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WHAT HAVE YOU DONE KARL?

10 SHOCKING SECRETS!

TEARS & JEALOUS RAGES



HOUSE RULES



DELTA 'I FEEL SO BETRAYED'

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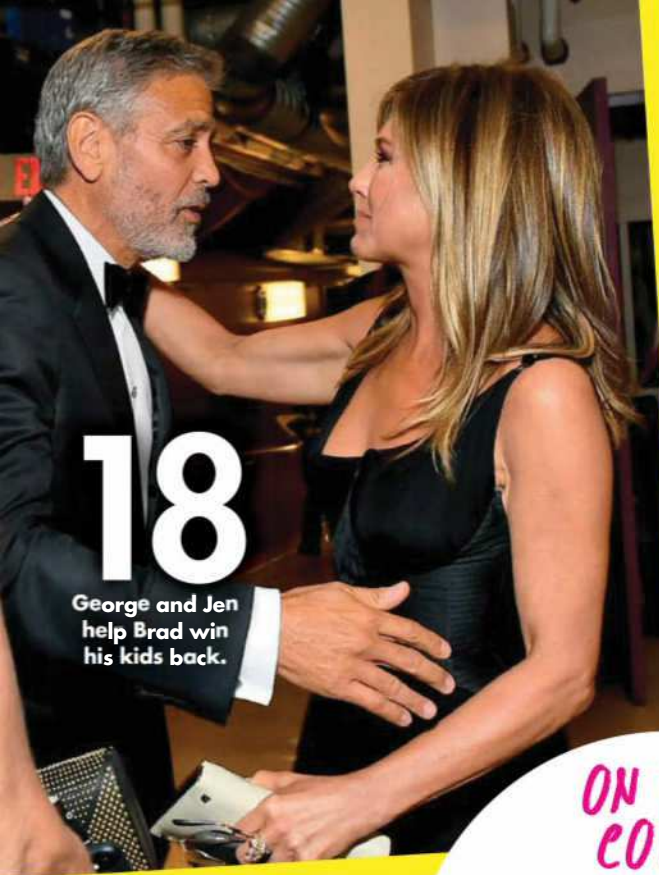
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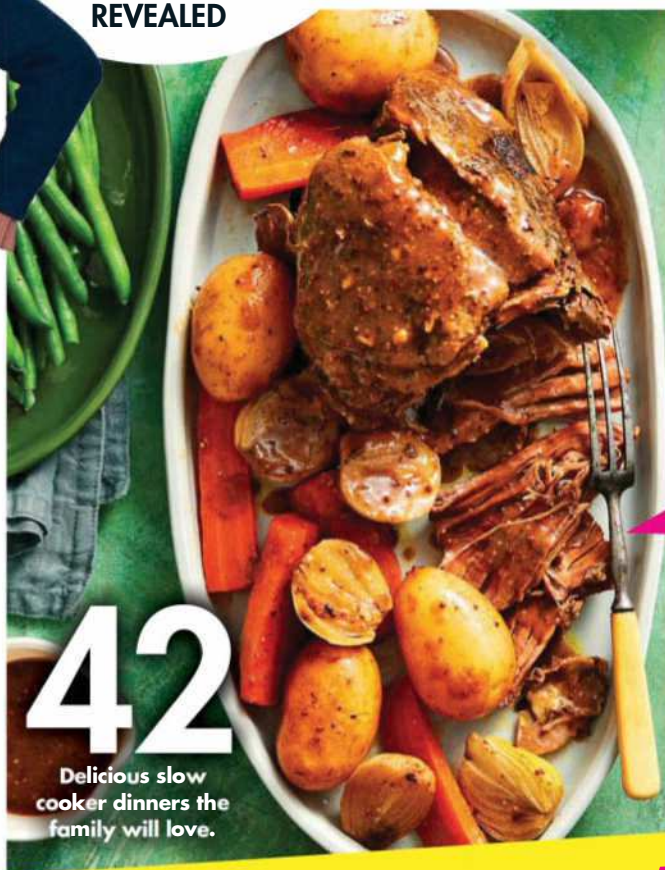
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THIS WEEK IN NEW IDEA

STARSHO

FEAST FIT FOR A ROYAL!

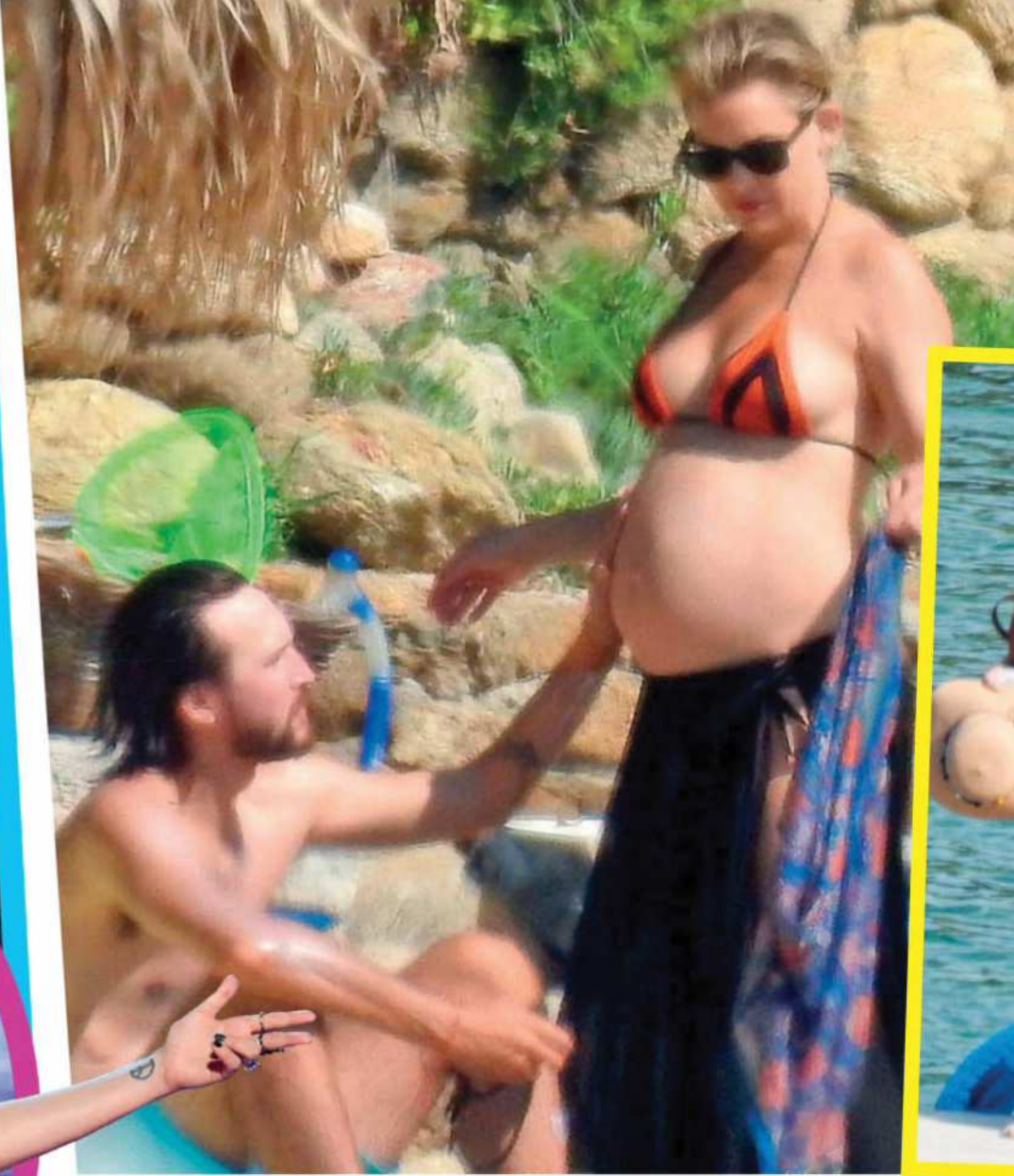
Lost for words, guys? **PRINCE CHARLES** took his royal place to guest star on *MasterChef*, alongside **GARY MEHIGAN**, **MATT PRESTON** and **GEORGE CALOMBARIS**.



