she says more softly, is the thing that keeps her anchored in life. In *Military Wives*, the power of family – however dysfunctional – is one of the core tenets which rings true with Kristin.

“I am very, very close to my family,” she says. “My mother is still alive, which is wonderful, and of everything I ever did, being a mother myself has been pretty remarkable. I don’t think I ever thought I was doing a good job. I worked a lot but my children were always on my mind. They are all lovely and I’m so very proud of them.”

The idea that she will turn 60 in May, is “rather fabulous”. “Life for me has been a process of getting better, getting more relaxed and becoming happier,” she says. “I love getting older. It’s a gift. In an ideal world I would spend my days with my family in a French orchard, eating good French food, laughing and talking and holding my granddaughter on my knee. What could be better?”

A happy-ever-after ending. **AWW**

● *Military Wives* opens on March 12.



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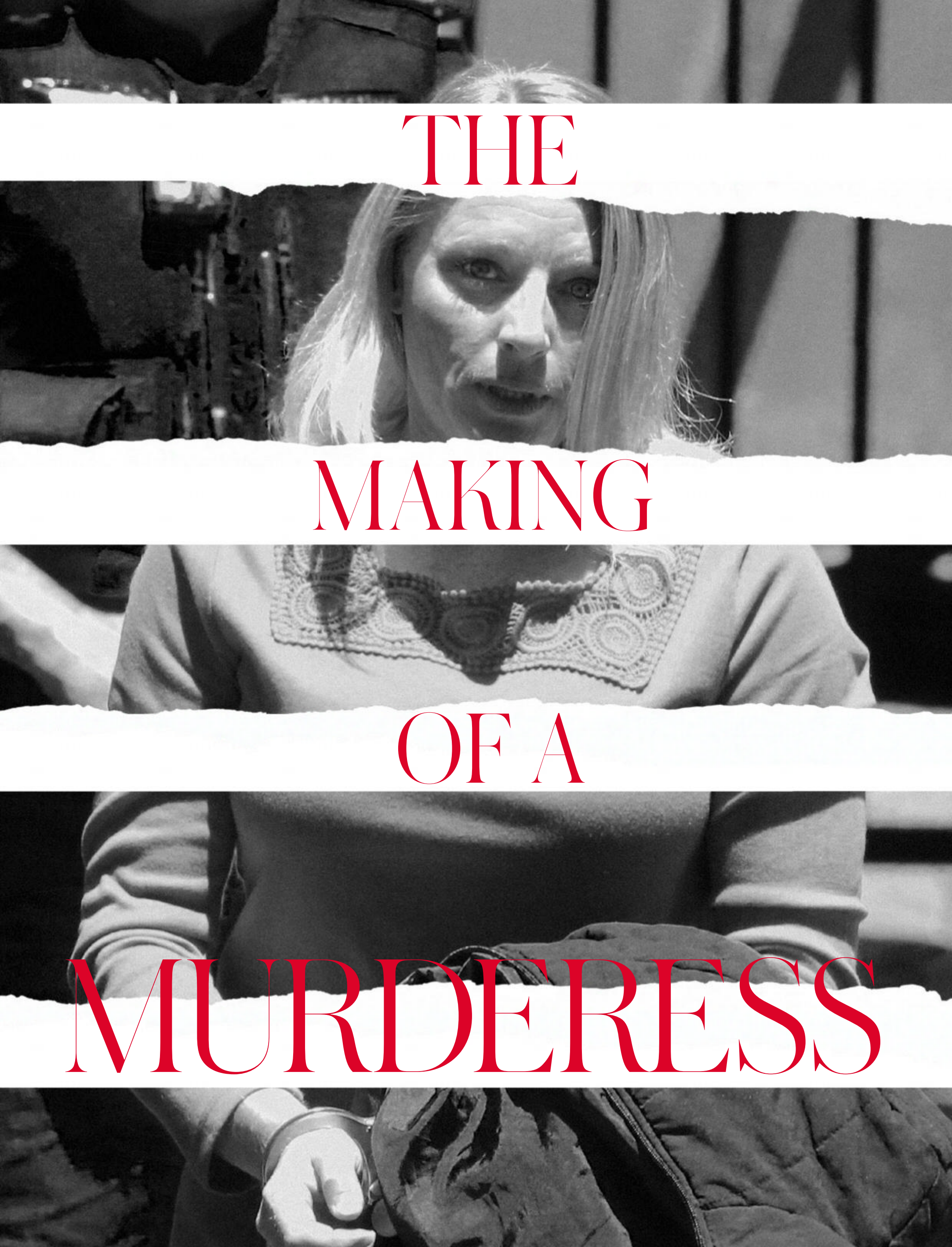


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THE

MAKING

OF A

MURDERESS

Six months after being jailed for murdering her ex-boyfriend, Robyn Lindholm was charged with murder again.

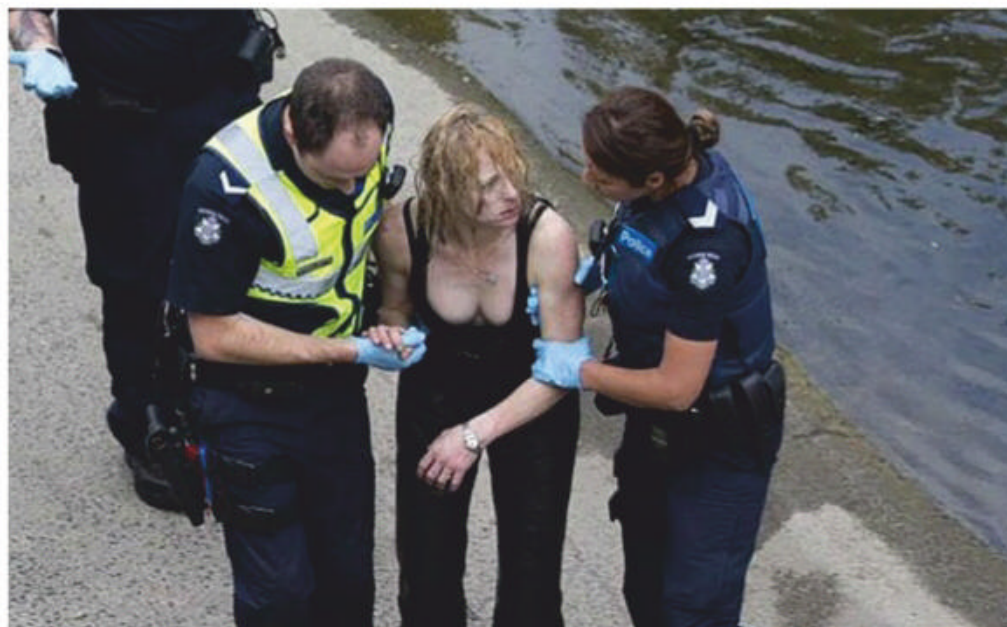
Genevieve Gannon asks: is this killer the deadliest woman in Australia?

The Supreme Court of Victoria, in Melbourne, is not a place for romance, but as she sat in handcuffs before a judge, Robyn Lindholm sent meaningful looks towards her lover. Hunched and rough-faced, Torsten Trabert, also in chains, sat just a few feet away, on the other side of an armed guard. The love-struck brute flirted back, seemingly oblivious to the sombre proceedings going on around him.

It was the closest the couple had been since they were arrested two years earlier, after homicide police chased them through one of Melbourne's inner suburbs. The dog squad finally tracked them to a drain where they were hiding in water up to their necks. Lindholm, a blonde former stripper, eventually admitted to ordering the murder of her ex, and Trabert, a truck driver, was found guilty of inflicting the fatal blow.

As they awaited their jail sentences, they knew it was the last time they would see each other for years, possibly forever. Trabert, or "Toots" as he called himself in the soppy letters he wrote from jail, seemed happy just to be near Lindholm. Given what we now know about Lindholm's record of slaying her lovers, he was perhaps safer locked away.

The trial heard how Lindholm had asked a succession of boyfriends to kill her ex, Wayne Amey. She made the request of Kyle Elliot, then Aaron Ardley and finally Trabert. Aaron had agreed to do it, telling the trial that Lindholm had him under a "spell". But he was injured and it was Trabert



Robyn Lindholm (above) and Torsten Trabert (right) are arrested after being found hiding in a drain. Lindholm would later admit to murdering her ex, Wayne Amey, implicating current partner Trabert.



who finally carried out the deed in December 2013. Lindholm's lawyer, John Kelly, asked for leniency because she was remorseful. But Justice Lex Lasry didn't buy it. "I am sure that you are ashamed and embarrassed," the judge said. "But the real question is whether you genuinely regret what you have done. I frankly do not see any sign of that."

Lindholm was "angry and vengeful", Justice Lasry said. Killing Wayne was futile and unnecessary, and dumping his body on a lonely mountain top was "callous", he said.

He jailed Lindholm for 25 years and Trabert for 28. A third accomplice, John Anthony Ryan, was sentenced to 31 years. Lindholm got a discount for pleading guilty. Trabert did too because he led police to the body, wedged between boulders at Victoria's Mt Korong. The trial heard the trio went out drinking after hiding the corpse.

After the sentences were handed down the lovers were parted, Lindholm to her cell, Trabert to his. But nearly six months later, on May 31, 2016, detectives visited Lindholm in prison. She was charged with murder, again the victim

was a man she'd once loved. Police believed they had cracked the mystery of her missing former fiancé, George Teazis, who vanished in 2005.

When he sentenced her for George's murder, Justice Christopher Beale noted Lindholm had had an idyllic upbringing. She had been close to her father, and her mother visited her twice a week in jail. In fact, her mother moved to Melton so she could be closer to the maximum security prison where her daughter was being held. "You did not want for affection from your parents and they would go without to ensure your material needs were met," Justice Beale said, raising the question: what had turned Lindholm from a loved and happy, high-achieving girl to a cruel, vengeful killer now serving back-to-back sentences for murdering two men she once adored?

The newspapers called her a Black Widow and Femme Fatale. The headlines are clichéd, but accurate. In each case, Lindholm seduced a new lover and enlisted him to murder the old. Now that suppression orders have been lifted in her second secret trial, we know the person who helped kill George Teazis was Lindholm's second victim, Wayne Amey. →

Her first victim

Born in 1973 in the affluent Melbourne suburb of Glen Waverley, Robyn Jane Lindholm was an animal lover with honey-coloured hair who wanted for nothing. Her father, Raymond, was a welder, her mother, Dorothy, a nurse.

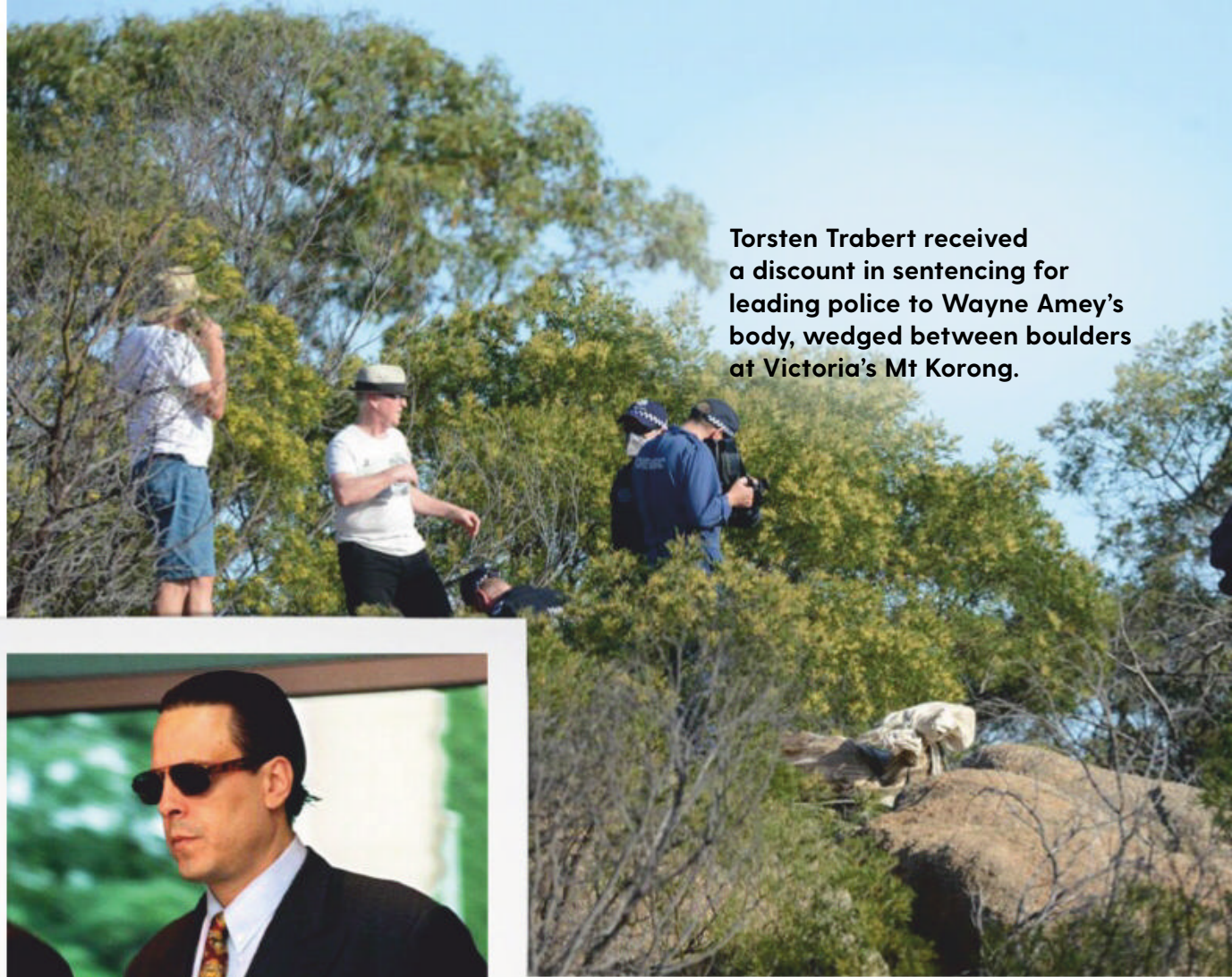
“She received considerable affection from both parents,” her lawyer John Kelly told her plea hearing. “Despite the fact that financial constraints were significant, she describes her parents on occasions going without in order to provide for her.”

Her early school years were spent at Kilvington Grammar School. Later she attended Malvern Girls High, in a desirable part of town. At the age of 13 she won the Victorian Ice Skating Championships. An injury cut her sporting career short but she applied herself in school and was accepted to study science at prestigious Monash University. She hoped to transfer into veterinary science. Lindholm studied hard for about 18 months but when she didn’t get the marks she needed to be a vet she shifted into a technical institute course in animal husbandry. At 19, however, she dropped out and got a job at a car dealership, and later started working at Crown Casino. The leggy blonde was popular in the high-roller Mahogany Room and attracted the attention of underworld figure Alphonse Gangitano, a key figure in Melbourne’s gangland wars, known as The Black Prince of Lygon Street.

“She became enamoured of the lifestyle in terms of its luxuries,” her lawyer John Kelly said.

Seduced by a world of wealth, Lindholm began working as a stripper, which helped pay for the large mortgage she took out at the age of 20 to buy a 30-hectare rural property at Glenhope, north of Melbourne.

Her life changed in 1998, when Alphonse was executed in his home. Lindholm moved on with George Teazis (also known as George Templeton), who had done a brief stint in prison in 2003 but, other than that, was a hardworking businessman who ran a carpet laying



Torsten Trabert received a discount in sentencing for leading police to Wayne Amey’s body, wedged between boulders at Victoria’s Mt Korong.



Above: Alphonse Gangitano – known as The Black Prince of Lygon Street – was a key figure in Melbourne’s gangland wars. Right: Lindholm with George Teazis. The pair were engaged to be married before Lindholm ordered the hit.



company with his brother, Nick.

“George and Nick worked together as an exceptionally close team – brothers working hard to create a better life,” George’s sister-in-law, Deborah Teazis, said in court.

They were a close-knit family and they accepted Lindholm into their lives. George loved seafood and steak, often “with a hearty Greek salad and a cold beer on a hot day”. Deborah remembers Christmases spent watching George take control of opening the oysters, “but eating more before they actually made it to the table”.

On May 2, 2005, George performed his ritual of drinking Metaxa brandy to commemorate the anniversary of his father’s death. This was something he did every year, and he asked

Lindholm to buy the brandy for him. Lindholm and George had been together for seven years and she was familiar with the tradition. At work that day, George was in a good mood, and clearly looking forward to his night of brandy and reflection, telling his brother Nick he was, “planning on putting a big chunk in it”.

That night, Lindholm made George dinner. Her friend Kate* was also at the house, and George’s son Ross was playing Xbox in the bungalow out the back, where he lived. By the time he finished his meal, George was well and truly drunk, according to Ross. After they ate, Lindholm and Kate smoked some weed with George, and then the women went to Kate’s house. “George was drunk, possibly stoned and certainly vulnerable,” Justice Beale said.

Under her spell

A ruthless seductress, former stripper Robyn Lindholm would use sex to lure her lovers to perform her dirty work, and they would become putty in her hands. Soon a wicked web of betrayal and murder was spun, with Lindholm leaving victims in her wake. The earliest she is due for release from prison is 2049.



ROBYN LINDHOLM

GUILTY OF ORDERING THE MURDERS OF EX-LOVERS WAYNE AMEY AND GEORGE TEAZIS.



TORSTEN TRABERT

GUILTY OF MURDERING WAYNE AMEY AND SENTENCED TO 28 YEARS.



JOHN ANTHONY RYAN

GUILTY OF MURDERING WAYNE AMEY AND SENTENCED TO 31 YEARS.



WAYNE AMEY

LINDHOLM'S LOVER AND SECOND VICTIM, WHO ALSO HELPED KILL HER FIRST.



GEORGE TEAZIS

LINDHOLM'S FIRST VICTIM, MURDERED BY WAYNE AMEY. HIS BODY HAS NEVER BEEN RECOVERED.

Things turned nasty when they tried to divide their assets. Wayne's lawyer, Craig Henderson, said that Wayne was being threatened, and that Lindholm and Wayne's relationship had ended because Lindholm had an affair. Her new lover, a man named Kyle Elliot, admitted to threatening Wayne. He confessed Lindholm had asked him to kill Wayne quite a few times, and they'd often argued about it.

"It became clear Mr Amey was anxious about his own safety," said Justice Lasry.

In March 2012, Kyle was jailed for other crimes and by August that year, Lindholm had started dating a man named Aaron Michael Ardley. He was obsessed with her, and when she asked him to kill for her, he readily agreed. "After what me and Robyn talked about, I was under a spell," Aaron said.

Aaron began following Wayne and conducting his own surveillance work. He lurked around Wayne's favourite restaurant and began lifting weights. When Crown Prosecutor Gavin

Silbert asked him what he was in training for, Aaron replied: "To be a killer."

Lindholm gave Aaron a security pass that would let him into the basement car park of the building she had once lived in with Wayne. Aaron went there three times armed with knives. But in January 2013, Aaron suffered a brain injury, so couldn't carry out the murder.

Lindholm had to find someone else. By this point, she was heavily using methamphetamine. She moved to a flat in Melbourne's north, and it was then that she met Torsten Trabert. →

When Lindholm returned later that night, George had vanished. There was no sign of a break-in. His ute was missing too. At 2.43am, she received a text from George that read: "Got problems, need a lift, will call soon." He was never seen again. Investigators found blood on the couch of George and Lindholm's lounge, but George's body was never recovered.

Soon after George disappeared, Lindholm severed ties with his family and started living with her new love interest, Wayne Amey. She moved into

his penthouse in the Melbourne suburb of Hawthorn and enjoyed the "high life".

A torrid tale

As far as anyone could tell, Lindholm was in love with Wayne. Her nickname for him was Batman and she planned to settle down with him and start a family. She began working at his gym, and together they bought a farm at Bittern, a rural town south-east of Melbourne. But several years on, cracks began to show in their relationship, and in 2010 they split.

True crime

He moved in with her and, although he was married, the pair began a torrid, sexually charged relationship.

Born in Germany, Trabert had moved to Australia with his parents in 1970. He'd always had a low IQ but years of drug abuse had caused mild brain damage. The handwriting in the love letters he sent to Lindholm is that of a child. In 2013 he was out of work, addicted to methamphetamine and madly in love. When Lindholm asked him to kill for her, Trabert agreed.

On December 10, 2013, Trabert and John Anthony Ryan drove to Wayne's apartment building in Hawthorn. Using a swipe card Lindholm had given them, they entered the underground car park and waited for Wayne to return. When he did, they beat him and forced him into the boot of their car. Trabert drove the car to the flat he shared with Lindholm. A neighbour heard mumbling from inside the boot. It was Wayne, begging for his life.

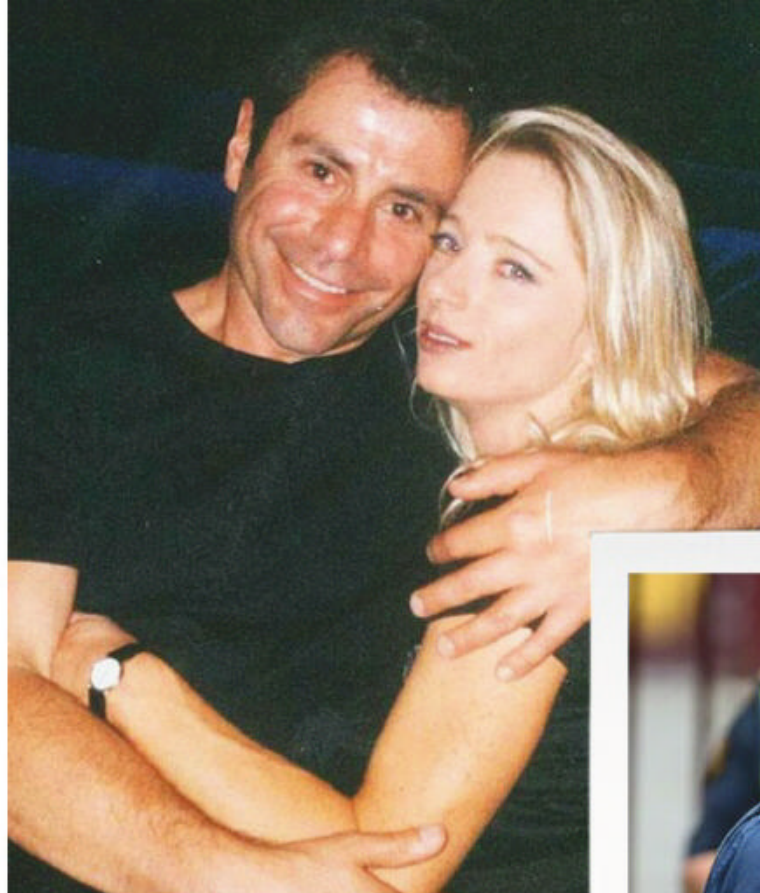
"You don't have to go this far, I'll do anything," Wayne pleaded.

Trabert asked the neighbour to help "finish it" but he refused.

Two days later, Trabert, Lindholm and Ryan drove to Mt Korong and hid Wayne's body. Then they spent several hours drinking at a hotel. When the police tracked them down, they denied having anything to do with Wayne's death. But once the court process began, Lindholm turned on her accomplices, and her lover. She pleaded guilty and implicated all three in Wayne's murder.

Trabert and Ryan refused to admit they killed Wayne, but a jury found them guilty. A photo of Trabert, taken outside the bluestone court, captures him blowing a kiss at the photographer. He appears remorseless and smug as he prepares to be sentenced for murder. After Justice Lasry handed down his judgement, the criminals were led away, and Wayne's family and friends were left to process their grief.

That would have been the end of it. But Lindholm's guilty plea had not gone unnoticed. Homicide detectives, who had been unable to crack the case of her former fiancé's disappearance, started re-examining the evidence.



Left: Robyn Lindholm and Wayne Amey in an undated photo. Below: Torsten Trabert blows a kiss to photographers outside court.

Second strike

When police interviewed Lindholm's friends and acquaintances, they discovered she had bragged to several people that she'd had a hand in George's disappearance.

Lindholm was tried for murder. The modus operandi, the police claimed, was similar to the killing of Wayne Amey – Lindholm had been the one to order the hit, but she'd asked someone else to do her dirty work. This time, however, Lindholm refused to admit guilt. She had an alibi, she insisted. Her friend Kate was with her when George vanished.

Kate was put on the witness stand and swore she was with Lindholm the whole time. Under relentless questioning from the prosecutor, she stood her ground. But that night, she cracked. She called the police and told them she wanted to change her statement.

Kate revealed that Lindholm and Wayne Amey had begun their affair while Lindholm was still living with George. She claimed Lindholm had confided to her that Wayne had "paid somebody to help him get rid of George". She also told Kate to "stick to the story", court documents show.

George's blood was found in his lounge. Witnesses claimed Lindholm had talked about dumping his body in Port Phillip Bay, but this was never proved. Despite pleas from George's family, Lindholm has never revealed what happened to him. Even after 14 years was added to her jail term, she insisted she had nothing to do with his death.



George's sister-in-law voiced the grief the family has endured and the anger they feel towards Lindholm: "We accepted you into our family, as George's partner," Deborah told the unrepentant killer. "We respected you as a human being."

She begged Lindholm to "do something right" and tell the family where George's body is. "If you ever loved or cared about George, even in the smallest way, then give him peace in death and give us some closure."

Deborah and husband John took in George's children, who suffered greatly after their father's disappearance. Deborah made a final plea to Lindholm: "It is never too late to tell the truth. It is never too late to show you have compassion."

The killer has, however, remained unmoved. She said nothing before being taken back to prison. When she is freed she will be an old woman. Her earliest possible release date is 2049. If she is granted parole, she will leave prison when she is 71. Until then, Robyn Lindholm maintains her silence. **AWW**

**Name has been changed to protect the witness's identity.*

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Inspired by a fabulously free childhood, Kate Sylvester has gone from making beaded sneakers as a teen to global success in the fashion world. Now life's entering a new phase, as she deals with the loss of her father, watches her three sons forge their own creative paths and works to make the Kiwi fashion industry more sustainable.

Becoming KATE

With **JUDY BAILEY**

Kate Sylvester was a teenager when she realised she wanted to leave school and design clothes. Her mother's response was telling. "Oh that's all right... I'd have worried if you'd wanted to be an accountant."

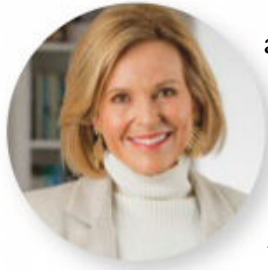
"Mum has always been incredibly supportive of me. When I was at school, I began chopping up sneakers and putting beads on them. She would drive me up to Orewa [north of Auckland] to sell them on the roadside over summer." No surprises then, that Kate's mother Toni was a creative person – a lover of the outdoors, a passionate gardener, a former teacher and stay-at-home mum.

Kate credits her parents (pictured right) with being hugely influential in her life. Her father, Ron, was a teacher and loved the outdoors. A dedicated tramper and climber, he passed that passion to his daughter. Kate and her family are working their way through the country's Great Walks. "I had an incredible childhood. We had so much freedom." Kate and her older brother Todd and two sisters, Holly and Joanna, grew up on Auckland's North Shore, in Greenhithe.

Her parents bought a rundown house on a couple of acres there in the '70s. "It had a beautiful peach orchard. The grass was over our heads on the back lawn, it was like a bomb site, covered in rubbish."

It became a massive project. "Mum was obsessed with the garden and Dad worked alongside her. They were always working on grand projects and I grew up thinking that's what you do in life, you make things and have projects."

Toni loved roses. She would take the family on road trips around derelict houses and graveyards, looking for cuttings of old roses. "It was wild," Kate smiles, "She'd take those cuttings whether she'd asked for permission or not." It was on one such road trip that she found Kate her first memorable dress. It came from a second-hand shop. Toni remade it, embroidering over its print



and turning it into a smock for her daughter. Kate loved that dress. And she loves roses. They often feature in her collections. In fact this year's is built around the 'Mutabilis' rose, a favourite of her mother's. This latest collection is also inspired by her parents' love affair. Ron and Toni were very close, and Kate discovered a box full of love letters the pair had sent to each other during their courtship, while Ron was serving with the territorials. "They must have written nearly every day. They are so romantic."

Kate's beloved dad died just before Christmas. His handsome face looks out from a large photo, taken on his university graduation, which sits in pride of place in Kate's living room. The sadness of his loss is still raw.

Kate grew up close to her brother and sisters. Todd, the eldest, was often away playing sport, but Kate would play endlessly with



"We didn't go to many after-school activities, so we had a lot of free time to be creative."

Holly and Joanna. They are all two or three years apart. Greenhithe was pretty much in the country in Kate's childhood. "We didn't go to many after-school activities, so we had a lot of free time to be creative."

Dress-ups were a favourite. "We'd have lots of competitions to see who could dress up as the best old bag, or

who could come up with the best ball outfit or wedding dress. I remember that freedom was really crucial... that was the thing about our house, we were allowed to do pretty much anything. Jump on Mum and Dad's bed, play in their room. We had a playhouse we could sleep out in.

Kate's passion for clothes grew. "As a teenager I would go and literally stroke the clothes at Cachet, in Takapuna [the forerunner to Zambesi]. Neville [Findlay, co-founder of Zambesi] would be in there... he'd be so tolerant of us school kids."

It was Toni who taught her daughter to sew. And it was Toni who embraced

her daughter's ambition to leave school and sell her own clothes. "I left school in the sixth form and spent the next year making and selling clothes in the Cook Street Market." She made Japanese-inspired pinafores. "I hadn't learnt pattern-making, so they were really simple... two rectangles with straps." They sold well. Kate soon

made enough to fund her two-year fashion design course at what was then Wellington Polytechnic.

Love at first sight

Kate met her husband Wayne Conway at a party in Wellington in the '80s. "I'd finished the fashion course and was running a stall with friends at the Wakefield Street Market, selling my clothes and he was in his last year of graphic design. I took one look at him and I just knew he was going to be huge in my life. It really was love at first sight."

"We moved in together a few months later. I think his parents were a bit concerned. They came from Whakatane. I think they probably thought 'What's he doing with this →

The Judy Bailey interview

city slicker?” The city slicker and the country boy went on to become inseparable. Wayne brought his skills to bear on the market stall, coming up with labels for the clothes and shooting promotional photos. He’s been Kate’s business partner ever since and key to developing her brand. It was Wayne who convinced her to use her own name for the business, reasoning all the big fashion houses of Europe did the same – Armani, Chanel, Gucci.

The pair would spend the next five years travelling in Europe.

“I did horrible jobs. I waitressed, I was a very bad nanny and I took a job at Liberty London [a high-end fashion store]. I thought it would be wonderful, but it was soul-destroying. The hours were insane, the pay was bad and there was only one staff phone. You had to queue all your lunch hour to use it.” Such were the joys of the great Kiwi OE.

But the pair eventually managed to score jobs that would add immeasurably to their skills. Wayne in graphic design and Kate with British designer, Arabella Pollen, a friend of Princess Diana’s, whose clients

included Margaux Hemingway and Marianne Faithfull.

Pollen specialised in beautifully tailored clothes. “I tricked my way in as a sample machinist, having not really had any experience and I learnt so much about tailoring and working with amazing fabrics.”

By the time Kate reached Paris she was an experienced sample machinist and found herself in high demand.

French designer Corinne Cobson snapped her up. Cobson was acclaimed for her edgy rock ‘n’ roll-inspired look. She often used menswear silhouettes and was renowned for unexpected pairings of materials like leather and silk and her layering of oversized coats and tops. Eventually Cobson’s pattern-maker left to have a baby and Kate took her place. She soaked up the experience and those influences remain with her today.

But living in Paris was beginning to take its toll on the young Kiwi couple. “Paris is an uptight, un-green city,” Kate explains. “We were

craving to come home, being able to walk on grass and in the bush. If you live in Paris, every Kiwi on their OE turns up to sleep on your floor. They were all full of creative energy. It seemed like exciting things were happening at home.”

Kate and Wayne returned to

Auckland and created their own bit of excitement with their first store in the city’s High Street fashion district. They called it Sister.

Kate designed and sewed the entire range. While they achieved a measure of success, it wasn’t until Wayne designed a T-shirt with the words “Sister... you know you want it”

that the brand really took off.

Sister was forced to close in ’98 after a legal stoush with an Australian firm with a similar name and it was then that Kate Sylvester arose like the proverbial phoenix from Sister’s ashes.

Success at successive Fashion Weeks in New Zealand and Australia led to lucrative contracts with David Jones in Australia and New York’s famed Barneys and Bergdorf Goodman department stores.

“The key thing about those international contracts was that they were hugely important to our confidence. Before that we were ‘that funny little designer from New Zealand’. Being picked up by the likes of Barneys gave me a sense that I have a unique contribution to make.”

Kate’s designs have been variously described as sophisticated, feminine, irreverent, eccentric and beautiful. Modern, yet timeless. “New Zealanders are practical people,” she explains. “They want something easy and effortless to wear. They don’t like getting trussed up.”

Reality check

Not long after that international success, babies came along and US markets went on the back-burner.

“New Zealanders are practical people. They want something easy and effortless to wear.”



FROM LEFT: A model walks the runway during the Kate Sylvester show at New Zealand Fashion Week 2019; Kate thanks the audience at the same show; Kate and husband Wayne Conway.



