



SPECIAL ROYAL SOUVENIR ISSUE



Woman's Day

THE LOOK OF LOVE!

The magical moment Harry and Meghan changed the monarchy forever

Full wedding album inside



Prince Harry's HAPPILY EVER AFTER

Amid incredible scenes of celebration in Windsor, *Woman's Day* brings you the beautiful love story of Prince Harry and Meghan Markle



The proud groom carefully escorts his wife down the 22 steps of St George's Chapel after the 60-minute ceremony.



Making her way gracefully down the aisle of St George's Chapel, the only sign of Meghan Markle's nerves was how tightly she gripped the arm of her new father-in-law.

But when she saw her now-husband Prince Harry, grinning broadly and looking incredibly handsome in his Blues and

Royals frockcoat uniform, Meghan's joy was clear to the 600 guests in the magnificent church.


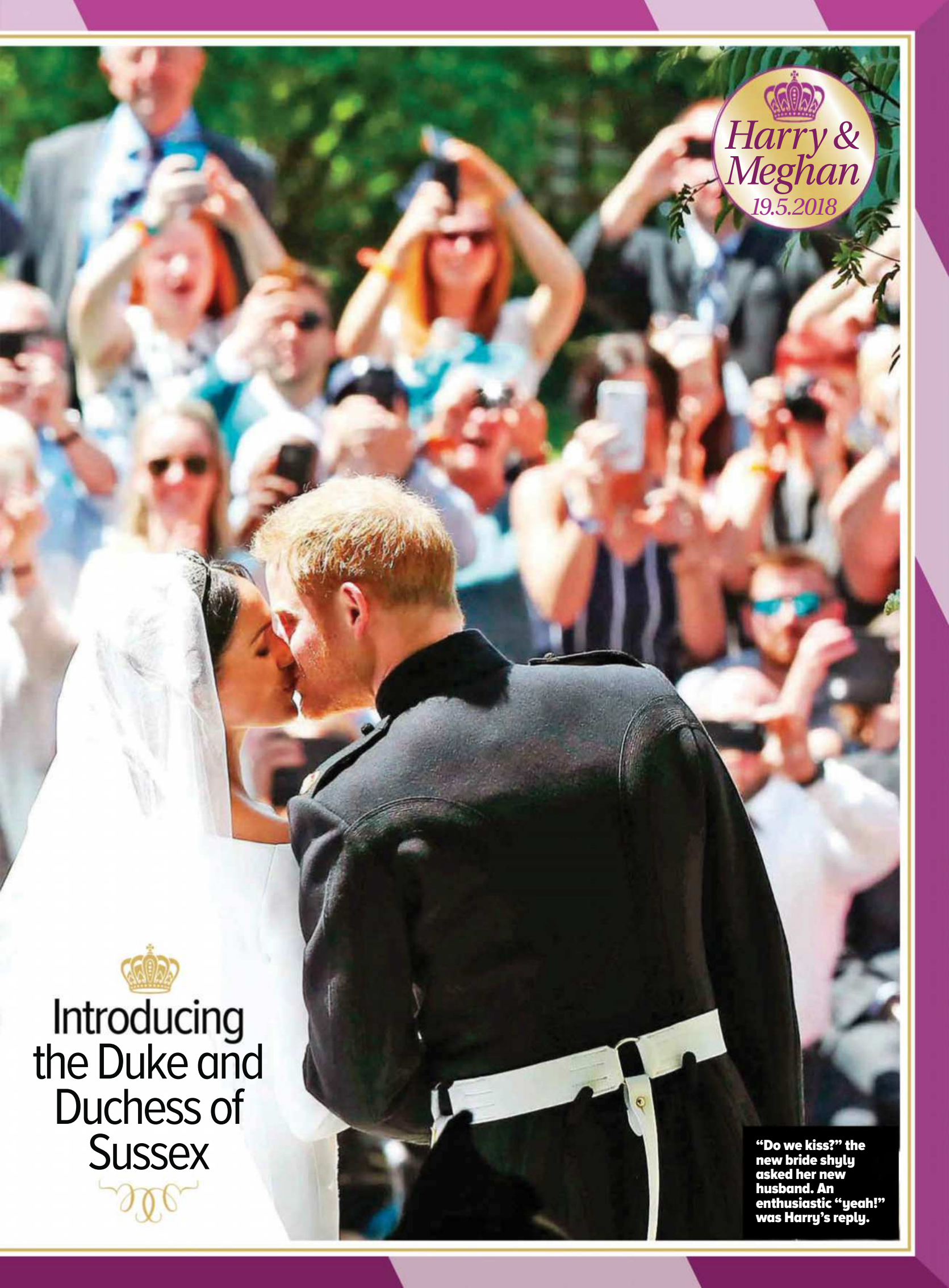
This was to be a royal wedding for the ages, with tenacious Meghan tearing up the rulebook and doing the wedding her way, from disinviting her whole family to incorporating several incredible tributes to her African-American heritage.

Knowing their union would modernise the monarchy in the biggest way yet, a besotted Harry stood at the altar with just the slightest hint of a tear in his eye, flashed his bride his trademark cheeky grin and declared, "You look amazing."


The 36-year-old actress drew gasps as she made her historic entrance to the 14th century ▶



Harry &
Meghan
19.5.2018



Introducing
the Duke and
Duchess of
Sussex



“Do we kiss?” the new bride shyly asked her new husband. An enthusiastic “yeah!” was Harry’s reply.



'You look
amazing,
I missed you'

PRINCE HARRY





Meghan's mum Doria Ragland – in a chic Oscar de la Renta dress coat – accompanied her 36-year-old daughter to the ceremony in the Queen's vintage Rolls-Royce.




Harry & Meghan
19.5.2018

William said he was "thrilled and delighted" to be his little brother's best man.



► Gothic cathedral on the grounds of Windsor Castle, wearing a spectacular bateau-neck gown with a dazzling five-metre train designed by Clare Waight Keller, artistic director at Givenchy.

Along with earrings and a bracelet by Cartier, Meghan accessorised her chignon updo with a delicate diamond tiara on loan from the Queen, which belonged to Harry's great-great grandmother Queen Mary.

But it was the luxurious veil that stole the show, with Meghan requesting a design to incorporate the floral emblem from each of the 53 Commonwealth countries, including Australia's own golden wattles.

She was surrounded by her 10 adorable pageboys and bridesmaids, including Prince George and Princess Charlotte – who showed no sign of nerves and enthusiastically waved to cheering crowds – and Meghan's best friend Jess Mulroney's children.

While the pews were packed with celebrities, from David and Victoria Beckham and Oprah to George and Amal Clooney and Elton John, all eyes were on Meghan's ►

The sun shone on the newlyweds with temperatures in Windsor reaching a "scorching" 22°C!



Despite his recent hip replacement operation, the 96-year-old Duke of Edinburgh was determined not to miss the fun.



▶ beloved mother Doria Ragland, the 61-year-old yoga instructor who had just days earlier flown in from LA and, by all accounts, charmed Queen Elizabeth over a cuppa.

Accompanying Meghan in the car from their hotel to Windsor Castle, Doria, dressed in a form-fitting Oscar de la Renta frock, cut a solitary figure as she sat stoically in her pew second from the front, getting a bird's-eye view of her only child marrying into Britain's royal family.

Noticeably absent was the bride's dad Thomas Markle Sr - who is convalescing at his Mexico home after getting three stents put in his heart - along with her estranged half-brother Thomas Jr and half-sister Samantha.

But the scandals of the past week were long forgotten as the bride reached her groom and began the task of repeating traditional vows to "love and cherish each other," though Meghan declined to promise to "obey" Prince Harry, 33.

Harry bucked the trend of royal men not wearing bands, as the couple exchanged rings, hers of Welsh gold gifted by the Queen, his of platinum. ▶



Too cute! The three-year-old looked adorable in her ivory silk Givenchy bridesmaid's frock.



**Harry & Meghan**
19.5.2018



A shy Prince George held onto his dad's hand after the ceremony.

Kate has a quiet word with the scene-stealing Princess Charlotte!

The Household Cavalry Mounted Regiment escorted the ecstatic couple through the streets of Windsor.



▶ It wasn't just Meghan who stole the show. Social media lit up as Bishop Michael Curry gave a long, passionate sermon, beginning with, "Two young people fell in love - and we all showed up!" He also quoted Dr Martin Luther King Jr, about the power of love.

His enthusiasm prompted even the stiffest members of the monarchy to share a smile over English pomp and ceremony meeting with the relaxed and larger-than-life American way.

It was clear from the reaction of the royal family that they couldn't be more thrilled about the newest member of the Firm.

Prince William and his wife Catherine have already revealed they've grown close to Meghan in the months since she began dating Harry, and Charles proved he would be a doting father-in-law by stepping in at the last minute to walk her down the aisle when her father was unable to make it.

After hymns and a touching reading by Princess Diana's sister Lady Sarah Fellowes, reflecting Harry's wish to involve his late mother, and a moving gospel rendition of Ben E King classic *Stand By Me*, it was the moment the world had been waiting for.

The couple stopped on the steps and posed for photos, then shared a romantic kiss. Then they climbed into the Ascot Landau carriage to ride around Windsor, surrounded by guards on horseback and an adoring crowd. No one watching either in the crowd or on TV, could deny Harry and Meghan's love conquers all.



Harry waved to the crowd while inside the Ascot Landau carriage, as Meghan tenderly rested her hand on her new husband's knee.

About 120,000 well-wishers searched out the best vantage points to see the bride and groom during the 25-minute procession.



Talk show royalty Oprah Winfrey wore Stella McCartney.



Patrick J Adams, Meghan's on-screen husband in *Suits*, and his wife Troian Bellisario.



Prince Harry's close friend James Corden arrives with wife Julia.



Suits star Rick Hoffman was clearly enjoying the festivities.

Showbiz royalty

STARS SHINE BRIGHT!

The sun shone and so did the celebs, who arrived to make Meghan and Harry's special day a truly A-list occasion



Long-time royal family friend Elton John and husband David Furnish.



Idris Elba and his fiancée model Sabrina Dhowre wave to the crowd.



"Ready for my friend's wedding," tweeted Serena Williams, here with husband Alexis Ohanian.

With a prince marrying a famous actress, royal watchers suspected they were in for an impressive VIP guest list, and Meghan and Harry didn't disappoint. Rather than the usual line of foreign dignitaries, the couple looked to Hollywood's elite to share their special day. Amal Clooney glowed, while talk show queen Oprah Winfrey shocked onlookers by being one of the first guests to arrive.

Harry's long-time friend Elton John and his husband David Furnish were honoured with prime seats, and iconic British actors Idris Elba and Tom Hardy were spotted, too.

David and Victoria Beckham enjoyed their second royal wedding in seven years after attending Prince William and Kate Middleton's nuptials in 2011, but onlookers noted the pair - whose marriage is said to be in trouble - barely spoke to each other.

Rounding out the stellar guest list was Meghan's *Suits* co-stars, many of whom were entrusted with the knowledge she was dating Harry long before it became public.



David Beckham managed to crack a grin - unlike his wife Victoria!




Harry & Meghan
19.5.2018

Amal Clooney, with dapper husband George, almost stole the show in a canary yellow Stella McCartney gown. Simply stunning!

Breaking with tradition

LOVE, LAUGHTER & THE BISHOP

In unprecedented scenes at St George's Chapel, a passionate sermon by an American minister almost brought the house down



The prince thanked his 'pa' Prince Charles for accompanying his bride down the aisle.



An emotional Harry's first words to Meghan? "You look amazing."

Meghan and Harry's ceremony began traditionally enough, with the usual royal vows from the Archbishop of Canterbury Justin Welby - until an outspoken newcomer from Meghan's native United States took to the pulpit.

Raising eyebrows, and even chuckles from the normally composed Prince William and Princess Beatrice - and suppressed smiles from the bride and groom themselves - Bishop Michael Curry's

enthusiastic sermon was a clear sign that Meghan intends to honour her American heritage in her married life going forward.

Gesticulating wildly, the head of the US Episcopal Church declared "love is as strong as death" before launching into a stirring sermon about how slavery taught him about the strength of love.

His animated speech immediately lit up social media, with many excited royal watchers declaring him an overnight superstar.



The couple exchanged rings while looking each other in the eyes.



Princess Beatrice looked bemused by Bishop Curry's stirring address.



Harry and Meghan held hands and smiled throughout the service.





Reverend Welby
does the honours for
the royals again.



Shared duty
The royals' usual religious go-to man is Reverend Justin Welby, who recently baptised Meghan into the Church of England. Even he could be seen chuckling at Reverend Curry's animated address (left).


'Two young people fell in love – and we all showed up!'
BISHOP MICHAEL CURRY



Twin pageboys Brian and John Mulronev, seven, smoothed Meghan's veil before she entered the chapel.



An overjoyed and awestruck Meghan exclaimed 'Wow' when she heard the crowd cheer.



The radiant bride's simple, chic updo was styled by Serge Normant.

Sure-footed Windsor grey horses led the procession and pulled the royal carriage, undeterred by the loud cheers.





**3
BILLION**

people around the world are estimated to have tuned in to the wedding. Two billion watched William and Kate say "I do", while one billion saw Prince Charles marry Diana in 1981.

52,570

British pubs extended their opening hours to 1am so Brits could celebrate the royal nuptials with a tippie or two.

200

Amalfi lemons went into making Meghan and Harry's lemon and elderflower wedding cake. The concoction, created by pastry chef Claire Ptak of London's Violet Bakery, also contained 20kg butter, 500 organic eggs and 10 bottles of elderflower cordial. Delicious!

5000

Thames Valley police officers secured the event.

1932

The year that Meghan's diamond bandeau tiara was created for Queen Mary.

5

METRES

the length of Meghan's veil. It was long – but not as long as Princess Diana's 7.6m train.

3

Diana's three siblings were all guests at the wedding – Earl Spencer, Lady Jane Fellowes, who gave a reading, and Lady Sarah McCorquodale.

28,000

canapes were prepared to be consumed by the 600 guests at Meghan and Harry's wedding breakfast.

5000

accredited media from around the world descended on Windsor to cover the event.



Sealed with a kiss! The couple share another tender peck.

Woman's Day

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OUT THURSDAY!



With Harry and Meghan married (woo-hoo! And what a wedding it was!), the fairytale continues with word from our UK sources a baby is just around the corner. Meghan has met with her fertility expert at the palace and the besotted couple are preparing a home for the children they've made no secret they've been longing for. Later this week, you can continue to share in the excitement with a special 100-page souvenir edition of *Woman's Day*, including photos of their stunning wedding at Windsor, including the cutest bridesmaids and pageboys, too! And the best news of all is this beautiful keepsake is just \$4.99!

Fiona

Fiona Connolly, Editor-in-Chief

We'd love to hear from you

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Press Council Adjudication

The Australian Press Council has upheld a complaint by Chrissie Swan about a 27 March 2017 article. See page 49.

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We reveal what Meghan's family told us about the Royal Wedding

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Snapshot



Bend it like Biebs

Justin Bieber ditched the studio last week for a friendly game of soccer. The *Sorry* hitmaker is definitely playing the field after his recent split from Selena Gomez.



Peace out!

Hunky Hugh Jackman cut a suave figure as he flashed a peace sign to awaiting fans at the *Good Morning America* studio.



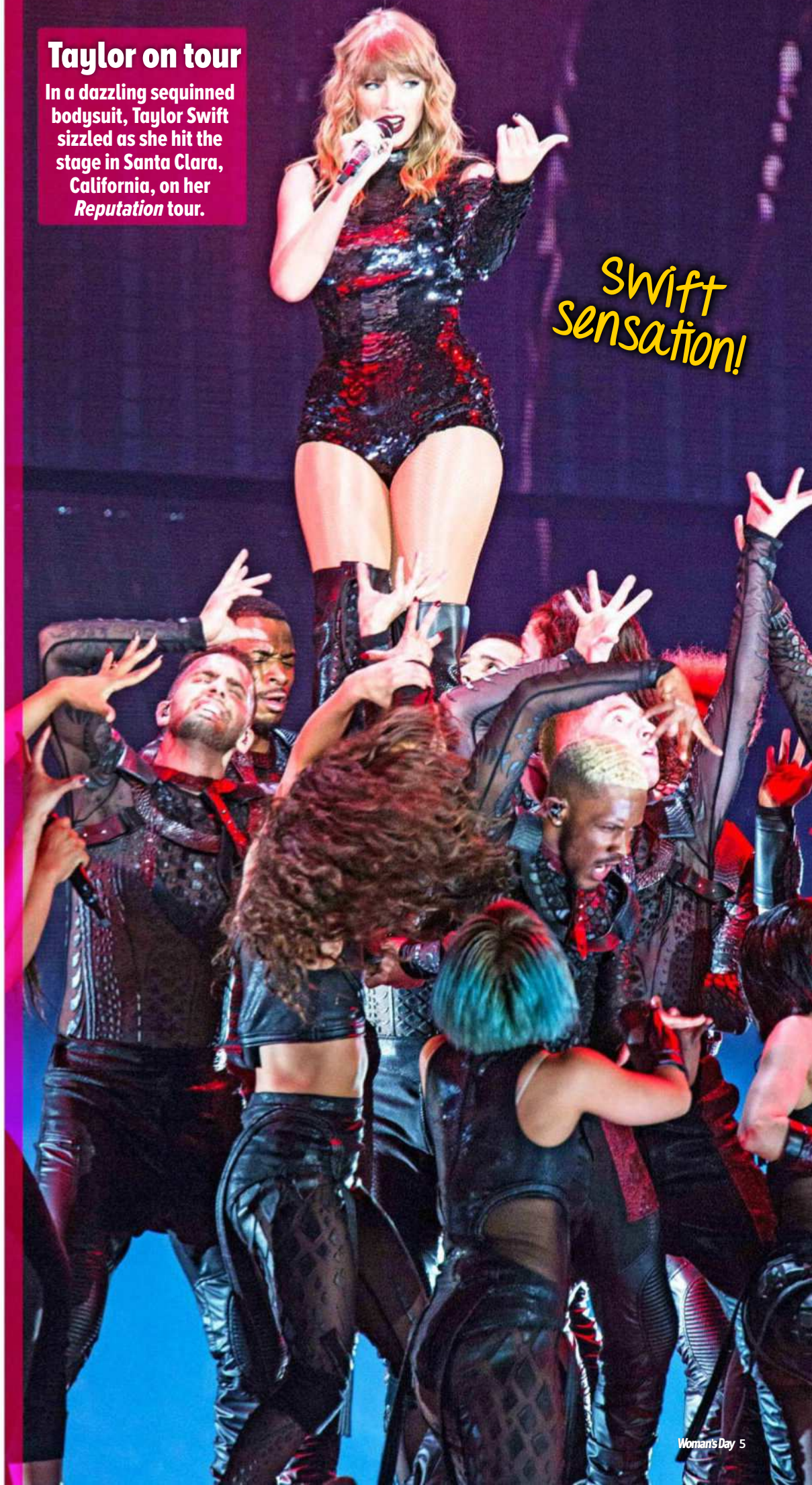
Smile for the camera

Jessica Simpson and her fashion-forward family stopped traffic in New York as they strutted down the street as though it were a catwalk.



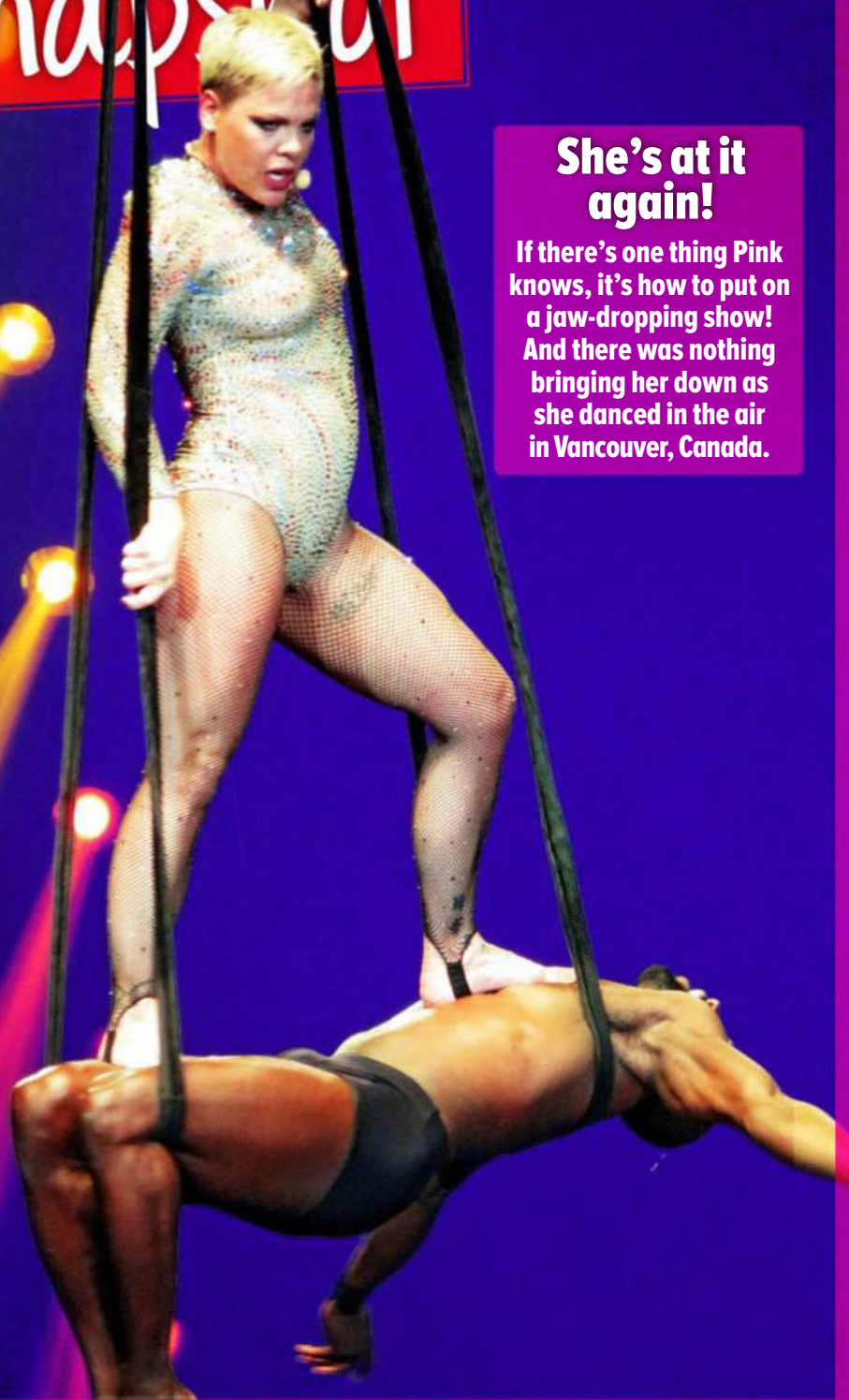
Taylor on tour

In a dazzling sequined bodysuit, Taylor Swift sizzled as she hit the stage in Santa Clara, California, on her *Reputation* tour.



Swift sensation!

Snapshot



She's at it again!

If there's one thing Pink knows, it's how to put on a jaw-dropping show! And there was nothing bringing her down as she danced in the air in Vancouver, Canada.



Quick dip

Kendall Jenner put on a leggy display when she took some time out of her busy schedule to have a chill-out day on the French Riviera.



Say cheese!

All eyes were on John Travolta at Cannes when he got behind the lens, taking one of the photographer's cameras for a spin. Don't drop it, mate!

Girl and
buoy!



London lovin'

Kate Ritchie could hardly contain her excitement to be in London for the wedding of the year!



Picture of John: Social media.

Meet Billy boy!

John Stamos is no longer Uncle Jesse! The *Full House* actor introduced his former co-stars Bob Saget and Lori Loughlin to his baby, one-month-old Billy.



TOP GROSS!



The pair were snapped in a New York cafe.

BRADLEY & SIENNA'S SECRET DATES!

Bradley Cooper and Sienna Miller have enjoyed not one but two secret dates in the space of just a few days, and their hush-hush meet-ups are raising eyebrows.

"Bradley and Sienna have been friends for years and they're very close," says an insider. "They get along extremely well and have a real connection, which is why their on-screen chemistry has always been off the charts. They talk a lot about how much they'd love to work together again and it seems they're getting together to try to make that a reality."

Bradley, 43, and Sienna, 36, co-starred in 2014's *American Sniper* and collaborated again

the following year on *Burnt*. With Sienna's history of an affair with married man Balthazar Getty, 43, sources say Bradley's baby mama Irina Shayk, 32, isn't thrilled about their close friendship.

"Irina isn't a jealous person and she trusts Bradley, but it's not lost on her that Sienna is one of the most beautiful women in the world, and they're close. It's got to be frustrating to see pictures of him giggling with Sienna," adds the insider.

"Irina is supportive of Bradley's career, but this is what she finds hardest. She knows she has to suck it up, but if anyone makes a move on her man, she won't hesitate to lay down the law in a major way!"

GEENA'S DIVORCE MELTDOWN GOES PUBLIC!

Tensions are running high between Geena Davis and her estranged husband Reza Jarrahy - and sources believe their split is quickly turning ugly.

The actress' fourth husband filed for divorce on May 8. Surgeon Reza, 47, who wed Geena in 2001, has asked for joint custody of their children - daughter Alizeh, 16, and twin sons Kaiis and Kian, 14 - and spousal support. He has asked that any request for spousal support made by Geena, 62, who is worth \$40 million, be rejected.

"Geena and Reza's first priority is the children, and that's why they've agreed to joint custody," says an insider. "But as much as they want to co-parent the kids with as little drama as possible, it doesn't seem like they're on the best terms."

The pair were spotted having a heated discussion outside their LA home last week. "Geena and Reza have to find a way to make it work, but right now, that's looking pretty difficult. They're fighting a lot and can't stand to be around each other," says the source.



Reza and Geena argue outside their LA home last week.



Sienna and Brad had two covert meetings.

FEARS FOR AMAL

Those close to Amal Clooney are concerned about the 40-year-old's health, following her recent Senior Day speech at Vanderbilt University in Nashville, at which she appeared worryingly thin.

"Amal has always been naturally slim, and she snapped back into shape after she welcomed the twins. But now it seems like she might have gone overboard with the weight loss," an insider tells *Woman's Day*. "People noticed how tiny she looked and she seemed tired. There's a concern Amal may be overtaxing herself."

Amal barely took time out after she and husband George welcomed twins Ella and Alexander last year, returning to work just three months later.

"She tries to do it all, with raising the kids and having a successful career, but it's a lot to juggle. Amal could be stressed and exhausted and losing weight because of it," the insider adds.

"They don't have a full-time nanny, but the twins are a handful and George would be happy for them to get round-the-clock help at home," the insider reveals. "There's a lot of admiration for everything Amal does, but she needs to take care of herself and her health, or there could be serious consequences."