KIM AND KRIS ARE KEEPING UP WITH THEIR REALITY SHOW FANS!



Back in business - **LADY GAGA** received an award for Best Music Documentary at the MTV Movie Awards. Meanwhile, **KIM KARDASHIAN** and mum **KRIS JENNER** accepted a gong for Best Reality TV Show (left).



Bumping along nicely, **KATE HUDSON** and boyfriend **DANNY FUJIKAWA** soaked up the Greek sun on their family holiday, while mum **GOLDIE HAWN** paddleboarded.



Is **PRINCESS CHARLENE** a soap fan? The Monaco royal celebrated with the stars of *The Bold And The Beautiful* at the Monte-Carlo Television Festival.



BOLD, BEAUTIFUL AND ROYAL – CHARLENE IS A TRUE STAR

**EVA LONGORIA
IT'S A BOY!**

Eva Longoria welcomed her first child last Tuesday.

The 43-year-old gave birth to an adorable baby boy, who she and her husband Jose Baston named Santiago Enrique. The *Desperate Housewives* actress told *HOLA!*: 'We are so grateful for this beautiful blessing.'

Eva has been looking forward to meeting her son for quite some time, telling *E! News*: 'I just can't wait to see what his personality is like, what he looks like, how much hair he's going to have. There's so much to look forward to.'



Billy had worked alongside Olivia in the early days of her career and the pair were lifelong friends. His loss is a tough blow for the singer, who is also battling cancer.

OLIVIA'S NEW HEARTBREAK

Despite all the challenges she's faced over the years, Olivia Newton-John has always managed to keep a brave smile on her face. However, last week's announcement of the death of former manager, Billy Sammeth – a legendary figure in the music business – has rocked the singing superstar. Billy, who also led the careers of Cher and Joan Rivers,

died in a New York hospital after suffering from pancreatic cancer. Olivia was quick to pay tribute to the man who worked with her in the earliest years of her career. 'My dear darling Billy left us today,' she posted on Instagram, alongside recent and throwback pictures of the pair together. 'I will always miss my funny friend,' says the heartbroken star.

VICTORIA BECKHAM'S DIVORCE CONFESSIONS

Just weeks after speculation intensified that Victoria and David Beckham's marriage was on the rocks, and a spokesperson dismissed reports as 'fake social media news', the British designer has given a revealing glimpse into the state of her 19-year-marriage.

During a session at the Forbes Women's Summit in New York, the 44-year-old designer praised her husband with a series of gushing compliments.

'I have the support of an incredible husband,' she said. 'We really are equal with everything we do at home with the children. When I'm away, he's the one doing the school run and doing the cooking.'

She also said she tries to be the 'best wife and the best professional'.

'When I get home I try to put the phone down and spend time

with the children and spend time with David,' she added.

But the hardworking former pop star admitted struggling to juggle the demands of her work, four children and husband, saying: 'I try really, really hard. I try hardest to be the best mother.'

However, it's been revealed the pair – who have shared the same management for two decades – now have separate teams. And while she gushes about David on social media, he's keeping quiet.

Victoria's parents (right) support their daughter, as do her kids (below), with Harper and Brooklyn.



ARE POSH AND BECKS TOGETHER BUT SEPARATE?

Victoria's praise for her husband hasn't stopped rumours the pair are in trouble, as he goes silent about his wife on social media.

BARNABY JOYCE'S WIFE BREAKS HER SILENCE

Barnaby Joyce's estranged wife Natalie has finally broken her silence about the moment she confronted her husband and his mistress Vikki Campion after she found out they were having an affair.

'I was very measured. I didn't raise my voice. She and Barney were smoking outside. He bolted when he saw me,' Natalie told *The Australian Women's Weekly* in an explosive tell-all.

She then admitted she called Vikki a 'home-wrecking w****' in the emotional confrontation.

'I turned to her and said: "My husband is out of bounds, off-limits, he's a married man with four children," and then I called her a home-wrecking w****. It was not one of my finer moments but, looking back, I'm proud that I stood up to her,' she said.

The 48-year-old was not



Barnaby, Natalie and their four daughters in happier times. Natalie has opened up about her views on the affair between Vikki Campion and her husband, and the way she handled it.

paid for her interview and revealed that she did it in a bid to uphold her family's name.

'I'm doing this so the girls feel empowered, and know their mum stood up and defended

our fine name,' Natalie added.

The mother-of-four also revealed that she and Barnaby had always agreed to name their son Sebastian, should they have had one, and the fact that he named his and Vikki's son by the same name felt 'like another malicious taunt in a very long line of appalling behaviour'.

The mother-of-four admitted calling Vikki a 'home-wrecking w**' and said it was not one of her finer moments.**

Natalie says the baby name was a 'malicious taunt'.



It's the news royal watchers around the world have been eagerly waiting for: a royal cameraman tells *New Idea* exclusively that a royal baby is on its way, with Meghan and Harry soon welcoming the pitter-patter of tiny feet.

The loved-up couple may have been keeping mum for some time, as the royal cameraman reveals that Meghan's placement at the back of the balcony during the Trooping the Colour celebrations on June 9 was

Meghan has been looking a bit peaky at the last few events.

'She's usually so full of energy and very lively – but she definitely seems tired and withdrawn at the moment,' says a source. 'Of course, all the baby whispers would explain why she's not herself and seems so pale.'

The exciting development comes just weeks after Meghan described being married as 'wonderful', before adding Harry is 'the best husband ever'.

THE DUCHESS IS POSITIVELY GLOWING – AND THE PALACE IS OVERJOYED

'WE HAVEN'T SEEN THE QUEEN THIS HAPPY AND EXCITED IN A LONG TIME – IT'S WONDERFUL TO SEE'

actually a strategic move to hide any sign of a baby bump.

There are plenty of whispers going around the London media and royal staff that the couple are definitely expecting.

'The palace is overjoyed by the news that Harry and Meghan are already expecting their first child – it's all that anyone can talk about,' a senior aide tells *New Idea*.

'At Ascot last week and during Celia McCorquodale's wedding, everyone was talking about the baby whispers – especially given that she was wearing such a loose, billowing dress and refused to drink any champagne on both occasions. Harry was being so protective of her, making sure she was happy and safe – it was lovely to see,' the source adds.

What's more, sources say that

The news was first shared with the Queen the same day, just before Meghan boarded the train to Cheshire.

'It gave the Queen and Meghan a lot to talk about during their journey on the Royal Train together and there was lots of baby talk,' reveals a source.

According to the insider, Harry has always been the Queen's favourite and she's taken a definite liking to Meghan – she sees a lot of herself in Meghan's strength and tenacity.

And to hear that they're to be parents is exciting for Her Majesty.

'We haven't seen the Queen that happy and that excited in a long time – it was wonderful to see,' the insider revealed.

The source went on to say

MEGHAN & HARRY

**OUR
BABY
JOY!**





CELIA WAS HONOURER TO WEAR DIANA'S TIARA ON HER WEDDING DAY.



WHO ARE THE SPENCER CLAN?

They're an extremely tight-knit family with strong connections to Diana's sons William and Harry – particularly Harry.

Given the prince's close connection to his mother, it's important for him to stay in touch with her family. Diana's sister Lady Jane performed a reading at his wedding, and their bond was clear.

Harry is also good friends with his cousin George – Lady Sarah's son – and was guest of honour at his 2016 wedding to Bianca Moore in South Africa.

As such, Harry's new wife Meghan is fast becoming close to this family and their loving bond was evident at Diana's niece's wedding over the weekend.