“It was a crazy time. I imagined we’d have one kid and he could come to work with us. Suddenly reality was completely and utterly different. We had twin boys and then a year later another son.”

“I took six months off completely and then returned to part-time work through their primary school years.” Like her parents before her, Kate’s focus switched to family.

“It’s incredibly important to find that work-life balance. I wanted to give my boys the same degree of freedom I had, and for them to have their parents around.”

The family live in a renovated brick and tile home overlooking the mangroves in Auckland’s Westmere. You get the feeling the boys would have enjoyed the same freedoms their mother had growing up surrounded

by nature. The twins are now 19. Ike is studying graphic design in Wellington and Tom has just completed a gap year, working for Kate and Murray Crane, studying tailoring. Cosmo is 18 and still figuring out what he wants to do, but it’s likely to include film. The creative gene runs strong.

Kate has come full circle and is back working part-time, as she takes time to care for her ailing mother.

As for the future? She tucks her mane of straight blonde hair behind an ear: “Basically, I make clothes. I can’t imagine not doing that.”

She is also committed to putting something back into the industry that’s been her life for the past 30-odd years. With a group of designer heavyweights like Zambesi, Juliette Hogan, Trelise Cooper and Karen

Walker, she has launched Mindful Fashion. They are working together to ensure New Zealand fashion is as sustainable as possible and to strengthen it for the future.

“I worry about how young designers can start a brand if there’s no industry infrastructure here. You could never start the way we did with one little store; now you have to have big money behind you. Mindful Fashion can also help ensure ranges are ethical and traceable. It’s a struggle to get the information you need to do that.”

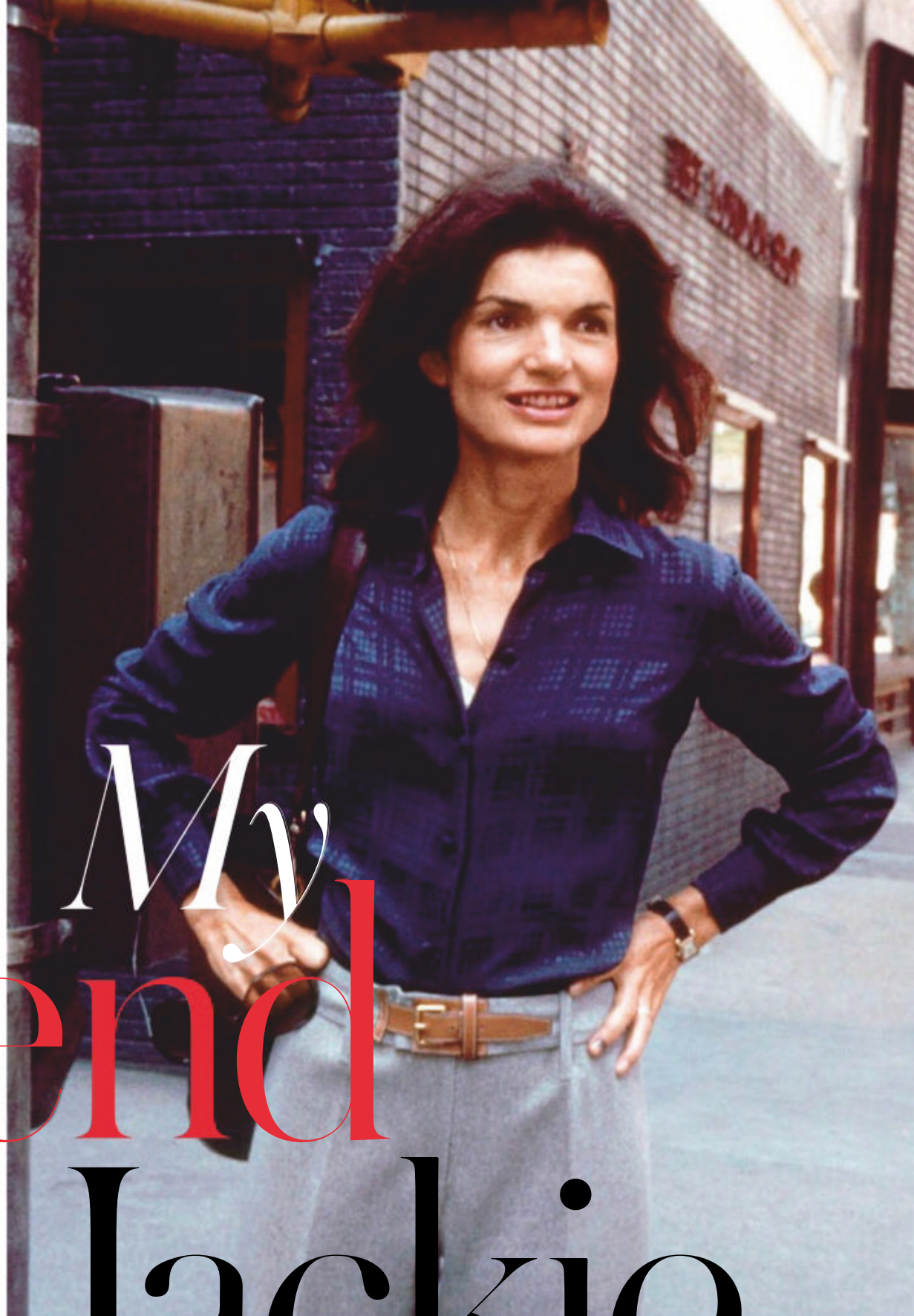
Her own designs are often influenced by books. What’s she reading now? “*Moby Dick*,” she grins.

“I’m loving it.” And what will it inspire? “Maybe a range of sou’westers,” she laughs. Watch this space. **AWW**



My friend

On paper, they'd seem unlikely friends. But when former First Lady Jacqueline Kennedy Onassis met free-spirited singer songwriter Carly Simon, a rare and wonderful friendship was born. In a new book, *Touched by the Sun*, Carly reveals the intimate time she spent with Jackie in the decade before her death in 1994 and the deep kinship they formed.



Jackie,

It was the summer of 1983 when Carly Simon, by then famous for such hits as *Nobody Does it Better*, *You're So Vain* and *You Belong to Me*, attended a dinner at the Ocean Club in California's affluent summer playground, Martha's Vineyard. Also there that evening was Jacqueline Kennedy Onassis. She was accompanying her son, John Kennedy Jr, himself a sometime Martha's Vineyard resident and acquaintance of Carly's, and he introduced the two women briefly. Conversation haltingly began and soon they were bumping into each other more frequently – with an invitation to Carly's home on the island issued not long after.

This would prove the birth of an incredible friendship which would see them share long lunches, dinner dates, trips to the movies and theatre as well as insights on love, life and the most intimate of secrets. Now, more than 35 years since that first chance meeting, Carly has shared her memories of the woman she came to love and cherish in a new book, *Touched by the Sun*. Following is an edited extract Carly granted exclusively to *The Australian Women's Weekly*.



FROM LEFT: Jackie the political wife with John Kennedy; Jackie in 1973; Carly at the height of her pop fame; Carly with James Taylor; jet-setting style icon.



JACKIE AND I USUALLY met up at the movies in the same way. When she arrived before me, I would find her inside the movie theatre by going to the ladies' room, where she would be waiting in one of the stalls. That afternoon, at the 4pm showing of *Bugsy*, was no different. Her Gucci loafers were poking out from beneath a stall. I hummed a bar of a familiar song, in this case *How High the Moon*, which was the signal for all clear.

Jackie emerged. "I almost thought the woman who came in a minute ago was you, and I... it wouldn't have been the worst thing, but... well, shall we go in? Oh, Carly, I see you got popcorn... what fun!"

We took an elevator and arrived at theatre number two, finding nothing to fly in the face of a happy Thursday afternoon spent seeing *Bugsy* with your girlfriend. The theatre was mostly empty, with maybe 20 other people distributed like arbitrary commas

in the semi-darkness. We took off our coats and put them on the seat next to us.

There hung between us a palpable silence, and for some reason I couldn't allow it. Maybe it was only three seconds, or not even two, but the silence whipped at me like some sudden freak storm. I turned to her, this friend, this woman whose burden it was to be poised, and whose responsibility it was to set an example for the rest of us.

"So," I said, "have you seen *JFK*? I mean the movie. I mean the Oliver Stone movie. I mean the one that's just out now?"

"Oh no, Carly, no. No, no." Jackie reacted as if she had been attacked. "It's so awful. No."

I continued my crash into the reef of self-destruction. "I didn't even mean to say that," I said. "I just..." "No, Carly, NO." She slumped backward into her seat. That was the end of the conversation about anything and everything →

JFK. I was dead. I couldn't live past this moment. Rewind! Oh, please, rewind! I started to cry, and I was fortunate to be able to hide it behind the opening music of *Bugsy*, which had just started up. I sat there motionless, shocked silly. "I'm so sorry, Jackie," I whispered.

From my diary on that day: What sort of brain derangement sent such a signal to my wayward tongue?

I could hardly concentrate on *Bugsy*. All the while I was thinking: I have to be so careful ... She is so much more fragile than we all think. Every time a shot sounded on the screen – and the film was plenty violent – she reacted physically, dramatically, her body mimicking the victim. All I wanted to do was protect her, put my arms around her.

Once the movie ended, Jackie gave me a lift home in her Communicar. Again and again I thought to apologise once more, but I also knew it couldn't be done. I knew only that I would never bring that subject up again. So many subjects to be avoided. It was the reason why it was so hard to be as close to her as I wanted to be.

I've thought many times about that night at the movie theatre where I watched as my foot landed in my mouth. I knew it was – it must have been – important for Jackie to keep the lustre of Camelot alive, at least the version of it she later reported to Arthur Schlesinger. For her own sake. For her children's sake. For the sake of her religion. If it was true that she had convinced Joseph Kennedy, the family patriarch, to persuade his son that she, Jackie, would make the perfect presidential wife, then Jackie had allowed her life and her heritage to be stamped in eternity with that light. *JFK*, as well as all the other crass pop culture productions intent on dissecting and distorting her life, must have been terribly disorienting. After Bobby Kennedy was killed, almost



“She knew he loved her more than any dalliance.”

nothing could be kept in its respectable place anymore.

Once Jackie told me, “It will take many generations to arrive at the kind of equality – if it ever comes – that undoes the idea that women are the smaller, weaker of the sexes, and that women have to rule with a craftiness their mates must know nothing about. The woman is clever and circuitous, isn't she? A man is straightforward and stupid. The hairy ape.”

I couldn't help but think of Ari [Aristotle Onassis] and wonder if she was in some sly way referring to him. From my second- and third-hand knowledge, Ari always seemed like a sybaritic and slothful rogue – yet

LEFT: Jackie at the Metropolitan Opera in New York. RIGHT (from top) Carly and Jackie at a bookshop at Martha's Vineyard in 1989; President Kennedy and the First Lady arrive in South America.

Jackie had also described him as a devastatingly attractive man, who used to sing Argentinian songs to her. I knew about his secret oil fields, his smashing of plates around other wives and lovers, knew about the unsubstantiated rumours that he'd had Bobby Kennedy killed. It was all too rich for me and, I suspect, infinitely so for Jackie. She had to protect herself by putting on a new set of blinders.

I also remember Jackie telling me that Ari was fierce, filled with illusions of supremacy. But when Ari's son, Alexander, died at the age of 24 from injuries suffered in a plane crash, he became convinced he was being punished for his hubris. His guilt closed in on him. It was like the fall of the House of Atreus in Aeschylus's *Oresteia*. Glimpsing his own mortality, he realised he needed to become

even richer, even more powerful, to combat the prospect of death.

Thankfully, Jackie didn't live to know that her son [JFK Jr] would die in the same way as Ari's.

“One is overwhelmed by the necessity to cover up the sentiments that are needed in order to go forward with one's life. I had to make such a grand left turn so as not to be reminded of my former life,” Jackie explained.

“The life would have to be so completely different,” I offered, “like landing on the surface of a different planet.”

Jackie continued, “I wondered if I went to the trouble of removing signs, newspapers, photographs, mementos... never mind. He wouldn't have seen it clearly, but the reminders were walking every day with me in the bodies of my children. Their walks, their mannerisms, the memories of



their births. First words, skating, riding, greetings, nightmares, Christmases, birthdays... worries that A.O. [this was how Jackie sometimes referred to Ari] could never erase."

Even if Ari might have been sensitive about spending time with Jackie's children, taking them for walks around his island, Skorpis, or ushering them up to the helm of the yacht and letting them press a button now and then, I could only imagine Jackie holding back tears. Had her original gratitude toward him for saving her turned to a sour, fierce resentment?

It has been written that his son's death was the breaking point in Ari's feelings for Jackie. He was no longer in love with her, and her manners and grace were rendered paltry, even ridiculous. In the face of the rude comments he directed at her,

sometimes even in front of guests, Jackie, as a result, spent less time with Ari in Greece. His feeling of abandonment led him to retribution: more public meanness, more allusions to her overspending, and then there were the undisguised, bull-like flirtations with other women – anything to get back at her. No one could hide such strong feelings. They come out. They just do.

Jackie would toss off his behavior with cool aplomb. Still, when Ari

initiated divorce proceedings, he continued to want to protect her. In effect he told his lawyer, "I love her and I want you to be very fair".

"In the beginning," I remember Jackie telling me once, "Ari had a way of 'casting' one. As if you were in his own private Greek mythology. He saw himself as Odysseus, and I was no one to argue. I was so in need of the kind of protection he was offering.

I wanted it for Caroline and John. That's what a woman innately knows – she has to protect her children in any and every way, no matter how far away from your innate self you have to go. I fell for that wide net he cast."

Jackie seemed untouched by Ari's crude indiscretions – his blatant and tasteless womanising – and she was similarly unbothered by Jack's. She had brought up the subject of Jack's mistresses from time to time with no

apparent discomfort or distress.

Almost a year earlier, in 1991, she talked about it. In a cheerful but resigned way, she told me that of course she knew about them – she just didn't mind their presence as much as she might have because she knew he loved her more, much more, than any of his dalliances.

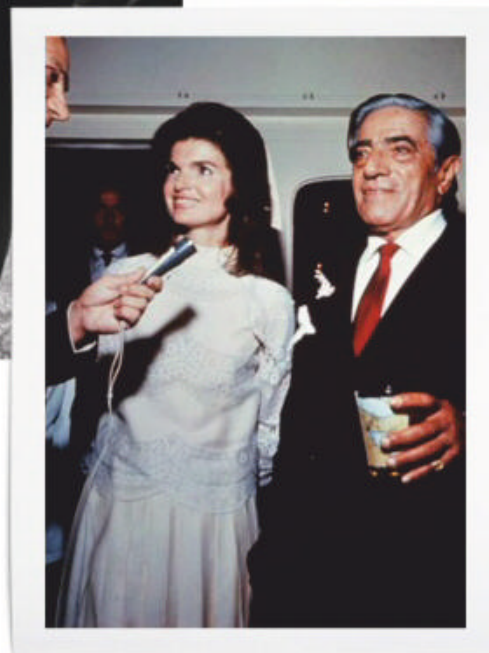
Wait, I remember thinking, hearing about all the mistresses, you had to pretend to be blasé? To pretend one was simply used to this in men, because, in Jackie's case, of one's famously handsome and lecherous father? It was "Black Jack" Bouvier, a poached and distressed drunk, who seemed to have given her the overall licence to accept this

particular masculine trait. Her father was almost proud of the many women he left in his charming but deadly wake. At least in front of me, Jackie never gave up that half measure of rationalising the worst, the thing that her thoroughbred horse friend – me – wouldn't have been able to contain. "I did so terribly much want Jack to be happy," she said once, "and then I couldn't divide myself into the two women I had to be, or had to act as if I were." →





BELOW: Five years after the death of John, Jackie married Greek shipping magnate Aristotle Onassis. LEFT: Jackie and Ari leave an Athens nightclub at 7am after celebrating Jackie's 40th birthday.



Whatever her reasons for marrying Ari, I do know this much: When Ari died in Paris, Jackie's speech before the French press was formal, and without a lot of feeling. She went for scripted, memorised words. "He meant a lot to me. He brought me into a world where one could find both happiness and love. We lived through many beautiful experiences together, which cannot be forgotten and for which I will be eternally grateful."

It seemed to me that Jackie was always looking to give her life over to the care of a stronger man. Maurice Tempelsman appeared after Ari, taking charge of her financial life. After all, he was well versed in the language of diamonds – of mines and caves and undercover dealings. Jackie compared him to the other pirates she had known and loved. Maurice was safe and loving. They were good together. At the same time, it was difficult to square that Jackie – the woman from the books, the woman so central to American history and, later, global intrigue – with the Jackie in her kitchen on the Vineyard, on the receiving end of an affectionate hug from Maurice after he got back from a long walk or bike ride around the Aquinnah hills. Or the Jackie I once

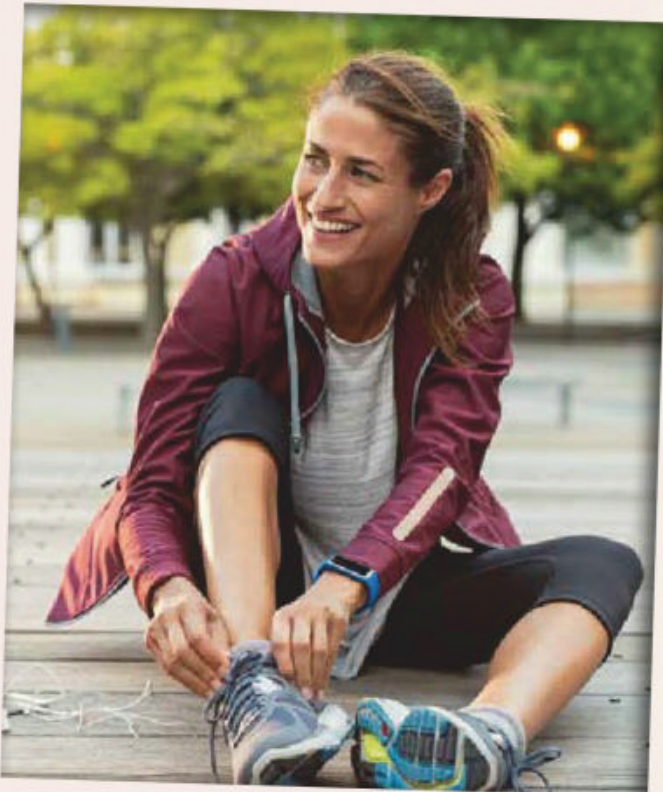
saw diving off the side of Maurice's yacht in her white bathing cap, not at all embarrassed or self-conscious about her exposed flesh. Or the Jackie who did yoga every day on the beach in the summer, and who could, according to our mutual friend Joe Armstrong, who once came upon her during a morning stroll, place both her legs behind her neck. Or the Jackie who, in between yoga stretches, was a girlishly effusive bummer of cigarettes. Or the Jackie I remember from the night I shot a music video for one of my songs, *Better Not Tell Her*, from my album *Have You Seen Me Lately?*, on the beach in front of her Aquinnah house. (It was Jackie's idea, she who was always suggesting I bring whatever proceedings I had up my sleeve – lunches, get-togethers, musical events – over to her house.) I'd hired Latin dancers to perform alongside the song's Spanish guitar solo. The night was cool and misty; the only sound, the light crashing of the nearby

waves. At one point, Jackie and Maurice drifted down from the house, draped in blankets. Jackie had brought along a thermos of hot chocolate, and I remember how badly she felt that she hadn't made enough for all the dancers. My enduring image is of Jackie dancing the tango at my "Moon Party" – as I called it – which at the time I considered one of the high points of my life, at least socially. It was a party I hosted in my barn in the summer of 1992 during a full moon, even though it was pouring lopsided rain over the enormous white tent I'd had installed over the swimming pool, which, that night at least, had a fountain in it, serving to blend in with the torrent.

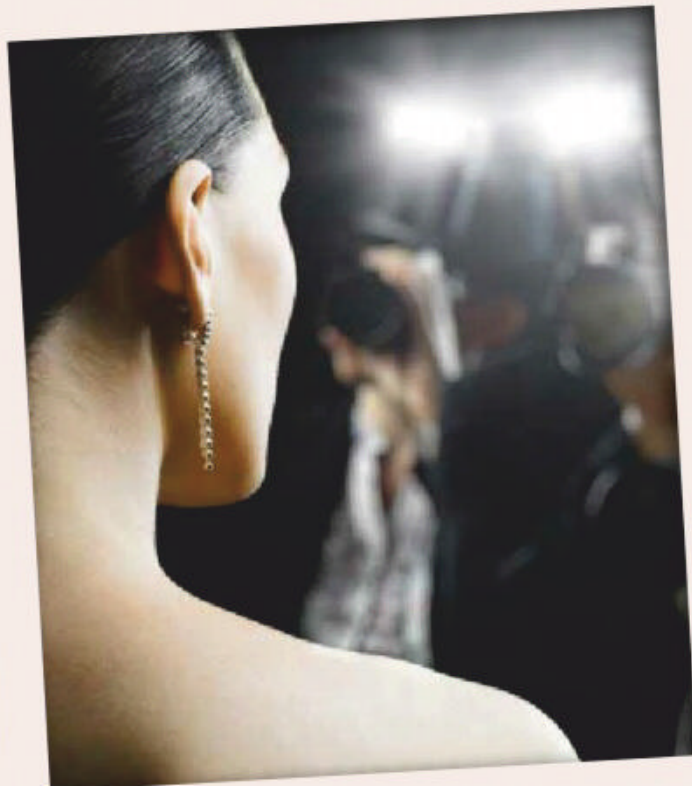
That night, Jackie wore a sleeveless white top over a long full white skirt. Her hair was up in a tight bun and she looked amazingly like photos I'd seen of her father, in all of his Moroccan handsomeness, deep brown tan, wide-set eyes, and gorgeous facial features. Midway through the Moon Party, around the time a few guests began tossing themselves fully clothed into the swimming pool, I spotted Jackie on the dance floor with my close friend, Teese Gohl, an amazing Swiss musician and my musical director for 20 years. Teese was teaching Jackie his version of a tango, though Teese told me later he was completely winging it. The two of them, Jackie and Teese, seemed enthralled by the music and by each other. Jackie's motions were as abrupt and delicate as a castanet. Maurice watched adoringly as her entire broad-shouldered body enfolded within the Spanish music, a lone flag gusting and snapping, eternally beautiful in the rhythms of the night. Known by all and by no one. **AWW**



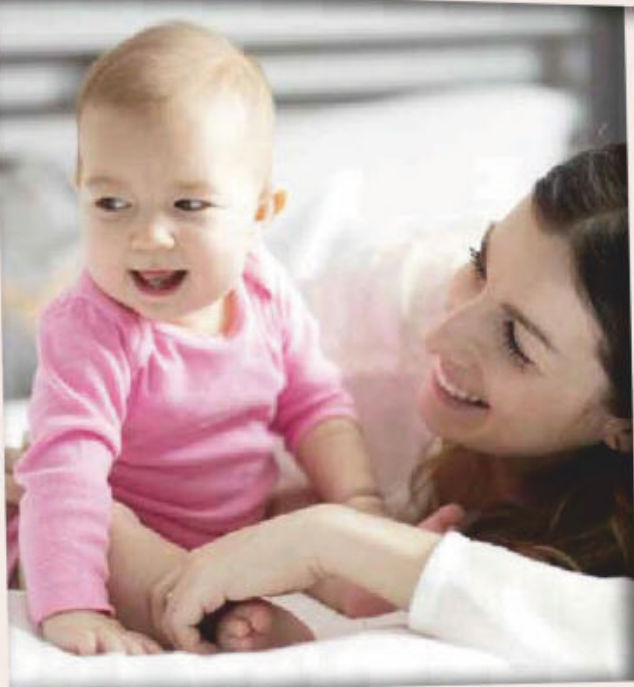
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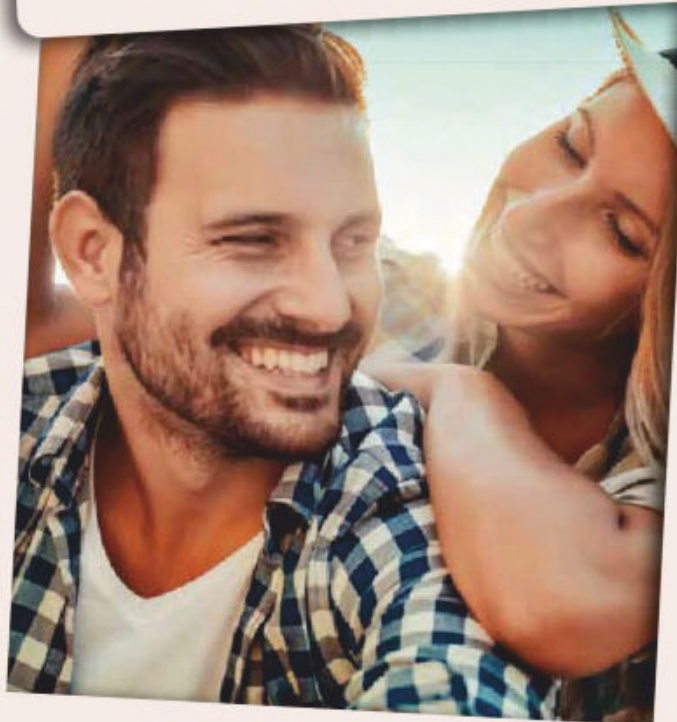
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It takes a village

PHOTOGRAPHY by WILL HORNER

A bold experiment in inter-generational living sees students living with the elderly in a retirement village. And **Jenny Brown** finds it's enriching the lives of young and old alike.

Pat Brown's eyes are alight with enthusiasm. "Oh, they're fantastic, they're our angels," she says of her new best friends, the four university students who are swapping companionship for free rent at the aged-care facility she calls home.

Aged 79, Pat is chatting animatedly about computers, handicrafts, family history and the university course on dementia prevention she has just completed. This bright-eyed, funny grandmother gets around in a wheelchair but still has "all her marbles", as she wryly puts it. And she loves sharing life experiences with her 30-year-old neighbour Gabrielle.

Nothing too unusual about that, perhaps – except for the fact that, in a bold new initiative, they both live at Scalabrini Bexley, a care facility in Sydney. That's where Gabrielle and three other allied health students receive free rent in return for 30 hours of volunteered friendship and conversation each month.

"I tell them my door is always open any time, day or night, and they come to visit," smiles Pat, who moved to the village three years ago when a painfully ulcerated foot finally made it impossible to stay at home. "I think there should be more dialogue between younger and older generations. If we listen, they can teach us a lot – especially about computers and phones – and we can teach them quite a bit too."

Softly spoken Gabrielle, a recent occupational therapy graduate, laughs out loud. "To be fair, Pat, I think you know a lot more about phones than I do. You're on Snapchat and I'm not!"

As they sit talking at the care facility's Café Siena, decorated with bunting in the Italian colours, their close bond is unmistakable. Pat, a mother of two, was widowed 15 years ago. Gabrielle lost her grandparents before she was 19, but has found a willing substitute in this feisty former hairdresser, pharmacy assistant and taxi driver.

"Pat tried to teach me to sew. I'm not a very crafty person and I just

didn't have it," confides the newly minted healthcare professional. "But she gives us the best relationship advice. I know we all have guy problems at times, so it's nice for all of us to have someone we can go to for that little bit of guidance."

"She's a special lady. There's always something new that Pat is looking into or starting to try. She reminds me there's so much out there to be experienced. I'm inclined to be a bit of a homebody but she makes me more curious about the world."

Proudly showing off the exquisite, crocheted dream-catcher she just completed, Pat chuckles. "It was the same when I had my hair salon, the staff and customers used to come to me with boy or girlfriend problems. I used to tell them, 'I'm your [agony aunt] Dorothy Dix,' but of course they didn't know who she was or what that meant."

So what advice does Pat dispense? "Oh, I don't know," she muses. "Probably to have trust and patience. Never to say 'can't' because that's not →



Pat Brown & Gabrielle

Student Gabrielle says peers are often baffled by her living arrangements. "I hope this programme breaks down a few barriers," she says. "Being here is like finding a new family."

Inspiration

a word in my language. And the most important thing: If you don't put in any effort, you can't expect to get anything back from relationships, marriage or life. It's all the same."

With her ninth decade looming, Pat revels in the company that this new set-up offers – especially the chance to mix with students participating in its ground-breaking Gold Soul Companionship Programme (GSCP).

"If I was living at home I'd be on my own, whereas here I've got a community all around me. I still do all the things I would do at home, except housework!" She grins cheekily. "What more could I want?"

As Australia's Royal Commission into Aged Care Quality and Safety exposes horrific cases of premature death, abuse, neglect and negligence, this is a good news story from an embattled sector, also exposed in an incisive ABC *Four Corners* investigation.

"When I watched that documentary I had tears streaming down my face – to think anyone would treat the aged like that," says Tracey Gill, 58, who became wellbeing coordinator at the retirement village after a "mid-life crisis" saw her swap sales for a more caring profession. "It affected me 100 per cent, but I also got annoyed because it represented just a small snippet of the industry. That's not what happens here."

Tracey says adjusting to life in an aged-care home can be challenging.

"Quite often when people come here it's not by choice. They might have had a few falls. They've had to give up their licence, give up their pets... All of a sudden they can't cook for themselves and they're told what their dinner is going to be. Their world as they have known it changes. So we

have to try to ensure they continue to have a say, while keeping them safe and making them feel safe.

"It's kind of easy if you use common sense and think from the heart. Our residents may be old but they are still valued individuals and it is our job to make them feel that way. We find out what they have done in the past and how they want their lives to be. Then we try to hook them up so they make friends in here."

The Gold Soul Companionship Programme, inspired by schemes in Europe and the US, is an extension of those efforts to combat the isolation and

depression too often experienced by the elderly. And it obviously works.

Walk up to the care facility's front door and the first thing you notice is music – 1950s classics alternating with Italian ballads – wafting with the smell of coffee from its ground-floor café.

Inside there's a hubbub of happy conversation from family visitors, with a couple of babies crawling at their feet.

Seventy-six-year-old Heinz Brzoson is bopping with a care assistant, although it's only 11am. "I don't like hanging out with the old farts like me! I like dancing," beams Heinz, who is living with Alzheimer's. "I mix with young people to stay young, and I

still can catch a chick. You only live once, so you've got to make the best of it."

At 91, former managing director Neville Tucker can no longer quickstep, but definitely gets a kick out of the company of recent Masters of Physiotherapy graduate, Hannah.

"When the girls came along they started to help me, and I help

"I mix with young people to stay young, and I still can catch a chick."



Heinz Brzoson & Tracey Gill

"Compared to where I worked before, this is gold," smiles wellbeing coordinator Tracey. "There's a lot of character here, and a lot of characters."



them and we do very well, I think,” says the sprightly patriarch, a widower whose clan includes two sons, four grandchildren and nine great-grandchildren. “Hannah is just down-to-earth and she’s a great organiser who really knows how to look after old people like me.”

To encourage spontaneity, the students aren’t given any particular brief on how they should interact with their elderly neighbours. Activities can include movie-watching, listening to music together, or simply chatting and going for coffee and cake.

“One of the things that makes the programme so sensational is that, as volunteers, the students have the ability to act on the spur of the moment after hours and at weekends when there are usually not so many staff around,” says Sydney University’s senior occupational therapy lecturer Dr Sanetta Du Toit, 49. “Staff don’t have that same freedom because they have chores to complete.”

Gabrielle learned how to make “the best” pasta sauce in the care facility’s “Nonnas’ Kitchen” where grandmothers share cooking skills honed over many loving decades.

Hannah has improved her golfing skills, enjoying a few rounds of putt putt golf with Neville, who played 18 holes every other day until his legs gave up the struggle. They also “hang out, watch TV together, talk a lot of rubbish,” says the vivacious 25-year-old, describing her stay at Scalabrini as “an overwhelming experience”.

Hannah admits her peers were puzzled to discover she was moving in with 115 senior citizens aged from their early 60s to 103, but she has found it endlessly rewarding.

“After researching programmes like this one overseas, I knew it was something I would get a lot out of,” she explains. “I knew it would be very practical and help with my clinical placements in hospitals. But it’s given me so much more than that. When a resident opens up to you about their life, hearing their story, that’s something you will always have. Next day they might not be able to remember what they’ve told you, but you can. It’s all those memories...”

Neville Tucker & Hannah

Neville loves teasing his student friend Hannah. “They all talk about you in the dining room, but I won’t go into what they say,” he tells her, straight-faced. “No, Hannah is lovely, she’s been very good.”

Moreover, it’s a chance to break down stereotypes about ageing. “Before I came to live at Scalabrini I was probably a bit afraid of growing old,” Gabrielle confesses. “In general, ageing isn’t something we’re very comfortable with. It’s all that unconscious stuff you carry with you, those human things you are anxious about... I’ve learned that life can always have purpose. It has meaning and value at any age. Getting old is difficult but it’s definitely not the end of everything. I feel I understand that much better now.”

“The programme has been a reciprocal thing. We have given our time and companionship, but we have also received from that connection. When you walk into a room here, some people just light up. And learning to sew from Pat – that’s pretty cool too.”

Inevitably, however, the lessons have also included coming to terms with the death of cherished new friends. Gathering for “cake time” to celebrate much-loved lives is one effective coping strategy the students have devised.