The human rights lawyer's shrinking frame stood out when she gave a speech recently.



The *Voice* host, with teenager Jackson, has stood by her comment.

IS SONIA ABOUT TO GET WALKED?

Sonia Kruger landed herself in hot water last week when she made a flirty remark to a young contestant on *The Voice*.

After 19-year-old Jackson Parfitt sang live, Sonia, 52, suggested he undo his shirt buttons to expose more of his body. Her comment sparked outrage on Twitter, with

some fans saying had Sonia been a man making the same remark to a woman, he would've been sacked.

Despite the backlash, Sonia defended herself on her other show, *Today Extra*, explaining Jackson didn't feel uncomfortable and "it was a bit of fun".

Top Goss!



Bryan's already a doting dad to Sandra's kids Louis and Laila.

Big happy family



SANDRA'S SET TO WALK DOWN THE AISLE!

Woman's Day can reveal Sandra Bullock and Bryan Randall are gearing up to say "I do" after nearly three years of dating. "They're in a good place and super solid. They already feel like they're married, but now it's all about making it official," says a source, adding the intimate ceremony will take place soon. "They're content and making plans for the future. It's always 'we' not 'me', which is nice coming from Sandy. She's found the right guy - Bryan's The One," tells the source. "He's sweet and he's so good with her kids. He'll be a wonderful stepdad."

Bryan, 52, sent the rumour mill spinning earlier this year, when he stepped out for a stroll in LA with Sandra, 53, wearing a gold band on his finger. "They're committed to each other and already exchanged rings. But Sandy wants to have a ceremony to seal the deal - something small and intimate at either her ranch in Wyoming or her place in Austin, Texas, with just family and close friends in attendance," adds the source. "She's been through a lot of heartache and she's kissed lots of frogs, but life with Bryan is so normal. Their relationship's gone from strength to strength."

PHIL COLLINS' EX-WIFE'S SHOCK SURGERY BLITZ

Phil Collins' ex-wife-turned-girlfriend Orienne Collins turned heads at the recent opening of her Miami jewellery store - for all the wrong reasons. Her new look sparked rumours she'd gone under the knife. "It's one thing to get the occasional nip and tuck to stay youthful, but she looked like a different person," says an insider.

US plastic surgeon Dr Anthony Youn, who has not treated the 45-year-old, says her "unnatural look" is the result of cosmetic work. "I believe she's undergone multiple lip injections and her cheeks also appear quite plump, possibly from injections of her own fat," he tells *Woman's Day*. "She may have undergone a mini-facelift."



NOW

KNIFE STYLES of the rich & famous



THEN

The pair in 2002.

Phil's partner Orienne unveiled a dramatic new look at her event.



Terri was clearly happy to catch up with Mick in Brisbane.

THE MAN MAKING TERRI SMILE AGAIN

She recently spoke of her pain at losing her husband Steve in 2006, but Terri Irwin certainly isn't short of support.

Last week, the Australia Zoo matriarch was spotted with a beaming smile on her face as she was greeted at Brisbane

International Airport by her security guard Mick. The burly guard is clearly close to both Terri, 53, and her children Bindi, 20, and Bob, 14.

Terri was even spotted putting her hand on Mick's shoulder for support, and soon after she was in hysterics as Mick

escorted her and Bob to their car.

It comes just weeks after sources told *Woman's Day* Terri has been leaning on Steve's best friend Wes Manion ever since his passing. "She didn't know how she'd run the place without Steve, but Wes has been her saviour," the insider said.

MICHAEL'S LAST-DITCH EFFORT AT FAME!

He was recently accused of staging paparazzi photos alongside *Married At First Sight's* Sarah Roza, and it seems Michael Turnbull is up to his old tricks.

Woman's Day can reveal the controversial *Bachelor In Paradise* contestant has set his sights on former *Bachelor* star Alex Nation, asking her to stage a paparazzi shoot in an alleged attempt to extend his 15 minutes of fame. The 37-year-old privately messaged Alex, 26, on Instagram suggesting they grab a coffee – in front of the cameras. Perhaps he was hoping the "opportunity" would put them back in the limelight, especially considering widespread rumours the mum-of-one recently called it quits with her fiancée Maegan Luxa.

Despite Michael's best efforts, Alex wasn't interested, replying: "Thanks for the offer but I will decline this one... maybe I'll see you around at some events and we can have a drink or something then."



Michael approached Alex (inset) with a staged photo op.



Pictures of direct messages: Social media.

Royal
news

IT'S BABY &



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TIME FOR HARRY MEGHAN!

Now they're husband and wife, the newlyweds are already onto the next step



Nutritionist Melanie Brown

Their family home is being renovated

The pair are moving into Apartment 1 at Kensington Palace.

Their romance is being touted as the greatest love story in royal history.

Now, just days after Prince Harry married his beautiful American bride in a magical ceremony at Windsor, *Woman's Day* can reveal the fairytale is set to continue.

Royal watchers are speculating a baby announcement is right around the corner, with palace insiders revealing starting a family is the happy newlyweds' number one priority now they're officially husband and wife.

We're told 36-year-old Meghan has been doing everything she can over the past few months

to ensure she becomes a mum as soon as possible. "Meghan's been longing to become a mum, even before she met Harry, so having a baby has been at the top of her list of priorities," an insider tells us.

"One of her primary focuses leading up to the wedding was getting her body prepared in the hope she'll fall pregnant quickly.

"She's been seeing fertility nutritionist Melanie Brown weekly, and even made Harry adopt her fertility diet for men."

Although Meghan's young, her body clock is ticking. "Her doctors have told her, due to her turning 37 this year, she doesn't really have too much time to wait."

The first sign Harry and Meghan can't wait to start a family came in December, after insiders told *Woman's Day* Melanie had been spotted at the palace. It was later revealed she had given Meghan a strict fertility-boosting diet.

"Melanie was at Nottingham Cottage for around an hour checking Meghan's vitals, looking into her health history and taking down as much information as possible so she could devise a specialist diet for both her and Harry," a source said at the time.

Meanwhile, the loved-up couple have also been preparing for their lives ahead as parents. Construction workers have been

working round-the-clock to quickly complete their 21-room apartment renovations at Kensington Palace, making it fit for their growing family.

The sense of urgency around these renovations is yet another sign the prince and new duchess are hoping to fall pregnant as soon as possible.

"Meghan and Harry have already picked out their favourite names and thought about who'd be the godparents," another insider reveals.

"Meghan would love to have three children in the next five years, so she's certainly not going to be wasting any time!"



They'll make great parents!

The couple share a bond over their love of children.

Harry's most at ease when he's around kids.



KARL & GEORGIE AT EACH OTHER'S THROATS

Nothing's been the same at *Today* since the Uber scandal.

TEARS, TANTRUMS & EXPLODING EGOS!

In London for the royal wedding, our biggest TV stars began sniping the minute the cameras stopped rolling, as rivalries ran riot

If looks could kill, then jet-lagged *Sunrise* stars Sam Armytage and Edwina Bartholomew would have slayed anyone in their path when they arrived at London's Heathrow Airport last week and found no-one to greet them. "It wasn't the best start to the week," concedes one insider,

who says Sam was furious when her driver wasn't there to greet her and look after her luggage. "Even Eddy, who's normally easygoing, was tired and angry." It only got worse when Sam, Eddy and David Koch arrived at the Pullman St Pancras hotel in London to find they were sharing the plush modern digs with their

Today rivals, including Karl Stefanovic and Georgie Gardner. Fortunately, Karl's former co-star Lisa Wilkinson was put up somewhere else and their paths didn't cross while she was in town reporting on the royal wedding for Ten. You would think having our biggest breakfast TV stars holed

up in the same hotel would be a recipe for disaster – and it was – but it was the *Sunrise* and *Today* stars fighting with their own co-stars rather than their rivals that had everyone talking.

CLASHING EGOS

Karl, 43, threw a tantrum when Georgie, 47, took too long getting her hair and make-up done midweek, with insiders revealing their relationship has remained icy since the Uber scandal in which Karl and his brother Peter bitched about Georgie.

To keep Georgie happy she was given a lot more say in what happens on Nine's breakfast show, and it was she who lobbied management to send her mate, *Weekend Today* co-host Allison Langdon, to London, which meant Peter and his wife Sylvia Jeffreys stayed at home.

"Karl has had to play second fiddle to Georgie all week and he hates that," our source says, adding that he





EDWINA'S TEARY MELTDOWN!

Newlywed Eddy was missing her husband.

was also furious his brother and Sylvia didn't get to cover the big event, causing even more tension.

"Peter thinks he's the more senior reporter and should've been sent instead of Allison, and Sylvia was furious to be overlooked, especially after finding out they were sending Natalia [Cooper] over to do the weather."

SHIFTING ALLIANCES

It was not much happier among the *Sunrise* stars, with Kochie, 62, annoyed that Sam has been revelling in the London nightlife and "burning the candle at both ends", while Eddy, 34, has been left feeling like the spare wheel because Sam, 41, and *Sunrise* news reader Natalie Barr, 50, are hanging out together.

"It doesn't help that Sam keeps having little digs at Eddy on air, and she's really missing her husband - don't forget they only got married a few weeks ago, and she really just wants to be home enjoying being

'Karl has had to play second fiddle to Georgie all week'

a newlywed," our source says. With persistent rumours that Kochie could be replaced by relatively new *Weekend Sunrise* co-host Basil Zempilas at the end of the year, insiders have also noted he seems out of sorts and has been spending his time off-air away from his co-stars.

"Kochie has kept his distance from the *Sunrise* cast and crew during his downtime, opting not to wine and dine with them," a Seven insider confirms, adding that he also wasn't a fan of Sam's increasingly close friendship with Karl.

"He snubbed them both when *Sunrise* and *Today* were filming outside Buckingham Palace and the two shows had their outdoor studios set up next to each other. It was pretty awkward. He just walked past them both like they didn't exist."



KOCHIE SNUBS KARL

The *Sunrise* star has little time for his rival - and his co-hosts.



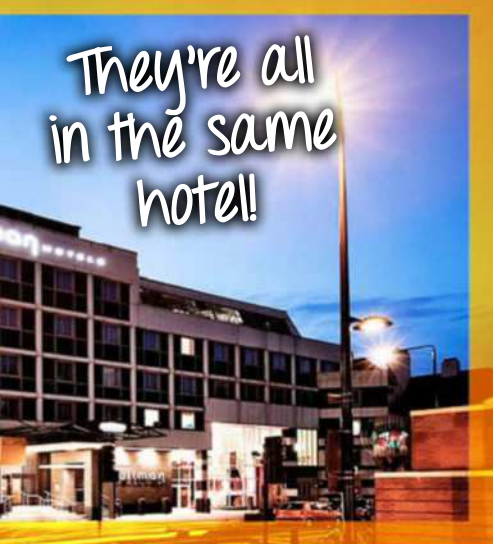
EDDY & SAM'S AIRPORT TANTRUM

The *Sunrise* girls saw red at London's Heathrow Airport.



LONELY LISA OUT IN THE COLD

Reporting for *The Project* didn't have the same feel for Lisa.



They're all in the same hotel!



SAM & KARL'S LOVEFEST

There's newfound warmth between the TV rivals.

Woman's Day

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OUT THURSDAY!

The pair on a pizza date in London.



REVEALED

Shane & Sophie's SECRET HOOK-UP!

The spin king finally gets his hands on his crush



They headed to a hotel afterwards.

From Benji Madden to Stu Laundy, Sophie Monk has dated her fair share of high-profile hunks.

Now, the *Love Island* host has admitted we can add another celebrity to the list – ladies' man Shane Warne!

In a candid interview with Nova 96.9's Fitzy & Wippa last week, the unlucky-in-love reality star – who split from *Bachelorette* winner Stu, 45, earlier this year – admitted to hooking up with the playboy cricketer. Fitzy had asked whether Shane, 48, got in contact following her break-up.

"I love Warnie, he's cool," Sophie said awkwardly to the breakfast show hosts.

"We've hung out a few times – with pants on, if that's what you're asking."

However, after some probing Sophie, 38, finally admitted she and Warnie have, in fact, shared a kiss or two!

Despite claiming their brief dalliance was "nothing serious", insiders told *NW* earlier this year the pair share "insane chemistry" and that Shane has been "obsessed" with Sophie ever since she appeared on *The Bachelorette*.

"They are actually perfect for each other. Sophie has always loved a good Aussie bloke," a source close to Sophie revealed.

Although the blonde star's schedule is jam-packed in the coming months – she's jetting off to Mallorca to film *Love Island* – those close to the pair are now said to be hoping for a reunion as soon as she returns.

Nicky's moving in on Sophie's patch!

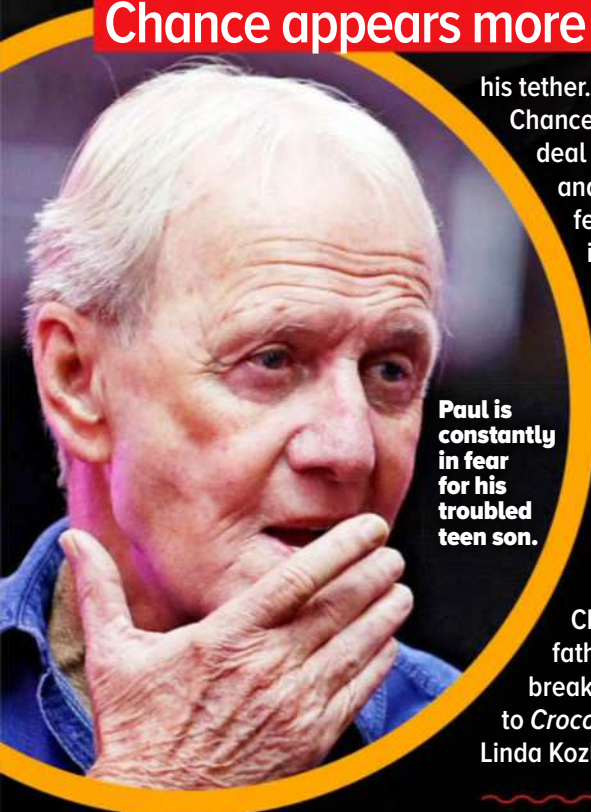


Nicky and Shane "like" each other, too.

Better watch out, Sophie! Aussie actress Nicky Whelan, 27, has been flirting up a storm with Warnie on social media. "They 'like' each other's pictures all the time," tells one insider. "She commented 'EYES!!!!' under his most recent selfie, and he responded with a bunch of kiss emojis. Nicky is just his type – blonde, great figure, engaging personality," adds the insider. "In fact, she looks a little like his ex-wife Simone [Callahan]."

THE PHOTOS THAT BROKE MY HEART

Hoges is at his wits' end as his son Chance appears more troubled than ever



Paul is constantly in fear for his troubled teen son.

his tether. "It's no secret Chance has been difficult to deal with over the years, and you've really got to feel for Hoges," an insider tells *Woman's Day*. "He essentially brought up Chance and it's been a lot for him to take on."

"Hoges is a great dad and all he wants is for his son to be happy and healthy."

Paul, 78, raised Chance as a single father in LA after the breakdown of his marriage to *Crocodile Dundee* co-star Linda Kozlowski, 60, in 2013.

'Chance will have to learn from his own mistakes'

But it hasn't come without its pitfalls. The teen has been making headlines for years now, most recently in 2015 when he was caught drinking beers and smoking what appeared to be a bong on the balcony of Paul's home.

"Hoges is at his wits' end these days. It goes without saying the last thing he wants is to see Chance destroy his life. As any father would, Hoges is living in fear that one

day he'll get a call to say something bad's happened," says the insider.

"The problem is there's only so much he can do. Chance will have to learn from his own mistakes and that's what Hoges wants for him."

"He's trying to give him the space and freedom to grow into the person he was meant to be. But it's got to be tough when things like this happen."

"Chance is an adult now and he needs to start taking responsibility for his actions."

Meanwhile, his band has done nothing to alleviate his troubled image. In one song, Chance sings, "Hit my daddy with a baseball bat."

And they're not shy about courting controversy, having shared a photo on Instagram last week of a naked man with the words "Kill Donald Trump" written on his torso.

"Chance probably thinks it's just rock'n'roll, but you can imagine how Hoges must feel when he sees this kind of stuff. Of course he'd like it if his son got a real job, but his music is the only thing he seems passionate about," adds the insider.

"Hoges can only hope that in time, Chance will grow up and put these wild antics behind him. But that's something he has to do on his own."

In a scene that would drive any parent to desperation, these exclusive pictures show Paul Hogan's youngest son Chance spiralling scarily out of control.

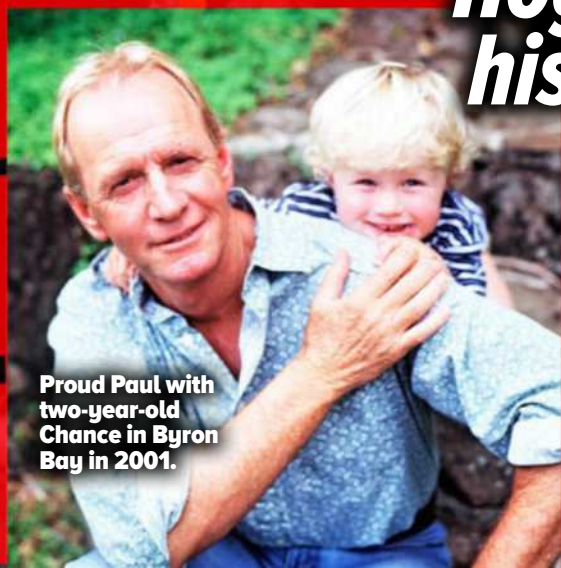
The *Crocodile Dundee* star's son appeared to be in a terrible way after performing a gig with his punk band Rowdy P at Trip bar in Santa Monica on May 10.

The 19-year-old was spotted rushing outside and asking for water after his performance, before vomiting on the street and nursing his head. Sources say the confronting images have shattered his distressed father, who is already at the end of

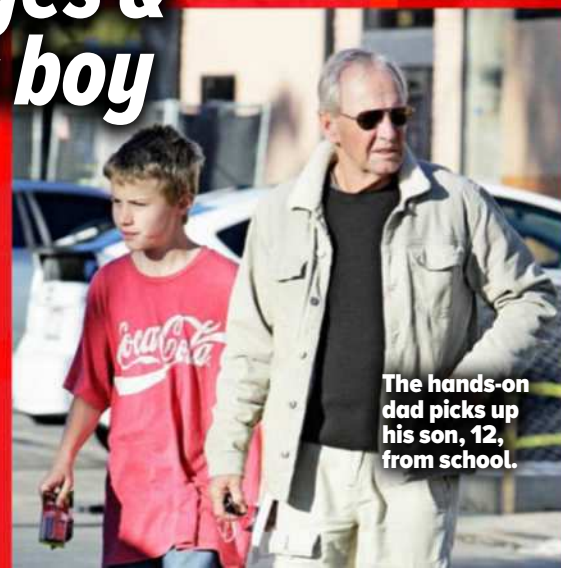
Chance headed outside and vomited after his band's gig on May 10.



Hoges & his boy



Proud Paul with two-year-old Chance in Byron Bay in 2001.



The hands-on dad picks up his son, 12, from school.



The family in 2013, just before the break-up.



SWIMMING WAG'S SHOPLIFTING SCANDAL!

Olympian Geoff Huegill's wife Sara has sparked fears for her wellbeing after her shock arrest

Friends and family were last week rallying around Olympic swimmer Geoff and wife Sara Huegill to offer their support and help after her shock arrest for shoplifting during a family holiday to Byron Bay.

"We can't help but think that this incident is symptomatic of much deeper issues," reveals

a friend, who says Sara's family have dropped everything to help her through this latest crisis.

"She's been treated for a long time for anxiety and depression, and while she's been desperate to put on a brave face in public, she's been really struggling.

"Sara's feeling absolutely gutted, ashamed and completely humiliated – and I know she's very remorseful. She has enormous support and we hope she can beat her demons once and for all."

The mother-of-two allegedly stole the leather Bassike trousers worth \$2500 from Byron Bay boutique Island Luxe. The store manager allegedly followed the 35-year-old for 200 metres before flagging down mounted police officers,

who arrested the former publicist and took her in for questioning.

Police say she declined to be formally interviewed but was fingerprinted, charged with shoplifting and released on bail to appear at Byron Bay local court on June 7.

In a statement to News Corp, Sara's lawyer said: "Sara deeply regrets the incident and

apologises unreservedly. Sara has made good progress recently in being treated for issues related to anxiety and depression and acknowledges this is a setback."

When she was arrested, Geoff, 39, was with their two daughters Mila and Gigi at Byron Bay's Main Beach, where they were having a Mother's Day picnic.



With daughters Gigi, four, and Mila, six.

And Sara's not the only one...

Candice Alley, the former wife of Olympian Grant Hackett, was allegedly captured on CCTV in 2012, stealing \$700 in designer goods. Charges were dropped when she paid for the items.



Pictures of children, goods & Candice: Social media.

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Sean breaks his silence

I'M FREE OF CYCLONE TRACEY

Why the *MAFS* spin-off pair split after dating for just five months

Chewed up and spat out – that’s how Sean Thomsen feels after a fiery five months with Tracey Jewel.

Leaning back in his chair, with arms stretched skywards, Sean draws a deep breath and smiles. “I’m free and there are no dramas in my life anymore,” he chirps, like a man holding a get-out-of-jail-free card.

“I can get fit, move to Melbourne and wake up each day knowing I’m not going to have an argument.”

It’s the break-up that everyone saw coming, except Sean and his *Married At First Sight* partner, Tracey Jewel, 35.

“If I think back, there were probably warning signs when the reunion episode went to air,” admits Sean, 35, a fly-in fly-out worker from Perth.

“Before filming the show, we made a pact to have each other’s backs. But I was blindsided when I found out she’d sent pictures of herself in lingerie to Dean [Wells], saying, ‘Do you think Sean will like me in this?’”

“It made me furious. She said it was to make him jealous, but why would you want to make an ex jealous while you’re in a committed relationship?”

Tracey, who has an eight-year-old daughter, Grace, was fixated on getting married quickly and

having more children with Sean, right up until the week they split. “I wanted the same eventually,” says Sean, “But she wanted a ring immediately.”

“We had too many issues to work through first and I knew we weren’t ready. Too many things weren’t adding up in our relationship and I developed trust issues.”

“Issues like selling our break-up story to a magazine without consulting me. I woke up to that news and felt really betrayed. Who does that?”

“I loved Tracey, but she became erratic and completely different to the girl I fell in love with. She’s got a book launch

soon, but people can make their own minds up about whether she’s the best person to be dishing out advice for self-improvement.

“She seems to upset people wherever she goes and it made me ask myself, ‘What am I missing? Who is this person I’m with?’”

Self-help author Tracey isn’t ruling out a reunion with her old flame Dean, which is a move Sean fully supports.

“I’d love to read they’re together and have started a family,” laughs Sean, who plans to launch a book of his own – on the art of persuasion – next year.

“They’re so similar and they deserve each other.”

MAFS UPDATE

The show's over, but drama continues to follow these love-hungry reality stars

Dean rules out a reunion with Tracey

With rumours swirling 39-year-old Dean Wells is set to reunite with his on-screen wife Tracey, those close to him are quick to set the record straight. "That relationship has run its course," says a friend. "Dean has moved on and is dating again. Tracey is far from his thoughts!"



Telv found love!

Fans were devastated when Telv Williams and Sarah Roza failed to go the distance, even after he moved from Perth to Melbourne for her. But it didn't take long for the father-of-two, 34, to find love again, this time with blonde bombshell Maddie Carolan, 27. "They met at a strip club," spills a source.



Troy & Carly are at breaking point

They shocked their fellow contestants when they rocked up to the final dinner party as a couple and announced they'd be moving in together. But the honeymoon period looks to be over for Carly Bowyer, 32, and Troy Delmege, 35. According to their *MAFS* mates, the pressure of living together has given rise to growing tensions. "Troy is still looking for work in Melbourne and Carly has been slogging it out since November," says an insider. "The popularity of the show has died down and she wants to get back to reality, while Troy is still enjoying lapping up his five minutes of fame."



Sarah finds a 'gentleman'

Since splitting from FIFO worker Telv, Sarah, 38, has dropped 8kg and bagged herself a new man! "The man I'm seeing I've known for five years and we've now had three dates," she says.



Ryan's unlucky in love

His romance to Davina was no laughing matter, but it's given Ryan Gallagher, 30, loads of material for his comedy gig. But Davina isn't laughing. "If you continue to mention my name for cheap laughs, I will be passing this on to my lawyers," she wrote to Ryan.



Patrick's lapping up the attention

His romance with Charlene Perera may have fizzled, but Patrick Miller's modelling career has taken off. The self-confessed "mummy's boy", 34, has been approached by Aussie labels.

Nasser, the next Bachelor?

Failing to hit it off with his on-screen wife Gabrielle Bartlett, Nasser Sultan hasn't given up on finding The One – even if it means returning to reality TV! "I want to be the next *Bachelor*," says the skincare enthusiast. "I've been fielding offers since the show ended and I'm open to finding love on TV again." Last month, Nasser, 51, refused to comment on rumours about his sexuality. "What difference does it make? I went on *MAFS* to find love with someone," he told *NW*.



Mel moves on, while John watches on

Viewers mourned the moment John Robertson, 54, and Melissa Walsh announced their split. Now, *Woman's Day* can reveal Melissa, 53, has fallen for hunky artist Fred Whitson. "He lives locally to Mel and they've got a lot of things in common, which she lacked with John," a source reveals. "Mel and John had a strong chemistry, but distance and family got between them."

Davina's found The One!

She set tongues wagging when she failed to find love with not one, but two *MAFS* contestants, and now Davina Rankin, 27, has finally met her match with old friend Jaxon Manuel. "It's no secret I've been crushing over Jaxon for the last five years," she says. "He makes me really happy!"



Ash is still hunting for love

Queensland flight attendant Ashley Irvin, 28, has sparked romance rumours with a number of blokes since the show wrapped, from fellow contestant Justin Fischer to Sydney pub baron Stu Laundry. Yet it seems Ash is still single, after Stu was spotted with a mystery blonde in Noosa.





JAN
Jamie Donnelly

Jan is one of the Pink Ladies and the quirky girlfriend of Putzie. Jamie had played her in the Broadway production of the musical five years before landing the role in the film. After *Grease*, Jamie appeared on stage in *The Rocky Horror Show* and *Tarzan*. The 71-year-old is still acting and last year starred in the drama movie *Cargo*.