THE SPENCERS

Diana's immediate family include her brother, Charles, 54, who is currently married to Karen Spencer – his third wife.

From his first marriage to Victoria Lockwood, he has three daughters – style aficionado Lady Kitty, 27, twins Lady Eliza and Lady Amelia, 25, and a son, Louis Spencer, 24.

From his second marriage, he has three children – Edmund, 14, Caroline, 12, and Charlotte, 5.



CHARLES



VICTORIA



KITTY



LOUIS



ELIZA



AMELIA

THE FELLOWES

Lady Jane Fellowes, 61, is Diana's elder sister and is married to Robert Fellowes. The couple share three children – Laura Pettman, 37, who is Princess Charlotte's godmother, father-of-two Alexander, 35, and Eleanor, 32.



ROBERT



JANE



LAURA



ALEXANDER

THE McCORQUODALES

Lady Sarah McCorquodale, 63, is the eldest sibling of the Spencer clan. Although she dated Prince Charles in 1977, she married Neil McCorquodale three years later.

The couple have three children – Emily, 34, George, 33, and newlywed Celia, 29.



SARAH



NEIL



GEORGE



CELIA



EMILY



Close since the day they met, Meghan and Harry are planning to start a family soon - while Mike and Zara Tindall (below) welcomed a new bub.



the mood has really continued throughout the palace since they returned. And no-one could be happier.

'Meghan's still in the early stages of her pregnancy, but the palace is already working on announcements. This is the news the world has been waiting for.'

The royal couple, who are set to carry out a tour of Australia, New Zealand, Fiji and Tonga in October, are making sure to cram in as many overseas tours as they can before Meghan is too big to travel.

'Harry and Meghan wanted to get a few visits in so that she could get to know the Commonwealth countries and start making a contribution to the royal family,' revealed a source. 'But the Queen understands that their main priority is to start a family.'

Meanwhile, royal fans in the UK have been madly placing bets on Meghan and Harry announcing their pregnancy in



ZARA IT'S A GIRL!

Zara Tindall and her husband Mike welcomed the arrival of their second child last week. The Queen's seventh great-grandchild hasn't been named, but the baby girl has already broken records: at 4.16kg, she's the heaviest royal baby in 100 years! The Royal Communications issued the statement a day after the birth at Stroud Maternity Unit.

Zara, 37, and Mike, 39, have a four-year-old daughter, Mia Grace, and the new baby will be the fourth grandchild for Princess Anne.



THOMAS MARKLE'S SLIP OF THE TONGUE!

Asked by Piers about whether Meghan is pregnant already, Thomas added: 'I think it will happen soon.'

And her father also relayed private details about Harry's political views while they spoke on the phone, when Harry called him to ask for Meghan's hand in marriage.

'I was complaining I didn't like Donald Trump, and he said: "Give Donald Trump a chance." I sort of disagreed with that, but I still like Harry. That was his politics, I have my politics,' the former lighting director revealed, while also touching on the prince's views on Brexit.

Insiders report that the interview angered Harry and Thomas is now banned from all future royal events.

'The palace was given no heads-up [about] Thomas' interview,' a source told *Radar*.

'Meghan's father has now made it impossible to ever again be invited to any royal events.'

'Thomas can't be trusted to not sell stories to the media and he will get absolutely no access,' New Idea's source added.

MEGHAN'S DAD SPEAKS OUT OF TURN - AGAIN!



Following the paparazzi incident prior to the wedding, Meghan Markle's father Thomas has caused yet another scandal by speaking out without Meghan's permission – and accidentally revealing her pregnancy.

The 73-year-old was flown in by ITV's *Good Morning Britain* and paid around \$15,000 to share secrets about the newlyweds, where it slipped that his daughter is expecting!

When the presenter Piers Morgan pressed him about Meghan's family plans, he said: '[Meghan] has wanted children for a long time... There's got to be a child in them.'



2018, with Ladbrokes giving the odds a 4/6 chance.

Last month a friend close to the couple also told *The Mirror*: 'They're desperate to have a family as soon as possible'.

So keen are Harry and Meghan to have children, sources also claimed that the couple actually started trying for a baby before they got married.

Given the fact that Meghan is

36 and her biological clock is ticking, the couple didn't want to wait to start a family.

'They actually stopped using protection over two months ago, although they abstained from sex in the weeks leading up to the wedding,' a source told *Hollywood Life*.

And Harry previously talked about wanting kids before he even met Meghan. 'I've longed

for kids since I was very, very young,' he said back in 2012.

'I'm waiting to find the right person. Someone who is willing to take on the job.'

In their sit-down interview with the BBC Harry expressed his desire to have children sooner rather than later: 'We will start a family in the near future,' he said.

Thankfully, according to royal

expert Katie Nicholl, his wife is the perfect mother-to-be.

'Meghan is very doting with children. She is very maternal and she was thrilled to meet George and Charlotte. I think one of the lovely things that I discovered [while writing] the book was it was actually a moment involving children when Meghan really fell for Prince Harry,' she said.

PRINCE LOUIS TO BE CHRISTENED NEXT MONTH

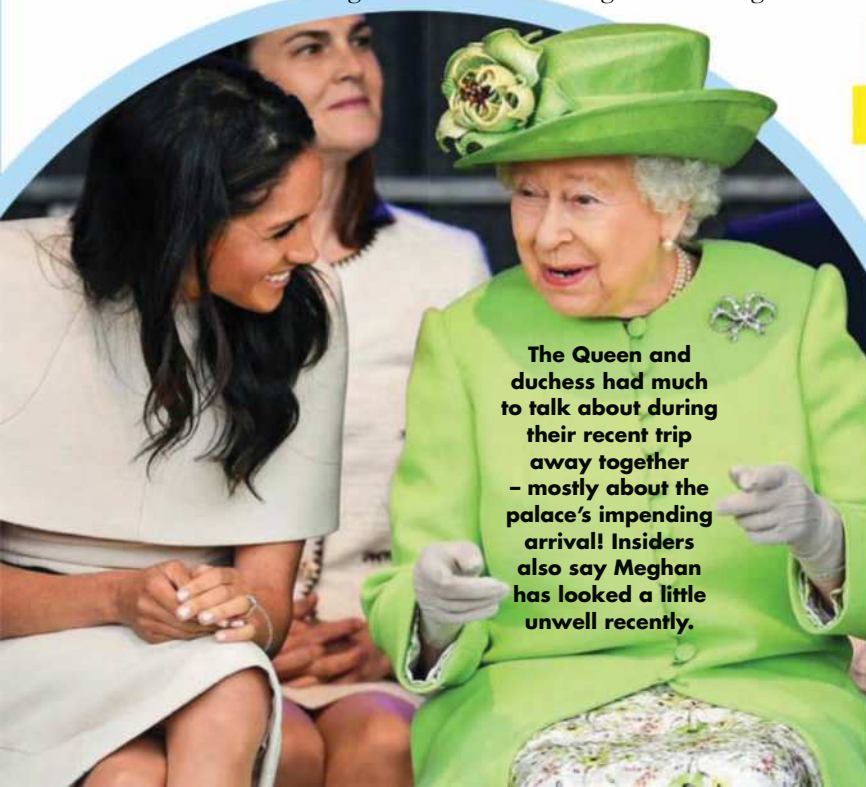
Kensington Palace have announced that Prince Louis of Cambridge will be christened on July 9, 2018.

The event will take place at the Chapel Royal in St James's Palace, where Meghan, Duchess of Sussex, was baptised earlier this year. Louis will be 11 weeks old when he is christened and, in keeping with tradition, he'll wear the same christening gown worn by his older brother, George, four, and sister Charlotte, three.

Fifth in line to the throne, Louis will be christened by the Archbishop of Canterbury in a private ceremony.



The Queen and duchess had much to talk about during their recent trip away together – mostly about the palace's impending arrival! Insiders also say Meghan has looked a little unwell recently.



TOM'S \$8 MILLION PLOY TO WOO BACK EX KATIE!