“We lost five or six residents within the space of a month,” says Hannah, uncharacteristically sombre. “It really hit home because all of us had worked closely with at least one of them. But it’s part of what we do and we have had to find ways to deal with it. There’s plenty of support from the university and from Scalabrini staff. And the four of us here have become so close through these shared experiences, it’s more than just a regular friendship.”



The same goes for residents, according to Dr Du Toit, who believes the lessons learned from this programme could enrich the lives of young and old right around the world.

“When they talk about the students, [the residents] talk about the friendships they have made. I have observed so many moments of shared joy, of belonging, and that’s a huge thing because the elderly can be severely isolated. It’s difficult to measure the outcomes of a programme like this but wow, there have been really big changes in the residents’ quality of life and wellbeing. It would be wonderful to expand this to other places in future.”

Dr Du Toit believes the project illustrates that residential care facilities are an important part of the wider community. “We need that collective understanding that you can’t raise a child without a village. I think we’ve lost that. These students have had the benefit of the intergenerational connection – that wonderful experience of being in contact with people with incredibly rich and interesting life experience.” **AWW**

Bringing a baby into the classroom helps Kiwi kids learn to manage their own emotions and understand how others feel. **Emma Clifton** watches the Roots of Empathy programme in action and finds out about its powerful impact.

School *of* love

When you enter a classroom running a Roots of Empathy programme, you might find the teacher looks a little different to normal. Sure, he might be wearing an official T-shirt that reads “Teacher”, but he’s also as likely to be having a quick nap or looking for a snack. In this lesson, the teacher might be just a few months old, but don’t let the adorability factor fool you. This baby is here to help primary school students learn how to manage their own emotions, read physical cues and understand the concept of empathy, a characteristic that Roots of Empathy founder Mary Gordon believes is the functional key that can determine either a good life or a difficult life, for both the students themselves and those around them.

“As children develop empathy, they become more adept at finding the humanity in one another. Without empathy, we can’t get to conflict resolution, altruism, or peace,” she writes in her book *Roots of Empathy: Changing the World Child by Child*.

The charity, Roots of Empathy, launched in Mary’s native Canada in 1996, but its ties to New Zealand run deep: we were the first country outside Canada to pick up the programme, in 2006. Helen Clark, then prime minister, met with Mary and was a supporter of the programme from the beginning.

Mary’s message is that if you can teach children how to manage their own emotions, rather than fear them, they learn in turn how other people feel. And it’s harder to hurt people if you know that their hurt feels just the same as yours. The idea came from Mary’s work as a teacher, particularly with teenage mothers. Some of these young mums faced a litany of issues: addiction, domestic violence, incarceration, poverty. Mary created a network of Parenting and Family Literacy Centres in Toronto, which has now been adopted by the provincial government.



LEFT: Students are all smiles during Baby Noah’s classroom visit. BELOW Mary Gordon, founder of Roots of Empathy.

key relationship is between a baby and a parent in the first year. If you parent a baby in a sensitive way, you’re in tune to your baby’s needs as best you can be... because nobody actually knows anything,” Mary laughs. “We’re all just trying to do our best – nobody really knows why a baby cries, but if you respond in a supportive way, that’s empathy. And the baby becomes empathetic.”

The general premise of the programme is deceptively simple. It runs once a week – and every third week a young parent brings their baby into the classroom and the children spend 30 minutes watching both the baby, and the baby with the parent. “In Roots of



“I’ve worked in prisons... and these people didn’t understand how others were feeling.”

It was successful, and research proved it worked. But her work with teenage mums made her want to go further.

“What I realised is that with all violence – whether it was child abuse or domestic violence – the common denominator was a lack of empathy,” she says. “I didn’t think anyone was evil. But I’ve worked in prisons and places like that and these people didn’t understand how others were feeling. They couldn’t feel it. So the other big ‘aha moment’ I had was, ‘okay, if the absence of empathy is the cause of all of this, where does empathy come from and how can we give people big doses of it?’”

“My understanding was that the

Empathy, we help children regulate their emotions by them watching this little baby,” says Brenda McCormack, Director of International Relations and Business Development for Roots of Empathy. Babies are fantastic for learning emotions, because they can run through a wide spectrum of human emotions in the space of one lesson. “Everything from pure joy to being really frustrated and upset,” Brenda laughs. “We had a good example last week, when the instructor took the toy away. Every time the instructor took the toy away, the baby would look at her, like, ‘give me the toy!’ When the instructor took it away a second time, the baby’s whole body went rigid. So we’re teaching children to read body language and emotional cues.” The children are then asked →

Changing lives

experiential questions. When was a time you felt angry? What did you do to help calm yourself down? The strategy has many benefits. Firstly, you can't get an experiential question wrong, which means the whole class learns to participate, without fear of giving an incorrect answer. Secondly, they learn that their peers also get angry, and also have tools to cope with the anger. It's an important point to make about the programme – the warm fuzzies are just the start. There

invited to the birthday party? They get invited that year. And that's very significant. Because the children learn: how would I feel if I was excluded?"

All about love

Watching the parent and the baby interact also has another function – it demonstrates a healthy, loving parent/child relationship as well, which not all the students in the classroom will get to experience in their own home lives. In her book, Mary talks about

an intermediate level boy who had been in foster care since the age of four after seeing his mother killed in front of him. Life, and school, had not been easy for him since and he had been held back for two years, making him the oldest child in the classroom by far. He was tough looking, with a shaved and tattooed head, and when he asked to hold the baby, there was some initial hesitation. But he was a delight; rocking her in his arms while she snuggled into him.

When the boy returned

the baby to her mother, he asked her: "If nobody has ever loved you, do you think you could still be a good father?"

There are hundreds of anecdotes like this that will break your heart, Mary says. Towards the end of the programme, the students are asked to make a wish for something they want for the baby when the baby is their age – a completely selfless act which is also deeply telling about the kind of lives they themselves are leading.

Ally Fulcher, who runs the Roots of Empathy branch in New Zealand, tells the story of one Kiwi boy's response. "His wish for the baby in his class was 'I wish she has a better life than I do.'" Brenda adds a story about a Seattle boy, who was part of a classroom of children that included those living in homeless shelters.

"This little redhead boy, the first thing he said was 'I wish our baby will always have his own pillow.'"

"It's hard," Mary says, seeing the children go through this. "And some people say to us, 'Well, isn't that cruel?' No, it's painful. But it's like grief – just because you don't talk about it, doesn't mean it's not there. But what it does – and this is what scientists have told me – is that it creates another channel in the brain, another track that allows the child to have a different frame of reference when they become a parent."

While bringing this programme into lower decile schools is a priority, Mary says they also see the importance of targeting schools in the highest socio-economic areas as well. "There's a good chance those children will be leaders, in business or government, and you want leaders who have empathy. You want leaders who bring empathy into their policies."

It can be the deciding factor, Mary believes, between governments that hurt and governments that help.

"Think about policies that come not from judgement and criticism, but from a place of 'how do we solve a problem?'" she says. Scandinavian countries like Norway are world leaders when it comes to social policies that are designed to strengthen the bond between parents and their children, predominantly by supporting parents to have more time at home. Paid parental leave is both generous and flexible, not just for mothers, but also for fathers, who are expected to take a couple of months off as well. As well as that, working from home is encouraged.

"These children are the happiest children in the world and it's all because of the parents. It's not because they're better parents than any of us, it's because they have more time with their children."

And that time is the most crucial part of being a good parent, Mary says. "I always say 'love grows brains.' Not instructions, love. What we are trying to say to parents is 'it's all about you.' You're the most important person to the baby. You don't need to



The Dalai Lama greets Mary Gordon, founder of Roots of Empathy, before leading a discussion at a conference on compassion in the US city of Seattle.

is a phenomenal amount of research to back up the results, with a number of researchers following the programme for 20 years. Roots of Empathy consistently reduces aggression and bullying in classrooms, as well as increasing "pro-social behaviour", research-speak for kindness, sharing and including. Not only does it work on an individual level, it also works as a group: the classroom becomes less of a competitive arena, and more of a team.

"You see children being able to regulate their behaviour better and becoming more inclusive with each other, more caring," Brenda says. "So suddenly the kid that never gets

stimulate the baby. Just hang out. All the baby wants to do is chill with you. When you realise that, you don't need a course. You just need to have time. The relationship between the parent and the baby in the first year is where empathy blooms or fades."

Baby lessons

One Thursday morning, at Bairds Mainfreight Primary, a decile one school in the South Auckland suburb of Otara, 20 students form a loose circle on a green blanket, waiting for the arrival of baby Noah and his mum, Deb, who was a teacher at the school for three years. She saw the profound effect the Roots of Empathy programme had on students in other classes. So when she was pregnant with Noah, she knew she wanted to take part. It's exciting for the children as well, she says, because they saw her pregnant and then they met her baby, experiencing the full cycle.

Before Deb and Noah arrive, the classroom teacher, Michelle, urges the children to form a tighter circle. Noah

child who needs them the most."

Anyone who's had anything to do with children knows that keeping them engaged for more than five minutes can be a battle. Not in this programme though; each child sits there entranced, all eyes on their tiny

Noah spies a piece of bark on the ground, two boys immediately remove it. "Choking hazard," one of them says.

Noah was just four months when the programme started and now, at 10 months, the children can see how he's changed. He balances his body on an inflatable toy and, with a student holding it firmly, climbs into a standing position. The whole class, as one, cries "oooooooooh" as Noah squawks

All the students are keen to give their "teacher", baby Noah, a cuddle or a smile, and it's clear that Noah loves every moment.



"The relationship between the parent and the baby in the first year is where empathy blooms or fades."

is nicknamed "the escape artist" for his ability to crawl swiftly through gaps. When Deb brings baby Noah in, Ally, the Roots of Empathy instructor, tells the students, "E tū" and they all stand up and sing the welcoming song to the pair. "Kia ora pēpi Noah," they begin, as Deb, carrying a beaming Noah in her arms, walks him around the circle so all the children can shake his tiny sock-clad foot as a greeting. Once they are all seated on the ground, Noah makes a beeline for a student in the corner, climbing into the lap of the young boy who is initially cautious but warms up over the course of the 30-minute session. Later on, Ally will tell me this is a pattern they see repeated in classroom after classroom: "The baby goes to the

tutor in the middle of their circle, wearing the "Teacher" T-shirt. They watch Noah play with toys, eat his favourite food – cucumber – and try a new food – avocado, which he smushes in his little hands before shoving the slice into his mouth. They are drawn on their own experiences and also asked to observe Noah. Did he like that food? How can you tell? Before they go to pick Noah up, they know to ask Noah if it's okay for them to touch him. (Noah is having the time of his life, but the subtle lesson is one about touching and consent.) The children are not only in tune with Noah's emotions, they also have their safety radar up: when

victoriously. When the class finishes, he is taken around the circles again by Deb, and as the students sing goodbye he launches himself at various students for a hug. At the end, there is a line for cuddles. It's hard to say who looks happier – Noah, or the tribe of children waiting to hold him.

After seeing just one example of the Roots of Empathy programme, it's easy to see why Mary has faith in word of mouth as its main marketing strategy; the bare-faced wonder from this class of students, marvelling and learning from this delight of a child... I don't think I'll ever forget it. **AWW**

● Roots of Empathy is always looking for volunteers to take the programme around New Zealand. Please visit nz.rootsofempathy.org/new-zealand/.



The art of a good brew

Let's face it, there's nothing in life that a decent cup of tea can't fix – even if you do have a long wait for it.

With **PAT McDERMOTT**

Every morning the MOTH (The Man of the House) makes the tea. He warms the pot, drops in a generous amount of loose tea and pours on freshly boiled water. Then we wait for the tea to “steep”.

It doesn't matter if the plane has landed, the meeting has started, the crisis has escalated or the show is about to go on.

We wait.

The MOTH makes tea the way his dad taught him – tea that grows hairs on your chest, tea that won two World Wars. Tea so strong it wakes you up and shrivels your tongue.

The MOTH believed it was his job to pass on his tea-making skills to the next generation. On winter weekends when our children were young he'd



build a wee fire on stones at the bottom of the garden and “boil a billy”.

“What would you do if you were cold and alone in the bush and wanted a hot cup of tea?” he asked.

“Find a McDonald's,” said one.

“Call the police and ask them to bring pizza,” said another.

“Ring Mum on my mobile and tell her I'm in big trouble and to come and get me right away!”

That would be Ruff Red.

“I'd have a compass and a mobile phone and warm clothes and insect repellent,” added Flynn. “And a dog to keep me warm and a lot of food,” chirped Courtenay.

Reagan, who was the eldest, said the whole idea was ridiculous. She'd never be stuck in the woods because

she didn't go anywhere that didn't have flushing toilets.

“Fine!” said the MOTH. “But while you waited for help you could make billy tea! All you need is a billy, tea leaves and matches.”

“We're not allowed to play with matches,” sniffed Courtenay.

“We're not going to play. We are going to be very careful. We're going to find a space away from trees or bush or piles of leaves. We'll get some twigs and a few dry leaves and make a small pile. Then we put the stones around them and fill the billy with water from a nearby creek.”

“We don't have a creek,” piped up Ruff Red.

“We'll use the garden hose,” said the MOTH, undeterred. “Once the fire is burning quietly we'll put the billy on top.”

Soon all the children were shrieking and dancing around the tiny fire like wild things. A head poked out of a bedroom window in the house next door. “Everybody wave,” said the MOTH, raising his beer in a salute.

“What now Dad, what now?” shrieked Ruff Red with excitement.

“Now we add the tea leaves and give it a good stir. In 10 minutes we'll have the most delicious tea you've ever tasted. Then we'll lie on the grass, look at the stars and think about how lucky we are.”

And we did. Until the mozzies arrived that is.

Our children are grown up now. They have beards and babies and busy lives. They sip ristrettos, macchiatos and decaf soy lattes on the run. But when they come home they lie on the grass and the MOTH boils the billy.

“It's just an old tin,” sniffs a grandchild.

“Yep. But it makes great tea,” says the MOTH.

“Do you want me to show you how to use the microwave, Pop?” **AWW**

My happy month

Balmy February is the perfect time to ban busyness... to kick back, forget your New Year's resolutions and do whatever it is that makes you smile.

With **JO SEAGAR**

If you're one of the many thousands of people who make New Year's resolutions – to lose 20kg, start Pilates or regular workouts at the gym, to eat only plant-based meals, or curb your chardonnay-fuelled late night online shopping habits – the chances are high that you will have broken these resolutions by the first week in February, if not on day two of the New Year. I know it's all about good intentions, but give yourself a break... you're okay just as you are.

A New Year won't mean a new you. You're not some sort of smartphone that needs its apps updated constantly, or worse that's replaced by a new model every year. Be kind to yourself. It's pretty simple really – just do fewer things, but do them in a more mindful, better way.

Give yourself permission to chill, baby! Take a holiday, even just a mental one from being busy all the time. You'll never tick everything off on your "to do" list, so that at last you can relax. It doesn't work that way. We can't resist the idea of busyness, because in some deep way it makes us feel important.

It's all about balance. Remember that nearly everything, people included, will work properly again if they're turned off at the wall and unplugged for a bit.

I love February; it's my absolute fave month. Christmas is in the past, the school holidays are behind us (and that means full-on grandparents breathing a teeny sigh of relief).

The weather has finally settled, after winter kept coming back for another encore, like some opera diva who couldn't bear to leave the stage.

Here it is, summer at last. And it's time to realise self-improvement



resolutions are a waste of energy. The old regular version of you is great on so many levels. We all have wonderful surges forward, but you need to balance times of productivity with times of doing nothing much at all.

Some people use a winter break to recharge, but February is my time.

I love nothing better than pottering around hosing the garden. Forget the weeding and digging aspects of horticulture – I'm a hoser. And no, I don't want some state of the art irrigation system installed any time soon. I just like watering stuff. The garden might be blowzy and overblown by February, but I still have my courgettes and sweet peas to water.

I love reading while lying on a sun lounger or sofa propped up with numerous pillows and a coffee at hand. I've returned to drinking my coffee black. I'm not sure when I got

I'm also enjoying my new philosophy: "You can't please everybody, you just have to please yourself." We're hard-wired to try to make sure everyone's happy all the time. But when you try to keep all the plates in the air and please everybody, you end up exhausted and overwhelmed. I know no one achieves anything without hard work, but equally doing too much for too long, without enough downtime and rest, is a bad thing.

February is my time to find the balance. Blue sky days, salads, and stone fruit or watermelon for dessert, sand between your toes, swimming, lots of reading, a whole Netflix series in one marathon binge-watch session. I put a total ban on feelings of selfishness or guilt. Relax and enjoy, be kind, think happy thoughts and try to live with as few regrets as you can... these are my mantras.

Life is short and so is the month of February – make the most of it. **AWW**

"We can't resist the idea of busyness because in some deep way it makes us feel important."

so precious about chai trim lattes or flat whites only in tulip cups, but this February it's all about plain old black coffee in a mug.

I'm mindfully doing nothing. Wasting time is vital. It's when you open your mind to new ideas, and I can feel a few coming on. I won't be doing my usual list-making because that's not what relaxing is all about, but if I don't write my great brainstorming ideas down in my ever-ready notebook, I tend to forget them completely.





THIS PAGE:
Marimekko tunic,
skirt and bag.
Valet earrings.

OPPOSITE PAGE:
Katie Eraser x
Gorman dress
and hat. Emily
Green earrings.

PHOTOGRAPHY by ALANA LANDSBERRY • STYLING by JAMELA DUNCAN
FLAT-LAY STYLING by TORI AMBLER for THE FASHION DEPARTMENT



Make a statement in bold colours and prints,
guaranteed to turn heads for all the right reasons.

The PARTY PIECE

Stand out at summer gatherings in a light-hearted mix of colourful florals and monochrome spots.



Lotte sunglasses, \$250. marsonline.co.nz
Frankie dress, \$180 (XS-L). annahstretton.co.nz
Acacia fan mini bag, \$375. ajeworld.co.nz
Senso Maisy VII heel, \$238. theiconic.co.nz

The FLOATY DRESS

Keep the sun off and stay cool in this relaxed number. Add glitzy earrings and comfy platforms for a go-anywhere look.




Pink Textured Dome earrings, \$28. lovisa.com
Studio collection Polke dress, \$206 (XS-XL). hm.com/nz/
Aje x Superga stripe platform, \$175 (35-42). ajeworld.co.nz

The NEON BRIGHT

Channel the '70s with a multi-hued, chevron-patterned top and skirt in a figure-hugging style.



Seaside Love earrings, \$189. anoushkavanrijn.co.nz
Neon Stripe tank, \$175 and **skirt**, \$238 (6-14). gormanshop.com.au
Acacia double strap pouch, \$340. ajeworld.co.nz
Evita sandal, \$240 (36-41). mipiacy.co.nz



Ginger & Smart
blouse and skirt.
Zara earrings.





ABOVE: Obus dress. Valet earrings. Zara shoes and bag.

RIGHT: Katie Eraser x Gorman shirt and trousers. Cult Gaia mules from The Iconic. Sans Beast bag.

OPPOSITE: Zara blouse. Lee Mathews shirt dress (worn as a jacket) and skirt.



The CHECKED DRESS

Swap your accessories to vary your look in this classic halter dress. Picnic or lunch with the girls, anyone?



Riley dress, \$339 (XXS-XL). kowtowclothing.com Arms of Eve Anillo gold and enamel stacking ring, \$94. theiconic.co.nz Chintzy scarf (worn as belt), \$200. walmsleyandcole.co.nz Mini Paris bag, \$630. rhemy.co.nz Quinoa wedge, \$210 (36-41). merchant1948.co.nz

The SOPHISTICATED SPOT

It's hard to go wrong with chic, head-to-toe black and white spots. Add a cheeky check to mix things up a little.



Yrsa top, \$240 (10-14) and Flaneur trouser, \$340 (6-14). pennysage.com Safety Net floppy hat, \$71, Safety Net bag, \$71 and Figure 8s earrings, \$51. gormanshop.com.au Enya heel, \$240 (36-41). mipiaci.co.nz

The KIMONO EFFECT

Cover up in style in this comfortable combo, with its flattering tie waist and kaleidoscopic painterly print.



Tavolo top, \$238 (S-L) and Tavolo pant, \$196 (6-16). gormanshop.com.au Sweetest Thing earrings, \$189. anoushkavanrijn.co.nz Deuce Istanbul sneaker, \$190 (35-41). merchant1948.co.nz

Búl dress, \$299.
Dinosaur Designs
necklace, \$310
and bangles,
from \$55 each.

ALL PRICES ARE
APPROXIMATE.



A full-page photograph featuring two women sitting on wooden steps. The woman on the left is wearing a bright yellow one-piece swimsuit and a white bucket hat, resting her chin on her hand. The woman on the right is wearing a black and white striped two-piece swimsuit. The background includes a wooden wall, various green plants, and a wicker basket. The text 'Love your' is overlaid in the upper right, and 'legs' is overlaid at the bottom.

Love
your

legs

Whether it's a little daily TLC, a toning tip or even a medical treatment, there are more ways than ever to help your legs look great, says **Vicki Bramley**.

Yoga pose to the rescue

Ever tried stretching your legs up against a wall? Perhaps to quell puffy ankles after a flight, or ease achy calves after a long day. In yoga, this pose is called Viparita Karani – Inverted Lake Pose or Legs Up The Wall (of course). It was believed to be a fountain of youth, and not just for the legs.

It feels so good because, as the pressure of gravity disappears, muscles soften and relax. Veins no longer bulge as blood flows back to the heart, and the fluid build-up between tissues drains. It's a beautifully simple way to relieve your legs and boost wellbeing. And there are lots of other ways to give your legs some love, too.

As well as slashing salt and staying hydrated, vitamin B6, found in shiitake mushrooms, salmon, avocado and red meat, is thought to ease fluid retention.

Feeling swell

"You know you have a lymph problem when you lose shape in your ankles, whereas hormonal fluid retention appears more evenly all over," says lymphatic drainage therapist Michael Alcott.

The lymphatic system takes rubbish and recycling from our legs up to the subclavian vein in the neck, where it's delivered back to the blood. Essentially it fights gravity and when it's overwhelmed, lymph can pool.

"Lymphatic problems can appear around menopause. As your hormones shift, your shape can change and put pressure on structures," says Michael. "Also, scar tissue from tears, sprains, abdominal surgery, cancer, endometriosis and Crohn's disease can block the lymph's journey."

To keep lymph flowing, keep your muscles moving with a little walk every half hour. Hydration also helps, while intermittent fasting can hinder. "By eating a little bit of protein with every meal, you draw water out of the tissues and into the blood, preventing fluid build-up," explains Michael. You'll also minimise the load by avoiding inflammation (from sunburn, gardening cuts etc) and keeping cool.

SOOTHE MOVES

Use long, upward strokes when moisturising to shift lymph.



Dr Hauschka Revitalising Leg & Arm Tonic, \$53. Rosemary oil and borage to refresh and energise.



Legology Air-Lite Daily Lift for Legs, \$91, at cultbeauty.co.uk. Caffeine and herbal extracts help to drain fluid.



L'Occitane Verbena Icy Body Gel, \$49. Feel fresh with this hydrating and cooling body gel.



Natio Focus on Magnesium Spray, \$21. Magnesium is often used to help relieve muscle stress and tension.

New vein

If you're among the 30 per cent with spider or varicose veins, you'll know the familiar throbbing, burning and pain, which can be alleviated with treatment.

"Think of the superficial veins in your legs as trees. If large veins are the branches, then spider veins are the leaves," says dermatologist Dr Adrian Lim. "Spider veins don't affect your health, however one-third are under pressure from feeder veins, which need to be treated or the spider veins may not clear."

Feeder veins are often varicose, caused by the pooling of blood. They develop when the veins are naturally weak or under pressure from excess weight or pregnancy.

"Genetics are only half the story," says Dr Lim. "The most important lifestyle factor is physical activity. If you're sedentary you're not pumping your blood through your veins."

Spider veins

Sclerotherapy.

An ultrasound may be used to guide 40-50 injections of a substance that collapses the veins. You need up to six, 30-minute treatments spaced one to three weeks apart. You also need to walk daily and wear compression tights for a week afterwards. It can take a few weeks for the veins to clear.

Varicose veins

Endo-venous laser ablation. You need a scan to find the veins first. Under sedation, a thin fibre-optic is passed into the vein, the laser light is converted into heat which destroys the vein from the inside out. You must walk afterwards and wear support stockings for six weeks. Pain, tenderness and discolouration can persist.

SHIN SHINERS

Some like shimmer, some like bronze, but have you ever thought of body foundation? “It gives an even, natural colour, with a light coverage – almost like wearing an invisible pair of sheer stockings,” says Carol Mackie, MAC senior global artist.



1. MAC Studio Face and Body Foundation, \$64. 2. Salt by Hendrix Body Glow Blush Skies, \$49. 3. Guerlain Terracotta Sunless Heavenly Bronzing Mist, \$101. 4. Sally Hansen Airbrush Legs Illuminator roll-on in Golden Glow, \$23.

Firm deal

Despite our best efforts, our legs may not be as toned as they used to be. That's because, over time, it's harder to build muscle. It's also easier to store fat, according to a new study in *Nature Medicine*, since lipid turnover slows. A healthy lifestyle is the first step, but can a body clinic help, too?

“When it comes to legs, the most common concerns we see are toning and tightening,” says Vikki Pow, a nutritionist who works in a body-sculpting clinic. “We see women from all walks of life. Some want extra motivation and support. Others are fit and just want to target certain spots without unhealthy extreme dieting.” So, what are the options?

Toning

Much talked-about new muscle building devices such as BTL Emsculpt and TeslaFormer allow you to “exercise” lying down. A treatment paddle is strapped to your buttocks and pulses of high focused electromagnetic energy (HIFEM) make the muscles contract. One 30-minute session is said to be the equivalent of doing 20,000–50,000 perfect squats. It's so new it's not available in New Zealand yet, but reviews from across the Tasman are glowing, so expect it to arrive here imminently.

Tightening

In terms of tightening skin, other than surgical approaches there aren't a wide variety of options but advances in technology are promising. Newly arrived High Intensity Focused Ultrasound (HIFU) treatments heat collagen fibres at a specific depth beneath the surface of skin, causing them to regenerate, resulting in firmer, tighter skin over time. At the moment, clinics like Lovely by Skin Institute are using their Ulfit HIFU treatment predominantly in the face area as a non-surgical facelift, but it can be used to tighten skin around the knees and assist in reducing the appearance of cellulite.

Sculpting

Cryolipolysis (fat freezing) is widely available in New Zealand. “It's popular inside thighs because it can eliminate chafing and make clothes more comfortable,” says Vikki, recalling a client who wore plasters daily before treatment. The area under the buttocks is also popular. “We usually steer clear of outer thighs unless there's a large volume and it's very uncomfortable, because we want to keep those feminine curves.”

It definitely works: expect a 20–30 per cent reduction after one treatment, but it's not for the faint-hearted. It feels like a heavy, cold clamp and there may be swelling, pain and bruising for weeks.

THIGH MASTERS

Legology Cellulite Salon Secret for Legs, \$126 at cultbeauty.co.uk.

A stimulating massage oil with peppermint, orange and eucalyptus oils.



Trilogy Firming Body Lotion, \$30. Contains caffeine, which smooths cellulite by dehydrating fat cells.



Nivea Body Lotion Firming Q10 + Vitamin C, \$8. Is shown to deliver firmer, smoother skin in 10 days.



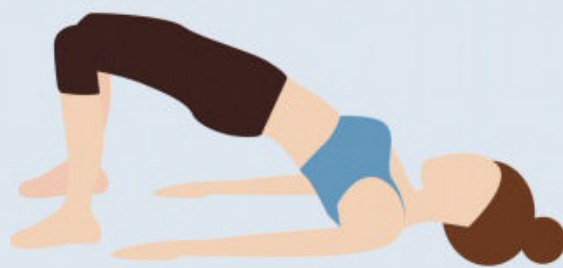
3-STEP LEG REJUVENATION

“To feel great in our legs and light on our feet, we need to maintain our mobility, flexibility and range of motion,” says Ali Handley, founder of Bodylove Pilates.



Barre footwork to loosen ankles and activate lymph

Stand with feet slightly apart and come up onto the balls of the feet, then slowly lower down to the heel. Repeat 10 times then do 10 pulses. Try with feet in a small V, and wide V.



Pilates bridge to counteract sitting and hunching

Lie on your back with feet flat on the floor. Carefully peel the spine up off the floor, then roll back down. After 8-10 repetitions, keep hips lifted and do 10 pulses.



Roll-downs to loosen and relax the legs, hips and spine

Stand with feet slightly apart, knees soft. Slowly roll down, taking time to find length and space. Relax for a beat at the bottom, then roll carefully back up. Repeat two or three times.

Thigh hopes

The skin on our legs changes in the same way as the skin on our face (becoming thinner, drier, less plump and less springy over time) with some unique challenges thrown in.

“Melanoma is more common on the legs in women than in men most likely due to our clothing choices,” says dermatologist Dr Nina Wines. Anyone with shifting hormones knows legs can become itchy, too. (It’s due to low oestrogen but the exact mechanism is unknown.)

Then there’s the mottled skin tone. “Changes start around age 35 to 45, with little brown spots (often sun-induced freckles called solar lentigos). White spots called guttate hypomelanosis also develop.”

However, if a “freckle” turns darker with fake tan it may be an age-related “barnacle” called seborrheic keratosis. “My patients really dislike these and removing them often requires a resurfacing laser. The white spots may be genetic or sun induced and there’s no fantastic treatment yet,” says Dr Wines.

After age 50 we start to see skin cancer and pre-malignant sun spots (actinic or solar lentigos) which are flat and pink with a little rough scale.

They’re treated with dry ice, medicated creams or laser. Later, the skin becomes thinner, fragile and more easily bruised.

“Prevention, in this case sunscreen, is the best cure (not forgetting skin cancer checks) and it’s never too late to start,” says Dr Wines.

Cellulite occurs when small amounts of fat start to pucker around chicken-wire shaped connective tissue. “There are some promising treatments on the horizon to loosen the connective tissue but we’re not there yet,” says Dr Wines.

LEG WORKS

Scrubs feel great but AHA lotions make light work of rough skin and moisturiser helps end itches.



1. Natio Wellness Body Scrub, \$23. 2. Avène XeraCalm Lipid-replenishing Cream, \$45. 3. Manicare Dry Body brush, \$17. 4. This Works Skin Deep Dry Leg Oil, \$110. 5. Dermalogica Body Hydrating Cream, \$60. 6. Ultracuticals Ultra Retexturising Body Complex, \$99. 7. Bio-Oil Dry Skin Gel, \$32.

Beauty news

Edited by **MEGAN BEDFORD**

Look radiant with new sheer lip colours and hair products that add shine.

BEE VENOM

WHAT IS IT?

Sometimes referred to as “nature’s Botox”, purified bee venom stimulates circulation and the body’s production of collagen and elastin, minimising fine lines.

WHY WE LOVE IT:

Blended with other skin nourishing ingredients, it helps smooth and plump skin, and the venom is collected ethically, so no bees are killed in the process.

TRY: *Wild Ferns Bee Venom Serum*, \$36.



Shining example

The pursuit of “inner glow”, whether it’s with cosmetics or wellness supplements, has been big news in beauty for a while. Now the focus has migrated north, with hair products and treatments also aiming to achieve a natural, shiny “glow”. Forget oily, heavy serums – these products deliver a weightless veil, so they are suitable for most hair types and are particularly useful for grey and silver hair which often lacks natural shine.

1. R+Co Neon Lights Dry Oil Spray, \$56. **2. L’Oréal Professionnel Tecni.Art Ring Light Shine Spray**, \$35. **3. Batiste Heat & Shine Spray**, \$15.



Sheer genius

Sheer lip stains and tints will remain front and centre in the beauty world this year. Two new options that deliver soft, diffused colour that won’t slip and slide or settle in lip lines are **Revlon’s Kiss Cloud Blotted Lipcolor**, \$22 and **YSL’s The Slim Sheer Matte Lipsticks**, \$69.



Dermalogica’s Vitamin C serum was a hit in 2019 to brighten and firm skin and minimise fine lines, so we’re excited about this new eye product with a similar cooling gel consistency, but designed for the sensitive and delicate eye area.

Dermalogica BioLumin-C Eye Serum, \$136.

Quick sticks

From foundation to illuminators and cheek enhancers, rework your beauty haul to include make-up sticks. They're convenient, compact and fuss-free, says **Stefani Zupanoska**.



The foundation

Lancôme Teint Idole Ultra Wear Stick Foundation SPF15 in 03 Beige Diaphane, \$70.

The cheek enhancer

Nudestix Nudies Bloom Matte All Over Face Color Blush & Bronze in Poppy Girl, \$56.

The foundation

Revlon ColorStay Life-proof Foundation Stick in 150 Buff Chamois, \$32.

The contour

Clinique Chubby Stick Sculpting Contour, \$57.

The highlighter

Luma On The Glow Highlighter in Wander-Musk, \$32, from lumabeauty.com.

The cheek enhancer

Fenty Beauty Match Stix Shimmer Skinstick in Chili Mango, \$43.

The cheek enhancer

Charlotte Tilbury Beach Stick Las Salinas, \$63, from charlottetilbury.com.

REMOVER

Refreshers like Mecca Clean Slate Micellar Water (1), \$32, feel lovely, and now there's the brilliant Face Halo Original (2), \$33, for three. These little washable microfibres make a fantastic, eco-friendly alternative to wipes. Simply wet one and swipe it over your face to remove make-up. Or, for a polished feel, use after your usual cleanser.