SANDY OLSSON
Olivia Newton-John

Olivia played sweet, sensitive Sandy, whose life flips upside down when she falls for bad-boy Danny. Also starring in *Xanadu* and *Two Of A Kind*, the singer won four Grammys and had several huge hits including *Physical* and *I Honestly Love You*. Currently battling breast cancer, the 69-year-old will release her memoir, *Don't Stop Believin'*, in September.



GREASE

Four decades after the iconic film's release, we find out what's happened



SONNY
Michael Tucci

After his role as brash T-Bird Sonny, who tries and fails to win the heart of Marty, Michael, 72, went on to appear in TV's *Diagnosis Murder* and *The Paper Chase*. In 2001 he became a performing arts teacher but returned to acting in 2013 with a role opposite Sandra Bullock and Melissa McCarthy in *The Heat*.

DOODY
Barry Pearl

T-Bird Doody, who partners with Frenchy at the school dance, was Barry's first movie role. He's since had numerous small parts in TV and film, starred on Broadway and even played Mr Weaver in TV's *Grease: Live* special in 2016. Now 68, he's also in upcoming movie *The Silent Natural*.

PUTZIE
Kelly Ward

Rounding out the T-Birds is Putzie, who memorably "moons" on national TV. Five years after his role in *Grease*, Kelly, 61, stopped appearing on camera and is now a voice director for Disney Television Animation working on *Mickey Mouse Clubhouse* and *Jake And The Never Land Pirates*. He teaches musical theatre at a Californian university.





FRENCHY **Didi Conn**

Bubbly beauty-school dropout Frenchy befriends Sandy when she starts at Rydell High. Didi, 66, reprised her role in *Grease 2*, as well as appearing in TV's *The Practice*, *Benson* and *Shining Time Station*. In 2016, she played Vi in *Grease: Live* – making her the only cast member to star in all three *Grease* adaptations.



RIZZO **Stockard Channing**

Who could forget Rizzo singing *Look At Me, I'm Sandra Dee*? Since *Grease*, Stockard, 74, has worked non-stop on screen and stage, winning an Emmy for playing Abbey Bartlet in TV's *The West Wing* and nominated for an Oscar for *Six Degrees Of Separation*. She also had a regular role on *The Good Wife*.



MARTY **Dinah Manoff**

After playing Pink Lady Marty, Dinah, 62, went on to win a Tony for her role in the play *I Ought To Be In Pictures*, then starred in the film adaptation. While she still makes public appearances, Dinah largely retired from acting 10 years ago. In 2017, she tragically lost her 19-year-old son Dashiell in a car accident.

Gone but not forgotten...



EVE ARDEN

PRINCIPAL McGEE

A big star before *Grease*, Eve's final role was in TV's *Falcon Crest* in 1987. She passed away three years later at 82, from heart disease and cardiac arrest. She'd also been fighting cancer.



SID CAESAR

COACH CALHOUN

Before playing the hapless Rydell coach, Sid had already been voted the USA's best comedian and had his own TV show. He retired from showbiz in 2004 and died 10 years later at 91.

S THE WORD!

to the T-Birds and Pink Ladies

DANNY ZUKO **John Travolta**

John broke hearts as hunky T-Birds leader Danny – and the 64-year-old is still one of the biggest actors around today. Most recently, the two-time Oscar nominee played lawyer Robert Shapiro in *The People v O.J. Simpson: American Crime Story*, and has four movies due for release this year – *Gotti*, *Trading Paint*, *Speed Kills* and *Moose*.



JEFF CONAWAY

KENICKIE

Part of the original Broadway cast with John Travolta, Jeff went on to star in hit TV series *Taxi* after making the film version of *Grease*. Married to Olivia Newton-John's sister Rona from 1980 to 1985, he battled drug addiction for decades and died in May 2011 at age 60.

A tender moment as Vikki greets her baby daddy...

Someone's happy to see Barnaby!

...with a kiss and a loving embrace.

BARNABY, HIS MISTRE BABY AND ONE BROKE

This bundle of Joyce has done anything but bring the former deputy PM'

When Barnaby Joyce arrived home from Canberra, Vikki Campion greeted the man who gave up so much to be at her side with a kiss, tenderly stroking his cheek as they embraced in the front seat of their 4WD.

It was the very definition of a romantic reunion, yet it comes after what insiders reveal has been an incredibly difficult time for Barnaby, 51, following the birth of his and Vikki's first baby, Sebastian, five weeks ago.

What should have been a wonderful time for any new dad – and Barnaby has said his son's arrival was “an incredible joy, an incredible blessing” – has to also be tinged with some sadness.

DIFFICULT SITUATION

“I believe he's really missing [wife] Natalie and the girls and his old life,” reveals a workmate, adding the “jovial and happy bloke who lit up the room when he walked in” has all but gone since his private life became front page fodder.

But then not everyone in Barnaby's life has become acquainted with baby Sebastian.

The four daughters – Caroline, Bridgette, Odette and Julia – he shares with his wife of 24 years are yet to meet their brother, and it's not known if Barnaby's own parents, Jim and Marie, have met either Vikki, 33, or Sebastian.

“The girls are hurting badly, as is their mum, and I know they haven't met Sebastian,” confirms his colleague. “Barnaby has sent a few pictures of the baby to his girls. Whether or not they come around to the idea of meeting him, only time will tell.

entire family. It's sad to see such a beautiful family in pieces.”

Last week, Barnaby put on a brave face, telling Sky News he was enjoying being a house husband and a hands-on dad.

“When I'm home I do all the cooking, do washing, hang things out, clean around the house,” he said. “I find it, I know it sounds weird, cathartic.”

FAMILY VALUES

The Akubra-wearing Nationals MP certainly never hinted at New Age sensibilities before he was sensationally exposed as being in a relationship with Vikki, his pregnant former media adviser, in February.

Barnaby, who campaigned on family values, was further embarrassed when Natalie issued a statement saying she and their girls felt “deceived and hurt” by the “devastating” affair.

He then outraged women around the country by what some deemed to be “slut shaming” Vikki with the suggestion he may not be the father of her baby, before later confirming he was the dad.

‘The girls are hurting... I know they haven't met Sebastian’

“And Barnaby's parents are very staunch Catholics who love Natalie and the girls, so I'm sure they don't want to be disloyal to her. It's a difficult situation for the



Barnaby with his wife Natalie and four daughters in September 2015.



The MP was seen cradling Sebastian as he and Vikki took a walk in Armidale last week.



SS, THE N FAMILY

s two families together

Friends say they barely recognise the new Barnaby, who is rebuilding his life with Vikki and Sebastian in a \$410-a-week rented farmhouse near Armidale in NSW's Northern Tablelands, where he's the local member.

"The locals are used to him walking the streets saying 'G'day', but now they seem to spend most of their time on that remote property," explains his mate.

With his salary slashed after he resigned as deputy PM, and Vikki unemployed, it was rumoured last week the couple are now attempting to sell their story for \$100,000.

"Vikki is pressuring Barnaby to settle and finalise his split because she's desperate to be Mrs Barnaby Joyce," says his mate. "I think she wants to be accepted in the community, but it's a slow process to earn respect in the bush - and everyone loves Natalie."

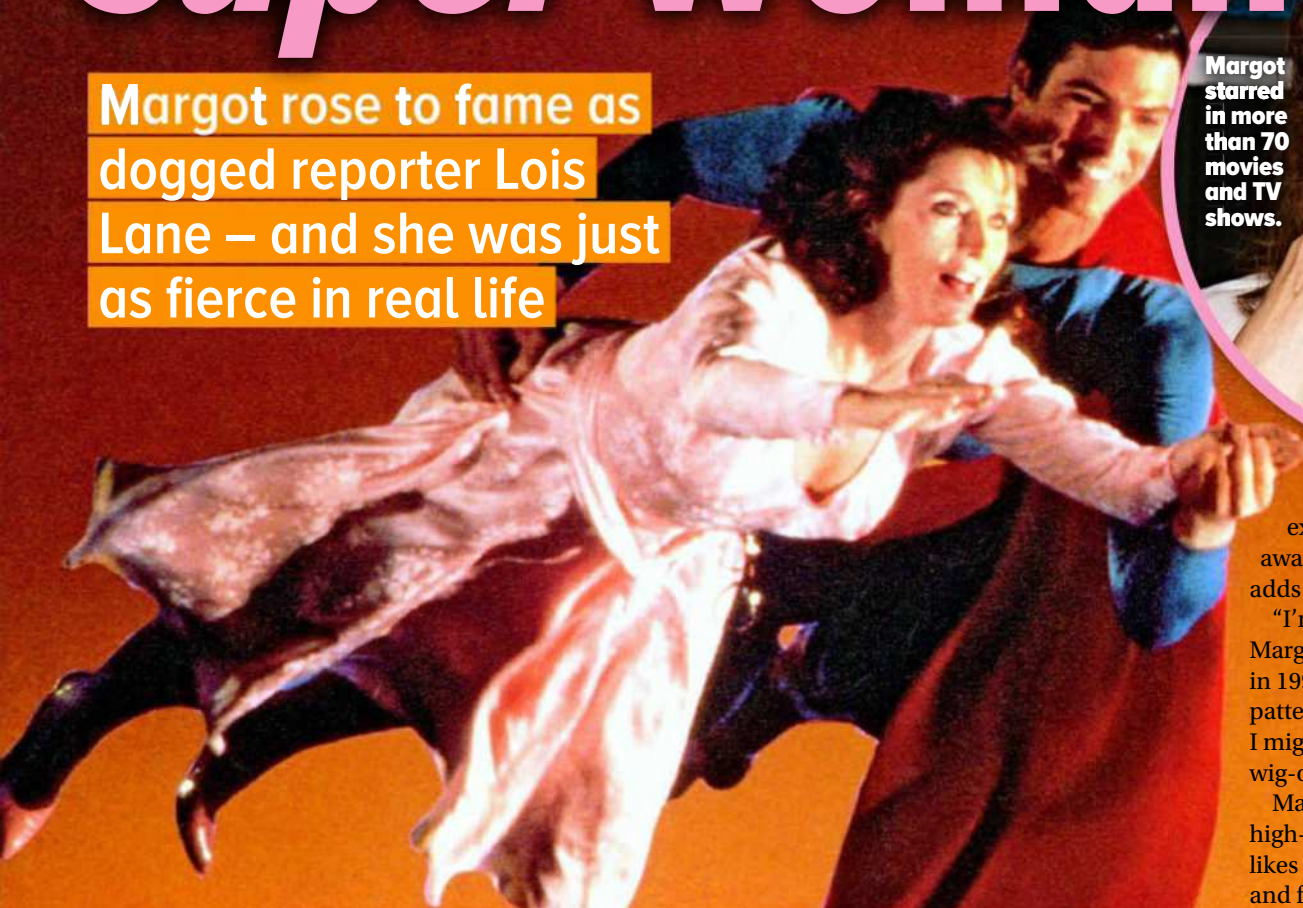
The remote property he shares with Vikki and their new baby.



Farewell to a real super woman

Margot rose to fame as dogged reporter Lois Lane – and she was just as fierce in real life

Margot starred in more than 70 movies and TV shows.



Margot Kidder, who shot to fame as plucky news reporter Lois Lane opposite Christopher Reeve in *Superman*, is being hailed as a super woman after her death last week at the age of 69.

Known for her smoky voice, expressive eyes and assertive appeal, the actress was a staunch advocate for peace and the environment and a passionate activist for mental illness, having struggled with bipolar disorder most of her adult life.

Born Margaret Ruth Kidder in Canada in 1948, she got her start in acting at the age of 21 starring in several TV shows before being

cast as the lead in the 1973 cult horror film *Sisters*. From there, Margot's career took off.

"She carved out a niche playing Lois Lane in *Superman* [1978], and she played her as a slightly flaky feminist who tweaked Clark Kent's nose for news – but needed Superman's saving in the end," says a friend.

The actress remained close to co-star Christopher until his death in 2004.

"When you're strapped to someone hanging from the ceiling for months and months, you get pretty darned close," Margot once said. "He was such a huge part of my life."

used this terrifying experience to create awareness for mental illness," adds the insider.

"I'm not saying it's all over," Margot said after the incident in 1996. "I'm saying this is the pattern of my life. In three years I might be having another wig-out. I have no idea."

Margot, who had a string of high-profile romances with the likes of director Steven Spielberg and former Canadian prime minister Pierre Trudeau, married and divorced three times.

In 1976, while married to her first husband, novelist Thomas McGuane, Margot gave birth to her daughter Maggie. She later wed actor John Heard in 1979, but their marriage ended just six days later. Her third marriage, to French director Philippe de Broca in 1983, lasted a year, after which she said she preferred the company of her dogs.

Margot starred in four *Superman* movies alongside Christopher. Then, in 1990, a serious car accident left her wheelchair-bound for nearly two years.

Six years later, Margot suffered a mental breakdown and disappeared for several days, before police found her hiding in the bushes behind a suburban house.

"She refused to hide and be ashamed, but instead

She appeared in four *Superman* films.



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WD03

HOW RUSSELL CROWE SAVED MY LIFE... TWICE!

If it wasn't for the star's kindness, Quentin would have given up his battle to survive

Inspiring friends

Rusty has been giving Quentin pep talks since 2010.

With every breath a challenge after lung failure, courageous brittle bone survivor Quentin Kenihan was facing a bleak future - until Russell Crowe threw him a lifeline and inspired him to keep fighting. "It was pretty dire," Quentin says in an exclusive interview with *Woman's Day*.



"I thought, here we go again... I've been close to death 15 or 20 times, so it's nothing new to me, but this time I wasn't sure I could keep fighting. They told me to get my affairs in order and phone anyone I needed to phone."

Quentin, 43, says doctors were "preparing me for death," like they've been doing since he was born, with eight broken bones and diagnosed with OI (osteogenesis imperfecta, or brittle bone disease). He has suffered more than 800 broken bones in his life.

Rather than give up, Quentin decided then and there to lose the weight he'd piled on, which was making his already difficult life almost impossible, and appeal to his friends on Facebook to help him buy a life-saving portable oxygen concentrator.

"I put something on Facebook saying I was going to launch a GoFundMe page to raise the \$5500 I needed,

and I texted Russell [Crowe], asking if he would share it with his million followers," he says.

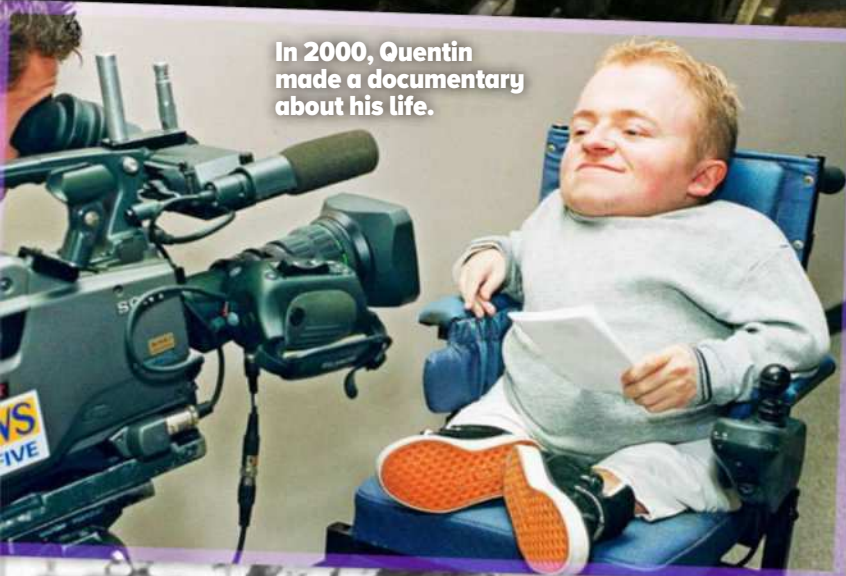
"He rang me straight away and said, 'I'll buy the damn thing for you.'

I was gobsmacked. He's done so much for me already. He helped fund my comeback film, and he got me a part in *Max Max: Fury Road*, and even took the time to go over my lines with me."

Quentin first came to Russell's notice eight years ago when he was at his "darkest" moment and posted something alarming on Twitter to tell the world he had just about given up the fight. The Oscar winner reached out to him, despite having never met.

"He told me to get off my arse and stop whining about dying, and when you've got the *Gladiator* calling, you listen," he says, explaining that Russell's latest act of kindness has once again inspired him to keep going in the hope he may inspire others with disabilities.

In 2000, Quentin made a documentary about his life.



Aged five, in 1980.



On *Australian Idol* as part of his follow-up doco *Quentin Crashes*.

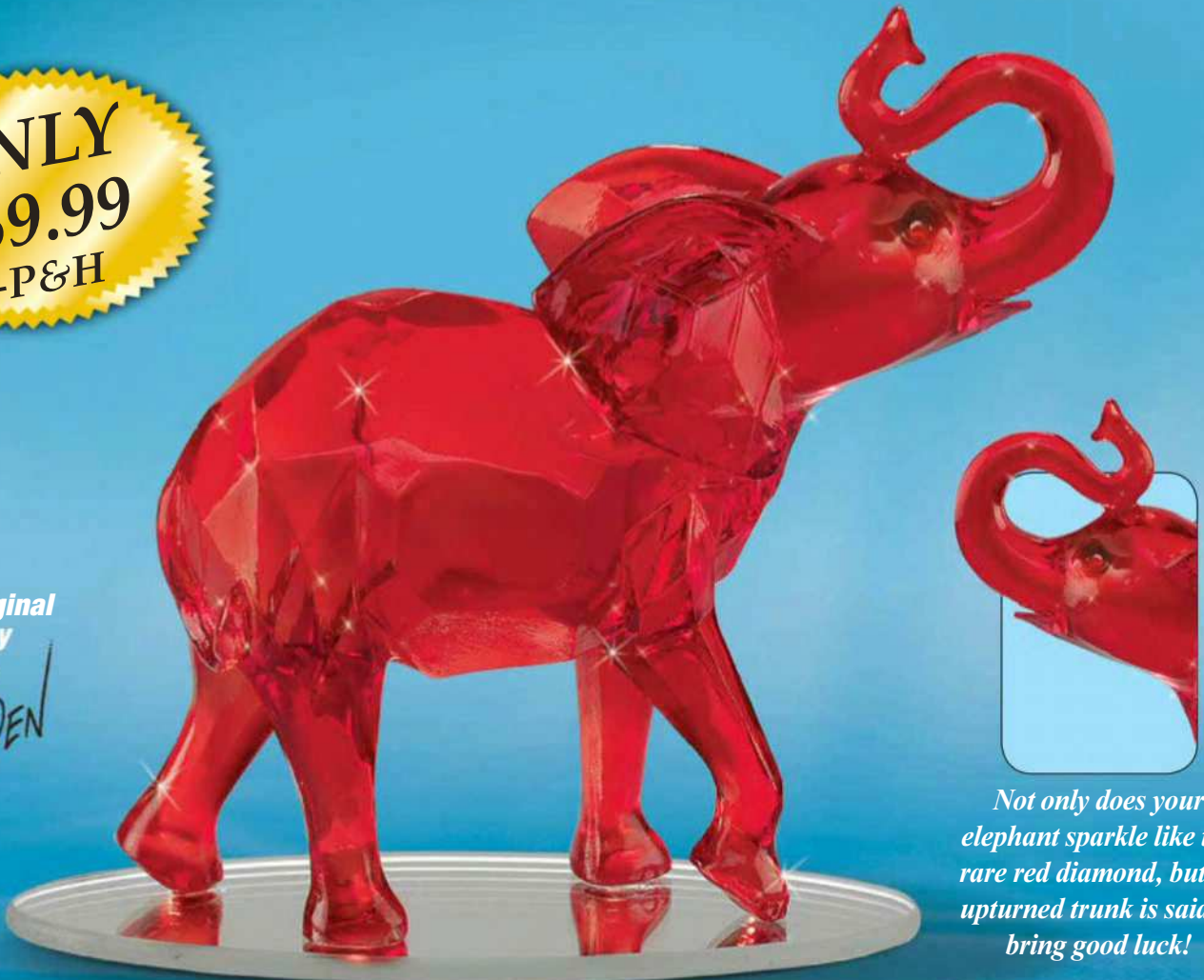


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Barnardos
Mother of
the Year
winner!

'LOVE MY DOO

Selfless mother-of-five Noelene

When Noelene Lever speaks of her family, her face lights up with pride. Not only has the widowed mum raised five children of her own, she's been an unofficial foster mum to 50 others.

The 78-year-old, who was recently named Barnardos Mother of the Year, tells *Woman's Day* how her home in Redfern became a safe haven for children in need.

"The kids started bringing their friends home to stay. Some of them didn't have safe homes to go to, so I told them our door was always open. I'd have eight staying at a time and I'd sleep on the couch if the kids needed a big bed. It didn't worry me - so long as they all had a place to lay their head."

Life hasn't been easy for Noelene, after she lost her husband in a horrific car accident when she was 37. She says she had to put her heartbreak aside and take control.

"I couldn't sit back and let the horrible situation take control of me," she says. "I had to focus on my children's wellbeing and ensure they were safe, happy and protected."

As well as taking on two jobs, Aboriginal woman Noelene soon became an unofficial foster parent to children - both Aboriginal and non-Aboriginal - in need of care, support, and most importantly love.

One of those precious children was Sarina Kapeli, 39, who she took in when she was only two weeks old. "My friend from work said, 'Can you look after her for a couple of weeks?'" Noelene, who now lives in Forster, NSW, recalls. "Of course I agreed."

Not only has Sarina, now 39, been by her side ever since, Noelene welcomed Sarina's birth mother Jean into their home. "She always made sure I knew where I came from," mother-of-three Sarina says. "She didn't want me to lose my connection with my family."

Having recently retired from her role as an unofficial foster mum, Noelene's focus is still her family, including 30 grandchildren, 34 great-grandchildren and three great-great-grandsons!

Now, the invincible mum has an important message to share. "Love doesn't cost and the door never closes. Even after they leave, it's still open."

Winner
Noelene Lever

**Barnardos
Mother of the
Year, Bundjalung
woman Noelene,
and foster
daughter Sarina.**

DOESN'T COST... R NEVER CLOSES'

Lever has welcomed more than 50 foster children into her home



Woman's Day congratulates all the finalists!

Australian Capital Territory
At just 38, **DIANNE BROOKES** suffered two strokes that left her paralysed on her left side. Undaunted, Dianne learned to cope and raised her three girls on her own. Now 49, she has spent the intervening years giving back, volunteering at Camp Quality for children impacted by cancer, at St Vincent's food vans helping to feed the homeless, and at Orange Sky doing laundry for homeless people.

Tasmania
At 84, grandmother-of-10 **JOAN BELLINGER** should be enjoying retirement. Yet when her son-in-law was diagnosed with frontotemporal dementia four years ago, she put her own needs aside to step in and support her daughter's devastated family around the clock.

Victoria
SNJEZANA (SUE) BRCIC and her family arrived in Australia in 1999 after fleeing Bosnia, then living as refugees in Germany for eight years. Despite lean times Sue, 50, is a longtime volunteer and has now found the courage to further her education, while helping her daughter through depression and a law degree.

Western Australia
When **FAYE GILL's** fourth child was born completely deaf and blind, doctors told Faye she would never communicate. But determined Faye has taught Lauren to fingerspell, sign and read braille. Today, the 57-year-old grandmother-of-three continues to be the primary carer for Lauren, and is the founding member of the Western Australia Deaf/Blind Association.

Queensland
As well as raising two sons, **CINDY RIGBY** has rescued more than 90 foster children. Some stayed in her care a few days, others for years. Despite setbacks, the 61-year-old has remained their "pillar of strength", always.

Northern Territory
When children from Alice Springs need a safe place, they turn to **JENNIE RYAN**. The 57-year-old mother-of-four opens her heart and home to children of all ages in her local area.

South Australia
After growing up in poverty, then 22-year-old single mother-of-two **SARAH BAILLIE** decided to turn her life around for her kids. Now married and a mum to four, Sarah, 38, has one at university and works at a special school.

Words: Megan Rowe. Pictures: Phillip Costerton

Demi's students are so much part of her life, she wanted them to play a role on her big day.



'MY STUDENTS WALKED ME DOWN THE AISLE!'

Devoted teacher Demi couldn't bear to leave her students out of her wedding day celebration

When Demi Souvlis and Matthew Hilton started planning their wedding, there were 22 gorgeous little guests at the top of their list.

"I couldn't imagine having a wedding without them being there," the 23-year-old from the Sunshine Coast tells *Woman's Day*. "I truly adore them. They are my life, and they're the first students I've ever taught."

Demi, who teaches Prep at St Thomas More Catholic School

near Noosa, tied the knot in Maroochydore in April.

Not only did her pupils lead her down the aisle to Matthew, 30, but they were also part of her wedding preparations.

"I asked them, 'How would you feel about being part of the wedding?'" and one of the girls started to cry, she was so happy," Demi, who has commenced her second year as a full-time teacher recalls. "The girls loved to guess what my dress would be like, saying, 'I think she'll have

lace, and sparkly and look like a princess!' Even the boys were excited to be a part of it."

Wanting to look the part for their teacher on her special day, the children came up with their own white theme. The moment she laid eyes on her mini bridal party, Demi says she couldn't contain her emotion – but not for the usual reasons.

"I remember driving up and they were waiting outside in two lines ready to walk into the church and I burst into tears," she says.

"I had held it together the whole morning, then one look at them in their gorgeous white outfits, smiling and waving, I couldn't explain the feeling."



The children looked adorable in their best whites.

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PROMOTION



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TO ENTER

Head to nowtolove.com.au/productoftheyear and tell us in 25 words or less what skill you have that would make you a great judge. Submit your entry as instructed.

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NOW

“We encourage each other along the way with calls and texts,” says Sarah.

SISTER ACT WE’VE LOST 43KG TOGETHER

Their close bond has helped this striking blonde trio overhaul their lives

Listening to Kirsten Jensen, Sarah Armstrong and Inga Jensen laugh, chat and finish each other’s sentences, there’s no mistaking they share the special language of sisters.

After losing their mother when they were young, the bubbly trio were brought up on a farm by their father and grandmother, where there were no limits when it came to food.

“Our grandmother comforted us with food and there were no restrictions,” Sarah, 47, tells *Woman’s Day*. “We ate a lot of fattening food like pies and ice-cream, and we had to clean our plates before we left the table.”

It wasn’t until years later in 1995 when a stranger asked Kirsten, 48, if she was pregnant that their Weight Watchers journey began. “It was humiliating and definitely my trigger moment,” the mother-of-two says. “I knew I had to change my lifestyle.”

Since then HR manager Kirsten, who lost 20kg in 18 months, has inspired both Sarah and Inga to follow in her footsteps. Case worker Inga, 43, has lost 15kg, while Sarah has lost 8kg, taking the trio’s total loss to 43kg.