Claims have surfaced that Scientologist Tom Cruise has splashed out \$8 million dollars on setting up a church in Detroit, just an hour's drive away from Katie's home.

According to former member of the Scientology Celebrity Center, Steven Mango, the move is specifically planned to lure

after divorcing Tom, and won custody of Suri, now 12 years old. Reasons for the split remain unclear, but friends close to the star later admitted that the *Dawson's Creek* actress feared the church and worried about Suri being a part of the religion.

The church consequently named her an SP or 'suppressive person', where members are advised to abstain contact from

Jamie have been in a casual relationship.

Tom, on the other hand, is said to have 'never have fallen out of love' with Katie, as she's the one he feels best understood him.

That being said, Katie's rep previously revealed she has had no contact with Tom and is now a Catholic, but sources say Katie would love for Tom to have a relationship with their daughter.

'Katie would be thrilled to see Tom leave Scientology, she'd love to see him build a healthy relationship with Suri,' a source spilled to *Hollywood Life*.

'It would be a dream come true actually, but she's not expecting it. She has zero hope that Tom will leave Scientology for Suri – he's made it clear many times over that he's in it for life.'

**'KATIE IS A CELEBRITY HIGHLY
COVETED BY SCIENTOLOGY.
THEY NEED HER'**

Katie back to the church.

'Katie is a celebrity highly coveted by Scientology. They need her, and they're willing to work on a program to get her back in good standing,' Steven spilled to the *National Enquirer*.

Other sources claimed that Tom has masterminded the whole project and, as second-in-command in the church, has the authority to see the plans through.

Katie left the church in 2012

them, and Tom has reportedly not seen his daughter or spoken to Katie since.

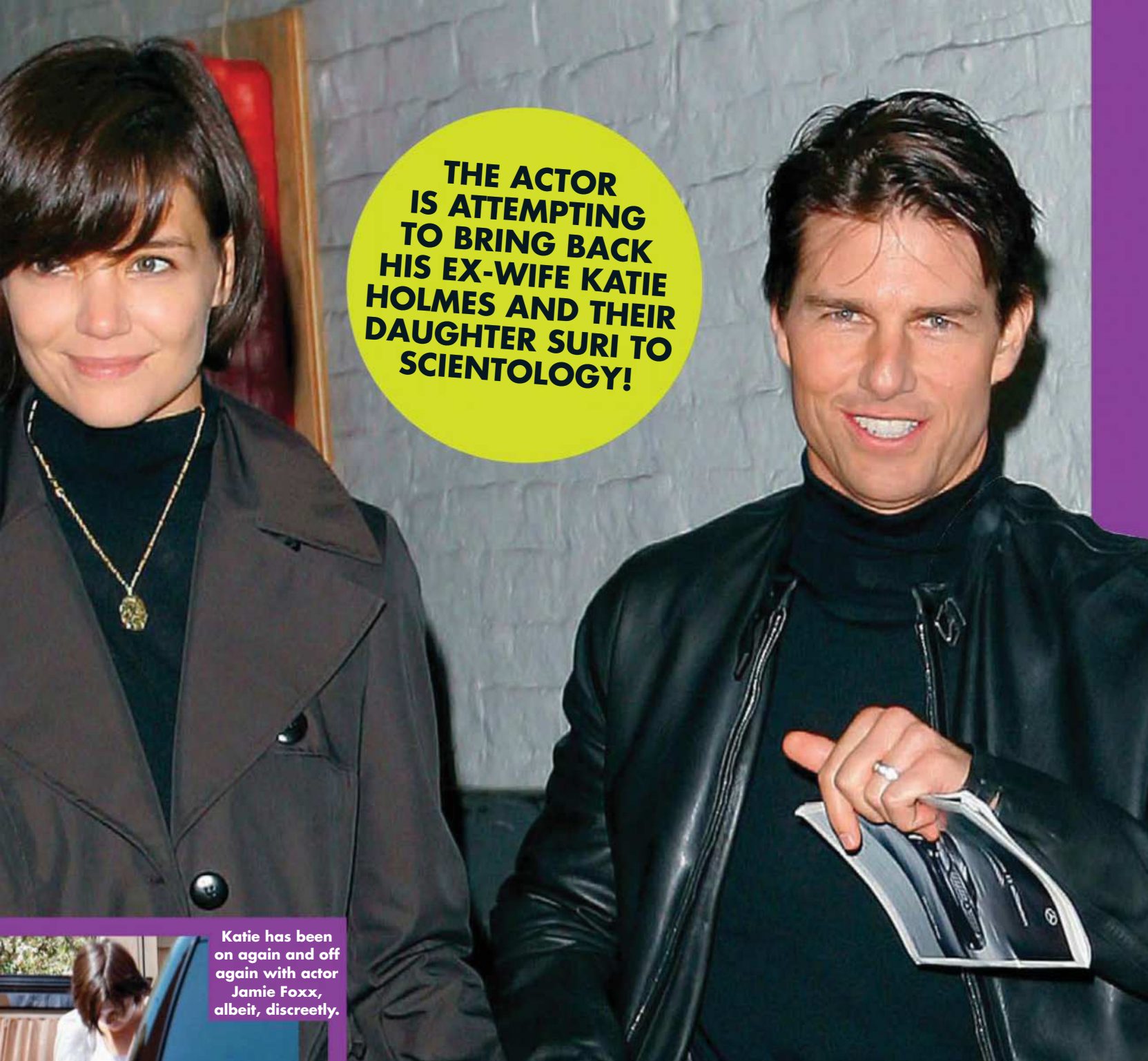
But according to the publication, Tom still harbours 'deep feelings' for the actress, who is currently in an on-and-off relationship with Jamie Foxx.

Sources told the *Star* earlier this year that Tom was attempting to 'derail her relationship with Jamie'.

Since the reports, Katie and

After Katie left Tom, the Church of Scientology labelled her an 'SP', leaving her and Suri without contact with Tom. Katie has since connected with the Catholic Church instead.





THE ACTOR IS ATTEMPTING TO BRING BACK HIS EX-WIFE KATIE HOLMES AND THEIR DAUGHTER SURI TO SCIENTOLOGY!

Katie has been on again and off again with actor Jamie Foxx, albeit, discreetly.



BIDDING FOR BINDI!

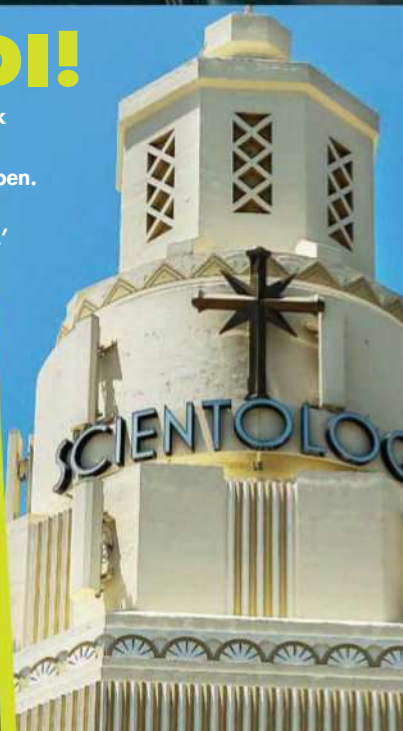
In another bizarre twist, Steven Mango also claims that the church is trying to lure Australian wildlife activist Bindi Irwin!

'I can tell you with certainty that Scientology want her as their next celebrity poster-child and recruiter. They want Bindi because she is a positive role model,' the former member explosively claims.

Another Scientology source adds: 'You couldn't ask for a better poster girl for recruitment than the beautiful daughter of a lost and beloved national figure.'

Despite these claims, a source close to the family denied any such contact had been made with the 19-year-old

– and while the church may think they'd like to recruit Bindi, her mother Terri would not let it happen. Terri 'would never let her kids anywhere near the organisation,' the source added.