CLEANSER

Your best cleanser leaves you feeling fresh and light, not tight. And cleansing oils and balms are great at grabbing grime, since like attracts like. They also have a lot of slip for a mini face massage at night, especially if they have fragrant oils that calm the mind. Try Sunday Riley Blue Moon Tranquillity Cleansing Balm (3), \$86.

DAY SERUM, CREAM

Antioxidants, especially vitamin C and niacinamide, are the multi-taskers we need to protect and repair daily damage. Try the plant-based Clarins Double Serum (4), \$125. Skipping straight to moisturiser? They can carry antioxidants, too. We love Liberty Belle Rx Superhero Antioxidant Moisturiser with Anti-Pollution & Blue Light Defence (5), \$145, from libertybelle.com.au.



A clean slate

If you're planning a refresh, start the year with a simple set of skincare superheroes, says Vicki Bramley.

NIGHT SERUM, CREAM

This is the ideal time to apply vitamin A, the ultimate ingredient that "rewinds" your skin by boosting collagen, elastin and cell turnover. Start with a retinol form like Dr Dennis Gross Ferulic + Retinol Anti-Aging Moisturiser (6), \$129, and work up to Medik8 Retinol 3TR+ Intense Advanced 0.3% Vitamin A Serum, \$89.

If you want visibly refreshed skin, include the most impressive multi-taskers: vitamin C, vitamin A and niacinamide.

THAT'S IT!

If you can't tolerate vitamin A, try peptides, which are proteins designed to soften lines. Try Snowberry New Radiance Face Serum, \$85, and of course wear sunscreen daily. And if there's one thing you buy for your hair, make it Olaplex No.7 Bonding Oil (7), \$43, because it softens, strengthens, glosses and protects up to 230°C.

You can apply face creams and serums up to the orbital bone. Inside, stick with eye creams to minimise irritation and deal with your specific concerns, whether fine lines, dehydration, puffiness or dark circles.

Ole Henriksen Banana Bright Eye Crème, \$63, is a tinted whip packed with brightening vitamin C. Or try Clinique Superdefense SPF20 Age Defense Eye Cream, \$72. It's rare to find an eye cream with decent SPF – this will keep the delicate area well protected.





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For further information contact Parrs Products 0800 6944 387 wildferns.co.nz



Love *your* lungs

From asthma to bronchitis, almost 1 in 3 New Zealanders live with a lung disease. So how do you protect your lungs? And what can you do to make them stronger and healthier?



The catastrophic bushfires in many parts of Australia have meant air quality and lung health have been top of mind for many people.

In my general practice, we saw an unusually high number of people suffering from irritated eyes, blocked noses, coughing and trouble breathing because of weeks of choking smoke. This was reflected in hospital admissions too, with NSW Health reporting increases in the number of hospital presentations for asthma and breathing problems during the bushfire emergency. But winter ills and pollution can increase the risk of breathing problems too, especially in those with a pre-existing lung condition. It's easy to take good lung

Looking after your lungs

WHAT CAN WE ALL DO to strengthen, protect and care for our lungs for the long term?

- Don't smoke. Ever.
- Exercise every day to the point of puffing for at least 20-30 minutes.
- Regular yoga practice can be beneficial for breathing problems.
- Spend regular time in nature, among trees or by the ocean.
- Avoid exercising outdoors on poor air quality days.
- Wear a mask for protection against infection and pollution at times of high risk.
- Avoid crowds during the flu season.
- Have an annual flu vaccine and ask your doctor about a pneumococcal vaccine.
- Avoid exposure to indoor pollutants.
- If someone at home has a respiratory illness, take precautions to avoid exposure.



health for granted, until you have a problem with your breathing. So how do we take care of our lungs?

Asthma action plan

If environmental circumstances are not good, avoid exercising outdoors and see your GP if you're coughing consistently or have trouble breathing. If you have asthma, you will hopefully be familiar with your Asthma Action Plan. If you are on a preventer, make sure you are taking it regularly, and carry your relieving medication with you at all times. If you have asthma but you don't have a plan or it needs to be updated because you're going to be visiting a smoky area or because you are experiencing more symptoms, visit your GP for a review.

Vaping risks emerge

A relatively new challenge for lung health, vaping is the inhaling of nicotine vapour from a device such as an e-cigarette. What started out as a way to improve health by helping people to quit smoking cigarettes has emerged as another health concern. There has been an outbreak of lung injuries or deaths associated with vaping in the USA. As of January 2020, the Centers for Disease Control and Prevention (CDC) confirmed 57 deaths.

Details are still emerging, but at this stage it appears that cases are related to people using vaping with cannabis or using products from informal sources, but the causes are not fully known. My advice at this stage is to avoid vaping. Your GP can advise on other helpful strategies to quit smoking, such as nicotine patches. Or check out the free Quitline programme at quit.org.nz.

Indoor air pollution

When we think about air pollution, we usually think about the outdoors. But indoor air quality also has an impact on lung health. Sources of indoor pollution include fuel-burning heaters, exposure to smoking, some building materials and furnishings, mould, household products that emit fumes, and other household chemicals. The situation is made worse if your home or office has poor ventilation. Effects of exposure can include nose and throat irritation, headaches, dizziness and breathing problems. A clean house can improve air quality, so keep carpets dust-free using a vacuum with a HEPA filter. Choose non-toxic, biodegradable cleaning products. Using a fan to remove cooking fumes will help, as will regularly opening windows to let fresh air in. See smarterhomes.org.nz to find out more. **AWW**

Are face masks effective?

- **WEARING MASKS** outside of a surgical theatre was once a cultural curiosity. It wasn't something we saw in Australia and New Zealand, only in Asian countries where there is a high degree of awareness of air pollution and the contagion of respiratory infection. I am often asked if they work.
- **WE ARE ACCUSTOMED** to wearing masks in general practice, for the protection of patients and for ourselves. We make sure there is a constant supply of masks in our clinic reception area, and we insist that anyone with a cough or fever who may be contagious puts one on while they wait. I have also taken to arming myself with a mask when I travel on planes, just in case I am seated near someone who is sick.
- **SO YES**, there is a reduction in spread of respiratory infections if you wear a mask and this is particularly important for people with respiratory problems. But what about wearing a mask to protect against airborne particles? It depends on the type of airborne particles causing the poor air quality and the type of mask.
- **ORDINARY PAPER** dust masks, handkerchiefs or bandannas do not filter out fine particles from bushfire smoke and are generally not very useful in protecting your lungs. Special face masks called P2 masks (available from hardware stores) filter bushfire smoke, providing greater protection against inhaling fine particles.



Health update

Edited by VICKI BRAMLEY

Speed up and hit the pool to keep yourself in tip-top shape.

Walk fast, age well

Pounding the pavement could be a sign of healthy ageing. In a study of more than 1000 45-year-old New Zealanders, those with the slowest gait (1.2m per second) had poorer physical health. They also had accelerated ageing, with facial changes, organ deterioration, brain changes and worse cognitive function than those with the fastest walking speed (1.7m per second). Training to walk faster may not reverse changes but will contribute to overall

health. In a separate study in *Scienmag*, it was discovered that butyrate, a short-chain fatty acid produced in the gut, can alter ageing. Butyrate is produced by fermentation of dietary fibre in the gut, which in turn stimulates production of a pro-longevity hormone that regulates energy and metabolism. In the study, increased butyrate lead to the production of neurons in the brain. The results may lead to food-based treatments to slow the ageing process.



Shake IT OFF

Ultrasound can improve tremors for three years without serious side effects, according to a study in *Neurology*, the journal of the American Academy of Neurology. Essential tremor is a neurological condition that involves uncontrollable shaking of the hands, arms, legs and voice, which interferes with everyday tasks like drinking, dressing and writing. Currently, deep brain stimulation is used for severe tremor. The study looked at a treatment called focused ultrasound thalamotomy and found the benefits were immediate and three years after the study, participants had still improved in hand tremors, disability and quality of life.

Bingeing is a brain disease

Women are more susceptible to emotional eating, but it's not due to hormones, say researchers at The Florey Institute of Neuroscience and Mental Health in Melbourne. They put sugary food just out of reach of mice, and then let them eat for 15 minutes. Only females binged. Dr Robyn Brown believes the behaviour is tied to the female brain, and is testing a neural circuit to see if it's involved. These findings, she said, "help reduce the stigma that people who overeat can't control themselves. It says that person has a brain disease."



80% of those with coeliac disease

remain undiagnosed, says
Coeliac New Zealand.

If undetected it can
increase the risk of
osteoporosis and even
rare gut cancers, so it's
important to see your GP
about any unexplained
symptoms. Take the online
test at coeliac.org.nz to
see if you are at risk. The
journal *Gut* reported that
in those with a genetic
predisposition, frequent
gastro infections are
associated with a higher
risk of developing coeliac
disease autoimmunity,
and high gluten intake
further increased risk.



TOUGH on teeth

"Effervescent vitamins can erode tooth enamel, kombucha's low pH can be as damaging as soft drink, and even bottled waters are acidic," says dentist Dr Angie Lang. Her picks for preserving tooth enamel? Tap water and tea. She's also developed a non-acidic, prebiotic-filled drink Swirlit, which is likely to be available in New Zealand this year.

DID
YOU
KNOW?

Make a splash

Taking a dip this summer will
improve both your mental
and physical health. Research
shows that swimming can have
a positive impact on blood
pressure, cholesterol levels,
cardiovascular performance,
central nervous system health,
cognitive functioning, muscle
mass and blood chemistry. A
UK poll, which surveyed the
exercise habits of 3.3 million
people, found that hitting the
water also significantly
helped in reducing
anxiety and symptoms
of depression.



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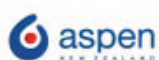


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Ask the doctor

With **PROFESSOR KERRY N PHELPS**

Q I have black floating spots in my eyesight, but only in front of my left eye. They've been coming and going for a couple of months and seem to be more frequent now. Is this something I should see my GP or an optometrist for? **D.A.**
The most likely cause for the floater is a posterior vitreous detachment. Any recent change in your vision should be assessed, either by an optometrist or your doctor, who will determine whether you need to see an ophthalmologist (medical eye specialist).

Q My husband is in his mid-50s and sometimes – perhaps in times of heat or stress – comes out in a rash on his chest, which the doctor says is Grover's disease. It usually subsides with a cortisone cream. Is there anything you'd recommend in terms of diet, soaps and creams? **Anon.**

Grover's disease, also called transient acantholytic dermatosis (TAD), most often occurs in men over 50. The itch can be worsened by heat, humidity, sweating and the sun. Use a soap substitute and a chemical-free moisturiser regularly. Antihistamines and mild cortisone creams can settle outbreaks.

DID YOU KNOW?

Drinking enough water each day is crucial to good health. Proper hydration helps to regulate body temperature, lubricate joints, prevent infections, deliver nutrients to cells, and keep organs functioning properly. A sign you are drinking enough is that your urine is a pale straw colour. Try flavouring water with citrus fruits, berries or cucumber.

HAVE A QUESTION?

If you have a question for Professor Kerry N Phelps, write to:
Ask The Doctor,
PO Box 92512, Wellesley Street, Auckland 1141
or email awweditor@bauermedia.co.nz; subject Q&A.
Letters cannot be answered personally.



Q I've had a cyst on the back of my neck for four years; sometimes it is barely noticeable, at times it swells almost to ping-pong ball size. I'm in my late 40s. Should I have it removed? **Anon.**
This is most likely a sebaceous cyst. Because of its history of intermittent inflammation, I would advise you to have it removed by a plastic surgeon before it increases in size again.



Q Occasionally I get a pinprick pain behind the inner corner of my right eyebrow. It usually lasts a few hours. Is this a headache or something else? **B.M.**
There are several possibilities for your symptoms including trigeminal neuralgia or a cluster headache. Your GP will take a comprehensive history and arrange appropriate investigations or referral.

Q I've heard that ibuprofen can cause meningitis. Is this true and what's the risk? **J.P.**
Ibuprofen is one of the most commonly used analgesics and anti-inflammatory medications. Aseptic meningitis (inflammation of the lining of the brain) is a rare but increasingly recognised side effect, mainly among people with an underlying autoimmune connective tissue disorder.

Money talk

Bank term deposits might not earn much, but sometimes they're the best option.

With **MARY HOLM**

They're boring and they pay low interest. But bank term deposits are probably the best

place to park money for a few months – or even a year or so. Anywhere else could be too risky.

A reader we'll call Jackie writes: "I am currently selling my house and anticipate I will have around \$500,000 after I pay off my existing mortgage. I aim to buy again, but possibly not in the next 12 months. Any suggestions for short-term investment?"

"I want to safeguard my nest egg until I need it for another property."

ONE POSSIBILITY FOR JACKIE'S MONEY IS A NON-BANK TERM DEPOSIT OFFERED BY A FINANCE COMPANY. They pay higher interest than banks, which is, of course, appealing. But whenever someone offers you a higher return, think about why they are doing that. They're borrowing your money, and will surely want to pay as little interest as possible. The only reason they offer more than the banks is because they are riskier, so savvy people will lend to them only if they get a higher return.

I'm not saying every finance company is high-risk. They are more regulated than when several companies collapsed during and after the 2007-08 global financial crisis. Still, I don't invest in them.

WHAT ABOUT CONSIDERING MANAGED FUNDS? These include



"I want to safeguard my nest egg until I need it."

KiwiSaver funds, but obviously they are not suitable for short-term investing unless you're over 65. But most KiwiSaver

providers also offer similar funds that you can withdraw from whenever you like.

We should straight away rule out all but the lowest-risk defensive funds. Higher-risk funds – such as balanced and growth funds – bring in

higher long-term returns, but they're volatile. Jackie doesn't want her half million dollars to diminish just when she's about to buy a home.

Defensive funds are certainly an option. Their value rarely dips, and they might bring in a slightly higher return than term deposits. But by the time you pay fees, that might not be the case. And they're a bit more complicated.

BANK TERM DEPOSITS LOOK LIKE THE WINNER. But don't just accept what your bank offers. Check other rates in the Savings section of interest.co.nz. If you would rather stick with your bank, tell them if you can do better elsewhere and they might match the higher rate.

WHAT TERM SHOULD JACKIE GO FOR?

Usually, longer terms pay higher interest. But it doesn't always amount to much.

For example, you might get 2 per cent on a three-month deposit or 2.3 per cent on a six-month deposit. On Jackie's \$500,000, over six months:

● *With two three-month deposits, she would get a total of \$5012.50 interest – assuming she adds the first lot of interest to her second deposit. After tax at 30 per cent, she has \$3508.75.*

● *With one six-month deposit, she would get \$5750. After tax, that would be \$4025. That's about \$500 more.*

If Jackie is sure she won't buy a new home within six months, she should choose the second option. But if she chances upon the perfect home sooner than expected she might lose interest if she withdraws her money early.

ONE FINAL POINT.

If Jackie has taxable income of more than \$48,000, she should consider banks' "term PIEs" on interest.co.nz. Their top tax rate is 28 per cent, compared with 30 per cent or 33 per cent on other income.

CORRECTION:

In the footnote of my Christmas column I stated that if you have mortgages on your home and a rental property, the interest is deductible on the rental but not on your home, which is correct. However, you cannot reorganise your mortgages to take advantage of that.



Have a question or concern about saving or investing for Mary? Email awweditor@bauermedia.co.nz, subject Money. Letters cannot be answered personally. If your topic is chosen you will receive a copy of Mary's book, *Rich Enough? A Laid-Back Guide for Every Kiwi*.

Mary Holm is a journalist, presenter, and best-selling author on personal finance.

She writes a column in the *Weekend Herald* and presents a fortnightly money segment on RNZ. Mary's advice is of a general nature, and she is not responsible for any loss that any reader may suffer from following it.



In season **tomatoes**



Warm summer days deliver divine sun-ripened tomatoes and these four recipes showcase their flavour perfectly.

PHOTOGRAPHY *by* **JAMES MOFFATT** • **STYLING** *by* **OLIVIA BLACKMORE**

“For a final flourish, drizzle over extra virgin olive oil and fresh basil leaves.”



Summer lovin'
tomato tart

RECIPE PAGE

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Fresh produce



Tempeh chips and
mashed toms



Fabulous fattoush

Tempeh chips and mashed toms

SERVES 4 PREP AND COOK TIME 30 MINUTES

300g block tempeh
2 tablespoons white (shiro) miso
⅓ cup (80ml) extra virgin olive oil
1 tablespoon honey
1 teaspoon smoked paprika
250g cherry truss tomatoes
2 tablespoons red wine vinegar

- 1** Preheat oven to 200°C (180°C fan-forced). Line a large and small oven tray with baking paper.
- 2** Split tempeh block in half through the middle; cut crossways into 1cm wide chips. Stir miso, half the olive oil, honey and paprika in a large bowl; add tempeh chips, turn to coat.
- 3** Place chips on large lined tray. Place tomatoes on small tray, drizzle with red wine vinegar and remaining olive oil. Bake both trays for 20 minutes, turning chips halfway through cooking time, or until golden. Mash tomatoes lightly with a fork. Serve chips with tomatoes. *Not suitable to freeze or microwave.*

Fabulous fattoush

SERVES 4 PREP AND COOK TIME 20 MINUTES

1 large (100g) Lebanese bread round
¼ cup (60ml) extra virgin olive oil
2 teaspoons za'atar
2 tablespoons pomegranate molasses
2 tablespoons lemon juice
1 baby cos lettuce
1 Lebanese cucumber, sliced thinly
6 (300g) radishes, sliced thinly
3 spring onions, sliced thinly
250g heirloom cherry tomatoes, halved
⅓ cup fresh mint leaves

- 1** Preheat oven to 200°C (180°C fan-forced). Line a large oven tray with baking paper.
- 2** Split bread round into halves; place crust-side down, on tray. Brush with 1 tablespoon of the olive oil; sprinkle with za'atar. Bake for 5 minutes or until crisp.
- 3** Meanwhile, whisk pomegranate molasses, remaining olive oil and lemon juice together in a large bowl. Add lettuce, cucumber, radishes, spring onions and tomatoes. Sprinkle with mint, toss gently. Serve topped with crumbled bread. *Not suitable to freeze or microwave.*

Summer lovin' tomato tart

SERVES 4 PREP AND COOK TIME 40 MINUTES

½ cup (100g) quinoa
¼ cup (40g) quinoa flour
½ cup grated vegetarian cheddar
1 egg
2 tablespoons sunflower seeds
75g soft goat's cheese
½ cup (125ml) cream
400g heirloom tomatoes, sliced
¼ cup small basil leaves

- 1** Preheat oven to 180°C (160°C fan-forced).
- 2** Bring quinoa and 1 cup of water to the boil in a small pan. Reduce heat to low; cook, covered, for 10 minutes or until liquid is absorbed. Cool.
- 3** Combine quinoa, quinoa flour, vegetarian cheddar, egg and sunflower seeds. Press mixture into a 22cm loose-based tart tin. Bake 20 minutes or until golden. Cool.
- 4** Process the goat's cheese and cream until smooth; spread into tart shell. Top with tomatoes and basil leaves. Season. *Not suitable to freeze or microwave.*

Fifty tomatoes and seed pasta

SERVES 4 PREP AND COOK TIME 20 MINUTES

500g cherry tomatoes, halved
2 shallots, finely chopped
¼ cup (60ml) extra virgin olive oil
1 tablespoon white balsamic vinegar
300g thin wholegrain spaghetti
50g pine nuts, toasted
50g pumpkin seeds
50g sunflower seeds
1 cup baby rocket leaves

1 Process half each of the tomatoes and shallots with the extra virgin olive oil and white balsamic vinegar until smooth. Season to taste.

2 Cook the wholegrain spaghetti in a saucepan of salted boiling water until almost tender; drain.

3 Transfer to a large bowl. Stir in the puréed tomato mixture, remaining tomato halves, remaining shallot, toasted pine nuts, pumpkin and sunflower seeds to combine. Stir in the baby rocket leaves.

4 Serve the pasta topped with grated vegetarian parmesan-style cheese or crumbled soft goat's cheese, if you like.

Not suitable to freeze or microwave.



Recipes extracted
from *The Australian
Women's Weekly
The Seasonal
Vegetarian* cookbook,
\$52.99, available from
awwcookbooks.com.au.



4 ways with frittata

No one likes a boring lunch and these frittatas are perfect for the school or office lunchbox.

Basic frittata

MAKES 6 PREP AND COOK TIME
40 MINUTES

1½ tablespoons semolina
2 small (180g) zucchini
1 small (120g) potato, scrubbed, unpeeled
6 eggs
1 cup (240g) ricotta
1 clove garlic
¼ cup chopped fresh flat-leaf parsley
½ teaspoon sea salt flakes

Preheat oven to 220°C (200°C fan-forced). Lightly grease a 6-hole (¾-cup/180ml) Texas muffin pan. Sprinkle greased holes with semolina. Using a vegetable peeler, cut 1 zucchini into ribbons. Line pan holes with zucchini, overlapping at different angles. Coarsely grate remaining zucchini and potato; squeeze out excess liquid. Whisk eggs, ricotta, garlic, parsley, salt flakes and grated vegetables in a medium bowl. Spoon mixture into pan holes. Bake for 25 minutes or until set.

PHOTOGRAPHY by JAMES MOFFATT
STYLING by OLIVIA BLACKMORE and KATE BROWN



Flavour twists

Pumpkin and rosemary

Make Basic Frittata, adding ½ cup (85g) packed coarsely grated pumpkin, squeezed dry, and 1 tablespoon fresh chopped rosemary leaves to the egg mixture. Top frittatas with 2 tablespoons pumpkin seeds before baking. Continue as directed in the recipe.

Kale and lemon

Rub 1 cup (25g) coarsely shredded kale leaves with 2 teaspoons olive oil, 1 teaspoon finely grated lemon rind and a pinch of salt. Make Basic Frittata, using 1 zucchini to line pan holes. Replace second zucchini with half the kale mixture. Top frittatas with remaining kale mixture and 50g crumbled feta before baking.

Tomato and pine nuts

Remove six pieces of semi-dried tomatoes from ½ cup (75g) drained semi-dried tomatoes and reserve. Finely chop. Make Basic Frittata, adding the chopped tomato to the egg mixture. Place a reserved tomato on top of each frittata, then sprinkle with ¼ cup (40g) pine nuts before baking.

Smoky corn and chilli

Make Basic Frittata, using 1 cup (160g) thawed, drained frozen corn kernels instead of the potato. To the egg mixture, add 1 fresh thinly sliced small red chilli, ½ cup (40g) grated vegetarian parmesan-style cheese and ½ teaspoon smoked paprika. Continue as directed in the recipe.

Cook, freeze, eat!



Pork and green olive
meatloaves with
kūmara mash

RECIPE PAGE
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By setting aside a little time at the weekend to prepare these delicious cook-ahead dishes, you'll find it easy to have a fast and healthy dinner on the table during your busy week.

Mushroom and kale lasagne

MAKES 6 PORTIONS PREP AND COOK TIME
1 HOUR 20 MINUTES

2 tablespoons extra virgin olive oil
800g Swiss brown mushrooms, sliced
1 medium onion (150g), chopped finely
2 cloves garlic, chopped finely
1 tablespoon thyme leaves
250g fresh lasagne sheets
225g bocconcini, sliced thinly
½ cup (40g) grated parmesan

KALE BÉCHAMEL SAUCE

60g butter
⅓ cup (50g) plain flour
1 litre (4 cups) milk, warmed
½ bunch kale (250g), stems removed, leaves shredded
½ teaspoon ground nutmeg
1 cup (80g) grated parmesan

ASSEMBLY INGREDIENT

60g salad leaves

1 KALE BÉCHAMEL SAUCE Heat butter in a heavy-based saucepan over medium heat until melted and starting to bubble. Add flour; cook, stirring continuously, for 4 minutes until a pale straw colour. Remove pan from heat. Add half the milk, whisking until smooth. Add remaining milk, whisking until smooth. Return to heat, stirring, for 5 minutes until thickened. Stir through kale and nutmeg until kale wilts. Stir in parmesan to combine; season.

2 Preheat oven to 180°C (160°C fan-forced). Heat oil in a large heavy-based frying pan over medium heat. Cook mushrooms, onion and garlic, stirring, for 15 minutes until browned and liquid is almost evaporated. Add thyme; season. Lightly grease base and sides of 2.5-litre (10-cup) ovenproof dish. Spoon a quarter of the Kale Béchamel Sauce over the base. Cover with 2–3 lasagne sheets.

Spread half the mushroom mixture over lasagne sheets. Spread another quarter of the Kale Béchamel Sauce over mushroom mixture. Top with another layer of lasagne sheets. Repeat layering until you finish with a sauce layer. Lay bocconcini evenly on top, then sprinkle with parmesan. Cover with greased foil; bake for 15 minutes. Uncover; bake for a further 20 minutes until lasagne sheets are cooked and top is golden brown.

ASSEMBLY Serve lasagne with salad leaves.

TO FREEZE Divide lasagne into 6 individual portions and store in freezer-proof, microwave-safe containers. Label and freeze.

TO REHEAT Thaw in fridge or microwave on DEFROST for 10–12 minutes. Heat on HIGH for 3 minutes or until lasagne is warmed through.



Everyday food

Roast chicken with green pumpkin and broccolini curry

MAKES 4 PORTIONS PREP AND COOK TIME
50 MINUTES (+ STANDING TIME)

1 tablespoon extra virgin olive oil
1.2kg chicken, patted dry, butterflied
GREEN PUMPKIN AND BROCCOLINI CURRY
1 tablespoon extra virgin olive oil
2 red shallots, sliced thinly
¼ cup (75g) green curry paste
500g butternut pumpkin, peeled, cut into 3cm pieces
400ml can coconut cream
2 bunches broccolini (350g), trimmed, halved crossways
1 tablespoon brown sugar
2 tablespoons lime juice

SESAME CAULIFLOWER RICE

1 medium cauliflower (1.5kg), cut into florets
1 tablespoon sesame oil
3 spring onions, sliced thinly

ASSEMBLY INGREDIENT

Thai basil leaves, to serve

1 Preheat oven to 180°C (160°C fan-forced). Line an oven tray with baking paper. Rub oil over chicken; season well. Place chicken on lined tray; roast for 50 minutes or until juices run clear. Cover loosely with foil. Rest for 15 minutes before carving.

2 GREEN PUMPKIN AND BROCCOLINI CURRY Meanwhile, heat oil in a large,

heavy-based saucepan over medium heat. Cook shallots, stirring, for 2 minutes. Stir in curry paste; cook 1 minute. Add pumpkin; stir to coat. Add coconut cream and 1 cup water; bring to boil. Simmer for 6 minutes. Add broccolini; cook 3 minutes or until tender but still crisp. Remove broccolini. Stir in sugar and lime juice.

3 SESAME CAULIFLOWER RICE

Meanwhile, process cauliflower until very finely chopped. Heat sesame oil in a large deep frying pan over medium-high heat. Cook processed cauliflower, stirring, for 12 minutes. Add spring onions; cook, stirring, for 3 minutes or until cauliflower is cooked.

ASSEMBLY Cut chicken into quarters and serve with pumpkin and broccolini curry and sesame cauliflower rice. Top with Thai basil leaves to serve.

TO FREEZE Cut chicken into quarters. Divide chicken, pumpkin and broccolini curry and sesame cauliflower rice into 4 individual portions and store in freezer-proof,

microwave-safe containers. Label and freeze.

TO REHEAT Thaw in fridge or microwave on DEFROST for 10 minutes. Heat on HIGH for 3 minutes or until chicken is warmed through.



Pork and green olive meatloaves with kūmara mash

MAKES 4 PORTIONS PREP AND COOK TIME 40 MINUTES

2 tablespoons extra virgin olive oil
1 large onion (200g), chopped finely
3 slices sourdough bread (150g), chopped coarsely
¼ cup (60ml) almond milk
500g lean minced pork
1 egg, beaten lightly
1 cup (180g) pitted green Sicilian olives, chopped finely
½ cup firmly packed oregano leaves, chopped finely
¼ cup (20g) flaked almonds
250g cherry truss tomatoes
KŪMARA MASH AND BEANS
2 medium orange kūmara (800g), diced
¼ cup (60ml) almond milk
200g trimmed green beans, boiled, steamed or microwaved

1 Preheat oven to 220°C (200°C fan-forced). Heat 1 tablespoon oil in a large non-stick frying pan over medium heat. Cook onion, stirring, for 6 minutes or until softened; season well. Transfer to a large bowl; cool slightly.

2 Meanwhile, process sourdough until chopped coarsely. Add 1 cup breadcrumbs and almond milk to onion; combine well. Add pork, egg, olives and ¼ cup oregano; mix well. Divide into quarters. Lightly grease four holes of a Texas muffin pan and place on an oven tray; press pork mixture into greased holes.

3 Combine remaining breadcrumbs, ¼ cup oregano, 1 tablespoon oil and almonds; season well. Press breadcrumb mixture gently onto meatloaves. Bake for 15 minutes. Remove meatloaves carefully from muffin pan using a palette knife; place directly on oven tray. Add tomatoes to tray; bake for a further 5 minutes.

4 KŪMARA MASH AND BEANS Meanwhile, boil, steam or microwave orange kūmara until tender; drain. Mash kūmara and almond milk; season. Boil, steam or microwave beans until tender but still crisp; drain.

ASSEMBLY Serve meatloaves with roast tomatoes, kūmara mash and beans.

TO FREEZE Wrap each meatloaf and a quarter of the tomatoes in a 30cm square foil piece. Divide kūmara mash and beans into 4 individual portions and store in freezer-proof, microwave-safe containers. Label and freeze.

TO REHEAT Thaw meatloaves, mash and beans in fridge. Preheat oven to 220°C (200°C fan-forced). Place foil parcels on an oven tray and heat for 10 minutes. Unwrap and heat for a further 5 minutes or until crumb topping is crunchy. Microwave mash and beans on HIGH for 3 minutes.



Harissa beef, tomato and lentil stew

Harissa beef, tomato and lentil stew

MAKES 6 PORTIONS PREP AND COOK TIME 2 HOURS 10 MINUTES

2 tablespoons extra virgin olive oil
800g beef chuck steak, cut into 3cm pieces
1 large onion (200g), chopped coarsely
2 cloves garlic, chopped coarsely
2 tablespoons tomato paste
1½ tablespoons harissa paste
1 fresh bay leaf
1 litre (4 cups) salt-reduced beef stock
2 x 400g cans cherry tomatoes
2 x 400g cans chickpeas, drained, rinsed
400g can brown lentils, drained, rinsed

ASSEMBLY INGREDIENTS

600g green beans, trimmed, boiled, steamed or microwaved
Greek yoghurt, to serve
mint leaves, to serve

1 Heat 1 tablespoon oil in a large

cast iron casserole dish over medium-high heat. Brown beef in batches for 4 minutes, stirring occasionally. Transfer to a plate or bowl.

2 Add another 1 tablespoon oil to pan. Cook onion and garlic, stirring, for 3 minutes. Return beef to pan. Add pastes and bay leaf; cook, stirring, for 1 minute. Add stock and tomatoes; bring to the boil. Season. Reduce heat to low; cook, covered, for 1½ hours. Stir in chickpeas and lentils. Cook, uncovered, over medium heat for a further 20 minutes until beef is tender and sauce thickens slightly.

ASSEMBLY Serve stew with beans and yoghurt. Top with mint leaves.

TO FREEZE Divide stew into 6 individual portions and store in freezer-proof, microwave-safe containers. Label and freeze.

TO REHEAT Thaw in fridge or microwave on DEFROST for 10-15 minutes. Heat on HIGH for 3 minutes or until stew is warmed through.



Vietnamese caramel
chilli pork

Vietnamese caramel chilli pork

MAKES 4 PORTIONS PREP AND COOK TIME
20 MINUTES

1 cup (150g) coconut sugar
4 cloves garlic, sliced thinly
2 fresh long red chillies, sliced thinly
¼ cup (60ml) soy sauce
2 tablespoons fish sauce
800g pork tenderloin, trimmed,
sliced thinly

BROCCOLINI AND NOODLES

2 bunches broccolini (350g), trimmed,
halved crossways
200g thin egg noodles

ASSEMBLY INGREDIENTS

2 tablespoons coarsely chopped roasted
unsalted peanuts
1 fresh red chilli, sliced
⅓ cup coriander leaves

ASSEMBLY

Serve pork, broccolini
and noodles, topped
with peanuts, chilli
and coriander leaves.

TO FREEZE

Divide pork, broccolini

and noodles into 4
individual portions and
store in freezer-proof,
microwave-safe
containers; spoon over
caramel sauce. Label
and freeze.

1 Place sugar and ¼ cup water in a large non-stick frying pan over medium heat. Cook, without stirring, for 2 minutes until sugar dissolves. Increase heat to high; cook for 3 minutes, swirling pan occasionally, until a bubbling caramel forms. Carefully add ⅓ cup water, garlic, chilli, soy sauce and fish sauce; bring to a simmer. Cook for 6 minutes or until thickened and sticky. Add pork; cook, turning, for 3 minutes until just cooked through and sauce is sticky.

2 BROCCOLINI AND NOODLES

Meanwhile, cook broccolini in a saucepan of salted boiling water for 3 minutes. Drain; refresh in cold water, then drain again. Cook egg noodles following packet directions; drain.

TO REHEAT

Thaw in fridge or microwave on DEFROST for 8 minutes. Heat on HIGH for 4 minutes or until pork is warmed through.