They no longer live near each other, but they say their close bond helped them stick to the program. “I’m in Newcastle and Inga’s in Coffs Harbour but our meetings were on the same day at the same time so we’d talk afterwards,” aged-care nurse Sarah recalls. “Then Kirsten would call from Sydney checking how we went and vice-versa.”

While the sisters share a passion for fitness, they say they owe their svelte new figures to Weight Watchers teaching them how to eat well and live healthily for life. “It’s about choosing the right foods in moderation, rather than being on a diet,” Kirsten adds. “Even if we do slip up, we know what we have to do to get back on track.”



THEN

Inga has lost 15kg, thanks to Weight Watchers.



THEN

With her siblings’ support, Sarah has lost 8kg.



THEN

Kirsten lost 20kg in the late ’90s and has kept it off.



Words: Megan Rowe.

FEELING SUPER!

Packed with superfoods, these healthy lunches can be made ahead and reheated at work to help you cruise through the afternoon



TIP

For a more intense flavour, use homemade chicken stock instead of water.

ZUCCHINI & FREEKEH CHICKEN SOUP

SERVES 4 (MAKES 8 CUPS) PREP + COOK 45 MINS

- ◆ ½ cup (100g) cracked greenwheat freekeh
- ◆ 1 tbsp olive oil
- ◆ 1 medium leek (350g), white part only, halved, sliced thinly
- ◆ 4 cloves garlic, sliced thinly
- ◆ 1.25 litres (5 cups) water
- ◆ 4 chicken thigh cutlets (800g), trimmed
- ◆ 150g green beans, trimmed, cut into 2cm lengths
- ◆ 1 large zucchini (150g), sliced thinly
- ◆ ½ cup (60g) frozen peas
- ◆ 2 tbsp chopped fresh flat-leaf parsley

1 Place freekeh in a medium saucepan. Cover with water

and bring to boil. Reduce heat to low, simmer, partially covered, 15 mins or until almost tender. Drain.

2 Meanwhile, heat oil in a large saucepan over medium heat. Cook leek, stirring, 4 mins or until softened. Add garlic, cook, stirring, 1 min or until golden.

3 Add water and chicken. Bring to boil. Reduce heat to low.

Cook, covered, 30 mins or until chicken is cooked. Remove chicken from stock. Discard skin and bones and shred meat. Return shredded chicken to pan with beans and freekeh. Season. Cook 5 mins. Add zucchini and peas. Cook a further 3 mins or until tender.

4 Serve soup topped with parsley.

SWEET POTATO TORTILLA WITH RICOTTA HARISSA

SERVES 4 PREP + COOK 55 MINS

- ◆ ¼ cup (60ml) olive oil
- ◆ 1 medium white onion (150g), sliced thinly
- ◆ 300g orange sweet potato, peeled, sliced very thinly
- ◆ 12 free-range eggs, beaten lightly
- ◆ 250g fresh ricotta
- ◆ 1 tbsp harissa paste
- ◆ 1 tbsp sunflower seeds
- ◆ 2 tbsp coarsely chopped natural almonds
- ◆ ¼ cup fresh coriander leaves

1 Heat 1 tbsp of the oil in a 20cm x 25cm (base measurement) ovenproof frying pan over medium heat. Add onion and sweet potato. Carefully stir to

coat in oil. Season. Reduce heat to low-medium. Cook, covered, 20 mins or until tender.

2 Preheat oven grill to high.

3 Transfer sweet potato mixture to a large bowl. Add egg, stir well to coat. Heat another tbsp of the oil in same pan over medium heat. Add egg mixture, reduce heat to low. Cook 10 mins or until partially set. Place under grill, cook 5 mins or until golden and cooked through. Stand 5 mins.

4 Serve tortilla topped with ricotta, harissa, sunflower seeds, almonds and coriander. Drizzle with remaining oil.



TIP

Cover frying pan handle with layers of foil to prevent scorching under the grill.



ROASTED CARROT & BUTTER BEAN SALAD

SERVES 4 PREP + COOK 1 HOUR 30 MINS

- ◆ 8 eschalots (200g), peeled, halved
- ◆ 1 tbsp olive oil
- ◆ 430g baby carrots, trimmed, carrot tops reserved
- ◆ 400g can butter beans, drained, rinsed
- ◆ 1 tsp Dijon mustard
- ◆ 2 tbsp lemon juice
- ◆ 1 tsp rice malt syrup
- ◆ 1 cup (100g) watercress

1 Preheat oven to 200°C/180°C fan. Line an oven tray with baking paper.
2 Place eschalots on tray. Drizzle with half the oil. Season. Cover with foil

and roast 30 mins or until tender.
3 Remove foil. Add carrots and butter beans to tray. Drizzle with remaining oil. Toss to coat. Roast 20 mins or until carrots are tender.
4 Chop ⅓ cup of the reserved carrot tops. Place in a small bowl with mustard, juice and rice malt syrup. Stir to combine.
5 Place roasted carrot mixture in a serving bowl with dressing, watercress and 1 cup of remaining reserved carrot tops. Toss gently to combine.

Did you know?

Muhammara is a hot capsicum dip originally from Syria. It's delicious with our kale tarts here, or it can be served on its own or as a snack with veggie sticks. Serve warm or at room temperature.

extra option



TIP

Pomegranate molasses is available from Middle Eastern food stores.

KALE TARTS WITH MUHAMMARA

MAKES 6 PREP + COOK 50 MINS

- ◆ 6 sheets filo pastry
- ◆ 2 tbsp olive oil
- ◆ 2 tbsp white chia seeds
- ◆ 4 green onions, chopped
- ◆ 80g baby kale leaves
- ◆ 400g can chickpeas, drained, rinsed
- ◆ 1 clove garlic, crushed
- ◆ 150g fresh ricotta, crumbled
- ◆ 125g haloumi, chopped

- ◆ 2 tsp chopped fresh dill, plus extra to serve
- MUHAMMARA**
- ◆ ¾ cup (180g) bottled roasted red capsicum, drained, reserving 1 tbsp oil
- ◆ ½ cup (50g) toasted walnuts
- ◆ 1 tbsp pomegranate molasses
- ◆ 1 tbsp lemon juice

1 Preheat oven to 200°C/180°C fan. Lightly grease a 6-hole (¾-cup/180ml) texas muffin pan.

2 Layer pastry sheets, brushing between each layer with 1 tsp of the oil and sprinkling with 1 tsp of the chia seeds. Cut pastry stack into 6 equal squares. Gently ease one stack into each muffin hole. Bake 5 mins. Reduce oven to 160°C/140°C fan.
 3 Meanwhile, heat remaining oil in a large frying pan over medium heat. Cook green onion, stirring, 3 mins or until soft. Stir in kale, chickpeas and garlic. Cook, stirring, 2 mins or until kale is wilted.

Transfer mixture to a large heatproof bowl. Gently stir in ricotta, haloumi and dill until combined. Spoon kale mixture evenly into pastry cases.
 4 Bake 20 mins or until pastry is crisp and golden.
 5 **MUHAMMARA** Process capsicum and reserved oil with walnuts, molasses and juice until smooth.
 6 Serve tarts topped with muhammara and extra dill. Serve with green salad.

KOHLRABI & SWEET POTATO ROSTI WITH CASHEW DIP

SERVES 4 PREP + COOK 35 MINS + SOAKING

- ◆ 350g kohlrabi, shredded
- ◆ 200g orange sweet potato, grated coarsely
- ◆ ¼ cup (40g) brown rice flour
- ◆ 3 green onions, sliced thinly
- ◆ 1 cup loosely packed fresh coriander, chopped
- ◆ ¼ cup (35g) LSA (see tip)
- ◆ 3 free-range egg whites
- ◆ 1 tbsp water
- ◆ 2 tbsp olive oil

CASHEW DIP

- ◆ ¾ cup (120g) dry roasted cashews
- ◆ 1 clove garlic, crushed
- ◆ 1 tsp finely grated lemon rind
- ◆ 2 tbsp lemon juice
- ◆ ½ cup (125ml) water
- ◆ ¼ cup loosely packed fresh mint leaves, shredded finely

1 CASHEW DIP

Soak cashews in water 3 hours. Drain. Place cashews in a high-powered blender with garlic, rind, juice and water. Blend until smooth. Season to taste. Just before serving, stir in mint.

2 Combine kohlrabi, sweet potato, brown rice flour, green onion, coriander, LSA and combined egg whites and water. Mix well. Season. Shape mixture into 8 portions.

3 Heat half the oil in a large frying pan over medium-high heat. Cook rosti, in two batches, 5 mins on each side or until golden.

4 Serve rosti with cashew dip.



TIP

LSA is a mixture of ground linseeds (L), sunflower seeds (S) and almonds (A).



BEETROOT FRITTATAS WITH MIXED HERB SALAD

MAKES 8 PREP + COOK 45 MINS

- ◆ 10 free-range eggs
- ◆ 500g cooked, peeled beetroot, chopped coarsely
- ◆ ¼ cup coarsely chopped fresh dill
- ◆ ½ cup (55g) coarsely chopped roasted walnuts
- ◆ 2 tbsp olive oil

MIXED HERB SALAD

- ◆ 1 tbsp sunflower seed kernels
- ◆ 3 tsp black chia seeds
- ◆ ½ small red onion (50g), sliced thinly
- ◆ ⅔ cup fresh flat-leaf parsley leaves
- ◆ ⅔ cup fresh mint leaves
- ◆ 2 tbsp small fresh tarragon leaves
- ◆ 2 tbsp fresh dill sprigs
- ◆ 1 tbsp extra virgin olive oil
- ◆ 1 tbsp lemon juice

1 Preheat oven to 180°C/160°C fan. Grease 8 holes of two 6-hole (¾-cup/180ml) texas muffin pans. Line bases with baking paper.

2 Whisk eggs in a medium bowl. Stir in beetroot, dill, walnuts and oil until combined. Season. Divide mixture evenly among pan holes.

3 Bake frittatas 20 mins or until a sharp knife inserted into the centre comes out clean.

4 MIXED HERB SALAD Heat a large frying pan over medium heat. Cook seeds, stirring, 2 mins or until toasted. Place seeds in a medium bowl with remaining ingredients. Toss gently to combine.

5 Serve frittatas with salad.



BROCCOLI & PRAWN FRIED RICE

SERVES 4 PREP + COOK 30 MINS

- ◆ ⅓ cup (80ml) reduced-salt soy sauce
- ◆ 2 tbsp lime juice
- ◆ 1 tbsp finely grated fresh ginger
- ◆ 1 fresh long red chilli, sliced thinly
- ◆ 1 clove garlic, crushed
- ◆ 500g large uncooked prawns
- ◆ 1 tbsp coconut oil
- ◆ 2 free-range eggs, beaten lightly
- ◆ 500g broccoli, cut into florets, stems chopped
- ◆ 4 green onions, sliced thinly
- ◆ 1 medium carrot (120g), grated coarsely
- ◆ ½ cup (75g) roasted cashews, chopped coarsely
- ◆ ⅓ cup fresh coriander leaves
- ◆ lime cheeks, to serve

sauce, lime juice, ginger, chilli and garlic in a medium bowl. Peel and devein prawns, leaving tails intact. Add prawns to bowl. Toss to combine in soy mixture.

2 Heat 1 tsp of the coconut oil in a wok over high heat. Pour egg into wok. Cook, tilting wok, until almost set. Remove omelette from wok, roll tightly, slice thinly.

3 Place broccoli in a food processor. Pulse until finely chopped and it resembles rice.

4 Heat remaining coconut oil in wok over high heat. Add green onion and carrot, stir-fry 5 mins or until tender. Add prawn mixture, stir-fry 5 mins or until just cooked. Add broccoli and remaining soy sauce. Stir-fry 2 mins.

5 Top fried rice with cashews, coriander and omelette. Serve with lime cheeks.

1 Whisk ¼ cup (60ml) of the soy

NOODLE SALAD WITH GINGER-RUBBED BEEF

SERVES 4 PREP + COOK 25 MINS

- ◆ 100g dried soba noodles
 - ◆ 200g beef rump steak, trimmed
 - ◆ 2 tsp peanut oil
 - ◆ 1 tbsp finely grated fresh ginger
 - ◆ 1 small zucchini (180g), cut into ribbons
 - ◆ 1 small carrot (70g), cut into ribbons
 - ◆ 60g drained canned water chestnuts, sliced thinly
 - ◆ 1 cup (80g) bean sprouts
 - ◆ ½ cup fresh Thai basil leaves
 - ◆ ½ cup fresh coriander leaves
 - ◆ 2 tbsp lime juice
 - ◆ ½ tsp sesame oil
 - ◆ 1 clove garlic, crushed
 - ◆ 3 tsp honey
 - ◆ 1 tsp sodium-reduced soy sauce
 - ◆ 2 tbsp unsalted roasted peanuts, chopped coarsely
- 1** Cook noodles in a medium saucepan of boiling water 4 mins. Drain well, rinse under cold water.
- 2** Rub steak with combined peanut oil and half the ginger. Season with pepper. Cook steak in a small non-stick frying pan over high heat 2 mins each side for medium or until cooked as desired. Stand, covered, 5 mins. Slice thinly.
- 3** Combine noodles, zucchini, carrot, chestnuts, sprouts, basil and coriander in a large bowl.
- 4** Combine remaining ginger, lime juice, sesame oil, garlic, honey and sauce in a screw-top jar. Shake well. Pour dressing over salad and toss gently to combine. Divide salad into serving bowls. Top with steak and sprinkle with peanuts.





TIP

Chicken supremes are breast fillets with wing bone attached and skin on.

WILD RICE, CHICKEN & MUSHROOM SALAD

SERVES 4 PREP + COOK
1 HOUR 15 MINS

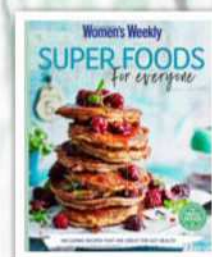
- ◆ ¾ cup (150g) wild rice
- ◆ 1 medium orange (240g)
- ◆ 2 tsp honey
- ◆ 1 tbsp fresh thyme leaves
- ◆ 1 clove garlic, crushed
- ◆ 2 tbsp olive oil
- ◆ 2 small chicken breast supremes (skin on) (500g) (see tip)
- ◆ 400g portobello mushrooms
- ◆ 350g watercress, leaves picked
- ◆ 1 medium red onion (170g), sliced thinly

FIG DRESSING

- ◆ 3 dried figs (50g), sliced thinly
- ◆ ½ cup (125ml) freshly squeezed orange juice
- ◆ 1 tbsp red wine vinegar

- 1 Preheat oven to 180°C/160°C fan.
- 2 Place rice in a medium saucepan with enough cold water to cover and bring to boil. Reduce heat to medium, simmer 30 mins or until tender. Drain well, rinse under cold water.
- 3 Meanwhile, finely grate rind from orange. Cut top and bottom from orange. Cut off white pith, following the curve of the fruit. Cut down both sides of white membrane to release each segment.

- 4 Combine grated rind, honey, thyme, garlic and half the oil in a large bowl. Add chicken and toss to coat in marinade. Toss mushrooms in remaining oil. Season. Arrange chicken mixture and mushrooms on an oven tray. Roast 25 mins or until just cooked through. Remove chicken, rest, covered, 5 mins. Slice thinly.
- 5 **FIG DRESSING** Place figs and juice in a small saucepan and bring to boil. Reduce heat to low, simmer, covered, 5 mins. Stir in vinegar. Cool.
- 6 Combine rice with half the dressing. Top with chicken, mushrooms, watercress, onion and orange segments. Serve drizzled with remaining dressing.



Recipes from *The Australian Women's Weekly Superfoods For Everyone*, Bauer Books \$14.95. Available where all good books are sold and awwcookbooks.com.au

DINNER tonight,

TIP

You can also use ready-made meatballs from the supermarket in this recipe.



Dinner

TURKEY MEATBALLS WITH RISONI

SERVES 4 PREP 25 MINS + CHILLING
COOK 35 MINS PER SERVE 2845kJ
COST \$3.10

- ◆ 500g turkey mince
- ◆ 1 cup dried breadcrumbs
- ◆ 2 onions, finely chopped
- ◆ 2 rashers rindless bacon, chopped
- ◆ ¼ cup chopped parsley, plus 2 tbsp extra to serve
- ◆ ¼ cup chopped mint
- ◆ 1 egg
- ◆ 2 tbsp olive oil
- ◆ 3 cups chicken stock
- ◆ 1 cup risoni
- ◆ 250g cherry tomatoes, halved

1 In a bowl, combine mince, breadcrumbs, 1 chopped onion, bacon, herbs and egg. Roll into balls and place on oven tray. Chill 20 mins.
2 Meanwhile, in a saucepan, heat half the oil on high. Saute remaining onion 2-3 mins until tender. Add 2½ cups stock. Bring to boil. Stir in risoni. Reduce heat to low. Simmer 10-15 mins, adding tomatoes in last 5 mins.
3 In a frying pan, heat remaining oil on high. Brown meatballs 4-5 mins. Add remaining stock. Simmer 4-5 mins until meatballs are cooked. (Reserve 16 meatballs, in an airtight container in the fridge, for lunch.)
4 Serve meatballs with risoni, sprinkled with extra roughly chopped parsley leaves.



Lunch

TURKEY MEATBALL ROLLS

SERVES 4 PREP 10 MINS COOK 5 MINS
PER SERVE 2030kJ COST \$2.90

- ◆ 16 reserved turkey meatballs
- ◆ 4 hotdog rolls, halved
- ◆ ⅓ cup mayonnaise
- ◆ 1 cup rocket
- ◆ 2 tomatoes, sliced
- ◆ 1 small red onion, thinly sliced
- ◆ ½ cup tomato chutney

1 Place meatballs in a microwave-safe dish. Cover with paper towel. Heat on High, 100%, 1-2 mins.
2 Spread mayonnaise on cut sides of rolls. Add the rocket, then top with tomato, meatballs and onion. Top with chutney.



Dinner

GRILLED SALMON WITH BEAN SALAD

SERVES 4 PREP 10 MINS COOK 10 MINS
PER SERVE 1584kJ COST \$3.80

- ◆ 750g salmon fillet, cut into 6 pieces
- ◆ 1 tbsp olive oil
- ◆ ½ cup light sour cream
- ◆ 2 tbsp lemon juice, plus 1 extra lemon, cut into wedges
- ◆ 2 tbsp chopped dill
- ◆ 1 bunch watercress, leaves picked
- ◆ 2 x 400g cans white beans, rinsed, drained
- ◆ ⅓ cup cornichons, sliced lengthways
- ◆ 1 small red onion, thinly sliced

1 Heat a chargrill pan on medium. Cut six 10 x 15cm pieces of baking paper. Place one piece of salmon on each. Season salmon and drizzle with olive oil.
2 Chargrill salmon 4 mins each side for medium, depending on thickness of fish. (Reserve 2 pieces of salmon, in an airtight container in the fridge, for lunch.)
3 Meanwhile, in a small bowl, combine sour cream, lemon juice and dill. Season.
4 Arrange watercress, beans, cornichons and onion on a platter. Top with salmon. Drizzle with dressing and serve with lemon wedges.

LUNCH tomorrow

Stretch your dollar further by making these tasty lunches using your budget dinner leftovers

TIP

If using the salmon for lunch, make sure you have it the next day.

TIP

If you don't have any passata on hand, you can use canned crushed tomatoes.



Dinner

PORK & EGGPLANT SPAGHETTI

SERVES 4 PREP 10 MINS COOK 25 MINS
PER SERVE 3860kJ COST \$3.50

- ◆ ¼ cup olive oil
- ◆ 2 eggplants, cut into 2cm pieces
- ◆ 1 onion, chopped
- ◆ 3 garlic cloves, crushed
- ◆ 1kg pork mince
- ◆ 700g jar passata (see tip)
- ◆ 1 cup beef stock
- ◆ 250g spaghetti
- ◆ ¼ cup chopped parsley
- ◆ ⅓ cup finely grated parmesan

1 In a large frying pan, heat oil on high. Saute eggplant 5-6 mins until golden. Transfer to an oven tray lined with paper towel.
2 In the same pan, saute onion and garlic 2-3 mins until onion is tender. Add mince and brown 5-6 mins, breaking up lumps.
3 Stir in passata and stock. Return eggplant to pan and simmer 5-10 mins until sauce thickens. (Reserve 2½ cups of mince mixture, in an airtight container in the fridge, for lunch.)
4 Meanwhile, in a large saucepan of boiling salted water, cook spaghetti following packet instructions. Drain, return to pan.
5 Toss sauce through pasta with parsley. Serve sprinkled with parmesan.



Editor's fave!

Lunch

CHILLI & BASIL PORK

SERVES 4 PREP 5 MINS COOK 15 MINS
PER SERVE 2419kJ COST \$3.70

- ◆ 2 tbsp red curry paste
- ◆ 1 long red chilli, thinly sliced
- ◆ 2½ cups reserved pork mince mixture
- ◆ ¼ cup basil leaves, torn
- ◆ 450g packet microwave rice, heated
- ◆ 2 bunches broccolini, trimmed, blanched
- ◆ sweet soy sauce and toasted sesame seeds, to serve

1 Heat a frying pan on high. Cook curry paste and chilli, stirring, 1-2 mins until fragrant. Add mince mixture and simmer 10 mins until thick.
2 Stir basil through mince. Serve mince on rice with broccolini. Drizzle with soy sauce and sprinkle with sesame seeds.



Lunch

SALMON SALAD WITH HONEY DRESSING

SERVES 4 PREP 15 MINS COOK 5 MINS
PER SERVE 1371kJ COST \$3

- ◆ ½ small baguette, thinly sliced
- ◆ 60g rocket
- ◆ 1 avocado, seeded, sliced
- ◆ 1 green apple, thinly sliced
- ◆ 4 radishes, thinly sliced
- ◆ 3 mini cucumbers, thinly sliced
- ◆ 2 reserved cooked salmon portions, flaked
- ◆ ¼ cup honey Dijon dressing

1 Heat a chargrill plate on high. Spray bread slices with oil. Chargrill 1 min each side.
2 Arrange rocket, avocado, apple, radish and cucumber in a serving dish. Scatter over salmon. Drizzle with dressing. Serve with toast.



EXCLUSIVE interview

Kitchen politics

MARK LATHAM and ALAN JONES share their favourite recipes in a new book

ARROSTO MISTO (AN ITALIAN CLASSIC)

SERVES 4-6 PREP 25 MINS COOK 1 HOUR

After meeting 2GB radio host Alan Jones on his TV series *Jones & Co* in 2016, Mark Latham and the shock-jock cottoned up quite the friendship over their love of food. Now the two have released their very own cookbook filled with their go-to recipes – including this Arrostato Misto – for which Mark is happy to take most of the credit!

So what was it like collaborating on recipes with Alan?

He's only got one recipe in the book, his famous sultana scones. So in the culinary stakes, I'm carrying him down the length of the straight!

Where does your own love of cooking come from, Mark?

I retired from politics in 2005 and became the home parent in our family, raising our three children and supporting my wife's career. Cooking the evening meal was a necessity, but I soon found it an interesting and creative thing to do.

What would we always find in your fridge?

Cheeses, fresh meat and plenty of vegetables.

What do you whip up at home if time is tight?

Tuna patties or some of the simple pastas in the cookbook.

What's the main message you want people to take away from *Conversations In The Kitchen*?

My main message is that all dads can cook. It's a great way to do something for your children, spark up conversations and spend some great time together. It has worked in my household, as I'm very close to my three kids. So come on dads, give using this cookbook a go. If I can do it, anyone can!

Lastly, any plans for a cooking program with Alan in the future?

I'm open to offers!

- ◆ 4 thick slices of white bread (crust removed)
- ◆ 100ml milk
- ◆ 1 tbsp parsley, chopped
- ◆ 3 garlic cloves, crushed
- ◆ fennel seeds
- ◆ sea salt and black pepper, to taste
- ◆ 8 deboned chicken thighs
- ◆ 4 x 2cm-thick slices stale ciabatta bread, halved
- ◆ 200ml dry white wine
- ◆ 8 thick English pork sausages
- ◆ 5 tbsp olive oil
- ◆ 6 whole garlic cloves, unpeeled
- ◆ 500g potatoes, peeled, cut into 2cm chunks

- ◆ 10 sprigs rosemary, plus extra to serve
- ◆ 6 sprigs thyme
- ◆ 100g prosciutto

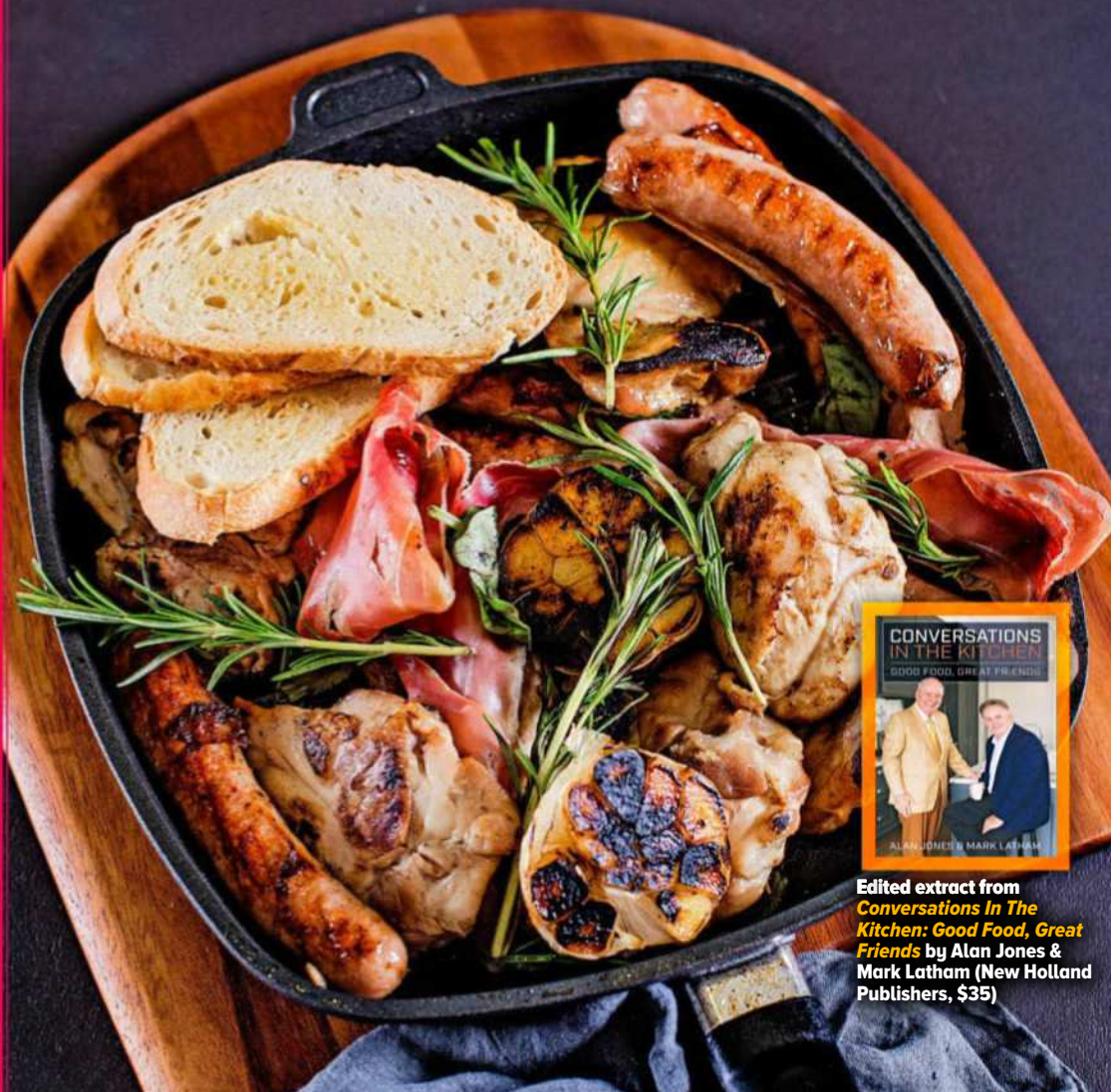
1 Heat oven to 200°C. To make stuffing, soak bread in milk, squeeze dry and mix with parsley, garlic, fennel seeds, sea salt and pepper until you have a good mush. Divide up and place in middle of chicken, then roll up to enclose.