**SHOCK
TV SECRETS**

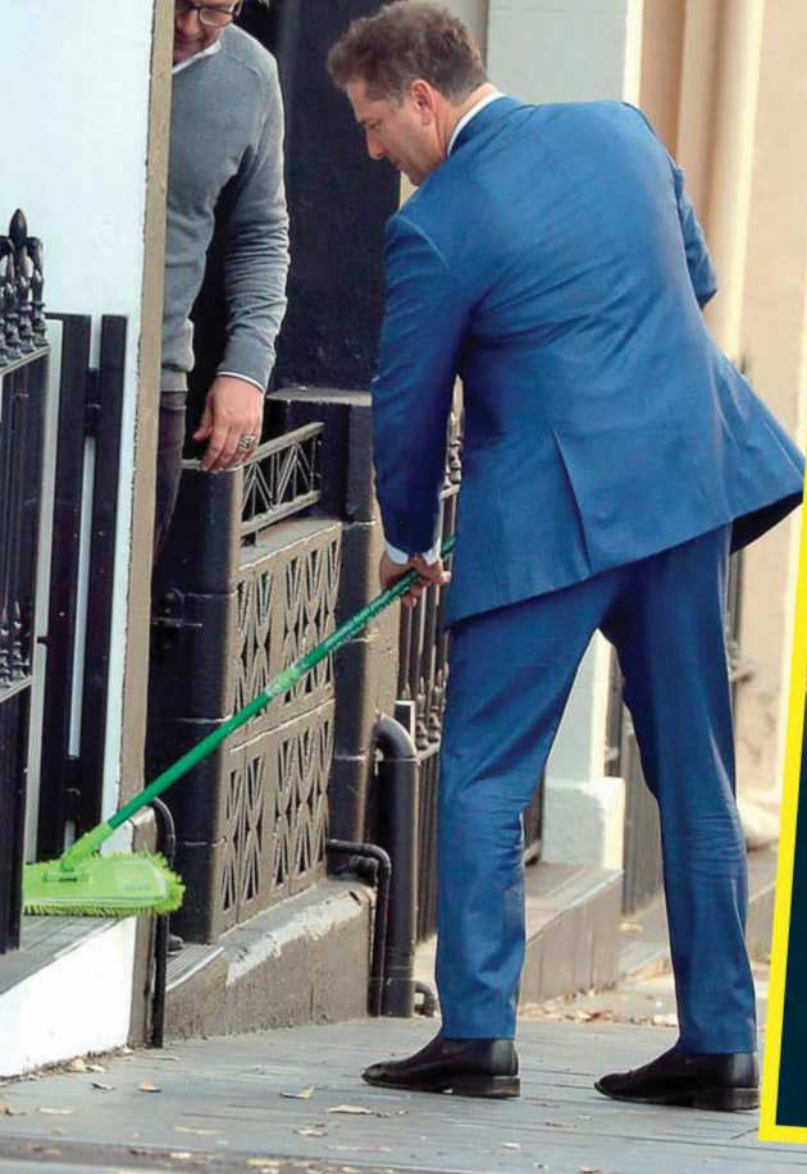
New job for Karl?
With his career sliding down fast, the father-of-three could be looking for a new role with his fiancé and shoe designer Jasmine. Karl was recently spotted sweeping the front of her store Mara & Mine in Paddington. The broom looks good on you, Karl!

**THE TV HOST
LOSES THE PLOT
AS NETWORK
BOSSSES
SCRAMBLE TO
REPLACE THE
TODAY STAR**

KARL

JOB IN JEO

**COULD GRANT
OR TRACY BE
THE NEW
FACE OF THE
TODAY SHOW?**



Karl's future is uncertain as his name-calling and TV tantrums catch up with him. Now he has to face the harsh reality that his TV contract might not be renewed.

STEFANOVIC PARDY

After a disastrous year for Karl Stefanovic, tongues are wagging as to who will replace the long-standing presenter when his time on the *Today* show is over.

With Karl's eye-watering, six-million-dollar contract thought to be coming to an end in just a few months, network bosses have been left scrambling to save the future of their failing breakfast show.

'They never really expected it to come to this,' a source tells *New Idea*.

'But with one PR disaster after another – his on-air rants,

messy divorce and the leaked Uber phone conversations – ratings have plummeted, and something has to change.'

Emergency meetings have been called by the network to consider every possible scenario after Karl's rant on the Logies last week, where he took aim at Channel Seven who he claimed would not be flying their top talent, including *Sunrise* presenters Sam Armytage and David Koch, to the Gold Coast in an extraordinary on-air tirade.

'I hear our opposition isn't coming this year,' he said in the controversial on-air tirade.

'What, they're too good to support the local industry? To

support their own colleagues who have been nominated for their hard work?

'Well, we don't want you there anyway. You're all boring!'

The father-of-three was labelled a hypocrite when in September last year he claimed he would 'boycott' the Logies after the Victorian government said they were withdrawing its bid to host this year's event.

'I'm telling you right now if the Logies move from Melbourne. I will not be going,' he said at the time.

However, it seems now the 43-year-old has changed his

'The exercise is simply too costly for us in 2018. Responsible budget management [equals] supporting local industry.'

And it seems Karl's erratic behaviour on air isn't paying off for Nine, with *Sunrise* continuing to beat *Today* in the ratings all last week.

Allegedly, the low ratings have network bosses nervous and Karl's future is up in the air. Rumour has it, popular Ten host Grant Denyer is being considered as a replacement.

With his current role at

'ONE PR DISASTER AFTER ANOTHER ...RATINGS HAVE PLUMMETED, AND SOMETHING HAS TO CHANGE'

tune and it hasn't gone unnoticed by his competitors.

'Bit rich, Karl. First you said you'd boycott the Logies if they moved from Melbourne. Now you're slamming *Sunrise* for not attending?' *Sunrise* executive producer Michael Pell wrote on Twitter.

Family Feud ending after the show was 'rested', Grant is looking for a new gig to supplement his current show *Game of Games* and, having been a regular face as *Sunrise* weatherman for years, he knows the breakfast TV ropes.

Karl even referred to Grant

SHOCK TV SECRETS



KARL AND JASMINE ARE SET TO WED THIS YEAR.



CARRIE EXPECTING HER THIRD CHILD!

In an adorable video shared to Instagram last week, Carrie Bickmore announced she is expecting her third child with partner Chris Walker. Alongside their three-year-old daughter Evie and 11-year-old son Oliver from her first marriage to Greg Lange, Carrie filmed herself telling her children: 'There's a baby inside mummy's tummy'.

Evie was beside herself with delight and asked if she was 'having it now'

and was she 'having twins'.

The Project host did not mention how far along she was in her pregnancy or for how long she would be taking maternity leave. With Evie, the mother-of-two took three months, but she may take longer with the third child considering she found her last childbirth 'traumatic'.

Question is, who will replace her while on leave and will this open things up for co-host Lisa Wilkinson to take the female lead?



TOM STEINFORT

Former *Weekend Today* host and all-round good guy, Tom has a wealth of experience in television with a similar journalism background to Karl and has made friends in the right places. Supposedly the network's "golden boy" after a string of promotions and big hits, he is currently fronting the big stories at *60 Minutes* and is one to watch.

WHO ELSE IS IN THE RUNNING?

BEN FORDHAM

Currently filling in for Karl, the network has seen a ratings increase when he is on air. But with young kids and gruelling breakfast hours, will he want the top job?



BEAU RYAN

Having signed a 10-year contract with the network, former sports player Beau's name has been mentioned after *The Footy Show* underwent a restructure. Known for being professional and hardworking, Beau is popular behind the scenes. But many think while there may be a place for Beau on morning TV, it is unlikely to be the top position.

on air last week amid his Logies tirade, stating that he thought everyone on *Sunrise* was boring, 'except Grant Denyer, I like him'.