Moroccan pulled beef

MAKES 8 PORTIONS PREP AND COOK TIME
3 HOURS 20 MINUTES

1 bunch coriander
2 tablespoons extra virgin olive oil
1.5kg piece beef bolar blade roast
2 tablespoons Moroccan seasoning
1 onion (150g), chopped finely
2 cloves garlic, crushed
1 tablespoon harissa paste
1 tablespoon ground cumin
1 litre (4 cups) beef stock
400g can cherry tomatoes

TAHINI DRIZZLE

⅓ cup (90g) tahini
⅓ cup (60ml) lemon juice
½ teaspoon ground cumin

ASSEMBLY INGREDIENTS

couscous or quinoa, to serve

1 Preheat oven to 160°C (140°C fan-forced). Separate coriander leaves from stems and roots (reserve leaves for serving). Wash stems and roots well; chop finely. Heat oil in a 5.75-litre (23-cup) cast iron or other flameproof casserole dish.

2 Coat beef in Moroccan seasoning. Cook for 3 minutes each side until browned; transfer beef to a plate. Reduce heat to low. Add onion; cook, stirring, for 5 minutes until softened. Add garlic, harissa, cumin and chopped coriander stems and roots; cook, stirring, for 30 seconds until fragrant. Add stock, tomatoes and beef; season. Cover; bake in oven for 3 hours until beef is very tender.

3 TAHINI DRIZZLE Meanwhile, whisk tahini, lemon juice, cumin and ¼ cup water in a small bowl until smooth.

ASSEMBLY Shred beef using two forks. Serve pulled beef, tahini drizzle and couscous or quinoa. Top with reserved coriander leaves, if you like.

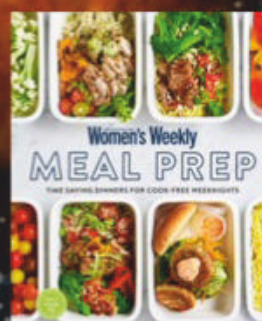
TO FREEZE Divide pulled beef into 8 portions and store in freezer-proof, microwave-safe containers. Label and freeze. Freeze individual portions of tahini drizzle.

TO REHEAT Thaw pulled beef and tahini drizzle in fridge. Microwave beef on HIGH for 3 minutes until warmed through. Serve with thawed tahini drizzle.



Moroccan
pulled beef

Recipes from *The Australian Women's Weekly Meal Prep: Time Saving Dinners for Cook-free Weeknights*, \$36.99, available at www.cookbooks.com.au.



FRIDGE AND FREEZER GUIDE

This chart will help you determine how long to store meals in the fridge and freezer. The fridge temperature should be at 5°C or below, the freezer at -15°C. Always store raw and cooked food separately in clean, airtight containers. Refrigerate meat, poultry, fish and even rice as soon as possible after cooking, especially casserole-type dishes; stand no longer than 1 hour to cool before transferring to fridge or freezer. Decant large quantities to smaller containers for rapid cooling.

**WHOLE SALAMI/
CHORIZO/BACON**
FRIDGE 2 WEEKS
FREEZER 2 MONTHS

**COOKED CHICKEN
DISHES**
FRIDGE 3-4 DAYS
FREEZER 4 MONTHS

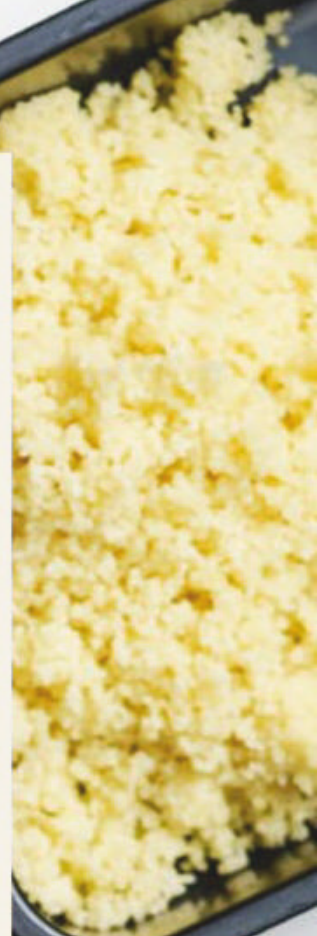
COOKED MEAT DISHES
FRIDGE 3-4 DAYS
FREEZER 2-3 MONTHS

COOKED FISH DISHES
FRIDGE 3-4 DAYS
FREEZER 4 MONTHS

SOUPS & STEWS
FRIDGE 3-4 DAYS
FREEZER 2-3 MONTHS

RICE
FRIDGE 3 DAYS
FREEZER 4 MONTHS

COOKED VEGES
FRIDGE 3-4 DAYS
FREEZER 2 MONTHS





Pick your protein salads

Being “flexitarian” means adding new, healthy foods to your diet. These versatile meals allow you to try a variety of different wellbeing-boosting options.

PHOTOGRAPHY by JAMES MOFFATT • STYLING by OLIVIA BLACKMORE

Add fish

RECIPE PAGE 108

Grilled fish, mega grain
and green bowl

Mega grain and green
bowl with
tzatziki dressing

RECIPE PAGE
108



Add beef SEE BELOW

Grilled beef,
broccoli and
barley salad

Broccoli and barley salad

SERVES 4 PREP AND COOK TIME 45 MINUTES

1 cup (200g) pearl barley
350g broccoli, cut into small florets
1 bunch broccolini (175g), halved lengthways
500g vine-ripened cherry tomatoes
1 tablespoon extra virgin olive oil
100g baby salad leaves

OREGANO SALSA

1 cup firmly packed fresh flat-leaf parsley leaves, chopped finely
½ cup firmly packed fresh oregano leaves, chopped finely
2 spring onions, sliced thinly
2 tablespoons baby capers
1 long red chilli, seeded, chopped finely
½ cup (125ml) extra virgin olive oil
¼ cup (60ml) sherry vinegar

PICK-YOUR-PROTEIN

600g beef rump steak OR
4 x 220g salmon fillets OR
400g piece feta, plus 1 tablespoon extra virgin olive oil

1 Cook barley in large saucepan of boiling salted water for 35 minutes or until tender. Drain; transfer to bowl.

2 OREGANO SALSA combine salsa ingredients in a bowl; season. Top with extra oregano.

3 Preheat a large oiled grill plate (or pan or barbecue) over medium heat until smoking. Place broccoli,

broccolini, tomatoes and oil in a bowl; stir to coat. Grill broccoli and broccolini for 3 minutes until light char marks appear. Add to bowl with barley. Grill tomatoes, turning, until blistered; add to bowl.

4 Cook protein on hot grill plate:

BEEF Grill beef for 4 minutes on one side, turn, cook for a further 3 minutes on other side for medium-rare or until cooked to your liking. Transfer to a plate and rest, covered loosely with foil, for 10 minutes. Slice thickly across the grain.

SALMON Cook salmon for 2 minutes on each side for medium or until cooked to your liking. Flake into bite-sized pieces.

FETA Cut 30cm squares of foil and baking paper. Place foil on bench and top with paper. Pat feta dry with paper towel. Place feta in centre of paper and drizzle with the 1 tablespoon oil. Bring sides of foil and baking paper together and fold down to seal; twist ends. Cook parcel on grill plate for 5 minutes on each side until feta is hot. Remove from foil. Cut into bite-sized pieces.

5 Add protein mixture to barley mixture; toss to mix well. Transfer barley mixture to a platter or divide among plates. Drizzle with the salsa. Serve with salad leaves and remaining salsa.

Mega grain and green bowl

SERVES 4 PREP AND COOK TIME 20 MINUTES

⅓ cup (80ml) extra virgin olive oil, plus
1 tablespoon extra
1 clove garlic, crushed
2 x 250g packets microwave brown rice and quinoa mix
600g brussels sprouts, trimmed, halved
300g cavolo nero, trimmed
1 teaspoon smoked paprika
2 medium avocados (500g), sliced
⅓ cup (65g) pumpkin seeds, toasted

TZATZIKI DRESSING

2 Lebanese cucumbers (340g), seeded, grated coarsely, plus extra thinly sliced
½ teaspoon sea salt flakes
1 cup (280g) Greek yoghurt
1 small clove garlic, crushed
3 teaspoons lemon juice
1½ tablespoons finely chopped fresh dill

PICK-YOUR-PROTEIN

12 white fish fillets (960g), skin on OR
400g can lentils, drained, rinsed

1 TZATZIKI DRESSING Combine cucumber and salt in a bowl; refrigerate for 20 minutes or until cucumber releases liquid. Drain in a colander; squeeze out excess liquid. Transfer cucumber to a bowl; add remaining ingredients. Stir to combine; season to taste. Top with extra cucumber and dill if desired.

2 Heat 2 tablespoons of the oil in a large frying pan over medium-high heat. Cook garlic for 30 seconds. Add rice and quinoa mix; cook, stirring, for 5 minutes or until starting to crisp. Transfer rice mixture to a bowl; season.

3 Heat 2 teaspoons of the oil in same pan; cook brussels sprouts, turning occasionally, for 5 minutes or until charred and tender. Transfer to a plate.

4 Heat another 2 teaspoons of the oil in same pan; cook cavolo nero, turning, for 2 minutes or until just starting to wilt. Transfer to a plate. Wipe pan clean.

5 Combine paprika, extra oil and your choice of protein in a bowl; season. Heat remaining oil in pan over high heat.

6 Cook chosen protein:

FISH Cook fish for 2 minutes on each side or until just cooked through.

LENTILS Cook lentils until warmed through. Add to rice mixture; stir gently.

7 Divide rice mix among bowls; top with fish, if using, brussels sprouts, cavolo nero, avocado and pumpkin seeds. Drizzle with dressing.



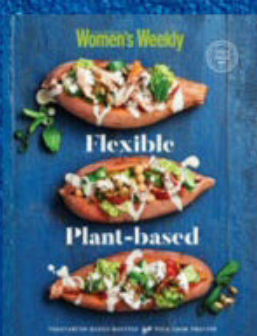
Add salmon

Grilled salmon, broccoli and barley salad



Add feta

Grilled feta, broccoli and barley salad



Recipes from
The Australian
Women's Weekly
Flexible Plant-
based, \$42.99,
from [awwcook
books.com.au](http://awwcookbooks.com.au).

Sizzling barbecue

PHOTOGRAPHY by JOHN PAUL URIZAR • STYLING by MICHELE CRANSTON

These flavour-packed, succulent dishes, partnered with fresh, tasty sides, take cooking on a barbecue to the next level.

Texas-style
beef burgers

RECIPE PAGE

113



Garlicky yoghurt chicken

SERVES 6 PREP AND COOK TIME 40 MINUTES
(+ MARINATING TIME)

200g Greek yoghurt
½ small (50g) red onion, chopped
2-3 cloves garlic, peeled
1 tablespoon finely grated lemon rind
2 teaspoons ground cumin
2 teaspoons ground coriander
½ teaspoon smoked paprika
1 teaspoon sea salt flakes
1.6kg chicken pieces, breasts and thigh cutlets, on the bone, skin on
2 teaspoons extra virgin olive oil, approximately
2 lemons, halved

1 To make marinade, add yoghurt, onion, garlic, rind, spices and salt to a small food processor and pulse until combined; transfer to a large bowl. Add chicken pieces and coat evenly. Cover and refrigerate 3 hours or overnight.

2 Preheat the barbecue to medium. Drain any excess marinade from chicken pieces. Grease barbecue plate with olive oil. Place chicken skin-side down on barbecue plate. Cook with hood closed until browned on both sides, turning halfway, for about 25 minutes or until cooked through. Add lemon halves to barbecue 5 minutes before end of cooking time.

3 Serve with lemon wedges and Greens and Feta Salad.

Not suitable to freeze or microwave.

Greens and feta salad

SERVES 6 PREP AND COOK TIME 10 MINUTES

150g sugar snap peas, trimmed, halved lengthways
150g baby beans, trimmed, halved lengthways
1 cup (120g) baby frozen peas, thawed
1 baby cos lettuce, coarsely chopped
½ small (50g) red onion, sliced thinly
100g Greek-style feta, crumbled

DRESSING

⅓ cup (80ml) extra virgin olive oil
1 tablespoon lemon juice
1 tablespoon sherry vinegar
½ garlic clove, finely grated



Garlicky yoghurt chicken

Greens and feta salad

TEST KITCHEN

TIP

The yoghurt marinade adds loads of delicious flavour but also acts as a tenderiser, giving succulent results.

1 DRESSING Place all ingredients in a screw top jar, shake well. Season to taste.

2 Arrange vegetables in a serving bowl; crumble over feta and drizzle with Dressing.

Not suitable to freeze or microwave.

Miso carrots

Oregano potatoes

Fennel and
chilli



Texas-style beef burgers

This recipe is from Melbourne chef Adrian Richardson who stars in the online cooking series *The Chef's Secret*. To watch Adrian and learn his insider tips for gas barbecuing go to bright-r.com.au.

SERVES 6 PREP AND COOK TIME
30 MINUTES

1.5kg minced beef (not too lean)
1½ teaspoons ground cumin
1½ teaspoons smoked paprika
1½ tablespoons jalapeno chillies, finely chopped
1 long red chilli, seeded, finely chopped
1½ tablespoons red onion, finely chopped
1 egg yolk
¼ cup (20g) panko breadcrumbs
1 tablespoon chopped flat-leaf parsley
1 tablespoon chopped coriander
1 tablespoon kecap manis
1 tablespoon vegetable oil
6 slices cheese
6 burger buns, halved
lettuce, tomato slices, pickles, finely sliced red onion, ketchup to serve

1 Combine beef, cumin, paprika, jalapenos, chilli, onion, egg, breadcrumbs, herbs and kecap manis in a large bowl. Season with salt and mix well. Divide mixture into 6 even patties.

2 Preheat the barbecue to medium-hot. Brush patties with oil and place on barbecue plate. Cook patties for about 5 minutes on one side, turn patties, reduce heat to medium-low. Top patties with cheese and cook for a further 4 minutes with the hood closed until cooked to your liking and cheese is starting to melt.

3 Meanwhile, toast the buns and top with lettuce, tomato, patties, pickles, red onion and ketchup.

Uncooked patties suitable to freeze. Not suitable to microwave.



TEST KITCHEN

TIPS

For perfect beef patties use a ratio of 400g lean beef to 100g fat to keep burgers moist and juicy. To save time for another meal, make a double batch of patties and freeze interleaved with baking paper or freezer wrap.



Vegetable parcels

Fennel and chilli

SERVES 6 PREP AND COOK 40 MINUTES

6 baby (780g) fennel, quartered lengthways
2 yellow banana chillies, sliced thickly
6 cloves garlic, bruised
6 sprigs rosemary
¼ cup (60ml) verjuice
¼ cup (60ml) extra virgin olive oil

Place 2 large pieces of foil on the bench then lay a piece of baking paper on top. Divide ingredients between each piece of foil/paper and season with salt and freshly ground black pepper. Fold into a parcel to completely enclose vegetables.

Place on an oven tray. Preheat the barbecue to medium-high. Place the parcels on the barbecue and cook with the hood closed for about 25 minutes or until vegetables are just tender.

Not suitable to freeze or microwave.

Oregano potatoes

SERVES 6 PREP AND

COOK TIME 40 MINUTES

1kg roasting potatoes, scrubbed
6 cloves garlic, bruised
6 sprigs fresh oregano
60g butter, chopped
1 medium (140g) lemon, cut into wedges

Cut potatoes into 1cm slices. Place 2 large pieces of foil on the bench then lay a piece of baking paper on top. Divide ingredients between each piece of foil/paper, season with salt and freshly ground pepper. Fold into a parcel to completely enclose vegetables. Place on an oven tray. Preheat barbecue to medium-high. Place parcels on barbecue and cook with the hood closed for about 30 minutes or until potatoes are tender.

Not suitable to freeze or microwave.

Miso carrots

SERVES 6 PREP AND COOK TIME 40 MINUTES

1½ tablespoons white miso paste
1½ tablespoons water
1.2kg baby carrots, washed and tops trimmed
8cm piece (40g) fresh ginger, sliced
¼ cup (60ml) peanut oil
½ cup loosely packed fresh coriander leaves

Combine miso and water in a small bowl. Place 2 large pieces of foil on bench; lay a piece of baking paper on top. Divide carrots, ginger, oil and miso mixture between each piece of foil/paper, season with salt and pepper. Fold into a parcel to completely enclose vegetables. Place on an oven tray. Preheat barbecue to medium-high. Place parcels on barbecue. Cook with hood closed for 20 minutes or until carrots are tender. Serve sprinkled with coriander.

Not suitable to freeze or microwave.

Outdoor cooking

Chilli, lime and lemongrass snapper with herb salad

SERVES 4 PREP AND COOK TIME 40 MINUTES

1 long red chilli, coarsely chopped
20g ginger, coarsely chopped
2 double kaffir lime leaves, vein removed
2 cloves garlic, coarsely chopped
1 spring onion, coarsely chopped
1 lemongrass stalk (white part only), sliced thinly
3 coriander roots, washed, chopped coarsely
1½ tablespoons vegetable oil
1 teaspoon sea salt flakes
1.4kg whole snapper
extra chillies and lime leaves, optional
lime wedges to serve

HERB SALAD

1 small red chilli, seeds removed
½ clove garlic
1 tablespoon grated palm sugar
2 tablespoons lime juice
2 tablespoons fish sauce
1 tablespoon vegetable oil
200g packet frozen shelled edamame, thawed
200g baby cucumbers, roughly chopped
1 cup each loosely packed coriander, mint and Thai basil leaves
1 red shallot, thinly sliced
steamed rice to serve

1 Process chilli, ginger, lime leaves, garlic, spring onion, lemongrass, coriander roots, oil and sea salt in a small food processor until a paste forms.
2 Pat fish dry with paper towel. To ensure fish cooks evenly and flavour



penetrates flesh make 3 deep cuts in each side of fish. Spread paste thickly over both sides of fish. Place fish on a medium oven tray lined with foil then baking paper. Add a couple of extra chillies and lime leaves to baking tray if desired.

3 Preheat barbecue to high. Cook the fish, with the hood closed, over indirect heat, for approximately 15–20 minutes or until flesh flakes easily.

4 HERB SALAD Chop the chilli, garlic and palm sugar together on a board

until finely chopped; transfer to a small bowl. Stir in lime juice, fish sauce and oil. Check seasoning and adjust the balance of hot, sour, sweet and salty to taste. Just before serving combine edamame, cucumber, herbs and shallot in a bowl, drizzle over one tablespoon of the dressing and toss to combine.
5 To serve, carefully transfer fish to a serving platter and scatter with herb salad. Serve with remaining dressing and steamed rice if desired.

Not suitable to freeze or microwave.



Barbecue tips and tricks

NATURAL GAS

Cooking on a natural gas barbecue is clean, economical and convenient. It provides instant heat with a turn of a dial which distributes evenly across the barbecue plates. A gas barbecue gives control and accuracy allowing the cook to create delicious meals easily outdoors.

DIRECT HEAT

This method is when the food is cooked directly over the burners with the hood open. It's used for searing and best for food that requires short cooking times such as steaks, sausages or burgers.

INDIRECT HEAT

This is used with hooded barbecues

when lower temperatures and longer cooking times are required. It's best for large cuts or joints of meat and poultry on the bone. The interior heat circulates around food, cooking it without burning. The burners directly under the food are switched off, while burners around the food are left on. Most

modern barbecues have thermometers built in – so it doubles as an oven when the hood is closed.

RESTING

After the heat of the barbecue, resting meat and poultry helps redistribute the juices inside the flesh. Factor in at least 10–30 minutes, depending on what you are cooking.


FOODTOLOVE.CO.NZ

Recipes and ideas from New Zealand's favourite magazines



PARTNERED WITH

countdown 



Creamy overnight
oats with no-cook
berry compote

TIP

Make in lidded
containers for an easy
portable breakfast to
take to the office.

Add a drizzle of honey
or use a sweetened
yoghurt if you prefer.

Berry delicious

The creamy goodness of a2 Milk™ brought to
you by Anchor™ makes these delicious recipes
as indulgent as they are nutritious.

Creamy overnight oats with no-cook berry compote

SERVES 2 PREP AND COOK TIME 10 MINUTES
(+ OVERNIGHT REFRIGERATION)

⅔ cup rolled oats or untoasted muesli
1 teaspoon chia seeds (optional)
1 apple skin-on, grated
1 ¼ cups a2 Milk™ by Anchor™
¾ cup unsweetened coconut yoghurt
coconut flakes and mint leaves
to decorate (optional)

NO COOK BERRY COMPOTE

¼ cup boiling water
1 heaped cup mixed berries
1 tablespoon chia seeds
1 tablespoon maple syrup or honey

1 To make the compote, pour boiling water over the berries and mash lightly with a fork. Stir in the chia seeds and syrup and set aside. Mixture will thicken slightly as it cools.

2 In a medium bowl, combine the oats, chia seeds, grated apple and milk. Lightly mix and divide between 2 glasses or bowls, approximately 300ml capacity.

3 Add a generous dollop of coconut yoghurt and a quarter of the compote to each. Place in fridge overnight.

4 To serve, add remaining yoghurt and top with remaining compote and a sprinkle of coconut flakes and mint, if desired.

Easy a2 Milk™ vanilla custard

SERVES 4 AND COOK TIME 10 MINUTES

2 cups a2 Milk™ by Anchor™
2 tablespoons cornflour
3 tablespoons sugar
4 egg yolks
1 teaspoon vanilla essence



Easy a2 Milk™
vanilla custard

1 Place all the ingredients in a bowl. Using a whisk, mix until smooth and cornflour is completely dispersed.

2 Transfer mixture to a saucepan and heat gently, stirring continuously until thickened; do not boil. When warm, the custard remains a pouring consistency but will set completely on cooling.

3 Serve with puddings, cake or seasonal fruits.



Brought to you by



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visit anchordairy.com/a2

Discover
the art of baking
with **Charlotte Ree**
– her magical
recipes will satisfy
your sweet tooth.

CHARLOTTE'S

TIP

For perfectly even
layers, weigh your
batter-filled cake
tins before baking.



Lemon cake with
raspberry buttercream

Just desserts

PHOTOGRAPHY by LUISA BRIMBLE • ILLUSTRATIONS by ALICE OEHR

Lemon cake with raspberry buttercream

SERVES 12

250g unsalted butter, at room temperature
360g caster sugar
2 teaspoons vanilla bean paste
4 large eggs, at room temperature
250ml buttermilk
finely grated zest and juice of 2 lemons
750g self-raising flour
250g freeze-dried raspberries

RASPBERRY BUTTERCREAM

250g fresh raspberries
2 teaspoons lemon juice
2 tablespoons caster sugar
350g unsalted butter, at room temperature
2 teaspoons vanilla bean paste
500g icing sugar, sifted

FILLING

400g full-fat ricotta, at room temperature
400g mascarpone, at room temperature
1.2 litres cream, plus 3 tablespoons extra
1 tablespoon vanilla bean paste
250g fresh raspberries

- 1** Preheat the oven to 180°C. Grease and line two 22cm springform tins with baking paper.
- 2** Place the butter, caster sugar and vanilla in the bowl of a stand mixer fitted with the whisk attachment and beat until light and creamy. Add the eggs and beat well. Add the milk, lemon zest and juice and flour and mix to combine. Divide the batter between the prepared tins and smooth with a spatula. Bake for 40 minutes, or until a skewer inserted in the centre comes out clean, swapping the cakes halfway through to ensure even baking. Set the tins on baking trays and leave to cool.
- 3 RASPBERRY BUTTERCREAM** Purée the raspberries, lemon juice and caster sugar in the bowl of a food processor until smooth. Pass the mixture through a fine sieve into a bowl, pressing on the solids to extract as much liquid as possible.
- 4** In the bowl of a stand mixer fitted with the whisk attachment, beat the butter and vanilla on high speed until pale and fluffy. Reduce the speed to medium and

add the icing sugar in three batches, beating well after each addition and scraping down the side of the bowl as needed. Add the berry purée and beat until combined. Set aside.

5 FILLING Process the ricotta and mascarpone in a food processor until smooth. Whip the cream and vanilla in the bowl of the stand mixer fitted with the whisk attachment. Add the ricotta mixture and the extra cream and beat until combined.

6 To construct the cake, cut each cooled cake in half horizontally, trimming the top of each cake to create four flat, even layers. Place the base of one cake on a

serving platter on a lazy Susan. Top the base with one-third of the filling and a sprinkling of fresh raspberries. Repeat with two more layers and the remaining whipped cream and raspberries, then place the final cake half on top.

7 To ice the cake, dollop a large spoonful of buttercream onto the cake and smooth it with a palette knife. Spread the icing around the side of the cake and smooth with the palette knife. Decorate with the freeze-dried raspberries. You can add a splash of colour by placing fresh flowers on top as we have done here – but note that these are not edible. Store leftovers covered in the fridge for up to 2 days.



Vanilla cake with ricotta icing and roasted peaches

RECIPE PAGE
121

Shortbread caramel slice

SERVES 18

225g plain flour, sifted
115g rice flour, sifted
120g caster sugar
pinch of sea salt
200g salted butter, at room temperature

TOPPING

150g salted butter
150g caster sugar
80ml golden syrup
400g can sweetened condensed milk
½ teaspoon sea salt, or more if you are
a salt fiend like Charlotte
200g dark cooking chocolate (70% cocoa),
roughly chopped
caramel popcorn to decorate (optional)

1 Preheat the oven to 150°C. Grease and line a 30cm x 20cm x 3.5cm baking tray with baking paper.

2 Combine the flours, sugar and salt in a bowl. Rub the butter in with your fingers until a crumble begins to form. Place in the tray and flatten out evenly with the back of a wooden spoon. Bake in the oven for 40 minutes, or until golden. Remove from the oven and prick the shortbread with a fork. Allow to cool completely in the tin.

3 TOPPING Place the butter, sugar, golden syrup, condensed milk and salt in a wide, heavy-based saucepan and heat gently, stirring to melt the butter. Bring to a simmer and continue to simmer for about 10-15 minutes, stirring constantly to stop the mixture sticking to the bottom of the pan and burning. When the caramel is thick and fudgy, pour it over the shortbread and smooth out with a palette knife. Leave to set for 30 minutes.

4 Melt the chocolate in a double boiler, or in a heatproof bowl set over a saucepan of simmering water (ensuring the bowl doesn't touch the water). When melted, spread it evenly over the set caramel. Leave for 2 hours to set, then turn out and cut into 18 pieces. Store in an airtight container in the fridge for up to a week. Can be decorated with caramel popcorn if desired.

Charlotte's
love affair
with baking
began as
a way to
unwind
after work.
She believes
mouth-
watering
desserts
don't have
to be tricky.



Vanilla cake with ricotta icing and roasted peaches

SERVES 8

185g self-raising flour
170g caster sugar
125g unsalted butter, at room temperature
2 large eggs, at room temperature
80ml full-cream milk
1½ teaspoons vanilla extract
edible flowers, optional, for decorating

ROASTED PEACHES
3 peaches, halved
1 tablespoon honey
1 vanilla pod, split

ICING
250g full-fat ricotta, at room temperature
250ml cream, at room temperature
100g icing sugar, sifted

1 Preheat the oven to 180°C. Grease a 20cm springform tin and line the base with baking paper.

2 Place the flour, sugar, butter, eggs, milk and vanilla in the bowl of a stand mixer fitted with the whisk attachment. Beat on low speed until combined (about 30 seconds). Increase the speed to high and beat for 2-3 minutes, or until thick and pale. Spoon the batter into the prepared tin.

3 Bake for 45 minutes, or until a skewer inserted in the centre comes out clean. Leave to cool in the tin for 5 minutes before turning out onto a wire rack to cool completely.

4 ROASTED PEACHES Arrange the peaches cut-side up on a baking tray

sprayed with non-stick cooking spray. Drizzle with 1 tablespoon of water, the honey and scraped vanilla seeds and add the vanilla pod to the baking tray. Bake for 30 minutes, or until soft. Remove from the oven and leave to cool completely.

5 Once the cake and peaches have cooled, prepare the icing.

6 ICING Beat the ricotta, cream and icing sugar until thickened and combined. Spread the icing over the top of the cake.

7 Just before serving, arrange the roasted peaches over the icing and drizzle any additional syrup over the top. Finish with some edible flowers, if you like.



Recipes extracted from *Just Desserts* by Charlotte Ree, \$30, Pan Macmillan.

Quick bites

Yummy ideas for blueberries, beetroot and barbecues.

Edited by JESS AULT

Beautiful blueberries

Blueberries are a superfruit, with one of the highest antioxidant levels of any fruit or vegetable and are at their best right now. Here are three fun facts about these delicious nutrition superstars.

1 Anthocyanin, the flavonoid which gives blueberries their colour, is a powerful antioxidant that's thought to prevent free-radical damage in your body's cells.

2 The fine powder found on fresh blueberries is called "bloom". It's natural and safe to eat and protects the berries by acting as a barrier. Rinse blueberries right before you eat them, so you don't destroy the bloom's protective effect

3 One cup of fresh blueberries contains 25 per cent of your daily intake of vitamin C. Although it is very easy to just eat an entire punnet straight off the shelf, you could also try using blueberries in a salad with goat's cheese and rocket, on a pizza with slices of camembert or in smoothies.

PICK
of the
SEASON

"Add grated beetroot to chocolate cake and brownie recipes for extra colour, flavour and moisture." – Diane Davidson

RIGHT FOR BABY

When you're out and about with a baby, sometimes you need a convenient option. Countdown Smiling Tums baby food range has no added sugar, including in its fruit custards. It's naturally sweetened with fruit and veges and has been developed with nutritionists. Available at Countdown, RRP \$1.75 each or any two for \$2.90.



GOING MEAT-FREE?

Wanting to reduce your meat intake but still keen to enjoy summer barbecues? The Alternative Meat Co has launched delicious meat-free sausages and burger patties, which are ideal if you're looking to eat less meat for health, environmental or other reasons. From selected supermarkets, RRP \$12.



GIVEAWAY

Looking for a convenient, healthy and tasty snack? Mother Earth's Deluxe Mixes combine delicious raw or roasted nuts with delightful additions for a sweet or savoury twist. Only the freshest, high quality nuts are selected by the experts at Mother Earth, and then combined with real ingredients, including dark chocolate, dried fruit or freeze-dried cheddar. Mother Earth Deluxe Mixes are available from leading supermarkets, RRP from \$5. We have two prizes, each with 12 packs of Mother Earth Deluxe Mixes valued at \$60 and a selection of *Australian Women's Weekly* cookbooks, to give away. Send your top culinary tip and your name and address to awweditor@bauermedia.co.nz with "Quick Bites" in the subject line by February 25, 2020 to go in the draw.

Wine notes

It's a fun wine for summer sipping, but versatile rosé also has a sophisticated side and is perfect paired with canapés.

With **EMMA JENKINS**

When I first started judging wine shows around 15 years ago, doing the rosé class was a quick and rather depressing affair. There were about 20 wines, and few were any good. These days however, rosé classes often number around 100 wines and are a reliable source of gold medals. The judging table is a rainbow of pink hues – palest onion skin, candyfloss, deepest watermelon and salmon are all typical – and the well-made wines show a range of styles from fruity, berry-rich numbers to subtle, savoury ones. Rosé is undoubtedly a pretty wine but it's also surprisingly versatile, straddling as it does red and white styles. It's a great food wine and while well suited to frivolity, can also offer substance and sophistication.

Rosés tend to vary between bone dry to off-dry, with very occasional wines sweet enough to have with light puddings. Generally though, they're light-bodied and fresh and fruity in style. Because grape



skins contain astringent tannins, rosés' minimal skin contact time (see right) means these wines are also low in the drying tannins found in red wines. Rosés can be still or sparkling and offer delicious aromas and flavours of ripe strawberries, raspberries and crushed cherries, sweet citrus, watermelon, honeydew melon, spices and fresh herbs.

While any red grape can be used (and you can guarantee globally, almost all will have been) most New Zealand rosés are made from pinot noir and are typically released just in time for summer sipping. Perfectly chilled, their vibrant, fruity best is captured within six to 12 months of release.

Rosé is great on its own as an aperitif or just add canapés – smoked salmon blinis, fresh sashimi or goat's cheese tartlets are especially good matches. They also suit savoury tapas, and will happily partner many Thai, Indian and Mediterranean-style dishes. Rosés with a touch of sweetness can also be a lovely way to finish off a meal, paired with perfectly ripe summer fruit.

THINK PINK

Green grapes make white wines and red/purple grapes make red wines – yes? Actually, almost all grapes' pulpy insides are clear, and so is their juice, which eventually becomes wine. You can therefore make white wine from red grapes (for most sparkling wines, that's exactly what happens). Red wines' colour comes from pigments in the grape skins.

To make a red wine, pressed juice must be left in contact with the coloured grape skins. This period of skin contact is days, or even weeks for true red wines, but to get rosé's hint of colour, it's a mere few hours to a day at most. The final hue of pink relates to the grape variety as well as the length of skin contact. Rosés can also be made by blending a little finished red wine with white wine, but this is much rarer.



This month's pick of the bunch

1 2019 RIPPON CENTRAL OTAGO ROSÉ, \$28

Only made every now and again when vintage conditions permit, this is a succulent blend of pinot noir and gamay, grown at the beautiful biodynamic estate of Rippon, on Lake Wanaka's edge. Hunt it down.