2 Dip ciabatta slices in white wine to prevent burning. Thread 4-6 long skewers with ciabatta, sausage and chicken in turn, pushing them tightly together.

3 Place in an oiled roasting pan and slather with olive oil, sea salt and pepper.

4 Scatter garlic cloves, potatoes, rosemary and thyme on base of pan and add remaining white wine. Bake 60 mins, basting occasionally with pan juices and scraping up and turning potatoes and garlic once or twice, or until chicken is golden and potatoes are tender.

5 To serve, push everything off skewers, dip bread in pan juices and serve on warm plates with prosciutto tossed through.



Edited extract from *Conversations In The Kitchen: Good Food, Great Friends* by Alan Jones & Mark Latham (New Holland Publishers, \$35)



**“I eat what I love
and still lose weight.”**

**Alicia, age 27
Lost 23.4kg
in 9 months[^]**

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The NEW WW Your Way⁺ program is a whole new approach to weight loss. With freedom to enjoy over 200 delicious, satisfying foods without tracking or measuring, living a healthier lifestyle is now easy and enjoyable. Plus, you can still enjoy your favourite foods, so you'll never feel restricted.

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*Valid from 22/05/18 until 04/06/18. Available on Group 1 month.
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¹Benefit paid for Accidental Death only in the first 12 months. If your policy is cancelled prior to age 85, no benefit is payable. If you change your cover your premium will be affected. There is no refund of premiums after the cooling off period. ²Offer available for a limited time. Policy with minimum \$13 per fortnight premium must be purchased during promotional period and remain active and be fully paid for 90 days after first premium payment. T&Cs apply, visit seniors.com.au

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Press Council Adjudication

The Press Council has considered a complaint by Chrissie Swan about an article published by *Woman's Day* in print, headed "It's McHappy day!", on 27 March 2017.

The article featured a large photograph of the complainant walking with her three children caught unawares by a photographer and two other smaller photographs. The article began: "These guys must've been doing their chores!" and said the complainant treated her children - stating their names and ages - to a lunch date at McDonald's."

The photograph of the complainant and her children was taken without her consent or knowledge. Children have a reasonable expectation of privacy, although this can be limited in various ways, in particular by what their parents do or cause the children to do.

The complainant (but not her children) is a celebrity with a reduced expectation of privacy. While the complainant had shared information about her children in the media, she made efforts in recent years to reduce their public exposure, particularly in relation to images identifying them. The complainant's sharing of information about her children in the media did not mean they were consistently "in the public eye". Nor did the comparatively small number of photos of the children on the complainant's Instagram account lessen their reasonable expectations of privacy.

The content of the article, except for one small caption, concerned the private life of the complainant and her children. The level and nature of engagement with the media by the complainant and her children did not reduce the children's reasonable expectation of privacy so as to justify the article's intrusion on that expectation. Nor was the publication in the public interest so as to justify the level of intrusion. Accordingly, the Council concluded the publication breached General Principle 5.

The Council considered the article was likely to cause substantial distress to the family. In publishing the article with the unauthorised photograph of the children with their pacifiers and a security blanket visiting "Maccas" with the accompanying caption "... caught on camera", the publication failed to take reasonable steps to avoid causing substantial offence, distress or prejudice. Nor did any public interest justify this. Accordingly, the publication breached General Principle 6.

For the full Adjudication, see: <http://www.presscouncil.org.au/document-search/adj-1718>.

KitchenHQ

All the latest tips, tricks and trends for foodies

Healthy eating ...on a budget!

Sports-medicine physician **DR PETER BRUKNER** OAM believes eating well doesn't cost a fortune



Edited extract from *A Fat Lot of Good* by Dr Peter Brukner OAM (Penguin Random House Australia, \$34.99)

FROZEN VEGIES & BERRIES

Fresh vegetables and berries can be expensive, especially out of season. Frozen foods are available all year round and are still healthy.

INVEST IN A LARGE FREEZER

Buy foods in bulk when on sale and then freeze what you won't use. It also feels great to know you have things on hand for any

emergencies without having to dash out to the shops.

TRY CHEAPER CUTS OF MEAT

Instead of buying boneless, skinless chicken breasts, choose chicken legs or thighs. Put a budget-friendly pork shoulder or roasting beef in the oven or slow cooker to feed the whole family with leftovers to spare. It's usually a better deal to buy a whole chicken and cut it into pieces yourself.

You can make chicken broth with the carcass afterwards.

GROW YOUR OWN

Herbs are easy to grow, and some vegetables need very little care - and a surprising number can be grown in pots. If you want your kids to eat veggies, get them involved in planting, watering and harvesting them, and then get them to help in their preparation and cooking.

WHAT'S ON

The Good Food & Wine Show returns to the Melbourne Convention & Exhibition Centre, June 1-3, then heads to Sydney, Perth and Brisbane. Expect more than 200 exhibitors, an alley dedicated to drool-worthy cheeses and appearances by top chefs like Matt Moran. Tickets on sale now from \$25. goodfoodshow.com.au



APP of the WEEK

plan buy cook



Founded by Aussie mums Jen Petrovic and Gaby Chapman, PlanBuyCook (\$5.99) plans meals based from one to 10 serves. It generates a shopping list (with more than 130 recipe options) and ensures zero food wastage so your hard-earned dollars are feeding you longer! Visit planbuycookapp.com or the App Store.

Words: Gabriella Del Grande

Magnificent

Stuck for healthy inspiration? Try these feel-good recipes from Weight Watchers



MEATBALL CURRY

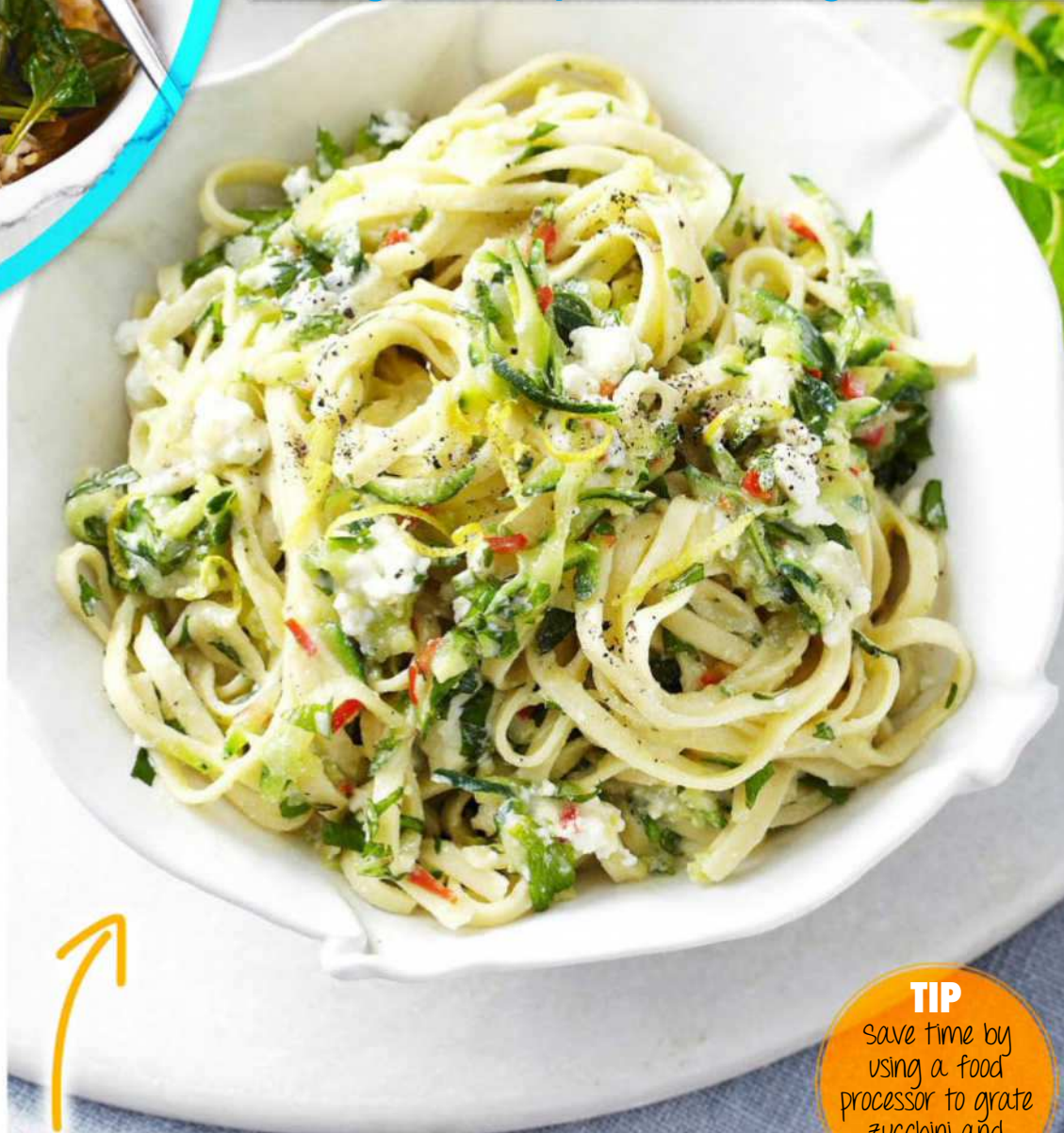
SERVES 4 PREP 10 MINS
COOK 15 MINS

- ◆ 500g extra-lean beef sausages (8 thin sausages)
- ◆ 1 x 3-sec spray oil spray
- ◆ 1 medium brown onion, halved, sliced
- ◆ 2 tbsp korma paste
- ◆ 1 individual beef stock cube, to make 1 cup (250ml) liquid stock
- ◆ 165ml reduced-fat coconut milk
- ◆ 1 medium carrot, thinly sliced
- ◆ 150g green beans, halved
- ◆ 100g baby spinach leaves
- ◆ 1 tbsp fresh coriander sprigs, to serve

1 Cut an opening at one end of each sausage and squeeze out the filling. Discard casings. Roll each sausage into 4 balls. Lightly spray a large deep frying pan with oil and heat over medium heat. Cook onion, stirring, 3 mins until starting to soften. Add meatballs and cook, shaking pan occasionally, 3 mins until brown.

2 Add curry paste and cook, stirring, 1 min. Stir in stock and coconut milk until combined. Add carrot and beans, and bring to boil. Reduce heat and simmer 7 mins until tender.

3 Stir in baby spinach leaves and cook 1 min until wilted. Serve sprinkled with coriander.



ZUCCHINI, LEMON & RICOTTA LINGUINE

SERVES 4 PREP 5 MINS COOK 5 MINS

- ◆ 250g linguine pasta, wheat flour, fresh, uncooked
- ◆ 1 tbsp olive oil
- ◆ 2 cloves fresh garlic, thinly sliced
- ◆ 1 whole fresh red chilli, deseeded, finely chopped
- ◆ 2 medium zucchini, coarsely grated
- ◆ 2 tbsp fresh lemon rind
- ◆ 2 tbsp lemon juice
- ◆ 12g reduced-fat ricotta cheese, crumbled
- ◆ ¾ cup fresh mint, coarsely chopped

1 Cook pasta in a large saucepan of boiling salted water, following packet instructions, until just tender. Drain, reserving ⅓ cup (80ml) cooking liquid. Return pasta to pan.

2 Meanwhile, heat oil in a large non-stick frying pan over high heat. Cook garlic and chilli, stirring, 1 min until fragrant. Add zucchini and cook, stirring, 2-3 mins until light golden. Season.

3 Add rind, juice, ricotta, mint, zucchini mixture and reserved cooking liquid to pasta and toss to combine.

TIP

Save time by using a food processor to grate zucchini and chop mint.

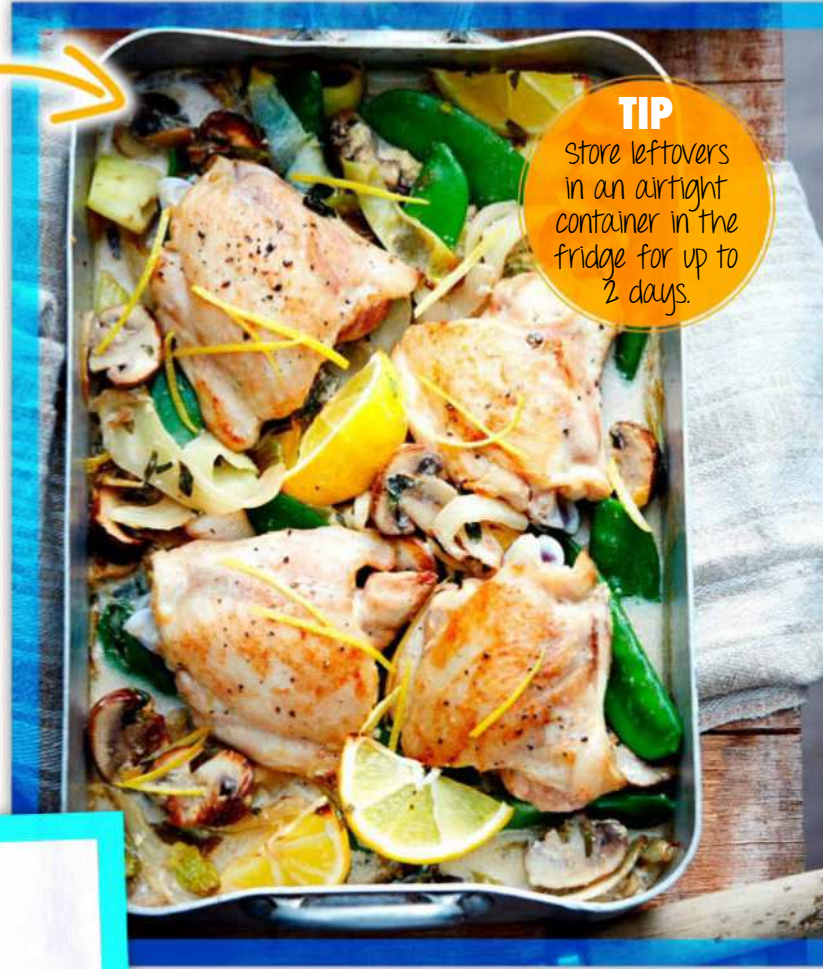
midweek meals

LEMON TARRAGON BAKED CHICKEN

SERVES 4 PREP 15 MINS COOK 40 MINS

- ◆ 1 x 3-sec spray oil spray
- ◆ 4 x 120g skinless chicken thigh fillets (432g), fat trimmed
- ◆ 200g Swiss brown mushrooms, halved
- ◆ 1 whole leek, thickly sliced
- ◆ 1 baby fennel bulb, thinly sliced
- ◆ ½ cup chicken stock (125ml)
- ◆ ½ cup cooking cream, light (125ml)
- ◆ 2 tsp Dijon mustard
- ◆ 2 tbsp fresh tarragon, coarsely chopped
- ◆ ½ medium lemon, cut into wedges
- ◆ 150g snow peas
- ◆ 1 tbsp fresh lemon rind, cut into strips

- 1 Preheat oven to 200°C (180°C fan). Lightly spray a large flameproof baking dish with oil and heat over high heat. Cook chicken 2 mins each side until browned. Transfer to a plate.
- 2 Cook mushrooms, leek and fennel in the same pan, stirring, 3-4 mins until leek has softened. Remove from heat.
- 3 Combine stock, cream, mustard and tarragon in a jug. Pour cream mixture over vegetable mixture. Top with chicken and lemon wedges. Bake in oven 30 mins until chicken is cooked through and sauce slightly thickens.
- 4 Add snow peas and bake 2 mins until tender. Serve sprinkled with rind.



TIP

Store leftovers in an airtight container in the fridge for up to 2 days.



QUICK CHILLI CON CARNE

SERVES 4 PREP 10 MINS COOK 20 MINS

- ◆ 2 x 3-sec sprays oil spray
- ◆ 1 medium brown onion, finely chopped
- ◆ 1 medium green capsicum, raw, finely chopped
- ◆ 1 individual celery stick, finely chopped
- ◆ 400g beef mince, extra lean, raw
- ◆ 1 tbsp paprika, smoked
- ◆ 2 tsp ground cumin
- ◆ 1 tsp dried oregano
- ◆ 1 tbsp no-added-salt tomato paste
- ◆ 2 large tomatoes, ripe, finely chopped
- ◆ 1 x 400g can red kidney beans, rinsed, drained
- ◆ sliced fresh jalapenos, coriander, lime wedges, to serve

- 1 Heat a large non-stick frying pan over medium-high heat. Lightly spray with oil. Cook onion, capsicum and celery, stirring occasionally, 5 mins until softened. Add mince and cook, stirring to break up lumps, 5-7 mins until browned.
- 2 Add paprika, cumin and oregano and stir 1 min until fragrant. Add tomato paste, tomato, beans and ½ cup (125ml) water. Reduce heat and simmer 5 mins until thickened. Serve with jalapenos, coriander and lime wedges.

Woman's Day My Life...

FASHION p52
BEAUTY p56
HEALTH p60
TRAVEL p66

It's a wo

Poncho **Trenery**
\$199 (S-M). Skirt
Country Road \$159
(XXS-XL). Necklace
Colette by Colette
Hagman \$16.99.
Boots **Next** \$58.

Move over
sheep's wool!
Alpaca yarn takes
the gold medal for
keeping you cosy,
as it's three times
warmer.

Merino wool
can be pricey so, as
an alternative, opt
for a merino blend.
It keeps you warm –
and washes like
a champion.

Diagonal
stitching draws the
eye inward to make
you look slimmer,
and adds texture to
a tonal colour
combo, too.

Jumper **Best & Less** \$28
(8-16). Jeans **Country**
Road \$139 (4-16). Hat
TK Maxx \$29.95.

Dress **Uniqlo**
\$59.90 (XS-XL).
Scarf **TK Maxx**
\$16.95.

olly WONDERLAND!

Rug up in knitwear that shapes and flatters your figure

Jumper **Uniqlo** \$129.90 (XS-XL).
 Cardigan **Uniqlo** \$59.90 (XS-XL).
 Skirt **H&M** \$69.99 (6-16). Scarf **Uniqlo** \$79.90.

Turtleneck **W.Lane** \$79.99 (8-20). Jeans **Levi's** \$149.95 (23-32).



Celebs love mixing cream with soft cool colours – it's endlessly chic. Think optic white, grey and light blue shades.

Avoid looking dowdy by teaming your funnel neck with stylish, relaxed pants. Go for black wax-coated jeans at night.

Fine and soft, cashmere has the benefit of adapting to your body temperature, keeping you warm, but not hot.

Knit **Witchery** \$149.95 (XXS-XL).
 Pants **Uniqlo** \$49.90 (XS-XL).
 Earrings **Colette by Colette** **Hayman** \$12.99.
 Shoes **Country Road** \$159.

TURN FOR MORE GREAT KNITS

Knit **Country Road** \$159 (XXS-XL). Top **Trenerly** \$129 (XXS-XXL). Skirt **TK Maxx** \$19.95 (8-14). Bag **Next** \$60. Stockings **Ambra** \$8.96. Boots **H&M** \$59.99.



Luxurious mohair gives a highly fashionable edge to any look, especially when contrasted with leather.

HOW TO CARE & STORE LIKE A BOSS!

Make your knits last for years with tips from Country Road designer NIMMI PREMARTNE



1. REMOVE FUZZ BALLS

If you love knitwear as much as we do at Country Road, investing in a good de-pilling comb is a must.

2. READ THE LABEL

It might be common sense, but always be sure to read the care label. Certain blends may require handwashing or dry-cleaning to maintain that luxurious feel. It's really important to follow the care instructions when looking after such delicate fibres.

3. STORE IN A DRAWER

To keep your knits in shape, avoid hangers. Be sure to opt for foldable storage to minimise stretching, pulls or irritating rogue threads.

4. OFF-SEASON CARE

Before you store away your jumpers in the lead-up to summer, make sure they are bone dry to stop any mould or mildew occurring.

TRY THESE...



Country Road
\$159 (XXS-XL)

Editor's pick



Country Road
\$179 (XXS-XL)



Country Road
\$119 (XXS-XL)



Spotlight
\$8.99

Styling: Elle Perring. Pictures: Paul Sussel/baueyndication.com.au. Hair & makeup: Paul Bedgood.

UNSTOPPABLE YOU

Designed with support and comfort in mind, Ziera rewrites the footwear rules when it comes to style

From work to home, social events to family, modern life demands plenty from us. When you're on the move, comfortable, stylish shoes give you the power to keep up – and achieve the extraordinary every day.

Ziera's core promise comes from years of experience in how their shoes fit and feel. Their deep knowledge of materials and the intricate mechanics of the foot has enabled them to develop their own comfort technology, with unparalleled underfoot comfort systems to provide cushioning and arch support that cocoon the whole foot.

A major focus for Ziera has always been designing a wide range of orthotic-friendly shoes with styles to suit any lifestyle. From casual to dress shoes, walking to corporate classics, Ziera's orthotic-friendly shoes have extra depth and a removable inlay to accommodate a custom orthotic. The designs also offer adjustable fit, generous width, roomy toe

**NEW
SEASON
IN-STORE NOW**
ZIERASHOES.COM



Kysha in Pale Bronze Rock
\$239.95 (sizes 35-44)



Tulip in Taupe
\$299.95 (sizes 35-44)



Erica in Black
\$299.95 (sizes 35-44)

Ziera's new season collection includes contemporary ankle boots, metallic finishes and casual sneaker styles.

area, padded toplines, rocker soles, strong steel shanks and additional support.

Ziera has differentiated themselves over the last 70 years by providing shoes that support unstoppable Australian women – of every shoe shape and size. Shoes are available online, or visit a Ziera store for a customised fitting experience to ensure your shoe fits your lifestyle needs.



Urban in Pewter
\$169.95 (sizes 35-45)

ZIERA

For more information visit zierashoes.com

NIP & TUCK – WITH NO TEARS!

New skin-rejuvenation technology offers nifty pain-free lunchtime fixes

With non-surgical “tweakments” on the rise, more of us are shunning invasive face and body surgery for gentler methods in order to fight wrinkles, sagging skin and stubborn fat. We spoke to the experts to get the lowdown on the new treatments you need to know about...



THE ISSUE STUBBORN FAT
THE FIX THIGHLIGHTING

Thighlighting means reshaping and contouring your leg outline. Dr Suzanna Luo of Medical Aesthetics 360° says it can be done surgically via a thigh lift – or with lasers. “SculpSure’s body contouring technology is able to target and destroy fat cells safely in just 25 minutes without affecting the skin’s surface,” she says. “Destroyed fat cells are then eliminated

naturally by the body’s lymphatic system.” During treatment most patients will feel an intermittent tingling, pinching sensation with longer peaks of moderate deep heat, then cooling. “Some patients see results in six weeks, but optimal results are usually seen at 10-12 weeks,” Dr Luo says.

COST: Thigh SculpSure from \$800 (up to three required)

THE ISSUE CROOKED NOSE
THE FIX LIQUID NOSE JOB

Forget surgery! Now cleverly placed cosmetic filler injections can help improve the shape of your nose. “Liquid nose jobs utilise dermal fillers in two main ways,” says Luxe Allure clinic’s surgical registrar Dr Jake Sloane. “First, it can smooth out bumps on the bridge of the nose when viewed from the side, and second, it can add volume to the bridge of the nose in those with a very flat nasal profile.” This procedure can take as little as five minutes, with local anaesthetic cream applied first for minimum discomfort. With no downtime, and immediate results that can last anywhere from 18-24 months, this treatment is soaring in popularity.

COST: \$650



BEFORE

AFTER

THE ISSUE **HOODED LIDS**THE FIX **EYELID THERMAGE**

If hooded eyelids are your bugbear, this treatment is for you. "Radio frequency is used to non-surgically tighten and lift the eyelid skin to make the eyes look more open," says Katherine Millar-Shannon of Duquessa skincare clinics. "If you have mild to moderate hooding, you're a perfect candidate." Thermage is based on RF (radio frequency) energy that kickstarts the body's natural cell renewal process. Anaesthetic eyedrops are used and black shields (similar to a contact lens) cover your eyes. The procedure has minimal discomfort, takes between 45-90 minutes, has no downtime and results last at least a year. **COST: \$2800**

BEFORE

AFTER

THE ISSUE **SAGGING SKIN**THE FIX **FACIAL THREADING**

Threading is the latest anti-ageing procedure dubbed the "lunchtime facelift". Minimally invasive, it involves using tiny threads beneath the skin's surface to lift and tighten specific areas. Results last up to 18 months or more. "Threads (made from polylactic acid which is fully reabsorbable), are anchored along your jawline, cheeks, neck or brow and gently pulled to give a lift effect," says cosmetic nurse practitioner Katherine Millar-

Shannon, owner of Duquessa skincare clinics. "Tiny cones on the thread anchor themselves to the tissue and also stimulate the body's own collagen production in that area." Before treatment, Katherine applies local anaesthetic. As for downtime, swelling may occur as well as a few visible needle marks, easily covered with mineral makeup. Tenderness is expected but paracetamol can fix that. **COST: From \$1500 per area treated**



BEAUTY DEBUNKED

Three innovative ingredients and exactly what they're great for!

Skincare can get confusing, so we asked the experts to explain some of these unique anti-ageing ingredients to help us get the most out of our purchases.

WHAT IS Q10?