Karl previously had his sights set on the hosting role at the popular evening show *A Current Affair*, and his management team had always assumed the next round of negotiations would be focused on making that dream a reality.

'After 13 years of waking up at 4am, he really wanted something with more sociable hours,' says the source.

'That's one of the reasons he was doing some of the *60 Minutes* stories, to get viewers used to him doing serious journalism again.'

However, with veteran host Tracy Grimshaw in the midst of a 'comeback', celebrating a highly sought-after Gold Logie nomination while Karl's been snubbed in this year's line-up,



KAK IS BACK!

SHE'S A NATIONAL TREASURE AND AFTER A TOUGH TWO YEARS, KERRI-ANNE KENNERLEY IS STEPPING BACK INTO THE LIMELIGHT

One evening in March 2016, Kerri-Anne's husband John suffered a terrible fall. His injuries were catastrophic, leaving him paralysed. KAK, his loving wife, who's graced our screens for over 50 years, took a step back from showbiz to be by her ailing husband's side.

Despite all the challenges they've endured, now the time's right for the *Mornings with Kerri-Anne* and *Good Morning Australia* icon to make her long-awaited comeback!

Q: You are about to start your first big project since John's accident,

as ambassador for Razzamatazz stockings – is KAK back?

Kerri-Anne: Yes! I've done little things over the past few years. I released my book and worked on some stories for the *Sunday Night* program on Channel Seven. I've been a bit more behind the scenes the last few years, but now I've got Razzamatazz. It's fantastic.

Q: And how is John?

Kerri-Anne: He's remarkable. He's very motivated with his rehab and we've got stuff set up at home for him. He needs 24/7 care – he still can't push a button and can't feed himself, but the rest of his health is good. He does so much rehab it keeps the blood flowing, which means his skin's better, his brain's better... it's just his movement hasn't come back. We still like to have a good time, we like to chat, we read the newspaper – we discuss events. That part's the same, we just can't go out like we used to. It's more difficult.

Q: Are you doing things now you'd previously put on hold?

Kerri-Anne: I didn't really put that much on hold, it's just taken a while to get into what is a normal swing now. We're really lucky that we have great care for John, which means I can step away just a little bit more because I've got a 24/7 career.

Q: If you returned as a regular to our TVs, who would you love to present with?

Kerri-Anne: I love Amanda Keller. She was the person who made a speech and gave me my Logie last year. I'd choose her because I adore her.

Q: You're looking better than ever, do you find with age we become more confident in our own skin?

Kerri-Anne: Yes, it's true you do! Age is not for the faint-hearted, but it is better than the alternative. I definitely think as you age there's the 'give a toss' factor. You learn to focus on different things. You can't completely let yourself go and sit on the couch eating ice-cream and chocolate, you've got to work at it harder than ever because it is harder. The ageing process isn't kind, but we need to just get on with it. Life is for living, appreciate it!

that goal is looking less likely. 'Tracy is doing more than ever right now,' says an insider. 'She is travelling the country, getting involved in big stories and is loving it. She has a great relationship with her producer and really wants that Gold Logie. There is no way she will be letting her job go.'

With Karl's impending wedding to fiancée Jasmine Yarbrough on the horizon, travelling the world as part of the dedicated *60 Minutes* team is no longer an attractive option.

'The last thing they want as newlyweds is to be separated while he is away doing stories,' says the insider.

'The questions being asked are if he should stay at *Today*, move to a new position or if there is even a job for him.'



Looking better than ever, KAK is ready to start her next big project. 'You can't sit on the couch eating ice-cream and chocolate,' she quips.



Husband John is 'remarkable' gushes Kerri-Anne. 'He's very motivated... We still like to have a good time.'



TV FAVOURITE KERRI-ANNE IS COMING BACK WITH RAZZAMATAZZ!

BRAD

**HE'S
CELEBRATING
WINNING
BACK THE KIDS
WITH HIS
HOLLYWOOD
FRIENDS**



Jen congratulates George (above) and Amal (right) for doing a wonderful job and being such great friends to Brad.

The celebrations keep coming for Brad Pitt. The happy dad was so excited about his recent court victory, he threw a surprise 'custody party' for his closest friends.

And during the lavish, over-the-top event, one very familiar couple were especially honoured for their role in

helping Brad get joint custody of his children: his oldest Hollywood friend George Clooney and his wife, Amal.

'They've been a crucial pillar of strength for Brad through his whole custody battle with Ange, and he knows he wouldn't be celebrating right now if it wasn't for his friends George and Amal,' a source tells *New Idea*.

Amal, in particular, has been incredibly helpful and supportive with the legal details and has been able to provide Brad

While Brad celebrates, Ange consoles herself by doing UN work at a camp for Syrian refugees in Iraq.



with plenty of insider knowledge thanks to her background as a well-known barrister.

'Her legal knowledge is second to none and they used her expertise to help get them the right advice and choose the right strategy for taking on Ange.'

The court judgement, issued last week, ruled that after nearly two years of wrangling, Brad should be given temporary joint custody of his five youngest children – Pax, 14, Zahara, 13, Shiloh, 12, and twins Knox and Vivienne, nine – for the next few months. Maddox, 16, is able to decide on access due to his age.

While a broken Angelina slammed the leak of the court's Orders as 'misleading' and 'inaccurate' via a statement, there were reports behind the scenes that the actress was

melting down and barely eating or sleeping. Her frail and solemn appearance when she was in Iraq working in her capacity as a UN activist was all the more stark as, at the same time, Brad was celebrating Father's Day by reuniting with his children in London.

Confident that a permanent joint custody arrangement is just a formality, according to *People* magazine, Brad was 'thrilled' to see his kids and celebrate the important day with his family.

The source also confirmed Brad had been 'missing his kids like crazy' in the months leading up to the judgement, explaining: 'To live so close to them, but not see them often, has definitely been painful for him.'

Naturally, as a close friend,

'S EUSTODY

VICTORY PARTY

Amal, 40, has witnessed Brad's ongoing anguish.

'Amal was only too keen to help – now that she's a mum she knows how important it is that both parents have a strong relationship with their kids,' adds New Idea's insider.

With the main battle over, Brad, 54, couldn't wait to celebrate this victory in true

poignant as there have always been reports that Angelina kept her ex from keeping in touch with many of his old pals during their relationship.

'Everyone was so excited to see Brad in particular so happy after so many months of pain and heartbreak.'

George, 57, meanwhile, is said to be delighted to have his

'THEY'VE BEEN A CRUCIAL PILLAR OF STRENGTH FOR BRAD THROUGH HIS WHOLE CUSTODY BATTLE'

Hollywood style. With Jennifer Aniston, 49, by his side, the rumoured on-again pair invited all their mutual friends to celebrate. It was especially

former co-star back by his side.

'He was never happy with Brad for cheating on Jen and made that clear to him. And he was never a fan of Ange...'

After two long years, Brad finally gets to hang out with Shiloh (below right) and Zahara (left) on Father's Day.



BRAD'S BID TO WIN BACK MADDUX

While Brad's other children have welcomed him back with open arms, Maddox might prove harder for the star to win over.

The 16-year-old is allegedly reluctant to see Brad after their physical fight on a private jet in 2016, prompting Angelina

to file divorce papers. A source told *E! News* at the time that Maddox was 'mad at his dad' and didn't want to see him.

Although they've reunited since, it seems Brad still needs to do some work to get back in Maddox's life.

DELTA'S HEAR



AFTER A TUMULTUOUS YEAR, THE VOICE COACH GOT WIND THAT THE SHOW MAY NOT RETURN NEXT YEAR AND IS SAID TO BE DEVASTATED

Friction between coaches Kelly Rowland (far left), Joe Jonas (above left) and Boy George (above) affects Delta, but she still hopes the show will carry on.

A At the grand final, Sonia Kruger let it slip that the series may not return, and the lack of promo for 2019 has led Delta to realise her worst fears.

'Delta picked up on all this and was visibly upset at the wrap party,' the source spilled.