2 2019 VILLA MARIA PRIVATE BIN HAWKE'S BAY ROSÉ, \$16

Villa Maria is an ever-reliable name in the game and this wine certainly punches well above its weight. Fresh strawberry, red plum and a hint of spice – just chill and add a hot summer's afternoon.

3 2016 NAUTILUS MARLBOROUGH VINTAGE ROSÉ, \$48

Pale pink and charming, this is a harmonious, elegant wine with delicate red

berry fruit and brioche notes. With a very finely structured palate, it's layered and lengthy; a rosé to savour.

4 2019 TRINITY HILL THE LOST GARDEN HAWKE'S BAY ROSÉ, \$30

The second vintage of this (very pretty) wine is just as delicious as the debut. Made from an unusual blend of syrah and pinot noir, it's dry and textural, plump with berry fruit, plus a twist of spice and fresh basil.

5 2019 JULES TAYLOR GISBORNE ROSÉ, \$22

Made from Gisborne merlot, this is an invitingly fruity wine, with a flavoursome, crisp, dry palate, good fruit weight and lovely texture and length. Perfect with seared salmon.



All the right *Moves*

A family fell in love with a historic home that was in dire need of a do-up, writes John McDonald. Now its beautiful original features have been restored in classic style.

PHOTOGRAPHY by MAREE HOMER
STYLING by KAYLA GEX



Moving a household from one side of the Earth to the other is challenging, but perseverance and a little good luck will see things through. Such was the case for Andrea Stark and her family, who had been living in London for 15 years until a move to Sydney in 2013. They put their furniture into storage and moved into a serviced apartment while they searched for a place to buy. Four months elapsed before Andrea and her husband, both originally from New Zealand – plus their children Olivia, now 15, and Luke, 13 – found this 380sqm Federation property a stone's throw from a harbour beach in Sydney's eastern suburbs. "From the moment we set foot inside, we knew we wanted to make it home," says Andrea.

The interior of the 1910 house was very dated, with creamy yellow walls, blue floor tiles and lots of chintz and clashing patterns. But, says Andrea, "it had all the features we were looking for: high and detailed original ceilings, tall French doors, beautiful cornices and generously sized rooms. It felt really unique, different to anything we'd viewed." However, it was in need of renovation. →

HOME DESIGN

TIP

"We invested in good soundproofing with aluminium-framed, acoustic-glass doors in the living room and kitchen, and we added double glazing to the bedroom windows," says Andrea. "No matter what's going on outside, this house is tranquil, cosy and calm on the inside."



The original ornate ceiling was retained in the dining room, while the table was handmade by a woodworker in Kent, England.



The kitchen was designed in a classic “plain English” style that Andrea favoured from her time living in London. “The central island is a great gathering spot,” she says.

Andrea approached Tania Handelsmann and Gillian Khaw of Sydney architecture and interiors firm Handelsmann + Khaw. “I’d read about Tania and the beautiful work she’d done in New York on a style blog, and was thrilled that she’d recently returned to Sydney and was launching a new business here. We loved all the concepts Tania and Gillian presented to us.”

Stage one of the project took just under a year, including the design component. “The main architectural gesture was to create one large double-height entry foyer out of two small existing rooms, with a new staircase and custom Jacobean-style panels to convey a sense of grandeur,” says Tania. “Bathrooms were renovated in a classic style, with grey tonal materials and more wall panelling in place of tiles to give the spaces warmth and character.”

“Initially we weren’t going to do that, as bespoke bathrooms are costly, but [we] decided it was worth the expense,” she adds. “We converted one of the external verandahs into an en suite for Olivia, too.”

The family moved in before the kitchen, dining area and laundry were renovated. “The original kitchen was tiny and tucked into one end of the space that forms the bigger kitchen today,” says Andrea. They waited two years to remodel the kitchen – much longer than planned – but this had its advantages. “Living with the existing kitchen meant we had a much better idea of where best to position new windows, new doors, joinery and utilities,” says Andrea.

The second stage of the project was completed in 2017, and the end result is splendid. Enter and you find yourself in the airy and inviting foyer. Walk around a table filled with treasures gathered during the family’s travels and you head straight into the kitchen and dining area, with floor-to-ceiling sliding doors that lead out to the patio and pool. The kitchen is painted in a bespoke grey that Andrea concocted after numerous visits to her paint supplier. To the left of the foyer is a library, powder room and the laundry; to the right is a formal lounge. And behind the dining room lies the family room. Up the new staircase are four bedrooms; the main bedroom has an en suite and also a walk-in wardrobe. There is also an office where Andrea, a graphic designer, can work.

The terrace’s solid double-brick construction helps regulate the temperature year-round, says Andrea. There is an air-conditioning/heating system and fans in the bedrooms, which keep things cool in summer. It’s a beachy, breezy home, quite different from their house in London, but holding the same precious memories and memorabilia. **AWW**



Resene
Eighth
Bokara Grey
resene.co.nz

Resene
Rivergum
resene.co.nz



“I wanted a peaceful bedroom with warm greys, whites and snugly soft linens,” the owner says.

Interiors news

Divine patterns and soft textures for relaxing spaces, plus colourful tips for planter boxes. *Edited by MARSHA SMITH*



**RESENE COLOUR
EXPERT BROOKE
CALVERT ON
HOW TO PAINT
A PLANTER BOX.**



COLLECTION CRUSH

Society of Wanderers curate stunning bohemian homewares, inspired by timeless traditions, vintage pieces, tribal patterns and designs. Layer textures and colours for an eclectic feel. Products are ethically made by artisans from all over the world, creating an exotic vibe.

This 100 per cent French flax linen range of duvets, quilts, cushions and more is available from teapea.co.nz.



Q Can you paint raised garden beds and, if so, which products and colours are best?

A Yes you can. Simply follow these steps for a fresh look:

- Clean any dirt off with Resene Timber and Deck Wash, and treat any moss and mould with Resene Moss & Mould Killer.
- Apply two coats of Resene Water Lockout to the interior of the planter box with a brush or roller. (Use a “high solids” sleeve for your roller.)
- Apply two coats of low sheen Resene Lumbersider, tinted to the desired colour, to the front and sides of the planter box, allowing two hours for each coat to dry.
- To select the right colour for your planter box, first look around your backyard. Think about what other colours you see, and the tones of your house, fences and paths. If you are planning on growing green leafy plants or vegetables, try an intense black such as Resene Noir to allow the greenery to pop. Or try painting an interesting shape on the planter box. Colours I like

for a planter box are Resene Family Tree, Resene Untamed and Resene Soulful.

JUST CHILL

Sway the day away this summer in a sturdy, natural cotton hammock. Create a wonderfully relaxing zone just for you, on your patio or in the garden.

Add a tropical touch with the Attenborough cushion, \$135. cravehome.co.nz



Malt hammock (chair only) \$80. cravehome.co.nz

TICKLED PINK

The Lowdown Locker is the ultimate multi-purpose piece – console, TV station or office storage. With an adjustable shelf, handy hooks and a discreet cable hole, you won't have any trouble finding the perfect spot for one in your home. In White, Slate, Olive and Blush, \$499.

shutthefrontdoor.co.nz





Coming to fruition

When making jam, once the setting point is reached, remove the pan from the heat and allow it to sit for 15 minutes before stirring and bottling – this will prevent the fruit from rising to the top.



EMPTY PROMISE

Before throwing out an empty marker pen or highlighter, try soaking the tip in methylated spirits until a little ink appears in the solution. Often the tip has simply dried out while there is still ink in the pen. Always store pens tip down.



ZESTY TRICK

Don't throw away lemon wedges when you've squeezed the juice – one or two skewered on the wire arms of the top shelf of your dishwasher (or in the cutlery holder) will disinfect, deodorise and make your dishes sparkle.

SHARE your DOMESTIC SECRETS

Send your handy hints or questions to: Home Hints, *The Australian Women's Weekly*, PO Box 92512, Wellesley Street, Auckland 1141, or email awweditor@bauermedia.co.nz with "Home Hints" in the subject line. While every effort is made to ensure the efficacy of each hint, we cannot take responsibility for individual results.

Home hints

Make perfect jam, keep pets safe from poison and a clever tip for tangle-free sewing.

Edited by **GEORGINA BITCON**



● Stand to attention

To help single flower heads stay buoyant when you float them in a bowl of water, cut circles, slightly smaller than the flowers, from polystyrene meat or vege trays and make a hole in the centre to thread the stem through.

● Safe for pets, but not rats

If you need to use rat bait over the warmer months, the best way to stop pets and birds being poisoned accidentally is to wire bait into 50cm lengths of 10cm-diameter PVC pipe and place them in areas that rodents frequent.

● Screen-saver

Natural leather chamois makes a long-lasting and inexpensive cleaning cloth for your phone screen – just cut a small piece and keep it in your phone case.



To prevent thread from tangling when hand-sewing with double thread, knot each end of the cotton separately.



Birdsong

Be entertained by feathered friends enticed to your garden by **Marsha Smith's** bird feeder.



WHAT YOU NEED

- Timber, 19mm thick x 115mm wide; cut two lengths, 30cm and 14cm, for each feeder using a handsaw, or ask a local hardware store to cut it for you
 - Ruler and pencil
 - 3 flat-head nails, approximately 40mm long
 - Hammer
 - Sandpaper
 - Wire and wire-cutting pliers
 - Hot glue and glue gun
 - Glass bottle, 600ml, with wired top (7cm diameter x 25cm high) or similar
 - 2 eyelet screws
 - Rope, approximately 50cm per feeder
 - Terracotta pot saucer, approximately 11cm diameter or slightly less
 - Drill and 3mm drill bit
 - Birdseed
 - Resene tape and testpot paint brush
- We used two Resene colours for each feeder (from left):

Resene Nourish with Resene Aura

Resene Time After Time with Resene Half Dusted Blue

Resene Just Dance with Resene Soulful

1 Measure and cut two lengths of timber, one 30cm long and the other 14cm long. The longest piece will be the backing support for the bottle and the shorter piece the base for the saucer.

2 Place the longer piece of timber on top of the shorter one to create an L-shape. Hammer three nails spread evenly across the edge of the short piece to secure both pieces together (pic 1).

3 Measure and mark four holes and drill (see pic 2 and diagram below). These holes will be used to thread the wire through and secure the bottle.

4 Paint two coats of the darker Resene colour on the timber bird feeder, for example Resene Time After Time. Allow to dry between coats. Paint the saucer with two coats of the lighter colour, for example Resene Half Dusted Blue (pic 3).

5 Once dry, measure 2.5cm in from the ends along the top edge of the long piece and screw the eyelets into place (pic 4). Cut a piece of rope approximately 50cm long and thread each end through the eyelet, securing with a double knot.

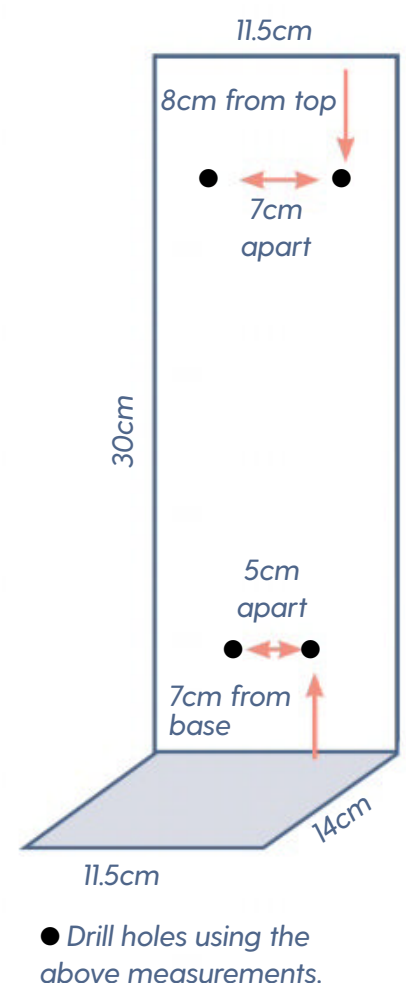
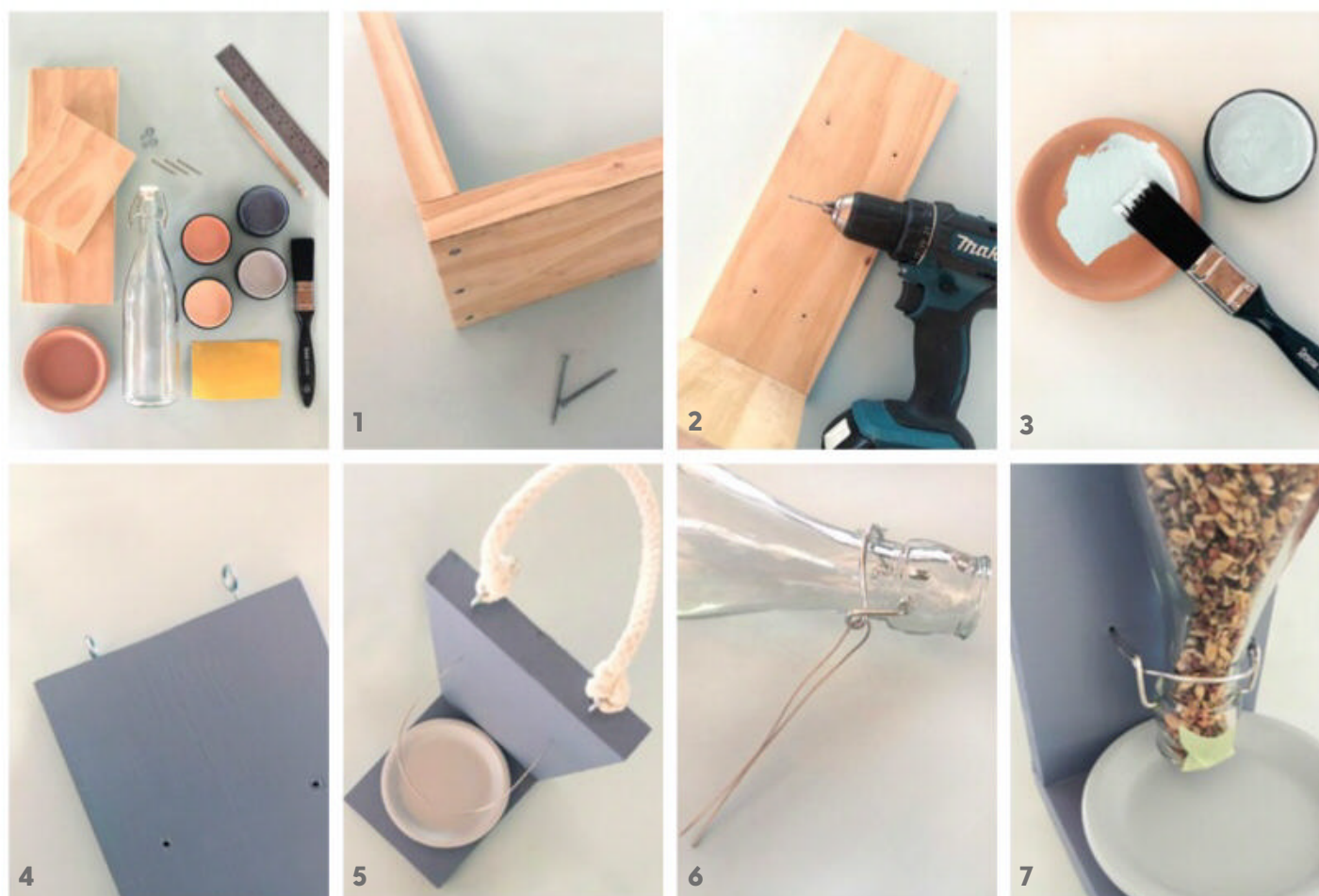
6 Use a small amount of hot glue to glue the saucer to the base of the feeder. Push it up against the back of the feeder so there is no gap (pic 5).

7 Remove the wire arm of the bottle that has the stopper attached, leaving the part that's fixed to the bottle. Use pliers to cut two pieces of wire 20cm long, then fold in half like a hairpin. Thread through the loop (pic 6) on both sides of the bottle. (This means you'll have a

doubled piece of wire to thread through each of the lower pre-drilled holes.) Cut another wire piece 30cm long and bend into an arch.

8 Three-quarter fill the bottle with birdseed (a funnel or similar is very useful for this). Place a piece of tape over the mouth of the bottle to stop the seed from falling out while you position it (pic 7).

9 Turn the bottle upside down and place it right in the centre between the drilled holes. Thread the wire through the holes and twist at the back to hold the bottle firmly in place. The mouth of the bottle should sit only a few centimetres above the saucer. If the gap is too big the birdseed will flow out of the bottle too quickly and it is likely to overflow. Once you have hung the feeder, remove the tape. Just enough seed should begin to fall as your feathery friends start to nibble. **AWW**





Spotlight on

silk

Lynda Hallinan delves into the intriguing world of the silkworm and, after a lot of sudsy pummelling, proudly produces a merino and silk felted lampshade.

You can't make a silk purse out of a sow's ear, or so the old Scottish proverb goes. But who knew that you can make a fetching silk purse – or, in my case, a funky felted lampshade – from silkworm spew and fluffy merino fibres rubbed together between two bits of plastic bubble wrap?

Beautiful things often have insalubrious beginnings, and none more so than delicate strands of silk. When the Scots first coined their famous proverb in 1699, they probably had no idea how silk was made, for a lady pig's hairy lugs are actually on a par, romance-wise, with bulimic *Bombyx mori* silkworms.

From the minute they hatch until they start to spin their silken cocoons, regurgitating a single fine strand of silk up to 900m long, silkworms are very hungry caterpillars. They also have very exacting tastes: they only eat the glossy green, heart-shaped leaves of the white mulberry tree, *Morus alba*, though they'll munch on other mulberry species when food is scarce.

(Fun fact: the white mulberry is also famed as the fastest pollen flinger in the plant world, with catapulting catkins that can shoot pollen out at 560kph or almost half the speed of sound.)

I have three weeping white mulberry trees in my garden, as well as a purple mulberry in my orchard, but all I've made from my trees is a few pots of jam. I'd clean forgotten about their role in sericulture – the commercial farming of silkworms – until a chance conversation with a local artist at the coffee cart in our wee village green.

Caroline Burton is a fibre artist who runs felting and fibre art workshops in

her rural studio in Ararimu, a stone's throw from my children's primary school. (She also exhibits and runs workshops throughout New Zealand; for details see carolineburton.co.nz.)

Caroline was born in Canterbury – in south-east England, not the South Island – and originally had a thing for rocks, rather than paper or scissors. Fascinated by geology, she studied mining and worked as an engineer in the mineral processing industry before moving to south Auckland to raise her family.

It was during this stay-at-home parenthood phase that she found time to explore her creative passion for textiles.

"Mum taught me to sew when I was a little girl and I've always enjoyed it. I made my own wedding dress, and dresses for friends, and once I did think about making wedding dresses for a living, but wasn't sure I had the right skills. Later on a friend taught me how to knit, and once I started working with wool I discovered wet felting."

Perhaps it was inevitable that Caroline would go on to successfully combine her felting and dressmaking skills to win the Supreme Award, on debut, with a full-length felted gown at the 2016 Creative Fibre National Textile Awards.

When I joined six local ladies at one of Caroline's Felt and Light Workshops, she began by reassuring

"Silkworms are very hungry caterpillars and also have very exacting tastes."

us. "Don't worry," she said. "It's impossible to make an ugly lampshade."

But I was worried, for despite my reputation as a crafty gardener, I've never been a particularly creative crafter.

At school, when my stoic sewing teacher, Mrs Goodburn, confidently assured me that anyone could whip up a floral nightie, I proved her wrong. Well, partially wrong: I did make a nightie but I couldn't fit my head through the neck hole, and thus had to hastily adapt the design with scissors and some wonky hand-stitching in order to pass home economics.

However, unlike the slavish adherence to a sewing pattern, the felting process is mercurial and magical. We were each handed →



Lynda's project



FROM LEFT: The tool used for the hard work of wet felting; feather-light silk "hankies" were blended with merino.

two sheets of bubble wrap and a large kitchen sponge cloth, then we selected six dyed silk "hankies" (not the sort you blow your nose on, but the name given to a single unspooled cocoon that has been pierced and pulled out into a square shape) in our favourite colours.

Some went bright and bold; I chose a smoky mix of brown, charcoal, pale blue and sage green.

The art of felting is surprisingly physical, as the delicate work of arranging these wisps of coloured silk to make the initial design gave way to the huffing, puffing, rolling and rubbing required to bind together the superfine overlay of merino fibres.

Like convent laundry girls, we dutifully pummelled our projects with soap-sudsy palms for about 15 minutes until, as if by magic, we were suddenly holding a solid tube of felted fabric. This was then rolled, rinsed and pulled tightly over a semi-transparent plastic tube that, once we'd popped a strand of fairy lights inside, made for a functional work of art.

"Like convent laundry girls we dutifully pummelled our projects."



I was, just quietly, utterly chuffed. Even my husband seemed impressed as he basked in the soft glow of my new lampshade, which I proudly installed on our bedside table next to a pair of cute yellow needle-felted bears. (I bought the bears, which were handmade by Dawn Harper, at the delightfully named One Off Old Stuff vintage shop in Ashburton.)

Or perhaps he simply knew better than to comment on my crafting prowess, given his own recent attempt at wet felting. The last time I went away for a weekend, my husband ventured into the laundry and accidentally hot-washed, then dried, the exquisite (and expensive) hand-woven shot silk scarf I brought home from a girls' trip to India. It came out of the dryer as a tight matted coil of golden-orange rope that, luckily for him, had shrunk so much I couldn't even try to strangle him with it. **AWW**



GROW YOUR OWN SILK

- Just as we grow swan plants in school gardens so children can witness the other-worldly transformation of striped monarch caterpillars into gold-studded chrysalises, then tiger-striped butterflies, many Kiwis will remember raising silkworms in their classrooms as a practical science experiment. A popular project in the 1950s and '60s, silkworm hatching seems to have fallen out of curriculum fashion, much like growing peanuts.
- If you're intrigued by the idea of raising silkworms, and you already have a mature mulberry tree in your garden, check out Timaru-based silkworm breeder Rudi Robert's Facebook page, Beyond the Mulberry Tree, to source eggs and live silkworms.
- Silkworm eggs take up to 14 days to hatch. After hatching, the silkworm larvae continuously scoff fresh mulberry leaves for 20 to 30 days, shedding their skins four times before they're mature enough to spin their distinctive oval cocoons.
- Single strands of silk are very delicate, so multiple strands are reeled together to make silk yarn. To make a kilogram of silk, you need close to 10,000 cocoons.
- It takes three weeks for the pupae to metamorphose inside the snug cocoons, emerging as fat, mostly flightless moths that, upon liberation, meet up with a mate to lay several hundred eggs during their short (five to 10 days) life span, to begin the process anew.

It's an ill wind...

There's something invigorating about a walk on a blustery day, but this summer the annoyingly persistent sou'wester has definitely worn out its welcome.

With **WENDYL NISSEN**

I don't mind a bit of wind. Never have. When it's blowing a gale I'll quite happily put on a good raincoat and hat and stride out into it with the dogs for a walk. It's fun and refreshing and does a good job of reminding you of the power of nature.

As a child I spent many hours with my dad in our boat in all weathers, fishing. Because that's what you do in the country.

Over the summer I've been reading diaries by Bloomsbury women like Dora Carrington, Virginia Woolf and Frances Partridge. These women were creative, liberal thinkers who wrote and painted, and lived a life free of many of the norms society required women to observe in the early 1900s.

I am incredibly impressed by these free-thinkers, but mostly I am in awe of their penchant for walking in all weather. They lived in England, which meant it was always raining, yet they made a point of walking every day for miles. It's all there in their diaries. Up hill and down dale they went, no doubt in very sensible boots.

So I've tried to get a bit Bloomsbury myself and not mourn the loss of a perfect wind-free summer, where I would be swimming, fishing and sitting on my deck without having to be tied down.

But wind is so much more destructive than a bit of Bloomsbury rain. It messes with your hair, it gets inside your ears and



makes them ache, it pushes you over and sometimes you go a bit mad.

In France they have the Mistral – the strong north-westerly which blows through the South of France and apparently makes people a bit odd.

In the Hokianga we have the sou'wester, and we've had it for two months now. Every. Day.

Often I'll hear it in the night and know that I'll be waking up to it in all its gusty glory. Then sometimes I'll wake up and all around is peaceful. There's not a whisper of a breeze, and hope will set in. Perhaps finally today we will have a long, hot summer day of swimming and gardening, and a general air of peace. Perhaps today I'll get my boat in the water without dealing with the waves.

But no. By late morning there it is again, blowing away for all it's worth.

"Wind is so much more destructive than a bit of Bloomsbury rain."

My father, who follows the weather forecast avidly – as you do in your late 80s – informs me that it all has to do with the land warming up and then pulling in the wind from the sea.

I don't really care what's causing it, all I know is that we live on a bloody windy hill and I'm a bit sick of it. The

occasional windy day is something to be enjoyed, but if it's every day, it does your head in.

We had a summer of wind five years ago when we first moved into this house. That was the year we went through six sun umbrellas. Each one eventually ended up in tatters in the orchard. We then graduated to those gazebos you put up for markets and went through two of those. They just keeled over and broke.

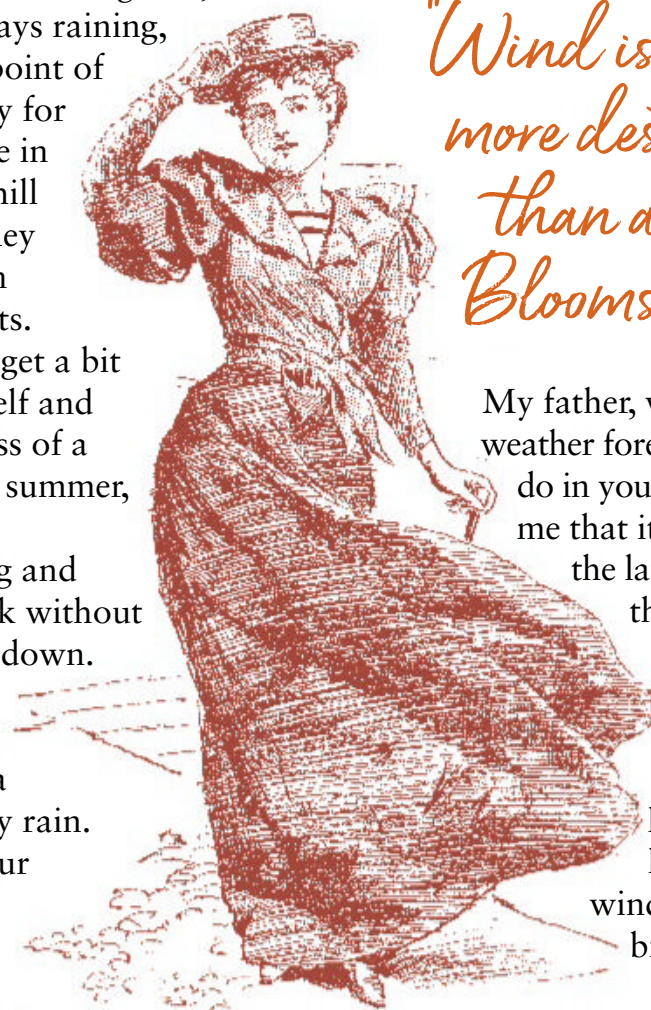
This year we settled on a sort of tent sun shelter which has bendy rods that lean with the wind and don't break. It's hideous, because it is bright pea green and looks like a tent, but it means you can shelter from the sun on the deck on the few times we have managed to spend any time outside.

It's hard to read a book when the pages keep flapping about and your hair is in your eyes. It's hard to keep a wine glass upright and it's also cold.

The last time I attempted to lie on my favourite settee out on the deck I was covered in a blanket on a 25°C day.

So, my summer has been spent mainly inside, looking out. Meanwhile the garden flourishes behind its wind break, the hens keep appearing out of the bushes with new babies for me to meet and there's been a lot of Bloomsbury walking and wearing of knitted hats to protect my ears.

I've also come to the realisation that with the way the world is at the moment, expecting summer to be the same as it was in your childhood is a false hope. From now on, we must take what we get and enjoy it as much as we can. As I finish writing this I am inside once more, looking out at a dark, orange sky at 2pm in the afternoon, smoke from the Australian bushfires hanging over us. It makes a summer of wind seem more like a godsend than anything else. **AWW**





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A food lover's guide *to Japan*



Tiffany Dunk jumps on board the sushi train to discover the many culinary delights and healthy side dishes of culture Japan has to offer.

For many dreaming of heading to Japan, it is images of blooming cherry blossoms, neatly cut bonsai gardens, traditional temples, glorious geisha and the hustle and bustle of Tokyo's shopping district that pop into their heads. But for this writer, the lure of steaming bowls of ramen, glistening arrays of freshly cut sashimi, displays of neatly packed bento boxes and the unmistakable scent of sizzling okonomiyaki dictated my travel timetable without ever having to miss a cultural beat.

First stop, Tokyo

No matter the hour, people are dining in Tokyo so despite arriving late at night, I made my way to a local izakaya. These casual bar/restaurants abound in Japan: you sit at the bar, a high table or use a traditional tatami mat and low table to drink local sake (return customers buy huge bottles which remain until their next visit), beers or whisky while sampling tapas-style treats. Some have English menus, others not.

I did a lot of pointing and miming before an array of delights were skilfully prepared right in front of me. Crunchy, piping hot octopus karaage sat alongside just blanched, salty edamame, sashimi so fresh it was almost flapping and a salad topped with shaved mountain yam. Food comes as it is ready, but this is a type of venue to spend relaxed time in with friends, so order sparingly and often. This was the perfect start to the trip.

Tokyo residents are eager to help out hapless tourists, be it by pointing you the right way on the subway, or offering local tips on where to go and what to do, and definitely on which dish to order. So not only did I discover where to sightsee in the following days, but wandering the streets in a variety of Tokyo's 23 wards unearthed plenty more potential dining spots which, one by one, I determinedly munched my way through.

Strolling through Harajuku, awash with colourful Lolita-style characters, vintage stores, cat, owl and even hedgehog cafés and brightly lit sweet shops, I got my first slurp of noodles at Oreryu Ramen, drawn in by the long queue of locals eagerly ordering via vending machine. While every restaurant and region has its own take on the dish,

there are four main types dictated by the broth; shio (salt), shoyu (soy sauce), miso and tonkotsu (pork). Over the course of my trip I devoured at least one of each variety with zero disappointments.

Over in Ginza, a district awash with high-fashion stores, I sampled my first proper sushi train, run – like everything in Japan – with incredible precision and panache. Note: if a train is worth its salt, there will be a queue. But your wait will be rewarded. Tokyo is widely considered to be the birthplace of sushi and the quality has to be tasted to be believed. →

CLOCKWISE FROM ABOVE: Tokyo Tower and cherry blossoms; tonkotsu (pork) ramen; glittering Akihabara; an ice-cream parlour; sushi train. OPPOSITE: Nishiki food market, Kyoto.



Essential flavours

MUST TRY

Do like the locals and grab an onigiri – a stuffed rice ball wrapped in nori – for an easy breakfast on the go.

MUST SEE

The Tokyo skyline is spectacular by night and there's no better place to take in the view than at Park Hyatt's New York Bar, made famous in the film *Lost in Translation*. Sip cocktails while listening to the resident jazz band.

MUST VISIT

It's sensation overload at Akihabara Electric Town but the lights and sounds and incredible array of gadgets on offer leave an indelible impression. Head there after lunch at the famed Tsukiji Fish Market or a visit to the Imperial Palace East Gardens.



All aboard for Kanazawa

A short bullet train ride from Tokyo, Kanazawa is picturesque and steeped in history. It avoided much of the destruction that hit Japan during World War II, so the original castle town remains largely intact with many museums, both old and new. But, most famously, it's home to what is arguably the most beautiful landscaped garden in Japan, Kenrokuen.

After the frenetic pace of Tokyo, it's a relief to slow down and smell the flowers. Originally having belonged to the nearby Kanazawa Castle and set over 11 hectares, Kenrokuen means "Garden of the Six Sublimities", referring to the Chinese landscape theory that spaciousness, seclusion, artificiality, antiquity, abundant water and broad views are the six components that make the perfect garden.

It would have been a crime not to visit the tea house teetering over Hisagoike pond, to partake in a traditional matcha ceremony. Stepping inside is almost other-worldly as you take your place by the open window and are handed your tea and wagashi sweets by a bowing hostess. The only sounds are my contented sipping and the tinkling of the waterfall below.



Tempting treats

MUST TRY

Before boarding your bullet train, pick up a freshly packed bento box at the station. Warning: there are so many fillings to choose from that you will be tempted to dither and may miss your ride.

MUST SEE

The Ninja Temple may be a place of worship but it earned its name from the labyrinth of hidden tunnels, secret rooms and traps built in to make it a disguised military outpost during the Edo Period.

MUST VISIT

In Kanazawa's former samurai district, Nagamachi, stroll the winding walkways and take a look inside the residences of the famous military men.



Let's go, Kyoto

As Japan's former imperial capital for more than a thousand years, Kyoto is filled with an incredible array of classic Buddhist temples, colourful shrines and a thriving geisha culture.

Flanked by mountains, it's also incredibly beautiful and has a rich and varied food scene.