According to Nivea's skincare expert Robyn Hutch, Q10 (or co-enzyme Q10) "naturally occurs in our skin cells and helps cells produce cellular energy to support collagen synthesis and also acts as an antioxidant". "Q10 decreases over the years, so boosting its reserves helps to fight fine lines." **TRY Nivea Q10 plus C Anti-Wrinkle + Energy Skin Sleep Cream \$23.99**



WHAT IS RETINAL?

Not to be confused with retinol, the new – and powerful – retinal has been created by Medik8 to deliver results that work up to 11 times faster than classic forms of retinol. "Our new night serum-cream helps firm, plump and resurface skin, visibly minimising fine lines and wrinkles," says Medik8's Daniel Isaacs.

TRY Medik8 Crystal Retinal 10 \$153.60



WHAT ARE PROBIOTICS?

Not just a buzzword in health, probiotics can work well for skin, too. Similar to how probiotics treat and prevent problems in the stomach, topical versions are known for their calming effects on the skin by harnessing a surge of good bacteria to help cells flourish. **TRY Aspect Gold Probiotic Sleep Mask \$59**



PERFECT PORTIONS

The experts weigh in on how much – or how little – of your fave products you should be using



SHAMPOO & CONDITIONER

EQUIVALENT TO...
A HAZELNUT



It really depends on the amount of hair you have, but a small-sized blob of shampoo should suit most. "When you shampoo, it's important you're gently massaging the scalp and not just focusing on the hair," says Philips Haircare ambassador and celebrity hair stylist Paloma Rose Garcia. "You can tell when you have too much shampoo if the product feels like it's coating your hair and is difficult to lather." When it comes to conditioner, she adds: "You only need to condition your ponytail and make sure to brush it through." A good estimate is to think hazelnut!

TRY Head & Shoulders Supreme Moisture Shampoo and Conditioner \$14.99 each



EYE CREAM

EQUIVALENT TO...
A GRAIN OF RICE



The skin around our eyes needs only a small amount to cover so product should be used sparingly. "Less is best around our eyes as too much product may result in milia (little white spots) due to over-nourishing, irritation and puffiness," says O Cosmetics founder and CEO Marie Enna-Cocciolone. How and where you put it is important. "Serums and creams that act like fillers can be applied just under the eye area. Hydrating and lifting products can be used around the eyes," says Marie. "Always use the ring finger and gentle patting and tapping motions for just the right amount of pressure."

TRY O Cosmetics Eye Correct \$92



MOISTURISER

EQUIVALENT TO...
A BLUEBERRY



Too much product disrupts sebum production, causing breakouts. "It's likely the skin will feel greasy, makeup won't stay on properly and a build-up of product will cause skin to look dull," says Jurlique regional trainer and brand ambassador Charlotte Hoye. "Ideally, a blueberry-sized amount is all you need for face and neck, applied in a press and smooth action on the skin."

TRY Jurlique Balancing Day Care Cream \$50



FOUNDATION

EQUIVALENT TO...
THREE PEAS



Is your foundation looking cakey? If you struggle with skin looking flat, you may be using too much base. Revlon makeup artist Mia Hawkswell says, "An easy daily guide would be approximately three pea-sized drops. Apply on the centre of your forehead and each cheek. This concentrates the product where needed, blending outwards in light buffing motions. If you need more coverage from day to day, you can then see clearly where you can add a little more." **TRY Revlon PhotoReady Insta-Filter Foundation \$34.95**



3 of the BEST VANITY CASES

Whether you're going away on holiday or just like to be organised with your favourite beauty essentials – these cute and practical vanity cases should be top of your list...

- 1 Sojourn Pouch Set \$89**
- 2 Tonic Luxe Vanity in Blush \$70**
- 3 Neo The Label Toiletry Bags \$24.95**



True blue beauties

Just like the brand's creators, Dr Roebuck's products ooze everything Aussie to transform your skin with gentle, simple and very effective ingredients sourced locally. Our favourites include: **Down Under Collagen Boosting Eye Treatment \$60, Straya Soothing Hand + Bodywash \$38 and Byron 2-in-1 Mask and Scrub \$38**



60th TV WEEK LOGIE AWARDS 2018



IT'S LIVE!
in Queensland



And the nominees are...

TV WEEK will be announcing the nominees for the 2018 TV WEEK Logie Awards LIVE from 2.30pm (AEST) on May 27 from The Star Gold Coast. Visit nowtolove.com.au/tvweek and follow TV WEEK on our social media accounts to see if your favourite stars and shows have been nominated. Plus, we'll be posting snaps of your favourite celebrities from behind the scenes of the event.

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10 WAYS TO KEEP CANCER AT BAY

Here are some simple tactics to help ward off the Big C

1. DON'T BURN YOUR FOOD

"Burnt/browned foods like burnt toast and bacon, and barbecued or charred meats are a possible source of carcinogens [a cancer-causing substance]," says celeb chef and nutritionist Zoe Bingley-Pullin. "Cook at slow and low temperatures. If grilling, marinate food in lemon juice and rosemary, which can help to break down the carcinogens."



2. SLIP, SLOP, SLAP

Australia has one of the world's highest skin cancer rates. Whether at the beach or park, a hat, correct clothing and sunscreen are crucial. "It's also important to seek shade, and slide on sunglasses to reduce our skin cancer risk," says Cancer Council Australia CEO Professor Sanchia Aranda. It's an oldie but a goodie!



FYI!

Did you know that about 37,000 Australian cancer cases could be prevented each year simply by making lifestyle changes?

3. KEEP THE PEEL

Speaking of slip, slop, slapping, citrus peel has a similar affect to sunscreen. The University of Arizona completed a study of limonene – a compound that gives lemons, oranges and limes their scent – which was linked to a 34 per cent reduction in skin cancer in their participants.

4. CUT OUT CIGARETTES

The moment you quit smoking, the health benefits start to roll in, such as decreased risk of 12 types of cancer including lung, stomach, liver, prostate, breast, colorectal and cervical. Use resources like the Quitline (13 QUIT) for support when you need it.

5. GET SCRUBBING

Canadian researchers say active postmenopausal women who got most of their exercise from doing housework cut their risk of breast cancer by 30 per cent. Get moving between hubby's chores, of course!

6. AN APPLE A DAY

Start snacking on apples! They're rich in quercetin, an ingredient with potent antioxidant properties. Plus, they're a zero point food, according to the new Weight Watchers Your Way+ program, so you can have as many as you like without stretching your waistline. Double win!

7. NAIL IT

Any grey and/or black discolouration of fingernails and toenails may indicate disease. A distorted or elevated nail could also indicate illness, so keep your eye out for those, too.



8. WATCH FOR MOULD

According to Zoe, excess mould – found in mould-contaminated foods like peanuts, cheese and bread – is a source of fungal toxins linked to increased risk of cancer. “Buy fresh, sealed, smaller quantities of food and store correctly to reduce risk of mould developing.”

9. DRINK LESS BOOZE

“Many Australians still don't realise alcohol consumption contributes to cancer risk,” says Professor Aranda. “The more you drink, the greater the risk.”

The National Health and Medical Research Council recommend no more than two standard drinks a day – but try and have some alcohol-free days, too.”

10. GET CHECKED

Not enough of us check with our GPs about cancer. “Finding cancer early improves your chances of successful treatment and long-term survival,” says Professor Aranda. “If you are concerned about any unusual symptoms get them checked as soon as possible.”



Fifty Shades Freed is now available to own on DVD, Blu-ray and Digital.



KEEP THE SPARK ALIVE – AFTER KIDS!



Nikki Goldstein

Becoming parents doesn't mean your relationship has to suffer, according to DR NIKKI GOLDSTEIN

THINK QUALITY, NOT QUANTITY

Your children are your priority, but it's still important to make special times for you and your partner to connect. However, make sure these times really count.

DON'T EXPECT PERFECTION

Tackle parenthood as a team and let mistakes help you reconnect as partners. It's important to lean on each other when you feel things aren't perfect.

PRIORITISE DATE NIGHT

You don't have to leave the house – just be creative! Put the kids to bed and have a romantic dinner in the living room, turn off the TV and light some candles. Maybe even take a romantic shower together.

SUPPORT EACH OTHER

This is not a time for who did what, and who is doing more chores than the other. Resentment can be the one thing to destroy a relationship. Instead, ask yourself, “What can I do for the other person to make them happy or make their life easier?”

GET CREATIVE IN THE BEDROOM

Many people fear sex will decrease or even stop after children. It might not be as easy, but it's still important to show love physically. Make time to be free together. Put down the laptop and have some together time before you go to sleep.

Woman's Day top of your list

The latest and greatest products out right now. Put these must-have items at the top of your list!

JEWELLED TREASURES

When the 'King of the Bush' joins forces with Peter Carl Fabergé, the King of Jewelled Treasures, the magic really begins! Now, you can enjoy both in the "King of the Bush" Music Box, an enchanting new Fabergé-inspired musical premiere, available only from The Bradford Exchange. Order online today at bradford.com.au/birds



MAINTAIN VITALITY

Floradix® Formula Liquid Herbal Iron Extract Provides nutritional iron to help maintain vitality, energy and general health. Floradix iron supplements combine the benefits of organic iron plus vitamins and herbs in a base of fruit juices, honey, wheat germ and yeast, RRP \$25.95. Visit floradix.com.au for more details.



BEAUTY BUY



GLOW FROM WITHIN

GO Healthy is New Zealand's number one pharmacy supplements brand with a focus in product purity, potency and innovation. Their GO BEAUTIFUL SKIN 1-A-DAY contains nutrients including vitamin C, which is necessary for the manufacture of collagen in the body and assists in the healing and repair of the skin. RRP \$44.95, visit gohealthy.com.au



NOURISH YOUR SKIN

NIVEA have recognised your need for long-lasting smooth skin, leading them to develop Intense Moisture body lotions. The 48h body lotion range includes Rich Nourishing for dry to very dry skin, Express Hydration for normal to dry skin and Smooth Sensation for dry skin. RRP for the 250ml is \$5.40, for the 400ml is \$7.99 and for the 75ml is \$3. Visit nivea.com.au

VEGAN CALCIUM

Vegan friendly ocean sourced calcium VITUS Calcium is a virtually tasteless powder free from dairy or gluten. This wholefood, marine plant source has a unique mineral structure for enhanced bioavailability. RRP \$29.95, 275g. Available from health food stores and selected pharmacies. Call 1800 064 953 or visit vitusonelife.com



PARENTHOOD COMEDY

Finally a film has arrived that shows the true roller-coaster ride of emotions that is parenthood! From the team behind *Juno*, comes *Tully*, a biting funny comedy starring Academy Award-winner Charlize Theron. In cinemas now. Visit tullymovie.com.au



LIVING HEALTHY

Live healthier with the WW app! Sign up to new Weight Watchers Your Way+ and access a personalised progress dashboard, 4,500+ recipes, 24/7 coaching and more via the WW app. Take the program with you wherever you go! Track your weight loss, food, movement and look up SmartPoints. Read more at weightwatchers.com.au

STYLE WITH COMFORT

To give your winter look a bit of style, step out in a classic slip-on that rocks a metallic twist. Featuring Ziera's premium cushioning and support underfoot, Kysha is a smart option when you're on your feet all day. Easy to wear and super stylish, this slip-on will take you from work to a night out. They're just what every winter wardrobe needs. RRP Kysha by Ziera, \$239.95. Shop at zierashoes.com



EXCLUSIVE
advice

TIME OUT WITH KAK

We all need four-legged friends

KERRI-ANNE KENNERLEY on the special bond that helped her hubby in hospital



Digger has been a special friend to Kerri-Anne and her husband John (top left). Inset: Digger's pal Ziva.

I think Digger, my golden retriever, was a pig in another life because his favourite activity – besides eating anything – is bolting away from me to find muddy water and immersing himself.

On the way to the park, he's a very popular dog but on the way home, everyone just looks and laughs. I so have to smile at the photo I call "Checkmate". It's of Digger's friend Ziva, the elegant

Dalmatian sitting on my conservatory floor.

We've always loved dogs. Our first was Angus, a golden retriever, then Jo Louis the 14th, a black cocker spaniel with curls atop his head (hence the title), Murphy the brown-and-white springer spaniel, Bentley the golden retriever (named because that'd be the closest I'd ever get to one), Harvey, another springer spaniel, named after

Geoff Harvey the maestro from *Midday*, and now Digger.

Losing a beloved pet is devastating and so very, very sad. My husband John and I cried buckets when each one passed. You can never replace them as they are all so individual in personality, quirks and spirit.

Even so, we never hesitated to find a new four-legged friend to fill our home. It's amazing how tough it is training a puppy, and

how quickly we forgot each time!

When John was in hospital I'd take Digger into intensive care. Yes, they allow dogs – in fact, humans carry more germs. It's proven dogs are therapeutic, used in courts, aged care facilities, homes for special needs people, etc.

If they don't add years to your life, they certainly add love and meaning and make ours, personally, a fuller experience.

BOOK OF THE WEEK

With more than 1.5 million social media followers, *The Healthy Mummy* founder Rhian Allen has helped thousands of women lose weight and stay motivated. The savvy health advocate's new book, *The Busy Mum's Guide To Weight Loss* (\$34.99), features her famous 28-day weight-loss challenge in an easy-to-follow guide.



KEEP MOTIVATED

Speaking of healthy plans, we've found another new favourite. Sign up to new Weight Watchers Your Way+ and use the new handy WW app to stay on track. You can join now for as little as \$5.20 per week and gain 24/7 coaching support, a personalised progress dashboard, 4500+ delicious recipes and a unique barcode scanner to make navigating the supermarket simple. Now there's no excuse!

GO down in history



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GO Healthy nutritional supplements, the naturally healthy way to assist with the maintenance of general well-being.

As New Zealand's leading pharmacy brand of natural health supplements, GO Healthy cares about your health and wellbeing. While we all want to live healthy lives, sometimes our day-to-day routines can become too busy to properly take care of our diet and exercise. GO Healthy's convenient one-a-day supplements may be able to assist if your dietary intake becomes insufficient. Using only ingredients selectively sourced from around the world, the GO Healthy range is designed to naturally support your health across a wide range of categories.



MAGDALENA ROZE
Presenter, Journalist,
Meteorologist

SHARE your HEALTH SECRETS

What's your workout of choice?

I love walking, running, pilates and yoga.

How do you beat the winter slump?

Winter is nature's way of telling us that it's okay and actually necessary to slow down. A walk or run outdoors can be really energising when it's cold. It's also really easy to work up a sweat at home with some mat pilates or yoga.

What's your favourite health hack?

Coconut oil is not only great for cooking but makes a great lip balm and hair mask, too.

How do you stay balanced with such a busy schedule?

I've learned to prioritise and say no to things. I stay on top of my health with nourishing meals and balanced nutritional intake, as well as spending time outdoors.

What ingredient do you swear by?

Turmeric is a powerhouse when it comes to its antioxidant properties, so I swear by it during winter. It adds delicious flavour and colour to lattes, curries and protein balls.

“A walk or run in the outdoors can be really energising and refreshing even when it's cold.”

– MAGDALENA



Always read the label. Use only as directed. Nutritional supplement will only be of benefit if dietary intake is inadequate.

Go to NowToLove.com.au to read the full interview.

FOR INFORMATION VISIT GOHEALTHY.COM.AU

AUSTRALIA'S TOP 4 GRAPE ESCAPES



Wine buyer VIRGINIA SELLECK reveals where to sit back with a top drop and twinkling fire this winter

Our best wine regions are just waiting for your next romantic getaway, says Magnum + Queens sommelier Virginia Selleck. Here are her top picks...

1 Clare Valley, SA
WHY A scenic two-hour drive north of Adelaide, Clare – known for riesling – boasts cute B&Bs and vineyards for days.

TOP DROPS With more than 30 cellar doors in the region, there's plenty of choice, and while the area is known for its riesling, it does a good shiraz and cabernet, too. Check out Annie's Lane, Grosset, Jim Barry, Shut The Gate, Pikes and Sevenhill Cellars – for starters.

MUST DOS Check out the view over brunch at Paulett Wines Bush DeVine Cafe, enjoy a long lunch at historic winery Skillogalee, or dine at the uber-cool Seed Winehouse + Kitchen. Walk – or ride – it all off on the Riesling Trail (a railway line-turned-bike path) where you can stop off at cellar doors as you go.

VIRGINIA SAYS "You're spoilt for choice in SA. The nearby McLaren Vale is perfect for winter escapes, too." clarevalley.com.au

2 Mornington Peninsula, Vic

WHY Specialising in pinot noir and chardonnay, Mornington wines are often compared favourably to drops from Burgundy in France. Ooh-la-la! **TOP DROPS** Ocean Eight at Shoreham, Willow Creek, Port Phillip Estate with its stunning views and Ten Minutes By Tractor are some of the choice vineyards on offer.

MUST DOS Stay at Jackalope Hotel as a treat. Ten Minutes By Tractor's restaurant and the Point Leo Estate Sculpture Park (and winery) are stunning, too. **VIRGINIA SAYS** "The grapes really benefit from the maritime climate – and the wine, food and accommodation on the peninsula is just sensational." visitmorningtonpeninsula.org

3 Hobart, Tasmania

WHY Tassie is a rising star when it comes to cool-climate wines – and the Apple Islanders don't skip on the fine dining and fab accommodation either. **TOP DROPS** The chardonnays and pinot noirs are delicious. The rieslings are fantastic, too.

MUST DOS A visit to the hipster Mona art gallery and Moorilla estate vineyard, complete with cool accommodation at the

Mona Pavillions, is the perfect plan. A half-hour to the Huon Valley means you can check out exceptional pinot noir at Home Hill, or a mooch to Granton means you can visit the Stefano Lubiana winery, too – eat at Osteria with a chardonnay. **VIRGINIA SAYS** "Hobart's a gem when it comes to wine and food." Stay here for nearby vineyards. winetasmania.com.au

4 Hunter Valley, NSW

WHY The Hunter, three hours from Sydney, is all about semillons. Check out quiet Broke Fordwich in the west. **TOP DROPS** Margan Winery & Restaurant is the perfect one-stop shop, plus cellar doors at Whispering Brook, David Hook, Pokolbin Estate, Brokenwood and Tempus Two should be on your list. The Convent Hunter Valley, Mio Monte couples retreat and the Monkey Place Country House – complete with open fire – offer great accommodation.

MUST DOS A balloon ride, the Hunter Valley Gardens and the historic Wollombi Village Walk. **VIRGINIA SAYS** "The Hunter's known for its crisp semillons, but the shiraz are pretty fine, too." winecountry.com.au





Lunch at historic Skillogalee winery, SA.



David Hook Wines
Sip your way round the Hunter, NSW.



See Sculpture Park at Pt Leo Estate, Vic.



Cockatoo Island offers million-dollar views for less than \$50.



Revealed!

Sydney's coolest camping spot

LISA SINCLAIR plays castaway for an unforgettable stay on the Harbour

Wouldn't it be nice to live in a waterfront mansion with wonderful views, boats bobbing in the breeze? While that dream is out of reach for most of us, there is a way to sleep like a billionaire for a fraction of the cost. From just \$45 a night, you can have the best position in town.

Cockatoo Island is the only Sydney Harbour island where you can stay overnight. There are options to suit everyone, from camping on the waterfront to elegant holiday lets with all the creature comforts. We decided to try glamping, from \$130 a night.

Our tents were set up so it's just a case of bringing clothes and food – although there are eating and drinking options on the island, too. Bed linen, towels and luxury Appelles Apothecary toiletries are provided. There's an excellent communal kitchen, plenty of barbecues and clean shower blocks. Plus two all-important camp chairs from which to soak up the surrounds.

As darkness settles and the daytrippers leave, you are free to explore the island – just watch out for the resident ghosts. It's well worth doing a tour – our guide Katie brought the place to life.

There are events on all year. We were there for the Biennale of Sydney – Australia's largest contemporary visual arts event – and were blown away.

The original cockatoos have long gone, but we enjoyed the chorus of kookaburras while watching the sun rise over the Emerald City. Now that's priceless.

Visit cockatooisland.gov.au



Lisa laps up the serenity.

2 Botswana

WHY? One of the best places in Africa to see elephants, lions, leopards and cheetahs, it's one of the most romantic, too, with luxury bush camps having no more than 20 people in remote areas. It's where Harry swept Meghan away for her birthday last year. Just saying!

STAY *Meno A Kwena* or *Belmond Eagle Island Lodge*

Meno A Kwena may be more rustic than luxe but if it's good enough for Harry and Meghan... *Belmond Eagle Island Lodge's* luxury tents have private plunge pools!



3 The Ionian



THE WORLD'S TOP 10 BEST HONEYMOON HOTSPOTS

Lovebirds Harry and Meghan have us dreaming of romantic getaways!



1 Bora Bora

WHY? Overwater bungalows and coral reefs with a dramatic mountain backdrop – Bora Bora has long been a honeymooner's dream, and Australians can even be legally married here. Enjoy snorkelling, hiking to a volcano and sunset cruises.

STAY *Intercontinental Bora Bora Resort & Thalasso Spa* or *St Regis Bora Bora*

The *St Regis Bora Bora* was Nicole Kidman and Keith Urban's honeymoon choice for overwater villas with outdoor whirlpools and glass floor panels to see the fish swim by. And the *Intercontinental* even has a glass-bottomed chapel!



Islands

WHY? Stroll olive groves, lie on secluded beaches with warm, calm waters, or explore incredible sea caves. The seven main islands include Corfu, Kefalonia and Ithaca – the home of Odysseus, hero of Homer's *Odyssey*.

STAY A private villa or the five-star Corfu Imperial

The Thinking Traveller website offers private villas with infinity pools, direct beach access and chefs. The Corfu Imperial has bungalows and suites on a private peninsula.



4 The Galapagos Islands

WHY? Couples who love wildlife will find a special piece of heaven where Darwin found his theory of natural selection. Swim with sea lions and whale sharks in one of the seven underwater wonders of the world, ride horses, kayak or take a luxury island cruise.

STAY Pikaia Lodge or Galapagos Safari Camp

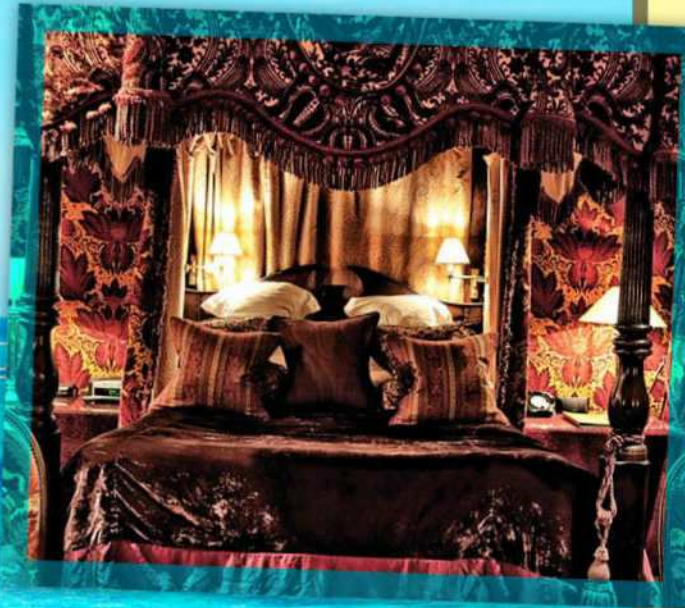
The 14-room Pikaia Lodge has its own private giant tortoise reserve, so guests share the grounds with wild giant tortoises. Galapagos Safari Camp features tents raised on wooden platforms so you feel like you're at one with nature.

5 Scotland

WHY? Mountains, sweeping green valleys and glittering lochs make Scotland wildly romantic. Take a steam train over the "Harry Potter bridge" (Glenfinnan Viaduct) with its 21 famous arches. Explore castles and winding streets with cosy stops along the way. Visit the remains of the patron saint of lovers, St Valentine, in Glasgow.

STAY Inverlochy Castle Hotel or The Witchery by the Castle

Inverlochy Castle Hotel, a 19th-century castle near Scotland's iconic mountain Ben Nevis, is luxury with its own private loch. The Witchery by the Castle in Edinburgh is one of Scotland's most famous restaurants and has nine suites to stay in, including some with huge four-poster beds.



TURN PAGE FOR MORE!

Words: Amanda Woods

6

Capri

WHY? This Italian island has been seducing lovers for centuries – Roman rulers and Hollywood celebs alike have fallen for its charms. Take a traditional wooden boat around the island, swim beneath towering rock formations and lie back in a rowboat as you glide through a tiny mouth in a cave to see the glowing beauty of the Blue Grotto.

STAY Hotel Caesar Augustus or Punta Tragara

Fancy staying in a gorgeous villa that's been transformed into a luxury boutique hotel high on a cliff top with incredible views and impeccable service? Either one has you covered.

7

The Whitsundays

WHY? You don't need a passport for this slice of paradise. This group of Great Barrier Reef islands has some of the world's best beaches and is great for sailing, snorkelling and diving. Enjoy sunset with cocktails on your boat or by your pool and savour incredible Aussie seafood over a romantic candlelit dinner under the stars.

STAY Qualia or Palm Bay Resort

Luxury adults-only hideaway Qualia has 60 water-view pavilions. Palm Bay Resort offers Balinese-inspired villas, and hosts hens retreats as well as weddings.





8

The Maldives

WHY? With crystal-clear turquoise waters and super-soft white sandy beaches peppered with secluded resorts, these Indian Ocean islands certainly know how to dial up the romance. Loved-up couples can take sunset cruises, dine at pop-up restaurants just for two on a private sandbank, snorkel together with turtles and manta rays – or simply stay in and have their butler deliver room service.

STAY *Huvafen Fushi* or *The Four Seasons*

Adults-only (21 and over) *Huvafen Fushi* is a Maldives grand dame, with the first and only underwater spa. *The Four Seasons* has two resorts. If money's no object and you really want to be alone, *Four Seasons'* private island can only be booked by one group at a time.



9

The Riviera Maya

WHY? This stunning coastline on Mexico's Yucatan Peninsula has the sun, sand, surf package in spades. Swim in warm Caribbean waters in clear freshwater limestone sinkholes (cenotes). Visit majestic Mayan ruins, dance until dawn and try delicious local dishes with tropical cocktails.

STAY *Belmond Maroma Resort & Spa* or *Casa Malca*

Belmond Maroma has whitewashed buildings and thatched roofs on a secluded beach by the jungle. *Casa Malca* in Tulum offers laidback luxury, contemporary art and a private beach.



10

Maui

WHY? See sunrise over a dormant volcano, snorkel a coral reef in a volcanic crater, roam lavender fields or relax on Kaanapali Beach. And that amazing waterfall in *Jurassic Park* is here – it's called Honokohau Falls and you can visit it by helicopter.