'Runners of the show tried to console her by saying we are just resting it for one to two years, but she is absolutely freaking out about losing her job,' they added.

According to the source, *The*

backlash, in an interview with *Stellar* magazine the singer remained positive.

'Unfortunately we're living in a time when the negative view is what gets the most oxygen. It'd be nice if clickbait was positive. It'd be nice if it was even half and half – I'd settle for 50/50,' she confessed to the publication.

'I know life can't be a bed of roses. I take on the fact I'm always learning. I don't profess to be perfect at anything. I just do my very best. I'm a hard worker,' she added.

'I KNOW LIFE CAN'T BE A BED OF ROSES. I JUST DO MY VERY BEST. I'M A HARD WORKER'

Voice really breathed new life into her career and she's used it to promote new music. 'Plus, it's a steady pay cheque,' they said.

The 33-year-old has not had it easy and her recent work has fallen flat with fans. But despite

The *Born To Try* hitmaker also insisted that despite the nasty backlash she still has strength in the market.

'I wouldn't have been around this long if I didn't genuinely have lovely connections with

people. The [backlash on social media] is actually quite boring. It's not even a conversation for me anymore – except for the fact that I don't get why people are wasting their time.'

Delta has often faced the brunt of criticisms in the past, with everything from her 'diva' behaviour on *The Voice Australia* to her performances on stage. But she has always remained irreverent about any negativity from trolls and haters.

Perhaps it has to do with the fact that at just 18 she was diagnosed with Hodgkin's lymphoma, which she admitted helped her perform in *Olivia Newton-John: Hopelessly Devoted To You*.

'As an artist, you definitely draw from your own experiences. There was something cathartic about it. I did have to open up some cuts within me,' she told the *Sydney Morning Herald*.

The Sydney-born musician, TV star and actress also said

that she still tries to help people suffering from the disease when she can.

'I'll spend 40 minutes on the phone with a kid in a battle with cancer. I get so many messages about [people] going through the battle,' she told *Stellar*.

'If I can even slightly improve someone's day by talking to them – having a real conversation and hopefully giving them some strength – that's a beautiful thing.'

Meanwhile, despite fears of her career starting to spiral downwards, Delta continues to expand her horizons and this month she launched her very own perfume, named *Dream*.

'I believe that this is authentic to my brand,' she told News Corp.

'I don't put my name to [just] anything,' she added.

'I believe in quality and want to make sure it really is something that feels authentic.'

SECRET

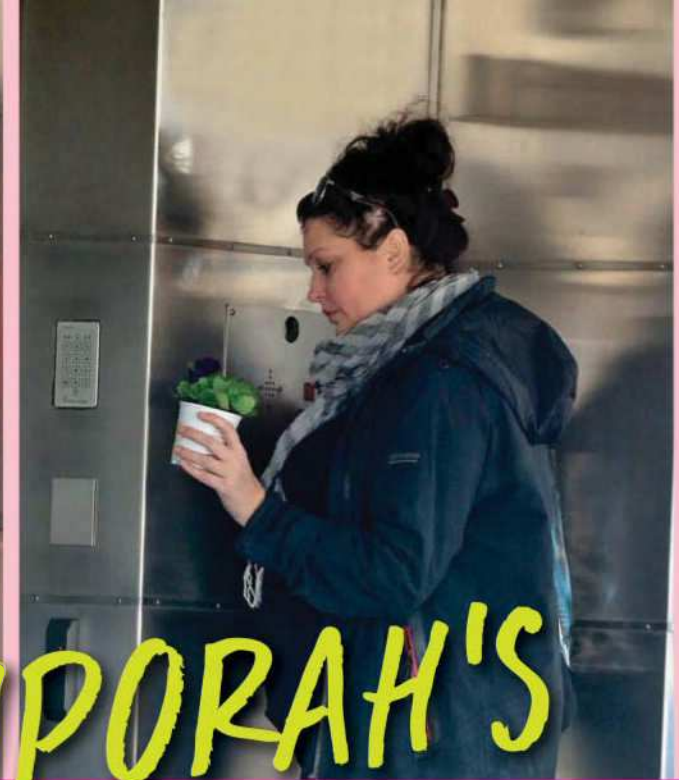
TB BREAK!



Delta is spotted looking anxious and texting friends as she faces one of her deepest fears – that her time on *The Voice* might soon be up.



Remembering him fondly, Tziporah leaves a pot plant for her ex who recently announced he had mental health issues.



TZIPORAH'S SURPR FOR

TZIPORAH EXTENDS THE OLIVE BRANCH TO EX JAMES PACKER

Twenty years after their traumatic break-up, Tziporah Malkah has finally reached out to her former billionaire fiance James Packer – with a potted plant.

The TV celebrity was spotted outside the Bondi Beach mansion she once shared with James, surreptitiously dropping off a pansy plant to the mogul who left her heartbroken after their 1998 split.

Asked by New Idea what prompted her to make the tender move, she responds: 'It was just one of my ridiculous impulsive things.'

'I tried to buy forget-me-nots, but the shop didn't have those. So I just bought a dark purple pansy for James.'

'I must admit, I felt a bit nervous at the door, it had been

so long since I'd been around there. Looking at the place, it looks a bit run down, to be honest! When I was last there, I thought it was so glamorous.'

Tziporah, 44, says she's a bit ashamed about bringing her gift to James, who was her fiance when she was known as Kate Fischer.

'I'm actually feeling a bit embarrassed,' says Tziporah. 'It was a silly thing for me to do, I suppose.'

Explaining how it had come about, she says: 'I'd been buying some plants for my balcony and a stranger approached me, and said how nice I'd been about James and his recent struggles. And I just thought I'd drop him off something small to show him I wished him well.'

After James recently announced he had mental health issues, Tziporah had publicly praised him for his honesty.

'In case anyone is wondering, no, I'm hardly trying to get back with James after all this time!'

'I was just wanting him to know I was thinking of him and wishing him well after what he's gone through lately.'



TZIPORAH LEAVES A PANSY FOR PACKER – THEN RUNS!

The luxury Bondi apartment where James and Tziporah (then Kate Fischer) once lived together.



FLASHBACK

Once a high-flying couple, James Packer and Kate Fischer separated in 1998. Now known as Tziporah, the former model is back in Sydney.

ISE GIFT JAMES!

It's unknown if James, 50, is aware of his ex's botanical gift. The day Tziporah was visiting his Bondi home, the mogul was spotted across the globe, holidaying in the French Riviera with his girlfriend Kylie Lim.

His visit to ritzy St Tropez with the leggy New York socialite, who he's been dating for six months, comes just

a decade, before returning to Australia where, for several years, she lived under the radar.

Then last year, she finally re-entered the limelight, doing an exclusive interview with *New Idea*.

The move led to more showbiz opportunities, including a stint on Ten's popular reality show *I'm A*

'I TRIED TO BUY FORGET-ME-NOTS... I WAS WANTING HIM TO KNOW I WAS THINKING OF HIM'

days after he was released from a US hospital.

Tziporah, who has also battled mental health issues, recently revealed it took her about eight years to get over her love affair with James – who she dated for five years when she was a top model and TV personality – and that she 'fantasised for years' about getting back together.

'I was heartbroken... I was very smitten with him – I was in love with him,' she confessed.

After the break-up, she moved to the US for more than

Celebrity... Get Me Out Of Here!

The brunette recently moved back to Sydney, where she has embraced life back in her old hometown.

Tziporah's gift to James comes just a week after she was spotted in Sydney kissing her new man, Justin.

'We've just been having a great time,' Tziporah told *New Idea*.

'He's a very nice person, I'm not sure where it's going. I enjoy spending time with someone else a little older than me.'

ANOTHER REALITY SHOW?