I started my explorations by entering the famous orange gates of the Fushimi Inari-taisha shrine. Should you complete the entire 5km hike up the nearby holy mountain, you will work up a well-earned appetite. Grab a freshly baked rice cake (or any of the other treats both sweet and savoury) from the street vendors outside to keep hunger pangs at bay. You can easily spend the day here, but save room for dinner, back in the city centre.

Gion is Kyoto's world-famous geisha district and is, for the most part, beautifully preserved. The bank of the Shirakawa River is not only a great place to spot geisha, but to sit with a drink in hand taking in the ambience of the city while deciding where to dine.

Nearby Teramachi Street has many options, both high end and modest – and in the daytime another place you should definitely visit is the Nishiki

Tours to relish

APT's 13-day Best of Japan tours include a Geisha Experience evening in Kyoto, where you can discover the art of conversation and dining with geiko (geisha) or maiko (apprentice geisha), and a sushi-making workshop. Tokyo, Hakone, Kanazawa and Hiroshima are other stops on the tours, which run from March to November 2020. Prices start from \$16,495 per person twin share. See aptouring.co.nz.



Clockwise from above: Maiko (apprentice geisha) in Kyoto; kobe beef on the grill; a succulent sashimi platter; Kyoto's picturesque Higashiyama district.

Market for fresh sushi and sashimi – but as you wander the paved streets you're bound to stumble across a local gem that takes your fancy. That night I feasted on an incredible array of yakitori skewers, cooked in front of me as I sipped a local beer.

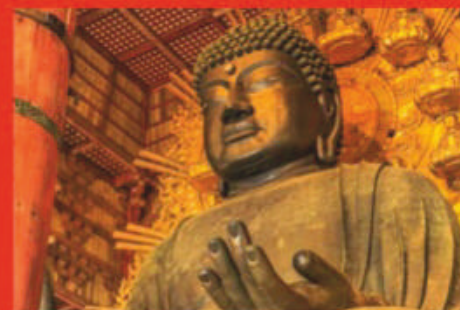
The next day, I headed west to the base of the Arashiyama Mountains to enter the eerily peaceful bamboo forest. You may be thronged by crowds, but surrounded by the rustle

of soaring stalks, you feel like a lone visitor in another world. I kept the peaceful vibe going by visiting Tenryu-ji Temple, looking out at the Zen gardens and mountain views.

Having lunched sparingly, I decided to end my Kyoto trip with a bang by visiting one of the city's many steakhouses. Wafer-thin strips of kobe and wagyu beef arrive alongside a mix of vegetables ready to daub with fat and cook on the grill set in the middle of the table.

It was an expensive but memorable end to what was a magical trip. **AWW**

Three quick side trips to try



NARA

Just a short train trip from Kyoto, handfeed the deer in the Nara National Park before visiting Todaiji and Horyuji temples. The former houses a towering 15 metre bronze Buddha, the latter has an incredible five-storey pagoda.



KOYASAN

One of the holiest sites in Japan. Ascend the mountain by cable car before taking the must-do walk through mystical Okunoin. Over 200,000 tombstones, some dating back to 816AD, lead the way to the mausoleum of Kobo Daishi, the founder of Shingon Buddhism.



OSAKA

This thriving city is famed for its foodie culture and castle, which is spectacular in cherry blossom season. Sample takoyaki (dumpling balls filled with octopus and topped with mayonnaise and bonito) and okonomiyaki (savory pancakes with delicious toppings).

Spectacular fiords

Norway is known for its breath-taking fiords, with over a thousand dotting the country's coastline. Without a doubt, the Geirangerfjord is one of the most scenic. Its deep blue waters are framed by lush greenery, snow-covered mountain peaks and cascading waterfalls. To experience this Norwegian beauty in all its glory, head to the Geiranger Skywalk for sweeping panoramic views set 1500m above sea level.

SCENERY
that
AMAZES



FINNISH LAPLAND

Soak up some traditional Finnish culture with a visit to Lapland – the closest you'll come to a true winter wonderland. The rides come on four legs with a sleigh and all you need to do is decide between a pack of huskies or Santa's reindeer. You can experience the Arctic wilderness with an overnight stay in a glass igloo, or perhaps head to Rovaniemi to visit Santa Claus Village.

Travel news

Offering stunning scenery and mind-blowing icy adventures, Nordic travel is on the rise.

Edited by **OLIVIA GRAVES** from *World Journeys*

Sleep in icy style

Every winter, Sweden's famed Icehotel is crafted from natural ice from Torne River. Each suite is hand-carved by artists from around the world, showcasing a range of stunning ice sculptures. If you're hoping to see the aurora borealis, this unique hotel will give you the chance to spot the northern lights in serious style. While you're here, you'll also have the chance to meet the local reindeer, explore the snowy landscapes on a husky sled, or perhaps embark on a northern lights safari on horseback or snowmobile.



If you're heading to Iceland, don't miss the Blue Lagoon

The geothermal spa's creamy blue waters hold a wealth of minerals, making it perfect for skin rejuvenation, while the surrounding black lava field offers a stark but beautiful contrast. After treating yourself to a silica mud mask, order a wine at the swim-up bar, kick back and relax in the steamy 39°C waters.





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NATURE UP CLOSE If there is one exhibition not to miss this year, it's Wildlife Photographer of the Year. On loan from London's Natural History Museum, it features 100 large images of fascinating animal behaviour and the breathtaking diversity of the natural world. Kiwi teenager Cruz Erdmann's image of a bigfin squid, which won the Young Wildlife Photographer of the Year award, is included. Entry is free; Auckland Museum, February 28-May 10.

This month

February brings an inspirational line-up, including a literary legend, a meditation course and awe-inspiring photography.

Celebrate New Zealand's rainbow community with a day of music, food, dance and colour at the Big Gay Out festival on February 9 at Coyle Park in Auckland. The family-friendly event is celebrating its 21st birthday this year, so the celebrations will be bigger and better than ever. See biggayout.co.nz for the line-up of performers and events.



Fans of *The Handmaid's Tale* will be lining up for this one... Author Margaret Atwood will be live on stage in Auckland, Wellington and Christchurch from February 10-12, talking about her remarkable career, the book that spawned the hit TV show, and her new book *The Testaments*. See margaretatwoodlive.co.nz.



SOUL STAR ON TOUR

Empress of Soul **Gladys Knight** will perform in Auckland and Christchurch this month – her first New Zealand shows in more than two decades. The seven-time Grammy Award winner will perform in Auckland on February 13 and Christchurch on February 15. See ticketek.co.nz.



If one of your resolutions is to learn to meditate, try a free course. **Meditation Auckland** is running a four-night course this month, on Tuesday and Thursday nights from 7.30pm-9pm, in central Auckland. It's free but registration is essential. See meditationauckland.co.nz.



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Film review

Tom Hanks is perfectly cast in this real-life story about the power of kindness.

With **KATE RODGER**

A BEAUTIFUL DAY IN THE NEIGHBORHOOD

Directed by Marielle Heller.

Starring Tom Hanks, Matthew Rhys, Susan Kelechi Watson and Chris Cooper.



For the record one more time – Tom Hanks is an international treasure. From *Big* and *Forrest Gump* to *Cast Away* and *Captain Phillips* and, of course, Woody in *Toy Story*, he never fails to engage, entertain and worm his way into our hearts. Now, *A Beautiful Day in the Neighborhood*, sees him playing one of America's most loved children's television hosts, Fred Rogers.

New Zealand audiences are unlikely to have the same instant connection to Fred Rogers, so it's up to Hanks and his team to bring us into his world, and they do.

Fred Rogers was a Presbyterian minister, musician and puppeteer who hosted a preschool TV series *Mister Rogers' Neighborhood* for over 30 years. It was not your usual silly kids' slime-fest. Through his show Rogers explored the challenging parts of growing up, talking directly to his audience about their feelings and worries. Hanks feels perfectly cast as Rogers, in a story inspired by a real-life *New York Times* article titled "Can you say... hero?"

Welsh actor Matthew Rhys (*The Americans/The Post*) is jaded journalist Lloyd Vogel, weighed down by a core of suppressed resentment he's been nurturing from childhood. His daddy issues rise to the surface when he becomes a father himself, and then he's ordered by his editor to do a story on Fred Rogers. Having to do a "fluff piece" on a TV star enrages Vogel further but off he goes, notebook in hand,



determined to peel back the happy feel-good layers of Fred Rogers in the desperate hope of finding a monster inside.

But the Fred Rogers we come to know through Hanks is essentially one of the kindest human beings you could ever find. So kind that, just like Vogel, we don't believe he's real. And like a fairy tale, it's the journey which enlightens us.

Oscar-winner Chris Cooper (*Adaptation/American Beauty*) is excellent as Vogel's estranged father Jerry, and we watch Rogers gently opening the door to Vogel's pain. It's here where it may dawn on audiences that we are essentially in a therapy session, and you'll either be on board for this or you won't. The film explores how we behave as human beings, how our experiences can emotionally scar us and may never heal unless we face them, and how kindness can be the key to unlocking happiness – your own and others'.

As an emotional experience, the film missed the mark a little for me. It's not that it's too heavy-handed, more that I didn't feel a strong enough connection to Fred Rogers, despite a great performance from Hanks. The telling of it is perhaps where it stumbled for me, the notes of the narrative were too pedestrian in their delivery. But this is guaranteed to be one of those movies where each audience member will have their own individual response, probably based on their own lives. And I do love that.



BINGE WATCH

AFTER LIFE
(SEASON ONE – NETFLIX)

Starring Ricky Gervais,
Tom Basden,
Kerry Godliman

As his recent record fifth stint as the host with the roast at the Golden Globes so eloquently displayed, Ricky Gervais isn't everyone's cup of tea. I'm one of those people. But *After Life* showed me a very different side to the abrasive comedian, and I loved it. He plays Tony, an unlikeable, suicidally depressed and grief-stricken man struggling to survive each day after the death of his wife. The fact he makes this show zing with life, truth, warmth and genuine kooky hilarity almost feels miraculous, and by the end of the six half-hour episodes I found myself entirely under its spell. I'm now well ready for Season 2, rumoured to land on Netflix next month.



PHOTOGRAPHY BY ALAMY.

Reading room

American Dirt

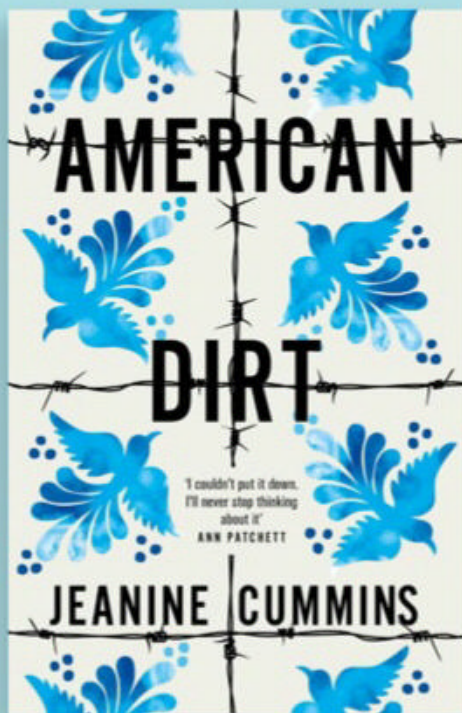
by **Jeanine Cummins**,
Tinder Press.

Review by **Juliet Rieden**

In the heart of every migrant is hope; it's a dreamy driving force more powerful than those of us who live in comfortable "lucky" countries can ever comprehend. This book crystallises that emotion and imbues it with a

compelling urgency that makes Jeanine Cummins' brilliant *American Dirt* essential reading. The thriller intertwines the stories of men, women and children desperate enough to cling to the roof of La Bestia train network as it thunders through Mexico towards the promised land: el norte.

The tale centres on bookshop owner Lydia and her smart son Luca, eight, seemingly unlikely candidates for this perilous journey, but as we soon discover there is no "typical" in the world of illegal aliens. In the opening scene they are cowering in the bathroom shower stall while 16 members of their family are massacred in the backyard by Los Jardineros. Lydia's husband Sebastián is among the dead, murdered with his barbecue spatula still in his hand. He's a newspaper journalist and we later discover his profile story about La Lechuza, the cartel's head honcho, has angered el jefe. If Lydia and Luca are to survive they must flee...



immediately. Their tortuous journey involves a stream of horrors. And as they travel they meet others – including two troubled sisters – also risking their lives to get to the US and end up trekking with a “coyote” people smuggler across the desert.

“I’m acutely aware that the people coming to our southern border are not one faceless

brown mass but singular individuals with stories and backgrounds and reasons for coming that are unique,” says Cummins, who was inspired to write the novel to give a human face to US immigration policy. “When I saw our government was taking children away from their parents at the US border, I think my feelings about it can accurately be described as panic,” she says. “To me, the whole book takes place on American dirt. This dirt is as American as that dirt and some random, arbitrary line on a map shouldn’t decide whether a person lives or dies.”

Her breathtaking tale doesn’t shy away from the shocking reality of drug-world atrocities, and it stays with you. “I believe that stories can absolutely shape our thinking. I’ve read books that have completely changed my understanding of certain elements of our culture, books that have blown open my mind. Of course, those are the kinds of books I hope to write.” This is one of those books.

About the author

Jeanine Cummins, 45, was born on a US naval base in Spain, but grew up in Maryland, US. “My family is Irish and Puerto Rican, and we lived in a community that was not only extremely diverse, but also (unusually) very racially integrated.” After working in publishing Jeanine turned her hand to her first love, writing, including her bestselling memoir *A Rip in Heaven*. She writes from her home on the Hudson River where she lives with her husband and two daughters. “We live in the woods, and we like to watch the animals in the forest. Our most recent discovery is that a bald eagle has built a nest we can see from our window. We watch him fly.”



Summer reading

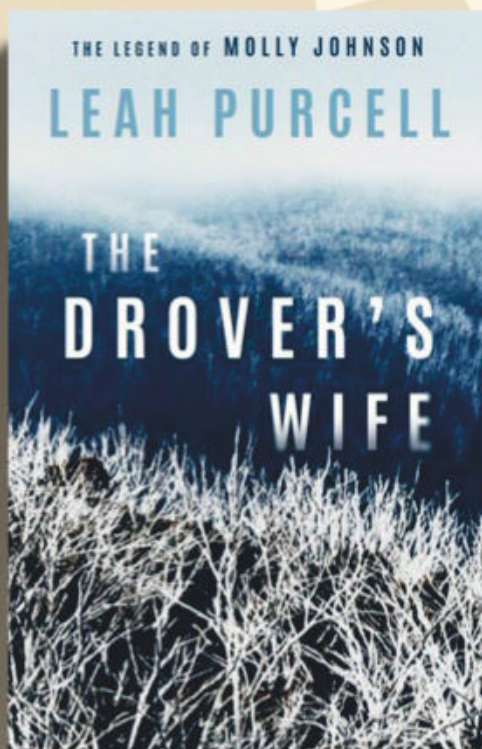
Wonderful books for long sunny days, edited by **Katie Ekberg and Juliet Rieden.**

Literary reads

The Drover's Wife

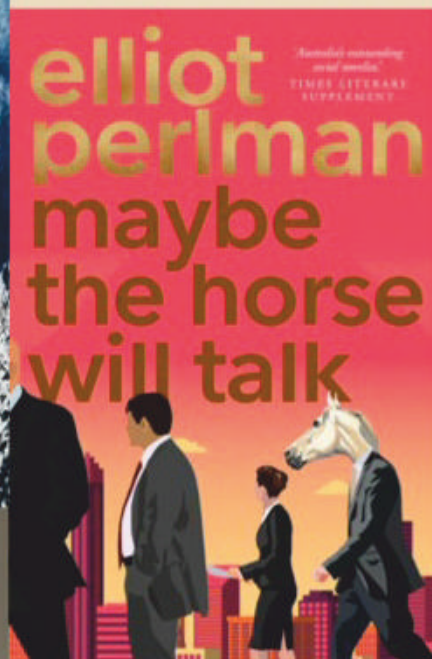
by **Leah Purcell,**
Hamish Hamilton

Actor, playwright and author Leah Purcell grew up reading Henry Lawson's famous 1892 short story *The Drover's Wife*, carrying around her own battered copy of the book and annotating it with her childish sketches. The tale of the pregnant woman isolated in the family's two-bedroom hut with her four children in Australia's high country reached into her soul. This novel, which also incorporates some of Purcell's family history, is just one of her reworkings of the tale – first came the stage play and soon there's a film. And in this courageous reimagining of the classic, she has created something of a thriller, with the woman now named Molly Johnson and Aboriginal. The result is engrossing and truly powerful.



INLAND by **Téa Obreht,** **Hachette**

The American dream comes under the microscope in this lyrical tale of Arizona frontierswoman Nora Lark. Her husband has disappeared while searching for water, and her elder sons have also vanished. As Nora waits with her youngest son and hopes for the return of her menfolk, we also meet Lurie Mattie, a murderer on the run. Superb storytelling with a mythical aura.



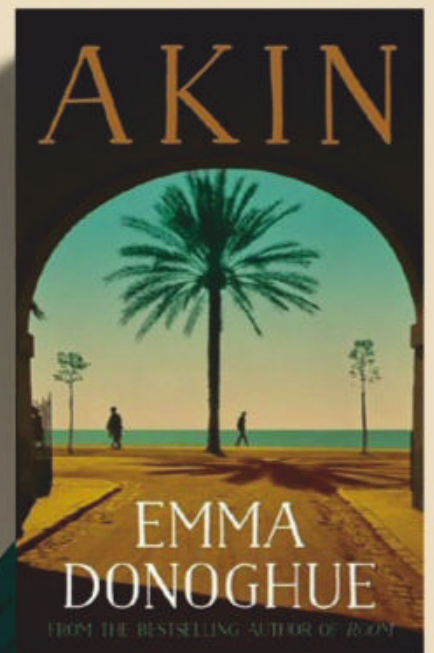
MAYBE THE HORSE WILL TALK by **Elliot Perlman,** **Vintage**

Black humour abounds in this slick and thought-provoking part thriller, part love story. The author has no doubt drawn on his own early experience as a junior lawyer in a commercial law firm, where bullying and intimidation were the norm. Protagonist, married father-of-two Stephen Maserov, has swapped teaching for law and now realises he is stuck working all hours in a job he hates.

When his wife asks him to move out, he gets desperate and embarks on a risky assignment to defend a company besieged by sexual harassment accusations.

AKIN by **Emma Donoghue,** **Pan Macmillan**

Michael is a boy in need. His father died of an overdose 18 months ago, his mother is in prison for drug possession and his grandma, who was looking after him, has just passed away. His new guardian is great-uncle Noah, a retired chemistry professor who lives in New York's Upper West Side and opts to take Michael with him on a visit to his childhood hometown of Nice in France. The duo is so very different, but what unites them is where the poignancy of this novel shines through.



Memoir



The Longest Day by Matt Calman, Allen & Unwin

"The floodgates opened and tears filled my eyes. I called for my wife, Ranui, and soon she was holding me. We had met as teenagers 21 years earlier and since then

she had been my anchor, and I had been hers. But now I was adrift, being carried away but some dark and unknown current." Matt Calman's battle with depression is a deeply honest and moving account. In a bid to take control over his mental health, the Christchurch-based writer and photographer quits drinking and decides to challenge himself to the Coast to Coast – New Zealand's toughest endurance race. The book follows his gruelling training – and how through it he learns so much about himself and what he's capable of.



OLIVE COTTON: A LIFE IN PHOTOGRAPHY by Helen Ennis, HarperCollins

When she was just 11, in 1922, Olive Cotton was given a Kodak Brownie box camera. This gentle biography follows Olive through her photographic work, her marriages, and raising her children, first in

a tent and then in a country cottage. She died, aged 92, in 2003 and was one of Australia's greatest photographers.



UNFOLLOW by Megan Phelps-Roper, Hachette

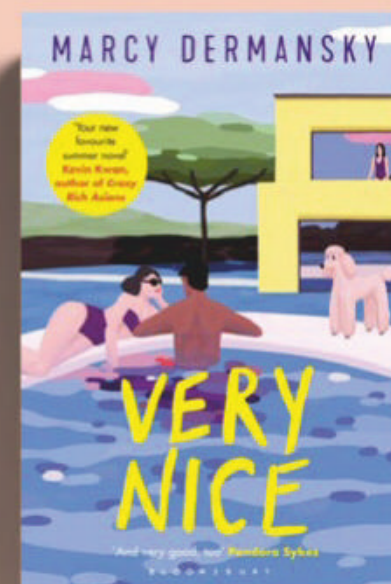
Aged five, the author was picketing against homosexuals, who her preacher dad told her were wicked and should die. He ran the Westboro Baptist Church – a sect now famous thanks to Louis Theroux's TV exposé.

Megan didn't find her own voice until she was 26 and today is an advocate for tolerance and diversity.

Fiction

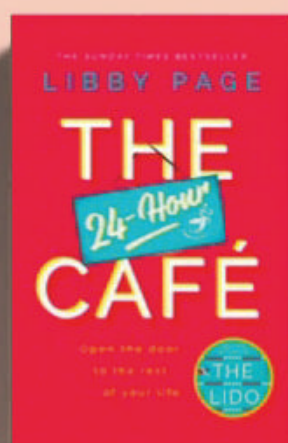
The Best Kind of Beautiful by Frances Whiting, Pan Macmillan

The undercurrent of wit in *Sunday Mail* journalist Frances Whiting's tale of love, family and friendship has all the appeal of a Richard Curtis movie. And while we're not quite in *Love Actually* territory, there is a hilariously cheesy Christmas hit – *Santa Was A Jazz Cat* – at the heart of this engaging story. Music is the métier of the Saint Claire family; patriarch jazz man Lucas (sort of famous), his theatrical wife and their three children make beautiful melodies together. But daughter Florence wants to escape her child star status for the solitude of plants. As an activist, she meets greenie Albert Flowers, also a party-loving socialite, and while they are incredibly different, love will surely bloom. Won't it?



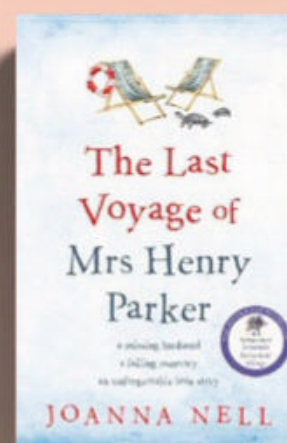
VERY NICE by Marcy Dermansky, Bloomsbury

Zahid Azzam is Rachel Klein's silky haired writing professor, and she can't help but indulge in a dalliance with him. It's a tad naughty but feels harmless, until Zahid pops up as an unexpected houseguest at her mother's Connecticut home. Rachel's father has recently left mum Becca and the appearance of Zahid in her swimming pool is about to shake things up. He is captivated not so much by Rachel, but by her mother. This edgy rom-com has an extra frisson of social comment.



THE 24-HOUR CAFÉ by Libby Page, Hachette

The second book from author Libby Page's six-figure publishing deal is every bit as captivating as her debut *The Lido*. Set in an all-night diner opposite London's Liverpool Street station, we learn about the hopes and dreams of



flatmates and workmates, singer/waitress Hannah and dancer/waitress Mona and how suddenly their lives are to change forever.

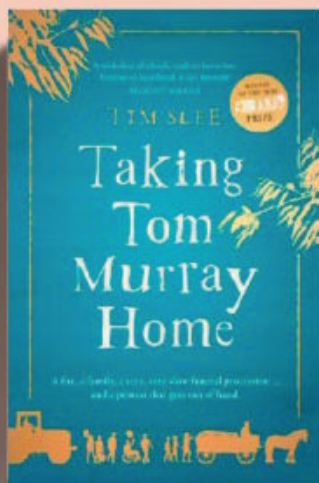
THE LAST VOYAGE OF MRS HENRY PARKER by Joanna Nell, Hachette

Evelyn Parker is on her 662nd voyage on the *Golden Sunset*. She's the wife of the ship's

retired doctor and now the couple can enjoy life aboard without the pressures of Henry's job. But Evelyn can't find Henry and as she searches the nooks and crannies of the ship to find him, a lifetime of memories tumbles out. A touching love story about the power of memory when the mind is failing.

Books

Rural tales



Taking Tom Murray Home

by **Tim Slee**,
HarperCollins

When bankrupt Tom Murray burns down his own farmhouse rather than relinquish it to the banks, he accidentally kills himself. His wife, Dawn, is not just

distraught, she's incensed, and in an act of protest puts her husband's body on a horse and cart for a 350km funeral procession through country Victoria to bury him in Melbourne. Black humour abounds, highlighting the plight of dairy farmers as cheap milk meets consumer demands, and the salt of earth characters suffer. This touching and timely novel was chosen from 320 entries to win the inaugural Banjo Prize.



THE DESERT MIDWIFE

by **Fiona McArthur**,
Penguin

The heart of Australia, the Red Centre, is the backdrop for this girl meets boy tale of love and loss from rural fiction writer Fiona McArthur. Informed by the author's own life

as a midwife in country Australia, the protagonist Ava, is an outback midwife who falls for Zac en route to Alice Springs. But their thrilling adventure turns quickly to disaster and that's when drama unfolds.



CHARLOTTE PASS

by **Lee Christine**,
Allen & Unwin

Murder is in the chill air of the Charlotte Pass ski resort when patroller Vanessa discovers human bones. Sydney detective Pierce Ryder is called in; the bones are from a woman who

went missing back in 1964. As the village is snowed in there's a second murder.

Thrillers

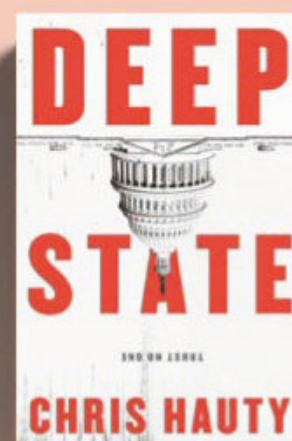
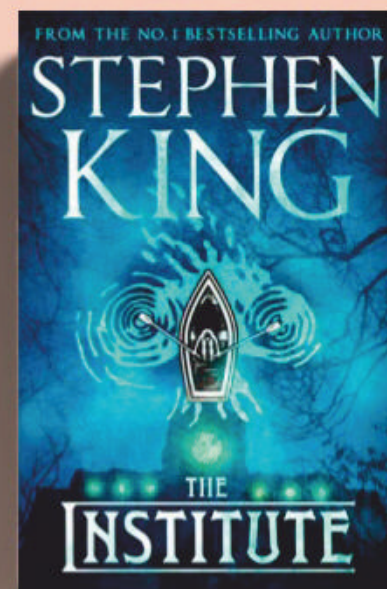
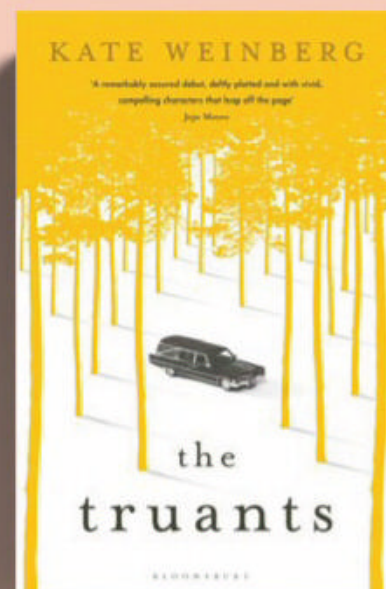
The Truants

by **Kate Weinberg**,
Bloomsbury

This impressive debut from journalist Kate Weinberg follows a group of college students who, under the tutelage of maverick professor Dr Lorna Clay, rescue crime legend Agatha Christie and other female authors from critical disparagement. Lorna is a dangerous role model, espousing debauchery as a necessary adjunct to artistic endeavour. Jess Walker is the vulnerable narrator, the middle child of a middle-class family in a dull part of middle England, determined to change her life. She is obsessed with her tutor, so much so that she wants to be her, and when she meets sexy Georgie, intriguing Alec and geologist Nick, an exciting world opens up. Together they are rule-breakers, but their daring flips into tragedy.

THE INSTITUTE by Stephen King, Hachette

This is not one of Stephen King's famed horror chillers, but it is scary. The ghouls here are very human, and the story shows off the brilliance of the author's writing skills in a potent attack on contemporary America. The institute of the title is a demonic state facility where extraordinary children with gifts including telekinesis and telepathy are put through a series of tests which range from the relatively simple to the appalling and painful. The aim is to harness the children's powers and they are told they will be returned to their parents once their work is done. The reader knows this is unlikely – 12-year-old Luke's parents were executed after he was abducted. The plot also concentrates on the staff who truly believe their experiments are for the greater good. Sound familiar? With echoes of the Holocaust and allusions to Trump's America, this could be King's best novel yet.



DEEP STATE by Chris Hauty, Simon & Schuster

It's deeply refreshing to see a kick-arse woman – Hayley Chill – at the helm in this nail-biting West Wing political thriller. The new intern is also an army veteran and her skills are



called on when she helps to apprehend a White House intruder. But when her boss turns up dead, Hayley discovers a conspiracy against the controversial President. Unsurprisingly the novel has already been optioned for TV.

THE STRANGERS WE KNOW

by **Pip Drysdale**,
Simon & Schuster

We're in for a thrilling new take on infidelity when Charlie thinks she spies her husband Oliver's photo – the one she took on their honeymoon – on a dating app. Gulp. She signs up to the app, but what follows is way more alarming than a cheating hubby.

Historical fiction

Josephine's Garden by Stephanie Parkyn, Allen & Unwin

It's 1794 in France and the nation is steeped in the blood of the Revolution. Three months earlier Rose de Beauharnais was imprisoned in Les Carmes and sentenced to death, her husband an alleged traitor. Now the day of reckoning has come. Alexandre has already been executed and Rose's date with the guillotine is up. As she tries to calm her nerves, the doors of the prison are thrown open. She and all those within these walls are free. But less than a decade later, Rose is back in a different sort of prison, married to Napoleon Bonaparte, her name changed to Empress Josephine of France. In her gilded cage, her only escape is tending her garden, and the friendship of two other women who become her touchstones. A fascinating insight into the woman whose sexual prowess was famous and whom Napoleon ultimately divorced.



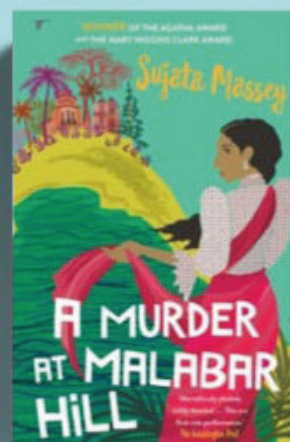
THE LIGHT AFTER THE WAR by Anita Abriel, Simon & Schuster

Vera and friend Edith are the lucky ones as they arrive in Naples in 1946. This novel was inspired by the author's mother's experiences escaping from a train heading for Auschwitz, a memory that haunts this story at every turn. The girls' mothers threw them from the carriage and in doing so saved their lives. Now they must fend for themselves. After the war, Vera finds work with the US Embassy in Italy where she falls for a dashing captain. But when he disappears, she and Edith embark on a lengthy journey to Ellis Island, Caracas and finally Sydney.



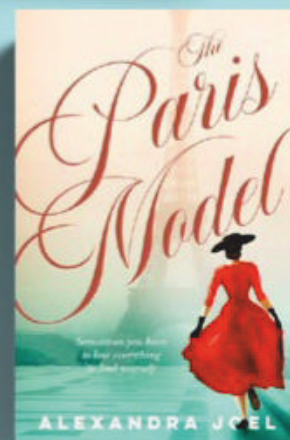
A MURDER AT MALABAR HILL by Sujata Massey, Allen & Unwin

Inspired by pioneering lawyer Cornelia Sorabji, this delightful murder mystery, the first in a series, takes us to the streets of 1920s Bombay. Our heroine is Miss Perveen Mistry, who in joining her father's law firm has become one of very few female lawyers in India. She must execute the will of a wealthy mill owner, but very quickly Perveen senses something is wrong.

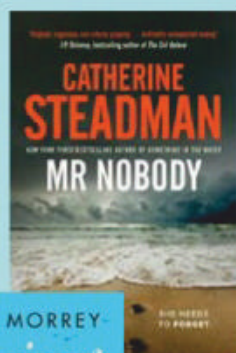


THE PARIS MODEL by Alexandra Joel, HarperCollins

Grace Woods goes from outback sheep station to modelling for Christian Dior in Paris. Her new world is glamorous and exciting and when she meets dishy Philippe Boyer she is walking on air. But Philippe is involved in international espionage and soon so is Grace, risking her life.



Beach reads



GROWN UPS by Marian Keyes, Penguin Random House

This delight of a book follows three brothers and their wives and the messy, hilarious and upsetting turns that life throws at them. It kicks off at a dinner party when one of the women is suffering from a concussion that leads to her blurting out a bunch of juicy family secrets. The book then rewinds to show you how all the secrets started. Genius!

MR NOBODY by Catherine Steadman, Penguin Random House

Downton Abbey actress Catherine Steadman had a hit with her 2018 debut thriller *Something In The Water*. Her follow-up isn't quite as strong, but still a top read. A man washes up on a beach with no ID and no memory. He does know something though – the dark secrets his doctor is keeping.

SAVING MISSY by Beth Morrey, HarperCollins

Missy Carmichael finds herself alone in a big house with only memories – her husband gone and both her children living overseas. Can the kindness of strangers (and an adopted dog) help her find her way again? Beth Morrey's debut novel is both heartbreaking and uplifting. A perfect summer read.