STAY *Four Seasons Maui at Wailea* or *Ritz-Carlton Kapalua*

Jennifer Aniston is a fan of the *Four Seasons*, where massages are offered at the adults-only (21 years minimum) *Serenity Pool*. The *Ritz-Carlton's* popular honeymoon hotel has six restaurants and a spa.

Celebrity stars



Hollywood psychic **JENNA LEIGH-RAINE** charts pop culture happenings

RUSSELL CROWE has more surprises in store for us – I see weight loss and politics.

KYLIE MINOGUE finds a perfect new life while on tour. I see love with a man who has a daughter. Her life will improve in the dawn of her 50s. I see she has suffered secret anxiety and depression.

I keep seeing **MEGHAN MARKLE** wants to explore England a whole lot more. She won't want to be hidden away and is over the moon this week



about how the people of Britain have invited her into their hearts.

PRINCE CHARLES is laying down the law and will not allow Meghan to be hounded. You will hear an announcement and see a brash side of him.

JENNIFER ANISTON wants to disappear from the media. Expect an old male friend to be pictured with her.

Looking forward
Lucky numbers:
8, 23, 41, 2,
38, 42, 9.

Hilton

Keith is really quite humble.



Loyal Keith holds on

Keith Urban is not changing for anyone. He doesn't want more of anything, to move anywhere or experience any massive change. I see he is a man who loves completely but for over a year-and-a-half he has felt put out and unwanted. He will still keep giving his love to Nicole but I see they have a real issue with opposing needs. He is like his late father, who the spirits say is quite humble. Keith is loyal and will hold on until he is not wanted. I see an issue with a young child – a boy – around this. I predict Nicole will need to change her mind fast or she'll have regret forever.

HOROSCOPES

JENNY BLUME predicts your destiny for this week MAY 21-27



Taurus

APR 21 – MAY 21

Opportunity is knocking! As Mars pushes you out of that comfort zone, career-minded Bulls might even consider a new job. Adding to the buzz, the sun is increasing your good fortune and revealing options on the financial front – just don't blow the budget on fancy holidays. Instead, take a trip down memory lane.

Gemini

MAY 22 – JUN 21

What a difference a week can make! A friend's pep talk could rub off in a big way or a child might fire your enthusiasm. This week's arty stars could propel you towards music and films, or you might tap into your own creative talents. Friday's lively sky looks like fun, especially for Twins in the dating game.

Cancer

JUN 22 – JUL 23

Intuition powers up – you'll border on psychic. Trust gut feelings and act accordingly. Emotions will flow freely this week as people open up, and as a spin-off for singles, things could step up a notch. Sunday's heartfelt patterns could bring a special celebration, so as they say, eat, drink and be merry!

Leo

JUL 24 – AUG 23

The cosmos propels you into a productive new phase. A project that uses one of your special talents might take flight or a group venture could lift off. Over winter, you may even discover a knack for PR or public speaking. An end-of-week meeting or conversation might prove to be fated. Keep an open mind!

Virgo

AUG 24 – SEP 23

Your stars are aligned for success. Don't waste this golden opportunity for important changes – health, work or financial, plans made now should stick. On a lighter note, the weekend looks full of fun, and quality R&R is just the tonic you need. Allow yourself a well-deserved treat.

Libra

SEP 24 – OCT 23

Enough worrying about the future – kick up your heels. As Mars transits your chart's social sector, parties, games nights and get-togethers are on the cards – you might even host your own soiree (by Saturday, all eyes will be on you!). And brushing up those DIY skills might save you a small fortune.

Ask Mitchell



Medium **MITCHELL COOMBES** answers your concerns

Q *A couple of months ago my house was broken into. My mother's and grandmother's rings, which mum gave to me on her deathbed, are now missing along with a gold bracelet my husband gave me before he died. Were they stolen or are they still in the house somewhere? If stolen, did they sell them?* *Devastated, WA*

MITCHELL SAYS Your beautiful mother and grandmother are around you. They are sending you their love and tell me they will come to you in dreams. I feel one of the missing rings is still in the house. Your mum says it's behind a chest of drawers or similar furniture. Your grandmother tells me that unfortunately the other missing pieces of jewellery were stolen and then traded in for money. Your mother and grandmother tell me they are giving you a comforting hug.

Q *My son took his life at the end of July last year. I don't know why or what happened for him to do what he did. I feel stuck because I don't have answers. Can you tell me if he's OK? Why didn't he say anything?* **Gina, Qld*

MITCHELL SAYS Your son Barry says he loves you and is sorry for the way he left. He doesn't want you to feel responsible for his passing. His mind was overwhelmed with stress and he didn't want to worry anyone. Barry says he is OK and has found peace.

**Not her real name*



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

Write to Mitchell at *Woman's Day*, GPO Box 5245, Sydney, NSW 2001, or email womansday@bauer-media.com.au with your name, photo and question. Sorry, no personal replies.

Scorpio OCT 24 – NOV 22

Communication should improve a lot this week. If a heart-to-heart is overdue, plan a get-together and broach an awkward subject. If a child has been distant lately, this is a wonderful chance to reconnect. Home improvements may beckon – your ideas should prove inspired. Pull out those paint charts!

Sagittarius NOV 23 – DEC 22

Two heads are better than one. Group endeavours should bring out your best this month, not only at work, but at home too. A combined decorating effort could produce great results. If extra training is on offer, say yes. Your brainpower is impressive right now, so why not get along to a trivia night as well?

Capricorn DEC 23 – JAN 20

Searching for creative or intellectual satisfaction? Check out a few options. Hidden talents could emerge through winter and a new skill might boost your bank balance. Just don't let your busy schedule affect your health. Freeze plenty of healthy meals, then start exercising with friends.

Aquarius JAN 21 – FEB 19

As Mars boosts your bravado, a desire to assert yourself grows – and might push you into a dynamic new role. At home, your can-do attitude could be catchy (hallelujah!). Adding to the upbeat vibe, these celestial patterns could produce a sparkling social event or a healthy dash of romance.

Pisces FEB 20 – MAR 20

Juggling two or three things is never easy, but you're up to it. At work, new systems may briefly throw your balance. As your skills improve, you may even find yourself mentoring a group of people. Your weekend looks unusually social, so why not prepare with a feel-good hair or beauty session?

Aries MAR 21 – APR 20

With a whirlwind of meetings and social events on the agenda, life looks action packed. These lively stars should draw fascinating people into your sphere, socially and at work. Singles, a potential love interest may make a move. Friday might bring an award or celebration – dress to impress!

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A SHARE OF
\$2000

SUPER PUZZLER

Get lost in a world of puzzles
– you could even win cash!

SUDOKU

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

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

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

THIS WEEK'S BIG CROSSWORD

**\$1000
PRIZE**
See 'How To Enter'
page 77

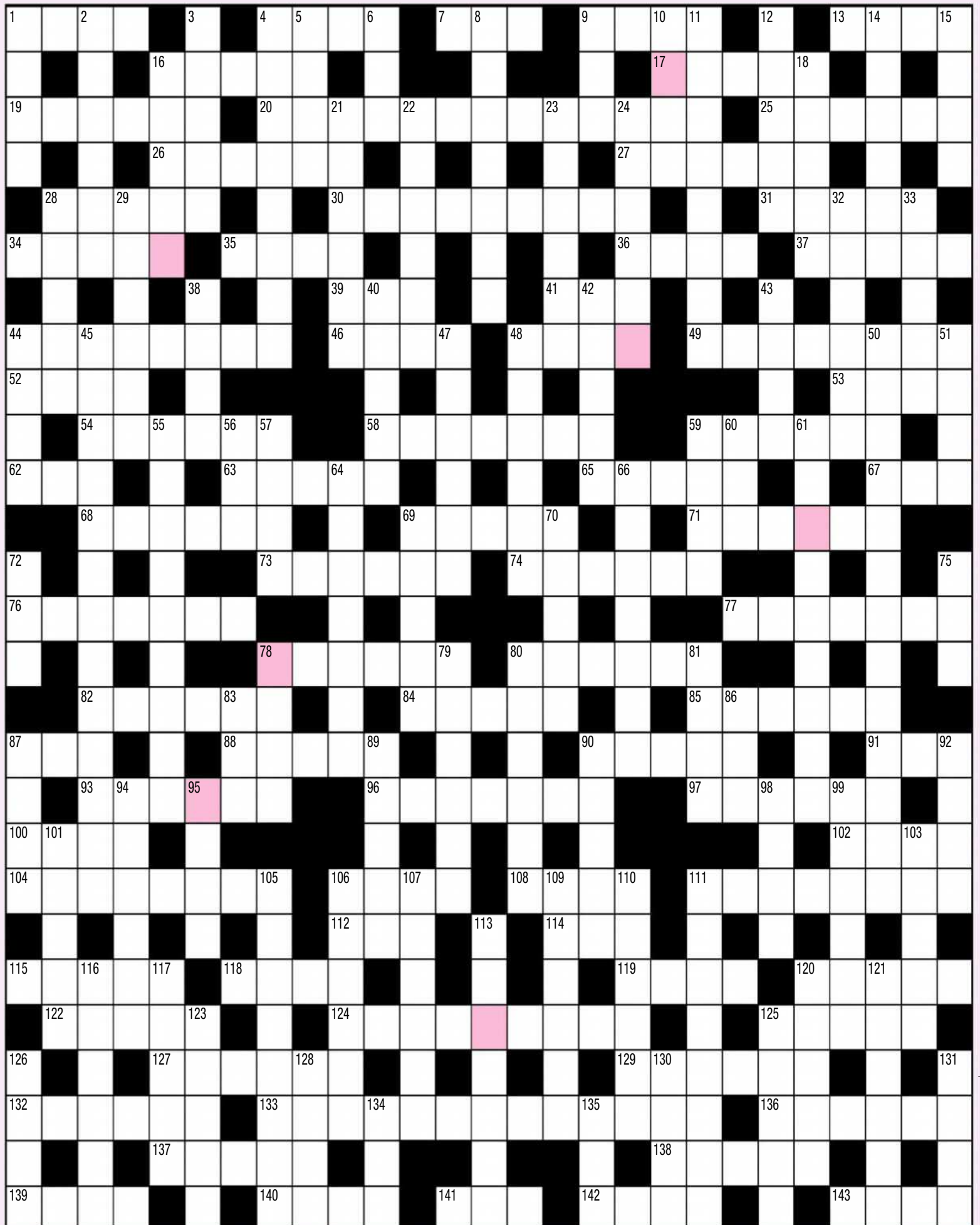
ACROSS

1. Wander, rove
4. Song, ... *In The Name Of Love*
7. Small snake
9. Became older
13. Dog's feet
16. Scoundrel, reprobate
17. Marlon Brando movie, *Guys And ...*
19. Male baptismal charge
20. Joining in, ... the conversation
25. Young baby
26. Not difficult, a ... solution
27. Indian pastry snack
28. Historic keepsake
30. Kitchen ventilating device, ... fan
31. Watched secretly, ... on
34. *Jean Genie* rock star, David ...
35. Tip-top, in ... condition
36. Opposed to
37. Slow garden creature
39. And so forth (abbrev)
41. J.D. Salinger novel, *The Catcher in the ...*
44. Musical concerts, piano ...
46. Romantic rendezvous
48. Marine mammal, elephant ...
49. Rock fissures
52. God of love
53. Pierce with a horn
54. Stared lasciviously, ... at
58. Ousted from power
59. *CSI* star, Ted ...
62. Friend, mate
63. Book series, *Diary of a ... Kid*
65. Drinking tube
67. Rubbish dump
68. Loves very much
69. Bottoms of the feet
71. Eye membrane
73. Motorbike, ... Davidson
74. Narrow valley
76. Wearing down, ... confidence
77. TV host, ... Griggs
78. Acts smugly
80. Close down, ... the proceedings (4,2)
82. Writer, novelist
84. Family-style car
85. Saintlier
87. Take a seat
88. Goes up in the air
90. Moderately warm
91. Droop, wilt
93. Crept forward by small amounts
96. French castle
97. End-to-end measurement

100. Woodwind instrument
102. Verdi opera
104. Produce, ... electricity
106. Carry-bag
108. Swindle, defraud
111. Economised, ... and saved
112. Media personality, ... Buttrose
114. Put into service
115. Round-roofed
118. Hillary Clinton's husband
119. Japanese wrestling
120. Nous, common ...
122. Paddles knee-deep
124. Places, in different ...
125. Novel, *The ... Musketeers*
127. Glass jug
129. Imaginary paradise
132. Indian wild cat, ... tiger
133. Traditional Iranian rug (7,6)
136. Song, ... *Over Troubled Waters*
137. Sailing boat
138. Interwoven, ... together
139. Abominable Snowman
140. Brand with a hot iron
141. Flying mammal
142. Void
143. Banning vote

DOWN

1. Tattered cloths
2. TV host, ... O'Keefe
3. Invigorating medicine
4. Restrain
5. Greeny-blue shade
6. Cooking pan, stock ...
8. Popeye's favourite vegetable
9. Suitable
10. Barry Humphries character, Dame ... Everage
11. Rigidly opinionated
12. Ecstasy
14. Bright flowering shrub
15. Crockery collections, tea ...
16. 2015 Australian of the Year, ... Batty
18. Quickly breaks
21. Gave off a strong unpleasant odour
22. Whole and unbroken
23. Clothing
24. Tel Aviv is there
28. Pirates' flag, Jolly ...
29. Act as a go-between
32. Blue dye
33. US café, eg
38. Couple, twosome
40. Delayed
42. Bruce Willis movie, *The Whole Nine ...*
43. Avid, enthusiastic
44. Harvest, ... the crop
45. Act of working together
47. Provide with a job
48. Female relation
50. Vessel carrying large metal boxes (9,4)
51. Ooze, exude
55. Big-headed
56. Female sheep
57. Cereal plate
59. Challenge, ... them to try
60. Revere, hold in ...
61. Disrespectful, a ... remark
64. Deliberately, on ...
66. Fidget to pass the time, ... your thumbs
69. Religious groups
70. Shiny silky fabric
72. Unused, brand ...
75. Circuit of track
78. Metal lattice, cattle ...
79. Calm with drugs
80. Irrigates, ... the plants
81. TV psychologist, Dr ...
83. Raw mineral
86. Type of poem
87. Polluted air
89. Hurry away
90. Large brass instruments
92. Stimulate into action
94. Required
95. Pile untidily, ... up
98. Accepted standard
99. Meddle, ... with
101. Underneath
103. Packed close together
105. Messages on gravestones
106. Boat's steering device
107. Chinese exercise (3,3)
109. Concave ceiling
110. Make a hash of (4,2)
111. Grand amount (3,5)
113. Radio aerial
116. Metal-attracting bar
117. Rot, decompose
120. Broken piece of glass
121. Sewing device
123. Leafy dish, green ...
125. Dalai Lama's homeland
126. Do as you're told
128. School fair, eg
130. Divulge, ... the secret
131. Brave person
134. Knight's title
135. Sprint



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

The mystery word or phrase





BRAINBUSTERS

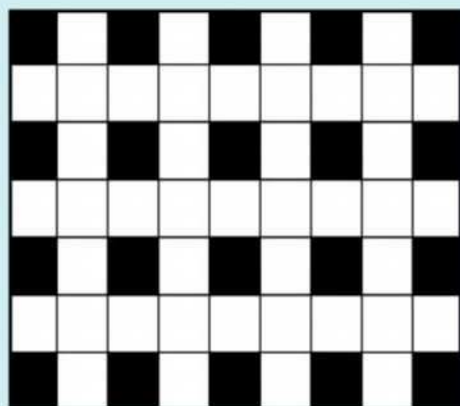
- In which year did Jennifer Hawkins (pictured) win the Miss Universe title?
- What is the technical term used for short-sightedness?
- How many hours was the recent non-stop Qantas flight from Perth to London?
- Ackee and saltfish is a traditional dish in which country?
- Where in the human body would you find your risorius muscle?
- In 1965, Alexey Leonov made the first spacewalk – how many minutes did it last: 2, 12, or 22?
- Which comedian hosted the 2018 Golden Globe awards?
- Matthew Le Nevez's character made a shock exit in 2013 from which TV series?
- What do arctophiles collect?
- In which movie does Ryan Reynolds (pictured) return as a wisecracking superhero?



ALL-A-GRAMS

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

- | | |
|------------|------------|
| BREAD LIES | MINI VAT |
| DARING USA | AMAZES GIN |
| CARB LIE | CLUE FAR |
| TELL GIN | |



WORDFIND
MICHELLE WILLIAMS

Find all the names, words and titles in the grid. Words may read backwards or forwards, vertically, horizontally or diagonally. When you've found all the listed names and words, the 39 unused letters, reading left to right and top to bottom, will spell out another of Michelle's movies (3,3,5,2,3,5) and the name of one of her co-stars (11,7).



- | | |
|--------------------|-------------------|
| A Hole In One | I Feel Pretty |
| Actress | Jen Lindley |
| Alma | Marilyn |
| Blonde | Matilda |
| Cabaret | Me Without You |
| Certain Women | Michelle Williams |
| Cougar Town | Montana |
| Dawson's Creek | Shutter Island |
| Deception | Species |
| Dick | Suite Francaise |
| Gail Harris | Wonderstruck |
| Golden Globe | |
| Heath Ledger | |

CODE CRACKER

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

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

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

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

11	12	13	5	1	17	8
----	----	----	---	---	----	---

This issue's competitions begin on 21/5/18. All entries close 23.59 AEST on 17/6/18. Open to Australian residents. For conditions of entry, visit bauer-media.com.au/terms/competition-terms. Direct Response Australia puzzles drawn Unit D, 65 Reserve Road, Artarmon NSW 2064. Solutions in two weeks. Winners are first correct entries drawn 14.00 AEST on 20/6/18, and published in *Woman's Day* magazine on sale 2/7/18. See privacy notice, below. Promoted by Bauer Media Pty Ltd, 54 Park Street, Sydney, NSW 2000. ABN 18 053 273 546. **PRIVACY NOTICE** This issue of *Woman's Day* is published by Bauer Media Pty Ltd (Bauer). Bauer may use and disclose your information in accordance with our Privacy Policy, including to provide you with your requested products or services and to keep you informed of other Bauer publications, products, services and events. Our Privacy Policy is located at bauer-media.com.au/privacy/ It also sets out how you can access or correct your personal information and lodge a complaint. Bauer may disclose your personal information offshore to its owners, joint venture partners, service providers and agents located throughout the world, including in New Zealand, USA, the Philippines and the European Union. In addition, this issue may contain Reader Offers, being offers, competitions or surveys. Reader Offers may require you to provide personal information to enter or to take part. Personal information collected for Reader Offers may be disclosed by us to service providers assisting Bauer in the conduct of the Reader Offer and to other organisations providing special prizes or offers that are part of the Reader Offer. An opt-out choice is provided with a Reader Offer. Unless you exercise that opt-out choice, personal information collected for Reader Offers may also be disclosed by us to other organisations for use by them to inform you about other products, services or events or to give to other organisations that may use this information for this purpose. If you require further information, contact Bauer's Privacy Officer either by email at privacyofficer@bauer-media.com.au or mail at Privacy Officer Bauer Media Pty Ltd, 54 Park Street, Sydney NSW 2000.

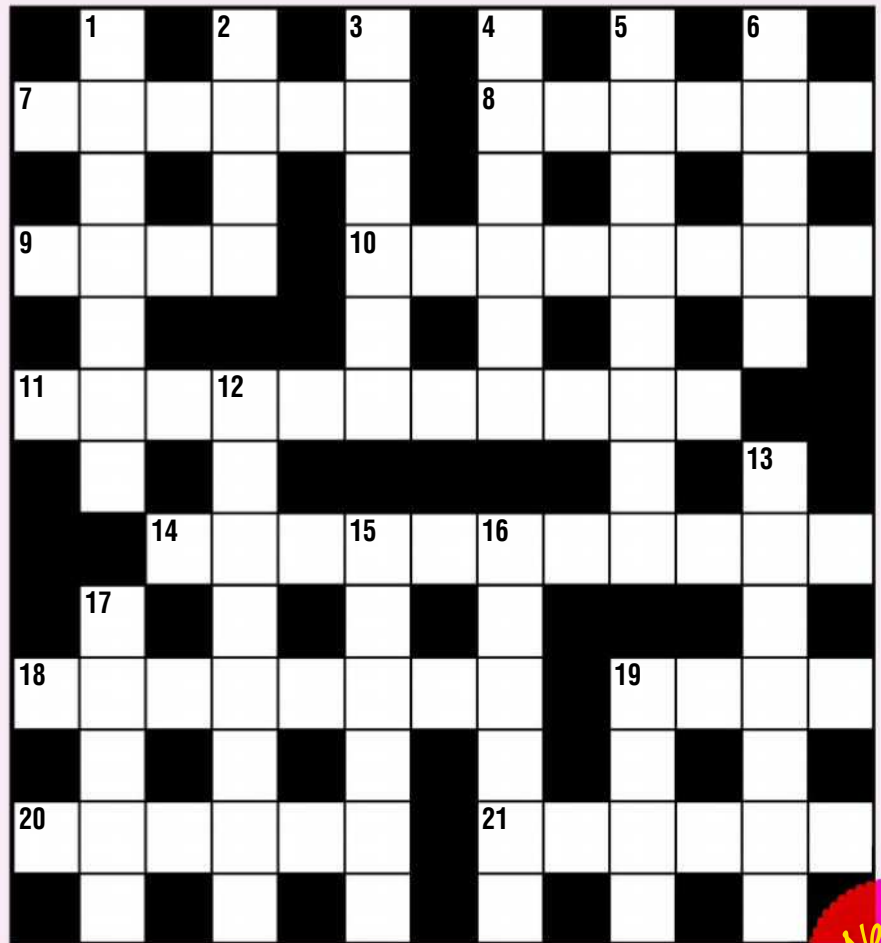
CRYPTIC CROSSWORD

ACROSS

7. Heard thank you to Scottish person on the road (6)
8. Rough, so must be odd? (6)
9. Vital part of kiss beyond vineyard (4)
10. Confiscate fish and chips? (8)
11. Call centre to change directors (11)
14. Complain about friend admitting strange snort (11)
18. Large number in pack, a fleet (8)
19. Reportedly praise aristocrat (4)
20. Upward slope has a smell (6)
21. Demands former deeds (6)

DOWN

1. Sprinted back to lines – gets thinner (7)
2. Card for a person from Guadalajara (4)
3. Put an end to drink (6)
4. Bird nuts? (6)
5. Handyman about to mend rapier (8)
6. In essence, dark wood (5)
12. Decade passed in links (8)
13. Knot tie with speed, and repeat (7)
15. Former pupil dead fatter around the middle (6)
16. Hits up editor and showed mercy (6)
17. Be first to endure explosion (5)
19. Flea jumps on part of plant (4)


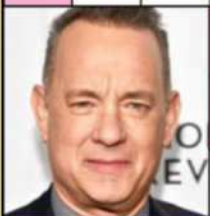


New numbers

STARBURST

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



Street-light pole (4-4)	Zodiac lion	Plant juice	In favour of, pro	Respite	Nibble persistently	Season's last games Male sheep	Waterfall Bitumen surface	
Race loser eg (4,3) Dirty mark					Pictured actress, ... Wilson			
			Yellow fruits					
Burst a balloon		Legal rule		Artist, ... Chagall			Called before marriage	Actor, ... Gibson Short sleep
Up for auction (3,4)	Peter Allen song, I Go To ...	Actor, ... Neill	Cured pork, smoked ...	Jar cover	Matching cups and saucers (3,3)	Princess Royal Puts in more		
				Agreed (2*1,1,4) Grow older				
Old name of Thailand		Created, produced Piece			Low in pitch, ... voice			Mates, chums
Pictured star, ... Hanks		Clothes-line clip Cooking pot		Help, assist Protected side		Song, We ... Family	Movie, A Few Good ...	Garden area, flower ...
	Sections of a door, eg Painting, work of ... Termite, white ...			Snake-like fish		Lively ballroom dance		Fishing pool
			Sodden			Mails or posts, ... a letter		

How to enter

Call **1902 557 100** or SMS **19 777 100**

your answer, full name, address and the codeword **BIG** for Big Crossword, **STAR** for Starburst, **FIND** for Wordfind

Max SMS and land line call costs 55 cents inc. GST. Calls from mobiles and pay phones may be charged at a higher rate. Give your answer, your name, address and daytime phone number. Engage Australia Helpline number: 1300 131 276. Entrants under 18 must seek bill payer's permission. Competition closes 23.59 AEST on 17/6/18, drawn 14.00 AEST 20/6/18. For conditions of entry, visit bauer-media.com.au/terms/competition-terms.

or fill in this coupon and MAIL to
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Big crossword

starburst

wordfind

NAME _____
ADDRESS _____
TEL _____

TURN TO PAGE 79 FOR OTHER PUZZLE SOLUTIONS

You're telling us!

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



Cutie of the Week!

Moo 'do!

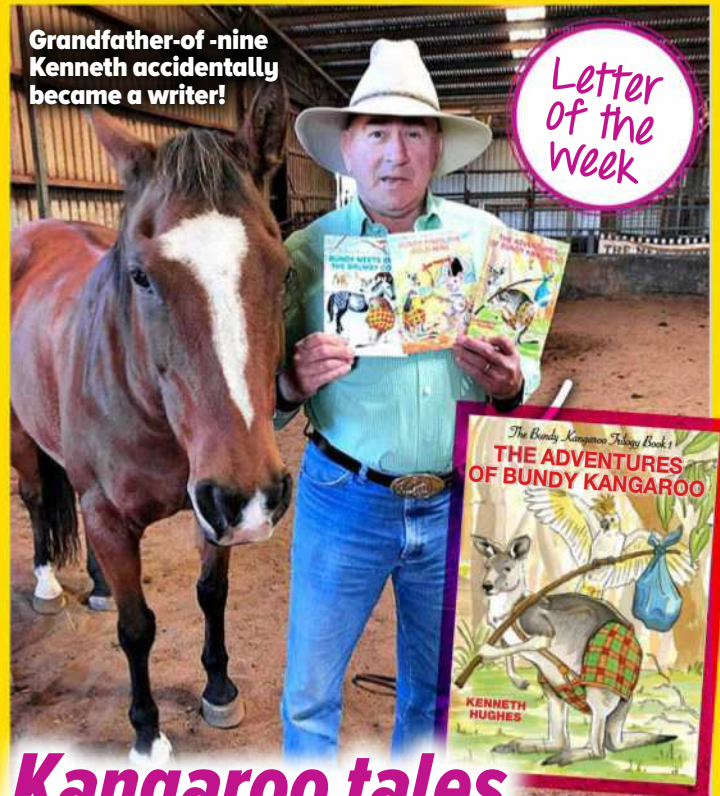
After his shower, little Archer exclaimed, "Look at my cows!" What cute cows [curls] they are!
H Pech, West Croydon, SA

Happy birthday!

My mother Jean celebrated her 102nd birthday on April 16. She received lots of beautiful cards, messages, gifts and flowers from family and friends. She loves to do the Superpuzzler puzzles in *Woman's Day* each week.

Beth Murphy, Cranbourne, Vic

Family of the Week



Grandfather-of-nine Kenneth accidentally became a writer!

Letter of the Week

Kangaroo tales

Would you believe a 64-year-old grandfather like me, with no writing experience past year eight, has written a trilogy called *The Adventures Of Bundy Kangaroo*? My novels promote good morals and behaviour, and reinforce the anti-bullying message.

In 2010, I started writing stories for my grandson, who had moved to the UK. I'd email him short stories about a grey eastern kangaroo named Bundy, to entertain him, while reminding him about Australia. He loved the stories and asked me to write more. Before long I had the basis of my first novel.

I never dreamed that one day I'd be a writer. I was always called a "dummy" at school and was bullied. When I left school at 15, I didn't know the full alphabet or how to spell correctly. The only work I could do was heavy labouring work, until I started to write and learn to spell by myself. I owe it all to my grandson for asking me to write more stories!

In today's world, we have a lot of hostility and bullying. It exists in the schoolyard, in the workplace, and can even be found in relationships. I believe that adult bullying is often learned behaviour from childhood. If you tune in to TV the news is always the same. Bad behaviour is on the rise. We need to look to the past before we can go forward. I believe one of the many ways to help children is to get them reading educational and fun adventure books. Words are powerful.

Kenneth Hughes, Ballarat, Vic

Email childrensbooks@ncable.net.au to purchase books.



Mag time in Mauritius

We had a wonderful time in Mauritius for our 25th wedding anniversary. We had a quadbike tour around one of the national parks – it was a lot of fun but there was a lot of screaming involved (from me)! Get me off!!!!!!

Leanne White, Canning Vale, WA



Super stylist!

Well done to your clever fashion stylist Elle [Perring] for her "Miracle Mum Makeovers" feature (WD, May 14). Women come in all shapes and sizes and being stylish isn't about being stick-thin or having an unrealistic body image. Elle has shown that whatever our age or shape there's a style for every woman, and with a little help and fashion knowhow, every woman can look absolutely amazing and be proud of her body, without breaking the budget.

Judith Caine, Donvale, Vic

Jealousy

Meghan Markle's half-siblings are just jealous (WD, May 14)! Beware the green-eyed monster. They can't accept that they're losers and she's a winner. She'll have a great life with Prince Harry.

Joan Wallis, Langwarrin South, Vic

Lost recipe

I'd lost the Flourless Almond Cake recipe many years ago, so I was delighted to find a similar one in WD April 23. Big thank you Noemi Bernardi for sharing the recipe with readers!

Glennys Galvin, Wynnum, Qld

Pet of the week!



PRINCESS SOFE!
My gorgeous cat Sofe Sweete is princess of the pillows!

Paula St Lawrence, Spearwood, WA

Tips + tricks!

To remove pilling from clothes, lay the item flat then gently run a razor over the fabric.

J Whiteland, Orelia, WA



Social chat!

Carrie Bickmore has taken to social media to share a glimpse of her messy bedroom at the end of a long week. And the chaotic shot certainly has fans taking. <https://goo.gl/19g9v8>



Love it! Thank you, Carrie [Bickmore] for sharing. Now I don't feel so guilty!

Mandy Louise

Good on you, this shows mothers they don't have to do everything.

Janice Sievier

No excuses for how busy we are to live in mess.

Michelle Laycock

It takes a second to put clothes in a basket and pull the covers up. I guess it's how you're brought up.

Karen Saville

Disgusting!

Monique Lelièvre

Clean is lovely, mess can be cleaned up... Her heart's in the right place!

Sarah Wilson

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Superpuzzler answers

MAY 14, 2018 SOLUTIONS

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

BIG CROSSWORD Tactics **WORDFIND** The Five Year Engagement, Parks And Recreation **STARBURST** Ryan O'Neal, Ali McGraw

CASH PRIZE WINNERS 30/4/18 Starburst: C. Mariano, WA. Wordfind: A. Robertson, NSW. Big Crossword: A. Willis, SA.

MAY 21, 2018 SOLUTIONS

CRYPTIC
S A C T S C A V E R T E D S A
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THIS WEEK'S SOLUTIONS

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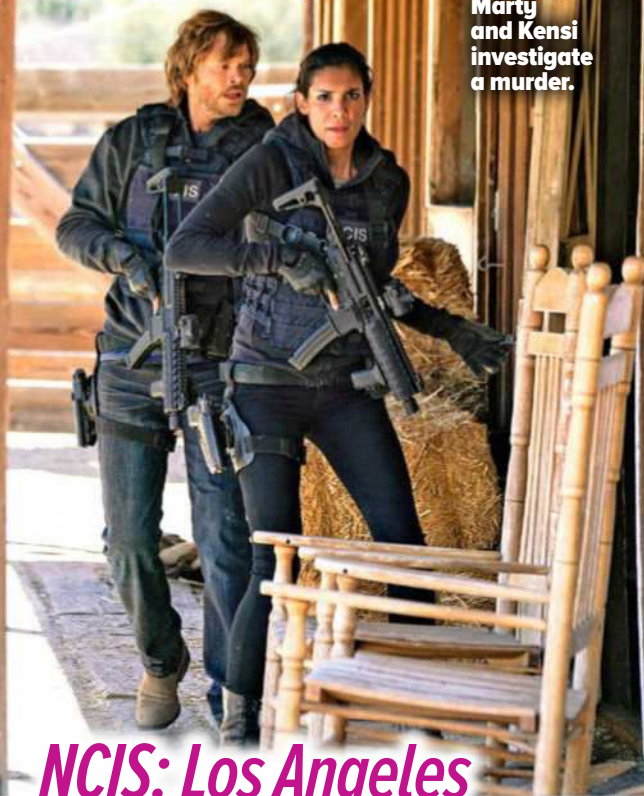
BRAINBUSTERS
12004
2 Myopia
3 17 hours
4 Jamaica
5 In your face, your laughing muscle
6 12 min 9 sec
7 Seth Meyers
8 Offspring
9 Teddy bears
10 Deadpool 2
CODE CRACKER
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8=R, 9=J, 10=K, 11=M, 12=O,
13=N, 15=U, 16=Q, 17=E,
18=L, 20=W, 21=Z, 22=F,
23=X, 24=V, 25=G, 26=P.
MONSTER

It's Showtime!

This week's top-shelf TV

Watch this and save big!

Marty and Kensi investigate a murder.



NCIS: Los Angeles

TUESDAY, 9.30PM, TEN

NCIS investigates the murder of an inmate who's the adopted daughter of a notorious counterfeiter. Meanwhile, the actions of Anna Kolchek (Bar Paly) during a case – she shot Sokolov earlier in the season – comes back to haunt her, and threatens to throw her career into turmoil.

Eat Well For Less

TUESDAY, 7.30PM, NINE

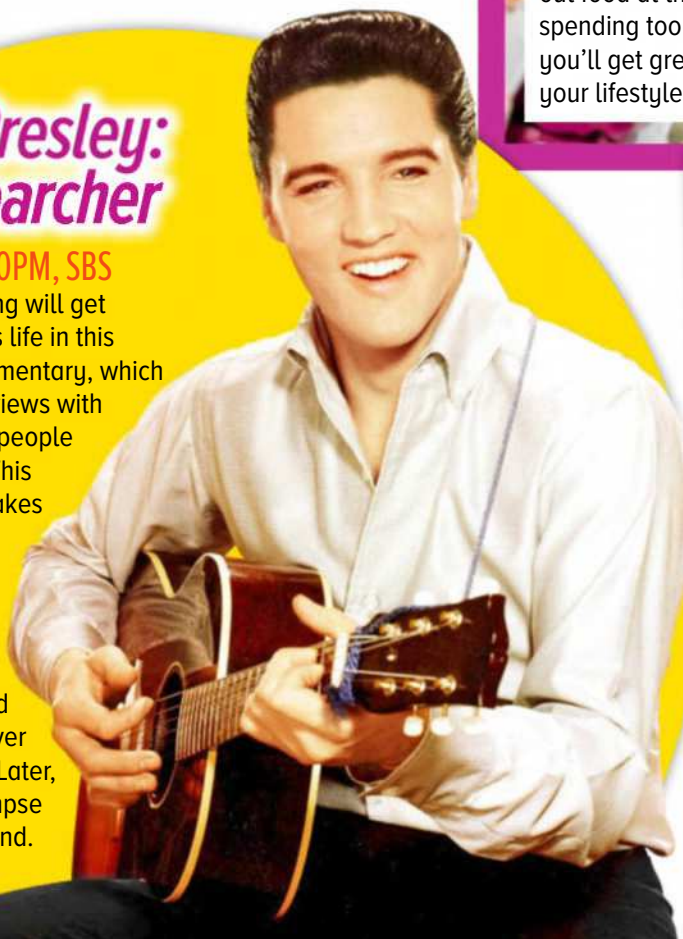
In this 90-minute special, presenter Leila McKinnon and TV chef Ben O'Donoghue are on a mission to show cash-strapped Aussies how to stay healthy on a budget. Whether you're throwing out food at the end of the week, or spending too much on big brands, you'll get great tips to overhaul your lifestyle – and bank balance.

Editor's pick!

Elvis Presley: The Searcher

SUNDAY, 8.30PM, SBS

Fans of the King will get to look into his life in this two-part documentary, which features interviews with more than 20 people close to him. This first episode takes a look at Elvis' early life in Tupelo, Mississippi, and his unprecedented rise to fame over a single year. Later, get a rare glimpse inside Graceland.



Words: Zara Zubeldi

Don't miss!

David Emanuel designed Diana's bridal gown.

Harry & Meghan Said Yes

MONDAY, 7.30PM, TLC

If you're already suffering royal wedding withdrawals, fear not: this is the ultimate guide to what was the event of 2018 (we may be biased!), with bridal experts offering their unrestrained reactions to Prince Harry's big day. What will Princess Diana's wedding dress designer make of Meghan's dress? We can't wait to find out!





Families are spending too much, but the experts can turn things around.

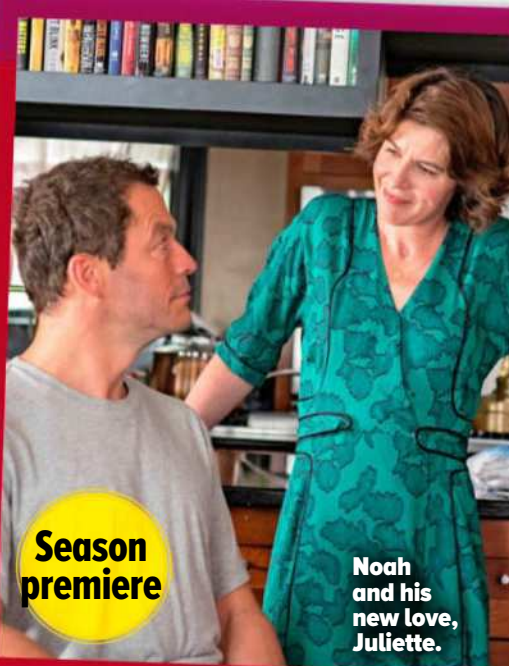
Must-watch dramas!

The Affair

MONDAY, 8PM

Fans of *The Affair* can now binge-watch the third season on Stan – finally! After Noah Solloway (Dominic West) admitted to killing Scott Lockhart at last, we fast-forward three years to his prison release and attempts to rebuild his life.

This season also introduces another perspective to the mix: Juliette Le Gall (Irene Jacob), Noah's new love interest. Who is telling the truth? The mystery continues...



Season premiere

Noah and his new love, Juliette.



New series

Jody goes missing at 13 and her dad is determined to find her.

Save Me

TUESDAY, 8.30PM, BBC FIRST

This gripping six-part drama follows Nelson "Nelly" Rowe (*Walking Dead's* Lennie James) and his search for Jody, the missing daughter he's barely ever seen. Jody's grief-stricken mother Claire (Surrane Jones) is convinced he is to blame for her disappearance, so Nelly sets out to clear his name. During his search for his estranged child, the philanderer and heavy drinker learns a lot about himself. Prepare to be hooked.

Stargazing Live

TUESDAY-THURSDAY, 8PM, ABC

You don't have to be a science buff to be fascinated by our solar system. Renowned physicist Professor Brian Cox and comedian Julia Zemiro are back to take viewers on a breathtaking journey through the galaxy, with a focus on the special features that are best experienced from Australian soil.



This doco looks at people affected by Trump's plan for a border wall.

Borderlands: Life On The Line

TUESDAY, 10PM, SBS

This two-part documentary delves into US President Donald Trump's controversial campaign to build a wall between the United States and Mexico, to keep out illegal immigrants. Viewers will get to hear a slew of wide-ranging opinions, from the people who live on the border and humanitarian groups, to the vigilantes who spend their days hunting illegals. An insightful watch.

Behind the scenes

Your entertainment backstage pass!

CHARLIE: I GAVE UP RUGBY FOR THE REALITY SHOW

Charlie has taken a big risk by ditching his rugby career to appear on the show, having just represented the country at the Gold Coast Commonwealth Games. "I was on the verge of leaving rugby anyway and finding out what else I wanted to do," says the 22-year-old sportsman-turned-model, insisting he's not on the show for fame. "I want to go in this direction, so now it's time to find out if I enjoy it."

MILLIE: I DATED NEW BACHELOR THE HONEY BADGER!

Girls on the upcoming *The Bachelor* won't be happy to learn fun-loving Millie, 24, went on three dates with "The Honey Badger" Nick Cummins before he started filming the show. Clearly it didn't work out, and now she's looking for a serious relationship. "It'll be a chance for guys to see another side to me, not just someone who jokes around all the time," she says.

NATASHA'S BAD BOY BACHIE HOOK-UPS

The blonde bombshell, 23, has partied with the likes of Justin Bieber – and has also dated some bad boys from our own shores, including *Bachelor* Blake Garvey and *Bachelorette* contestant Blake Colman. "I've been on so many dates, but I can't find someone I have a spark with," Natasha tells *Woman's Day*. She may have been looking in the wrong places!

EDEN SETS HIS SIGHTS ON EX-BACHELORETTE SOPHIE MONK

Lock up your daughters – ladies' man Eden has landed! The 25-year-old law enforcement public servant says if he fails on *Love Island*, he's ready and willing to take out the show's host Sophie Monk. "I love her. She won't be single for long if I don't find anyone on the show," he laughs. "I think we'd be good together."

ERIN: WHY I GOT MY BOOB JOB

"I need professional help to find love," says Erin, who's currently studying nursing. The brutally honest 22-year-old – who appeared on *Beauty And The Geek* in 2013 – is happy to show off her new boob job, which she had done after breaking up with her cheating ex last year. "He told me not to get one and said guys don't like big boobs. Two months later I had them done!" she reveals.



Reality bites

MEET THE STARS OF LOVE ISLAND!

A reality TV reject, a former *Beauty And The Geek* star, Honey Badger's ex and an Aussie rugby pro join the stellar line-up of contestants for the series premiere

LOVE ISLAND Sunday, 8.30pm, 9Now & 9Go!

Hoda: I'm half my size!

The *MasterChef* hopeful has been given a second chance at life after losing 55kg

"I'd given birth to my second child and I was thinking about my future and my kids growing up. I wanted to teach them from a very young age about a healthy lifestyle – I just didn't feel comfortable being the weight I was," says *MasterChef*'s Hoda, who weighed 110kg before undergoing bariatric surgery in December 2015.

Hoda, 32, had struggled with her weight since she was seven or eight, something she puts down to a combination of factors – her lifestyle, genes and growing up in a food-centric Lebanese family.

"Our lives revolve around food! By nature, my parents and my aunties are feeders, so it was this constant 'eat, eat, eat' mentality," she says.

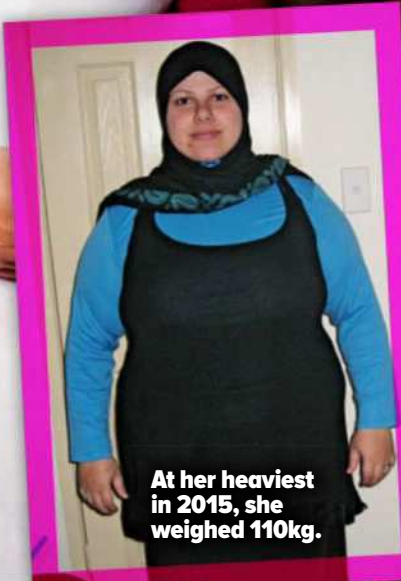
To shift the kilos, she tried every diet under the sun, like the ketogenic and "busy woman's" diets, shake replacements and eliminating carbs and fat.

Failing to keep the weight off, the mother-of-two turned to surgery, but that presented other issues.

"I lost the weight very quickly – 55kg in seven months – and I lost a lot of the nutritional aspects of my body," says Hoda, who was so concerned she admitted herself to hospital. "Luckily, a surgeon and dietitian helped me get back on track."

Now, her weight has stabilised and Hoda feels much healthier and more energetic. "I enjoy going out now," she says.

MASTERCHEF AUSTRALIA
Monday-Thursday, 7.30pm, Ten



Hoda dropped to avelte size eight and feels much healthier.

At her heaviest in 2015, she weighed 110kg.



MOVIE SOLO: A STAR WARS STORY

In Han Solo's backstory directed by Ron Howard, Han (Alden Ehrenreich) and his copilot Chewbacca (Joonas Suotamo) encounter notorious gambler Lando Calrissian (Donald Glover). What can viewers expect of Han? Alden says, "He still has kind of a romantic vision or feeling he's going to get out of this."

IN CINEMAS Thursday



BOOK MAN FAST by Natasha Scripture

Cheryl Strayed fans will love this memoir as Natasha, who is reeling from the death of her father and struggling in her search for love after a slew of terrible dates, embarks on a "man fast". What follows is a year of intensive soul-searching that takes her around the globe.

OUT NOW (Hachette, \$32.99)



TOUR CHER: HERE WE GO AGAIN!

If you didn't catch the 72-year-old pop icon at Mardi Gras in March, you'll be pleased to know she'll be back later this year! "My visit to Sydney's Mardi Gras reminded me how unique and beautiful Australia is. It's been 13 years since I toured there," she says.

TICKETS livenation.com.au

RUMOUR has it...



with Entertainment Reporter LUCY MANLY

A controversial *MKR* contestant is eyeing up a spot on the next season of *I'm A Celebrity... Get Me Out Of Here...*

Which former *MAFS* couple purchased Instagram followers?!

One Melbourne Housewife and her hubby were overheard initiating a threesome with a male partygoer they only just met...



Is there bad blood brewing between Keira Maguire and Sophie Monk? It comes after the



Bachelor In Paradise contestant claims the *Love Island* hosting gig was originally hers!

Which Aussie lothario was openly bragging at a recent photoshoot about his numerous conquests – and even showed photos of girls he planned to meet up and sleep with?!



So svelte
The *Ocean's 8* star, 49, oozed confidence with this sleek dress and sleek hair.

Pink lady
Looking at life through rose-tinted glasses is always better. Kate put on a busty display in a Stella McCartney pink blazer and pants combo.

Disney princess
The actress was every bit the Aussie Cinderella in this floral Mary Katrantzou dress.

CATE TAKES CANNES

The Aussie beauty steals the show at the French film festival



Mellow yellow

The actress' French Riviera arrival look was a suitably sunny and relaxed Calvin Klein pantsuit.

Black beauty

Cate paired her floor-length Armani Prive gown with oversized emerald earrings at the *Girls Of The Sun* premiere.

Feeling blue

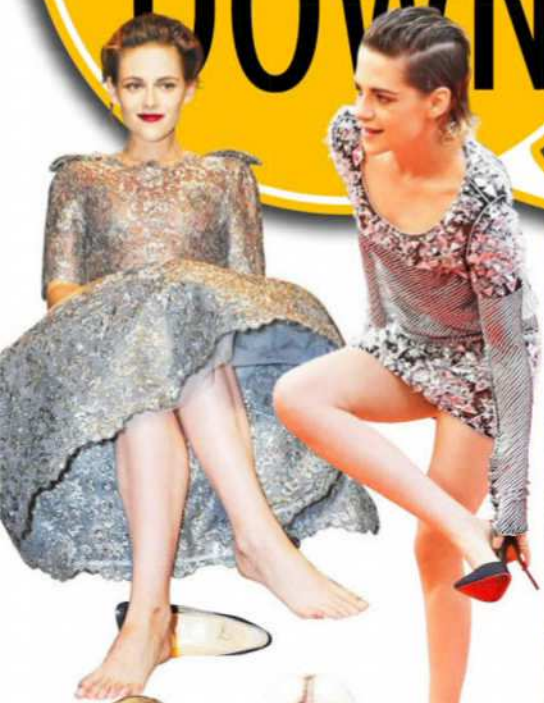
The *Blue Jasmine* star donned all shades of azure in this detailed Iris van Herpen couture creation and matching cobalt eyeshadow.

Over the rainbow

The mum-of-four was a vision as she sashayed onto the red carpet in ruffled Givenchy Haute Couture.

Words: Elise Wilson

The LOW DOWN



Wear shoes?
Heel no!!

DOG TIRED

CALISTA FLOCKHART

It's safe to say Calista's definitely a dog person! The actress took her pets for a stroll in LA last week – but one of them seemed pooped – poor little thing. They've certainly made mum Calista puffed out!

Doggone it, he's had enough!!



Barefoot bandit!

KRISTEN STEWART The feisty actress caused a stir at Cannes last week when she ditched her heels – and the “no flats” dress code – saying the festival has no right to tell her what to wear!

THEN



NOW

Ella's all grown up

ELLA TRAVOLTA What a difference a decade makes! Taken 10 years apart, these photos show just how much John Travolta and Kelly Preston's daughter has grown! Posing arm-in-arm with her famous folks at this year's Cannes Film Festival, it's clear the 18-year-old is still Daddy's little girl.



Back in the driver's seat!

FEELING WHEELY GOOD!

PRINCE PHILIP The Duke of Edinburgh is back in the saddle, er, driver's seat, and in good spirits since leaving hospital after his recent hip replacement.

When in doubt, wear the royals out!



HARRY

MEGHAN

Despite the strange looks sure to come their way, some people are such big fans of Prince Harry and Meghan Markle they even want to wear them on the beach!

WATCH YOUR STEP, MEL!

MEL B The singer did her best to cover up a little red-carpet stumble last week, quickly regaining her balance and posing for the cameras. What a pro!



The LOW DOWN



Dance like nobody's watching!

HELEN MIRREN Dame Mirren sure knows how to let her hair down! While in Cannes, the British actress stopped to dip her toes in the Mediterranean and have a bit of a boogie. With those dance moves, she'd be the first on our party guest list!

Wanna be **Posh's** new assistant?!



With four kids and a fashion label, Victoria Beckham is a very busy lady – so she's on the hunt for a new PA.

The position will cover a “broad variety of administrative tasks”, including taking care of expenses, and managing appointments and travel plans. Candidates are urged to exercise a “high level of discretion and confidentiality while maintaining good relationships”.

Diane desperate to date **Bono**!



Diane Keaton was on *Ellen* promoting her new movie *Book Club*, but she seemed more interested in

landing herself a date! She was particularly excited when *Ellen* told her U2 singer Bono was backstage. “Do you think he'd be interested in me?” she asked. When *Ellen* said, “He's taken,” she seemed unfazed. “Oh, that doesn't matter.”

J.Lo slams body haters!



It's hard to believe Jennifer Lopez was ever criticised for her body, but in the early days she was told to “lose a few pounds” to get rid of her curves. “I got a lot of flak for it from people in the industry. Everybody I grew up with looked like that, and they were all beautiful to me. I didn't see anything wrong with it. I still don't!”

Russell's snog with Princess **Meghan**!



Prince Harry isn't the only Brit Meghan Markle has locked lips with! During an interview on *Loose Women*, comedian Russell Brand pointed out he kissed the royal back in 2009 when they were filming *Get Him To The Greek*. “I think I planted one on her,” Russell said. “It was scripted in the scene, and at the time she wasn't married to a royal, so I didn't take any notice!”



RAIN'S A PAIN FOR BEN & JANE

BENICIO DEL TORO & JANE FONDA Not even these A-listers can weather the storm when it comes to umbrellas and wind. Who expected such wild weather in sunny Cannes? Looks like Benicio and Jane will need to invest in some new brollies quick smart – or stay indoors!

Show us your DOG passport

SHARON OSBOURNE

Who knew pets needed their own passports? The TV personality's fur baby Bella is such a jetsetter she has her own ID! Describing her Pomeranians Bella and Rocky as "emotional support animals", Shazza has bypassed airline rules and is allowed to fly first class with them wherever she goes! Each pooch passport is believed to have set her back around \$700.



Getting selfie with it...

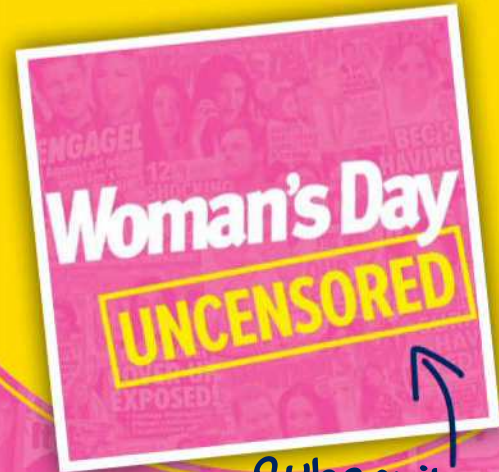
KEIRA MAGUIRE The reality TV queen made sure every second of her day was captured as she snapped pics of herself and boyfriend Jarrod Woodgate on their holiday in Noosa.



HAIRIER MOP OR NEW HUE?

KARL STEFANOVIC While he does look dapper in his navy suit, we can't help but wonder if the *Today* host has had a hair transplant or just a bad dye job...

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New episode out Wednesday

KRISTIE
Lifestyle Director

PHIL
Associate Editor

FIONA
Editor-in-Chief

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The **LOW
DOWN**

**MATTHEW
MC CONAUGHEY**

**BLAKE
LIVELY**

**SANDRA
BULLOCK**

**WILL
FERRELL**

**TAYLOR
LAUTNER**

Stars do **PROM!**

**JIMMY
FALLON**

Before they won Oscars, sold records and hosted their own TV shows, these A-listers were deciding what to wear and who to take to the most important night of the school year – just like the rest of us! Donning their fanciest frocks and suits while showing off their corsages and boutonnieres, these stars-in-the-making certainly looked the part... at the time.

**BRAD
PITT**

**BRITNEY
SPEARS**

RIHANNA

**ELLEN
DEGENERES**

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