Best buys

New, improved, or just fabulous, add these items to your shopping list.

▼ Cruise in style

With **Princess MedallionClass™** you'll enjoy a personalised, seamless and innovative cruise holiday. Enjoy fast and reliable wi-fi, order food and beverages to your location on the ship, find your travelling companions with ease and experience keyless stateroom entry. Available on Ruby Princess® from February 2020 and Regal Princess®, sailing from Sydney December 2020. Visit princess.com for details.



◀ Nature's skincare

Nurture beautiful, healthy skin with **Linden Leaves** new natural skincare range. NATRUE certified, with organic white tea and nature's skin foods to nourish and care for your skin. Blend a few drops of Miraculous Facial Oil with the Essential Facial Moisturiser to make a custom blend to suit your skin's daily needs. Made with love in New Zealand. Miraculous Facial Oil 30ml RRP \$54.99 and Essential Facial Moisturiser 100ml RRP \$54.99. Available at lindenleaves.com and selected Linden Leaves stockists.

Feel the a2 difference ▶

For some people who have trouble drinking regular cow's milk, it might be because of the A1 protein. **a2 Milk™** brought to you by Anchor™ might make a difference, as some people say it just feels better in their bodies. It's perfect in smoothies, coffee, over cereal or just on its own. Available through leading retailers throughout New Zealand.



▼ Fade dark spots

Age Spot & Skin Brightening serum helps to brighten the epidermis and reduces the appearance of pigmentation disorders, such as age spots, dark or brown spots and other uneven skin tone. The unique blend, formulated with natural ingredients, prevents future pigment formation and lets the skin appear clearer and brighter. Swiss-made to the highest quality standards. RRP \$34.99. agespot.co.nz

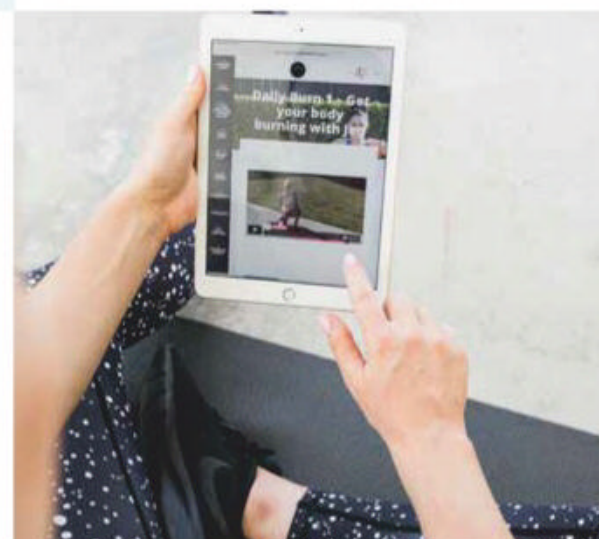


◀ Weightless sunscreen

Skinsmiths Daily Defence gives you the full protection of a sunscreen with a beautiful weightless finish. The soft sponge allows for smudge-free application, leaving your make-up intact. It's your skin-saving top-up solution. Refill available. Formulated for all skin types. 15g RRP \$59. caci.co.nz, Instagram Caci_NZ

Wellness online ▶

Real Health NZ offers monthly and yearly membership programmes online, giving you access to support, motivation, workouts, accountability check-ins, recipes and nutritional advice from the experts, plus members benefit from experienced guest "drops-ins" from the world of health and wellness. Work out anywhere, any time with Real Health NZ. Programmes range from \$37-\$197. realhealthnz.co.nz



THE AUSTRALIAN Women's Weekly NEW ZEALAND EDITION Puzzles

Find A Word

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

We've hidden a collection of words related to space in the grid above. They can be spelt across, down, diagonally, backwards or forwards, but are always in a straight line.

When you have found all the words listed below, you should have 13 letters left over, and these spell the mystery answer.

Solution in next month's issue.

ANDROMEDA

ANTARES

APOGEE

ASTEROID

ASTRAL

AZIMUTH

CANCER

CLUSTER

COMET

COSMOS

EARTH

GALAXY

HUBBLE

IONOSPHERE

JUPITER

LEO

MARS

MERCURY

METEOR

MOON

NEBULA

NEPTUNE

ORBIT

PERIHELION

PERSEUS

PLUTO

ROVER

SATELLITE

SATURN

SCORPIO

SOLAR

STAR

SYSTEM

TAURUS

TELESCOPE

TRANSIT

UNIVERSE

URANUS

VENUS

Easy Crossword

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

When you complete the crossword, the letters on the shaded squares, reading left to right, top to bottom, will spell the mystery word.

Solution in next month's issue.

ACROSS

1. Artefacts display centre
4. Prestige, ranking
9. Live through danger
10. Barrack for, ... them on
11. Hand's width, eg
12. Ocean mammal, bottle-nosed ...
14. Published or distributed
16. Take for granted
19. Fermented dairy product
21. Purple stonefruit
23. Minimum, the ... possible
24. Carry out, ... the plan
25. Military guard, on ... duty
26. Medical fitness

DOWN

1. Greatest amount
2. Texts for plays
3. Workers' organisation, trade ...
5. Intrigues, ... her fancy
6. Dentures, false ...
7. More powerful
8. Prepared to start
13. Two-wheeled vehicles
15. Hemispheres' divider
17. Strange, abnormal
18. Metal alloy, stainless ...
20. Wheat or barley, eg
21. Portion, part
22. Netting material

The Colossus

ACROSS

1. Most puny and weak
5. Supports, ... up in an argument
8. Enclosed sporting venue
11. Round red-purple vegie
15. Sense of self
16. Snooker implement
17. Stage of a relay
18. Tofu bean
20. Walks with difficulty
21. Group baked together, a ... of loaves
22. A long way off
24. Readily available, draught beer on ...
25. Spoken test
27. Tea flavour, ... Grey
29. Song, *Boogie Woogie ... Boy*
30. Intolerant, narrow-minded
34. Windscreen's cleaner
35. Oak-tree nut
36. Join forces
37. Pimples condition
40. Him and her
42. Garment join
44. Clothesline fasteners
45. Gum, paste
46. Bloodsucking insect
47. Behave
48. Low male singing voice
50. Rudely brief
52. Large, flightless Australian bird
54. Rocky outcrop
56. Stake in poker
58. Crusted dish
61. Fastened with a knot or bow
62. Whip up, ... violence
64. Parentless child
66. Almonds, cashews etc
67. Looked at
68. Pinpoints, finds
69. Own, possess
70. Shakespeare's nickname, the ...
72. In a tidy way
74. Heavily bandage
76. Slender stalk
79. Hawaiian garland
80. Toboggans
82. Putrefy, decay
84. Swampy land in southern USA
85. Pop concert, eg
86. *Home and Away* star, ... Nicodemou
87. J. M. Barrie story, *Peter ...*
88. Type of poem
89. Kitchen garment
90. Boxing injury, cauliflower ...

92. Heart monitor (1,1,1)
94. Light musical drama
98. Sicilian ice-cream cake
102. Harsher, ... penalties
105. Basil-flavoured spaghetti sauce
108. Squander
111. Revolve rapidly
113. Affectionate term for father
115. Reticent, restrained
116. Posing no difficulty
118. Burglar's swag
120. Square root of 100
121. Barrier across a river
122. Winter flakes
123. Solo musician, ... piper
125. Impassioned, an ... speech
128. Sudden sharp pain
131. Poke with finger
133. Chinese spice, star ...
135. Convicted criminal
137. Handed out playing cards incorrectly
141. Hottest
144. Bunchy clumps of grass
148. Bored or frustrated, ... up
150. Vigour, vim
152. Rented
153. Open-back van
154. James Stewart classic, ... *a Wonderful Life* (2'1)
155. Consume, ... the resources
156. Small pouch
157. Extols
158. Intense desire
159. Poppy drug
162. Large bird, powerful ...
163. Fairy godmother's magic stick
166. Fiddled the accounts, ... the books
168. Live internet digital movie machine
169. Does needlework
171. Apiece
172. Can be heard, is ...
173. Fishing-net material
174. Nuisance
175. Dodged payment, ... tax
178. Develop a fondness for (4,2)
181. Irritates
182. Bauxite, aluminium ...
183. Cry of pain or distress
184. Slightly open
185. Movie, ... *Flew Over the Cuckoo's Nest*
188. Play or exercise ring, ... hoop
189. Old Russian leader
191. Chocolate treat, Easter ...

192. Children's guessing game (1-3)
194. Washtub
197. Eternally, for ...
198. Old pubs
200. Makes a mistake
202. Search for
204. Blacksmith's workplace
205. Artist's painting stand
208. Friendly relations
209. Deducts, takes away
214. Person, ... being
215. Electrical measures
218. Truck-drivers' compartments
220. Musical twosome
221. Chrysalis
222. Lukewarm
223. Japanese poem
224. Smaller quantity, ... than before
225. Stain with colour
226. Tiny vegetable
227. Word used to surprise someone
228. Unfastens and removes, ... the trailer
229. US actress, Halle ...
230. Scoundrel
231. Sudden chilly spell (4,4)

DOWN

1. Feral pig (4,4)
2. Employing, ... staff
3. Part of a shoe
4. Rip, rend
5. Round capsule of raw cotton
6. Animal of the desert
7. Japanese snack, ... roll
8. Walk casually
9. Additional cricket run
10. Throbbing pain
11. Carry, ... the load
12. Discards, ... away
13. One of eight babies born together
14. Nickname for senior army officers (3,5)
19. System of relaxing exercise
23. Arctic waters feature
26. Circular coral reef
28. Pseudonym
30. Whole and unbroken
31. Recline, ... back
32. Fish spawn
33. Saddle with unwelcome task, ... with
38. Avoided, ... capture
39. Song, *I Can ... Clearly Now*

41. Bewitching
42. Initiated
43. Expert pilot, eg
44. Trims plants, ... the hedge
46. Merriment, have ...
49. Mineral spring
51. Distinguished female singer
53. Twelve in the evening
55. Count, ... on
57. Flip, ... a pancake
59. Inborn
60. Eye complaint
63. Price, cost
65. Frankfurter in a bun (3,3)
70. Powerful dog-faced monkeys
71. Correspond in sound
73. Big fibber
75. Chardonnay or Merlot, eg
77. Fortune-teller's deck of cards
78. Mosque tower
79. Piano piece, *Clair de ...*
80. Protracted tale
81. Notice, espy
83. Move slowly, ... along the runway
91. Donkey
93. Lettuce variety
95. Extended the validity, ... her licence
96. Uppermost part
97. Smartphone program
98. Scam, swindle
99. Move lightly and quickly
100. Fatty tissue
101. Amazement
102. Body of water, Caspian ...
103. *Goodfellas* actor, ... Liotta
104. West Indian folk song
106. Devoured, had ...
107. Fork prongs
109. Confuse, ... his wits
110. Pace of music
112. Fastener, safety ...
114. Fuss and bother
117. Song, *Here Comes the ...*
119. Or nearest offer (1,1,1)
122. By hook or by crook
123. Grazing land
124. Singer, ... King Cole
126. Cry of a kitten
127. Nautically astern
129. Colony insect
130. Hydrogen or methane, eg
132. Stops, ceases
134. Rage

136. Author of *To Kill a Mockingbird*, Harper ...
138. Warning sound
139. Small whirlpool
140. Space centre structure, rocket ...
142. Too, as well
143. Did crawl or backstroke, had ...
145. Rare
146. Window ledge
147. Give rise to
148. Style of hat
149. Eat in a restaurant, ... out
150. Former tennis star, ... Sampras
151. Soul, mind
160. Small pools of water
161. Be offended, take ...
164. Highest point
165. Diversion, bypass
167. Decorative skirting board, eg
168. Large brown wingless NZ insect
169. Men's businesswear, ... and ties
170. Roused from sleep
176. Doctor for animals
177. Eagle nests
179. Crops up, occurs
180. Child's plaything
182. Clumsy fool
186. Recede
187. Insisted on, ... her rights
188. Chopper landing facility
190. Remove wallpaper, eg
193. Penne, eg
195. Enclosed (6,2)
196. Shallow and superficial (4-4)
199. Central issue
201. Huge mythical bird in *The Arabian Nights*
203. Short-sighted
204. Flutter, ... wings
206. Get distracted, ... track of time
207. Pursued
210. Dominance, have the ... hand
211. Stuffed bear
212. Find disgusting
213. Unspecified object
216. Atlas pictures
217. Wound with a knife
218. Small block of ice
219. Group of aligned nations



Solution in next month's issue.

1		2		3			4		5		6		7		8		9		10		11			12		13		14
							15												16									
17				18		19			20						21						22	23				24		
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	51				52	53				54	55				56		57				58	59					60	
61					62		63									64			65					66				
			67							68											69							
70		71			72				73							74	75								76	77		78
				79						80					81						82		83					
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						105	106		107						108	109		110										
111	112				113	114				115									116		117				118		119	
								120									121											
122					123		124			125	126					127			128	129		130		131			132	
						133		134								135		136										
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152					153				154						155				156				157					
				158								159	160		161						162							
163	164		165			166				167						168								169		170		
			171							172										173								
174						175	176			177						178	179			180				181				
					182					183						184					185		186					
187		188					189	190					191					192		193			194			195	196	
197										198		199				200	201							202				
				203		204												205				206		207				
208									209	210		211		212		213							214					
						215	216		217									218		219								
220				221					222						223					224					225			
						226												227										
228									229						230					231								

Insider

The clues for this puzzle are all within the grid itself. Write your answers in the direction shown by each arrow. All answers run left to right or top to bottom. When you have finished, the letters on the shaded squares will spell the mystery word.

Solution in next month's issue.



Temporary relief Tennis ace: Lleyton –	→	Layered: – cake, eg Song: You – It Well	→	Low footstool	→	Fish: Blue –	→	Hermit, solitary person	→	Expression of surprise	→	Timid, modest Emcee, show host	→
→		→				Estimated time of arrival (1,1,1)	→	Individual taste: – to his own	→		→		
Witness, observe	→			Play School bear: Big –	→			Leafy veg: bok – Cracker biscuit	→				
Movie: One – Day Use spade: – a hole	→	Jewel	Lorikeet, rosella	→			Tennis success: grand – Sob, weep	→				Vicinity: in the local –	
→		→	Anger, wrath Summit, peak	→		China's ex-Portuguese colony Require	→			Personal assistant (1,1) Handy hint	→		
Orderly Become enraged: lose your –	→		→	Gene code (1,1,1) Pine tree sap, eg	→		Duty rota Elector	→					
→				→	Jealousy: green with –	→		Ireland Omen	→				
Part of body: solar –	Not high: a – number	Period in time: end of an –		Stretch to last: – out resources Utilise	→		Paradise pair: Adam and –		Song: We – the World		Soup: – and ham Meadow		
→	→	→		→		All the ins and outs: every –	→						
Alternatively Rouse from sleep	→		Take exam, eg	→			Brink: on the – of success, eg	→					
→						Tennis ace: – Williams	→						

Clueless

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

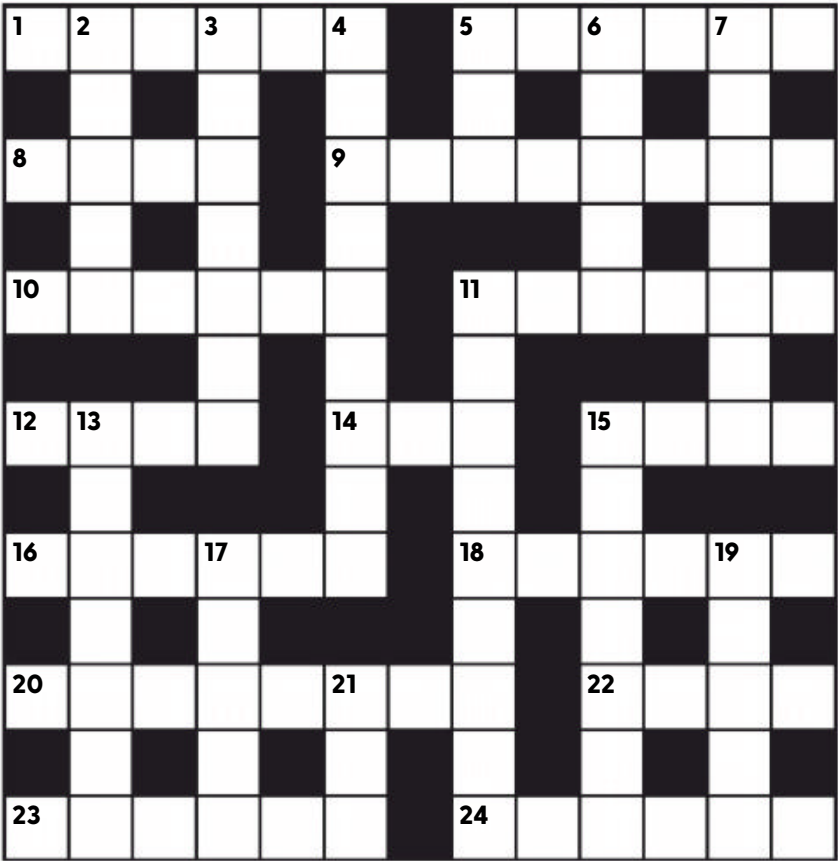
1	2	3	4	5	6	7	8	9	10	S	11	12	13		
14	15	16	17	18	19	20	21	22	23		24	E	25	N	26

7	21	16	17	23
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In this puzzle, each letter of the alphabet is represented by a number from one to 26. We've put in three numbers and their corresponding letters in the top panel. Fill this in as you go, then use your letters to fill in the squares below the panel to get your mystery word.

Solution in next month's issue.

Cryptic Crossword



ACROSS

- 1. Criticise toboggan (6)
- 5. I'm backing rage at desert vision (6)
- 8. Returned note to posh English school (4)
- 9. Named Ron again to be in custody pending trial (2,6)
- 10. More in spun fine wool (6)
- 11. One abstaining from food more quickly? (6)
- 12. Observe spy from East (4)
- 14. Four, yes, get climbing plant (3)
- 15. Fit to remove top from table (4)
- 16. Statement showing Queen knocked back port (6)
- 18. Remarking nothing lost heart (6)
- 20. Trail on rise? Take further action! (6-2)
- 22. Sources held up light brown colour (4)
- 23. Stud I ring from artist's room (6)
- 24. Created a home from need on street (6)

DOWN

- 2. Turning machine left to heat up (5)
- 3. Crowded state of Den's city we hear (7)
- 4. Finance specialist turning to incomes (9)
- 5. Spoil returning ram (3)
- 6. Inclinations to redesign prams (5)
- 7. Gent finds long swimmer is well-mannered (7)
- 11. Prying fan initially swaps cooking utensil (6,3)
- 13. Take confident strides, turning pets away from home (4,3)
- 15. Female thespian's current hair (7)
- 17. Lubricated and worked hard from beginning (5)
- 19. Courage and impertinent assurance (5)
- 21. Which person would laugh at West? (3)

Solution in next month's issue.

Bogglewords

Can you work out the words or phrases depicted here?
Solution overleaf.

- 1. COUNCLOSETERS
- 2. YENOMRUOY YENOMRUOY
- 3. 011011010 HOPE, DYLAN
- 4. CHAWHOWHORGE

Sudoku

Each number from 1 to 9 must appear in each of the nine rows, nine columns and 3 x 3 blocks. Tip: No number can occur more than once in any row, column or 3 x 3 block.
Solution overleaf.

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

Spot The Difference

Test your powers of observation. The two pictures at right may look the same, but we've made five changes to the one on the right. Can you spot them all?
Solution overleaf.



GRACE KELLY

ESTHER WILLIAMS

CLARK GABLE

JUDY GARLAND

THE RAT PACK

and more



148
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PART THREE

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Answers

February

BOGGLEWORDS: 1. Close encounters. 2. Double your money back. 3. Bits and bobs. 4. Who's in charge?

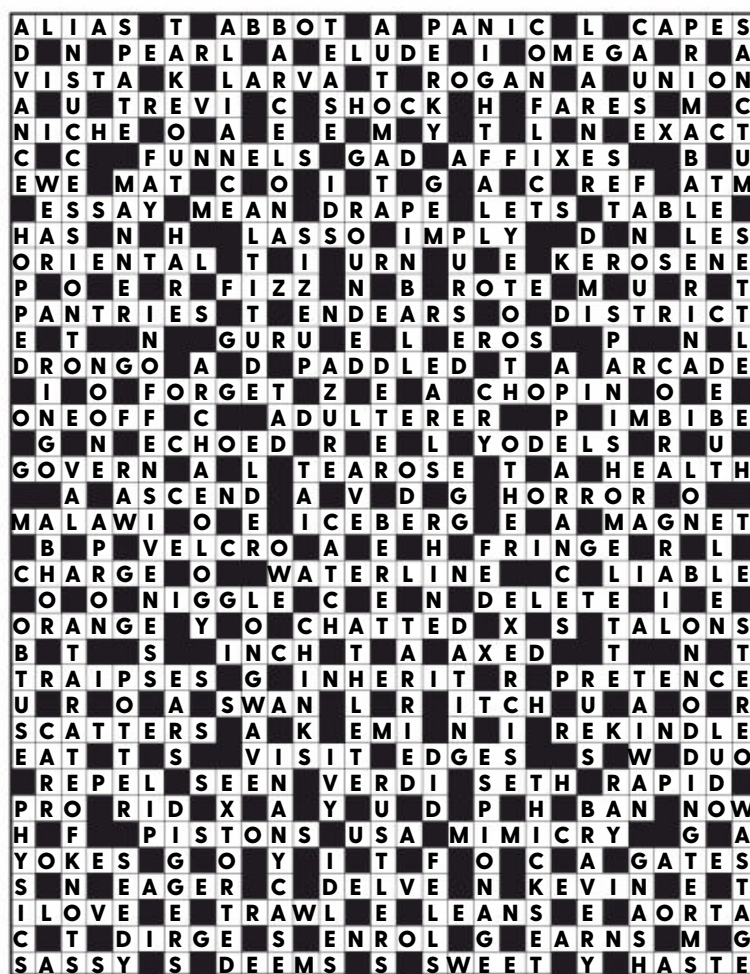
SPOT THE DIFFERENCE: 1. Two leaves removed near centre of image. 2. Red flower top right quarter changed to pink. 3. Stem removed bottom right quarter. 4. Centre of flower bottom left quarter changed to yellow. 5. Flower changed to blue.

January

INSIDER:
Mystery
answer:
Resort.



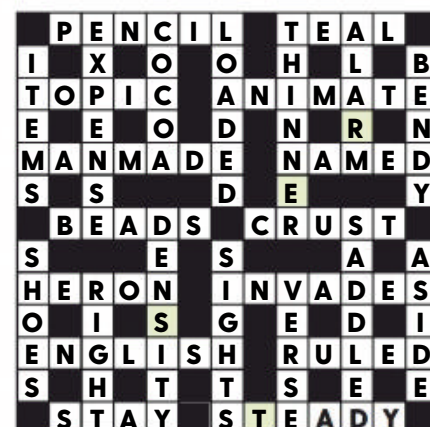
COLOSSUS:



SUDOKU:

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

EASY CROSSWORD:
Mystery answer: **Rest.**



CRYPTIC CROSSWORD:



FIND A WORD:
Mystery answer: **Sandcastles.**

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

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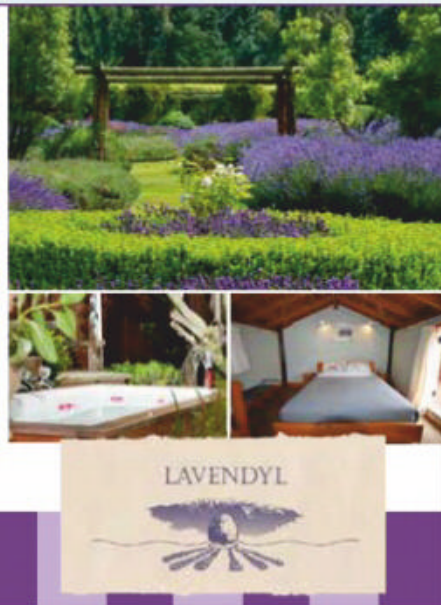
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Aquarius

JAN 21-FEB 19

Happy birthday, Aquarius – progressive February gifts you sudden insights, swift changes of perspective and completely unexpected pleasures. Yes, there is Mercury retrograde's inevitable glitches and bickering, but there's also plenty of celestial support for moving through hurt to healing. Pied Piper Mars in the sign of poetic licence makes you very persuasive and if other people's behaviour seems downright bizarre, well, we all have our peculiarities, don't we, Aquirkyans? Venus will help you find the best in difficult people or situations (it's there if you look).



Pisces

FEB 20-MAR 20

Venus enjoying a lush month of sensual indulgence is set to float your love boat, so what could go wrong? That would be mid-month Mercury backsliding through Pisces – which can make your communications confusing to others, who may hear your intuitive take on things as fact, or take your inspired proposals as promises. You mean one thing, they understand something entirely different, so be as clear as possible to reduce mix-ups. When the sun and new moon dance a pas de deux in Pisces on February 24, let your imagination meander – this often drops something lovely into your lap.

Aries

MAR 21-APR 21

As vivacious Venus sashays into Aries for a month-long romp, romance wears a bold new look. And while Mars joining a trio of ambitious planets could torch a burning urge to go, go, go, this month's Mercury suggests listening to creative inspiration rather than trying to make things happen. Resist pushing for change that isn't ready to manifest. If February's combustible chemistry sparks knee-jerk reactions, honour your

instincts to withdraw and process triggered emotions. Don't blow rebuffs out of proportion or buy into anyone's idea of who you are – adjusting their viewfinder isn't your call.

Taurus

APR 22-MAY 21

With love planet Venus morphing from dreamy to steamy and lusty Mars joining a gang of heavenly bodies in your sector of adventure and wisdom, February's a fabulous month to revise your personal love style. And when mid-month's Mercury retrograde performs an illusion-busting removal of the rosy specs, then ready or not it's time for an eyes-wide-open look at that situation you'd rather ignore. Once seen it can't be unseen, but according to Taurean self-help author Dr Wayne Dyer, the good news is that when you change the way you look at things, the things you look at change as well.

Gemini

MAY 22-JUN 22

Geminis intuitively understand that love isn't just for sharing with one special person, it's a way of relating to everything. And February fizzes with opportunities

to play the game of love with everyone, including kids, the elderly and total strangers. Your mind is hot-wired right now to make fresh connections and initiate new projects, but with Mars igniting arguments and drama, this month's major pitfalls are conversational exaggeration, overblown promises and inflated expectations. But most of you know the Mercury retro drill by now: retreat, review, reflect, reset and don't believe all you read.

Cancer

JUN 23-JUL 23

Mars moving into your partnership department for the first time in two years reignites relationship fires. Or lights a new flame. Or says sayonara to something that's run its course – whichever's applicable. No partner, no problem, because an alignment between Mars and Uranus ensures you're this month's attraction magnet even with retrograde Mercury's edgy personal politics. Restraining sharp remarks and critical observations isn't easy, but if someone's antsy consider what that says about how they're feeling. And if you want more love in your life, the solution's simple: give more love.

Leo

JUL 24-AUG 23

Mercury taking this month's interactions undercover into undiscovered territory can be thrilling, confronting or a mixture of both. And with Mars returning after two years to your house of self-care, the backing track to February 9's annual full moon in your sign has to be Leo Whitney Houston's version of, "learning to love yourself is the greatest love of all". Valentine vibes combined with Mercury in low gear make this month ideal for reflecting on the roles all kinds of love play in your life, because as Leo Madonna so succinctly puts it: "Love is like breathing, you just have to do it."

Virgo

AUG 24-SEP 23

When Venus lights February's romantic candles and ardent Mars pays its every-other-yearly visit to your house of creative play, get ready for a juice boost of confidence and charisma. Which makes you the least likely of all signs to be fazed when Mercury swerves into reverse mid-month and old relationship issues resurface, since planetary retrogrades echo the past. Love's still in the air, though, so do what you can to keep it there by not letting people's assumptions or inconsistencies make you cranky; because the more relaxed you are, the more negotiable this month will be.

Libra

SEP 24-OCT 23

As Venus morphing from watery to fiery ignites your heart's desires, keep in mind that inspiration tends to arrive in stillness, followed by results which manifest through movement. February's Aquarian variations feature a radical balancing act between dreams and reality, facts and fantasy – challenging aspects, but nothing love can't overcome. No question that Mercury backtracking while Mars is in go-getting mode feels like one foot on the accelerator while the other pumps the brakes, but this stop-go energy can be usefully applied to decluttering not just stuff, but old attitudes, behaviours and habits.

Scorpio

OCT 24-NOV 22

This February, Venus decrees that when you feel good you look even better, so lavish quality care on numero uno. The quartet of heavenly bodies in your ideas sector advises care in selecting which to take to the next level. And when Mercury scrambles signals mid-month, try to say things in the way you'd want them said to you. Sing rather than sting, because irritable people can't create a peaceful world; only a compassionate mental attitude can do that. Love is a decision we can all make at any time under any circumstances, and Scorpios have the discipline and determination to do it.

Sagittarius

NOV 23-DEC 21

This month's personal hotspot for Sagittarians is Venus firing your penchant for flamboyant presentation. A new style-up can be great fun under this transit, producing surprisingly magical results, plus high-octane Mars motoring into your zone of strategy and production could bring a lucrative new opportunity. Practise patience during February's final fortnight when Mercury back-pedals, details get lost in translation and people take what you say the wrong way. It's a period when the nurturing company of your innermost circle is often preferable to the madding crowd.

Capricorn

DEC 22-JAN 20

With Venus up close and personal in your home zone, what could be cosier than intimate nesting and entertaining at Casa Capricornia? And when spunky Mars rocks up mid-month to the planetary party already percolating in your sign, single or spoken for, you're this month's signature dish. The not-so-fab news is that you might be tempted to act out old narratives, as something you thought was sorted uncovers another layer of the existential onion. It's advisable to take care of important business before Mercury reverses mid-month and everyone's discernment heads temporarily offline.



Recipes you can trust

1 Every recipe in *The Australian Women's Weekly* is triple-tested by our world-famous Test Kitchen, established in 1950. Each dish is created by our food team, then tested three times to ensure it works as well for you in your kitchen as it does in ours.

2 You can trust *The Australian Women's Weekly's* food team to be first with the new trends – after all, we introduced Chinese cooking into Australasian homes in the 1970s and are now giving mainstream appeal to the new world of superfoods and clean eating.

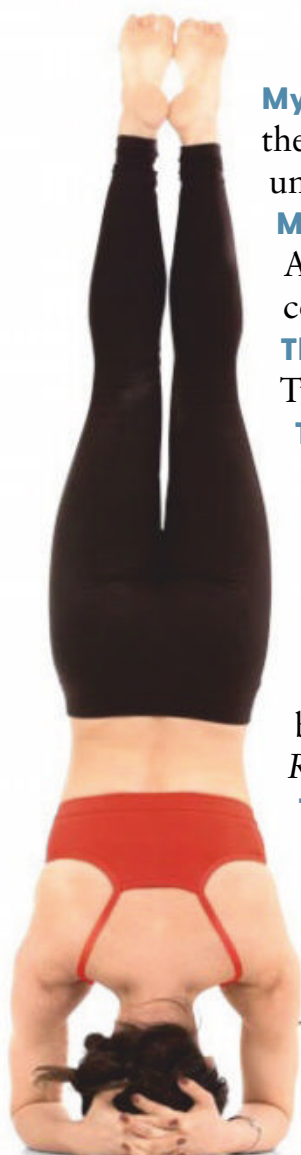
3 Ingredients we use will be readily available in your local supermarket and if we do suggest an exotic item, we always give an alternative that's easy to find.





Inspired by ...

Award-winning comedian and actor **Kura Forrester** is currently starring in *Shortland Street* and will appear in a new season of the Kiwi comedy series *Educators* this year.



My favourite pet growing up... Pepi, the little black cat from under my uncle's house in Tokomaru Bay.

My fondest childhood memory is... All sorts of mischief with my way cooler than me older siblings.

The last time I cried laughing was... Two minutes ago. I keep it regular.

The item I would save from a fire is... The red wine.

The song I wish I'd written is... *Ready or Not*, by the Fugees.

The three books I'm lining up to read next are... *Sapiens*, *Everything I Know About Love*, by Dolly Alderton, and *The Reluctant Buddhist*.

The five people I would have at my ideal dinner party are... My two grandfathers I never met, Oprah, and actors Jess Joy Wood and Scotty Cotter.

And the celebrity chef that should cook us dinner is... Monique Fiso.

If I could invent one thing, it would be... A cure for cancer.

The living person I most admire is... My mum.

The family member I talk to when I need advice is... My big sister, Bubbles.

The most memorable overseas adventure I've had is... Two weeks travelling all over Italy by myself.

My #1 pick for a karaoke song is... *Midnight Train to Georgia*.

My most prized possession is... My brain.

The things I need for a perfect night in are... Whittaker's Berry & Biscuit, pinot noir, friends and crack-ups.

When I was a kid, I wanted to be... An air hostess, I loved the glamorous uniforms.

When I need to get some spark back into my soul, I try to... *Be grateful* and do a headstand.

QUICK FIRE

If I was a history teacher, I would make sure more people knew about... Te Tiriti o Waitangi and all of New Zealand's history from before the arrival of Captain Cook.



The film that changed my life is... *Step Brothers*.



The fictional character that most reminds me of myself is... Homer Simpson.

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