Tziporah was recently spotted hanging out with *MAFS'* Tracey Jewel, who unfortunately failed to find love with her on-screen husband Sean. The reality show contestants smiled for the camera and appeared to be in deep discussion. They may have met to discuss another reality show, possibly of the dating kind – although Tracey has recently confirmed her new relationship with venture capitalist Patrick. Watch this space!



Tziporah looking glam with *MAFS* star Tracey Jewel at Sydney's Sofitel.

10 SHOC SECRETS RE



1



JUDGES VS TEAMS

Tensions are running high on the home renovation show – so much so, the ‘feisty’ contestants have managed to ruffle the feathers of the judges.

On Sunday, the contestants came face-to-face with design experts Laurence Llewelyn-Bowen, Drew Heath and Wendy Moore for the first time – and sparks flew!

And according to Laurence, things are set to get even more dramatic at home base as the competition progresses.

‘There were a couple of times when Drew was on the verge of tears,’ judge Laurence jokes.

‘We’d been tough on a couple of contestants and very tough on some of the stuff that they’d done, and they were so passionate in their defence of what they’d done and so passionate about why they were taking the risks they were taking.

‘It was tough love and it wasn’t rude, but suddenly they wanted to tell us what to do!

‘They’re very feisty. They know that we want to hear from them.’

WHAT REALLY WENT ON BEHIND THE SCENES ON THE HIT RENO SHOW?

Laurence reveals the other judges were on the verge of tears.



KING VEALED

The judges have been very honest when giving their feedback.



EMERGENCY HOSPITAL DASH

NSW parents Mandy and Toad reveal they once had to dash to hospital in an emergency so that Mandy could have a C-section.

'I was sick for nine months,' Mandy laments. 'I was so tired and at eight weeks I had an early scan because he [Toad] was worried something was wrong,' she adds.

But the couple later found out they were expecting twins and one of the boys was 'hammocking' (sideways position), so Mandy needed an urgent C-section.

'I did not want to have a caesarean. I'm not a hippy or anything like that, but I did not want to go in there and have some chemical put in my body and then them cut through my muscles,' Mandy recalls.

Mandy and Toad reveal they were forced to make an emergency dash to hospital when Mandy was pregnant.



3



2



BIG WIN FOR BABY JOY

Victorian parents Leigh and Kristie reveal they're planning a third child – but couldn't afford to have another without first going on the show.

'If we do well in the competition, we want to try for another kid,' the couple reveal. 'Kristie always wanted to

have another one, but it's down to the money,' Leigh confesses. 'We scrape from week to week living on one wage.'

The young parents to Billie, four, and Kobie, seven, say that they struggle financially just with the two kids. 'Money shouldn't be an issue, but it is.'



4

DEVASTATING LOSS

Perth-based parents David and Chiara have not had it easy, especially since David was diagnosed with ADHD. But the couple have been hit with more devastating news – the shock death of a beloved family member.

'It gets me upset,' David admits, welling up in tears as he reveals his grandma died after he had moved to Perth.



Ever-upsetting, David never got the chance to say goodbye.

'I ran down to my nan's house and told her I was leaving,' David says after confessing his nan was his rock, who said there were always better things for him.

'She would never leave me until I was happy,' David reveals.

'Then when he came to Perth, that day, that was when I met him,' Chiara chimed in.



HOUSE RULES 7



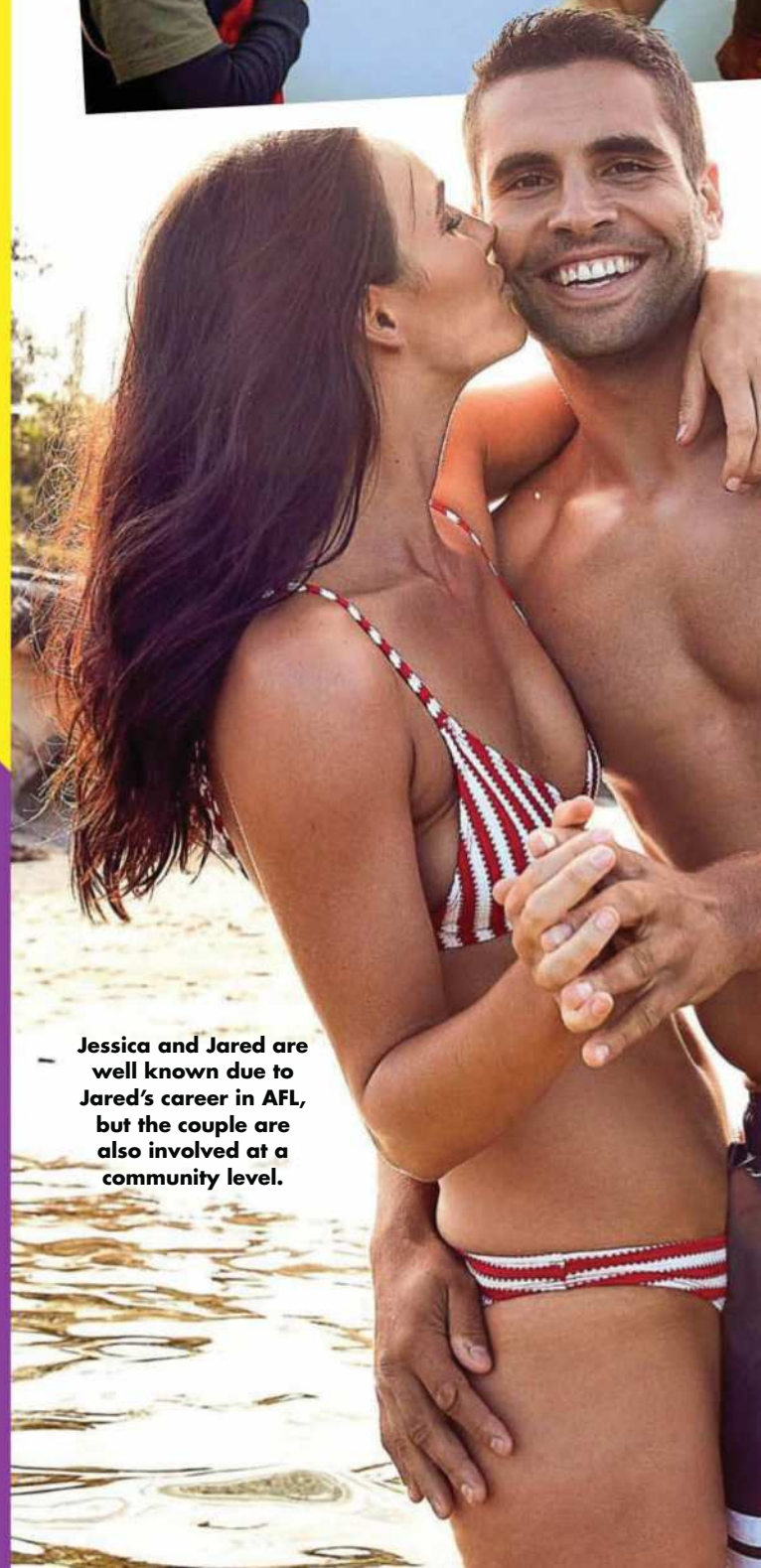
5 JEALOUS RAGES

Josh and Brandon from Queensland confess that their girlfriends Maddy and Jessica are worried about the attention they're going to get after appearing on the show.

Brandon's girlfriend Jess is an apprentice hairdresser, while Maddie is at uni studying to be a teacher. 'I think his girlfriend is stressing bad!' Josh spills. 'She probably won't like [the attention], but it is what it is!' Brandon adds.



Josh and Brandon say the attention they get from women as a result of being on the show 'is what it is'.



Jessica and Jared are well known due to Jared's career in AFL, but the couple are also involved at a community level.

6

'I'M NO BOY GEORGE'

Controversial judge Laurence Llewelyn-Bowen is proudly committed to *House Rules*.

So much so, he's lashed out at *The Voice* coach Boy George, saying: 'Australia is really important to me.

'I'm not doing a Boy George,' Laurence says.

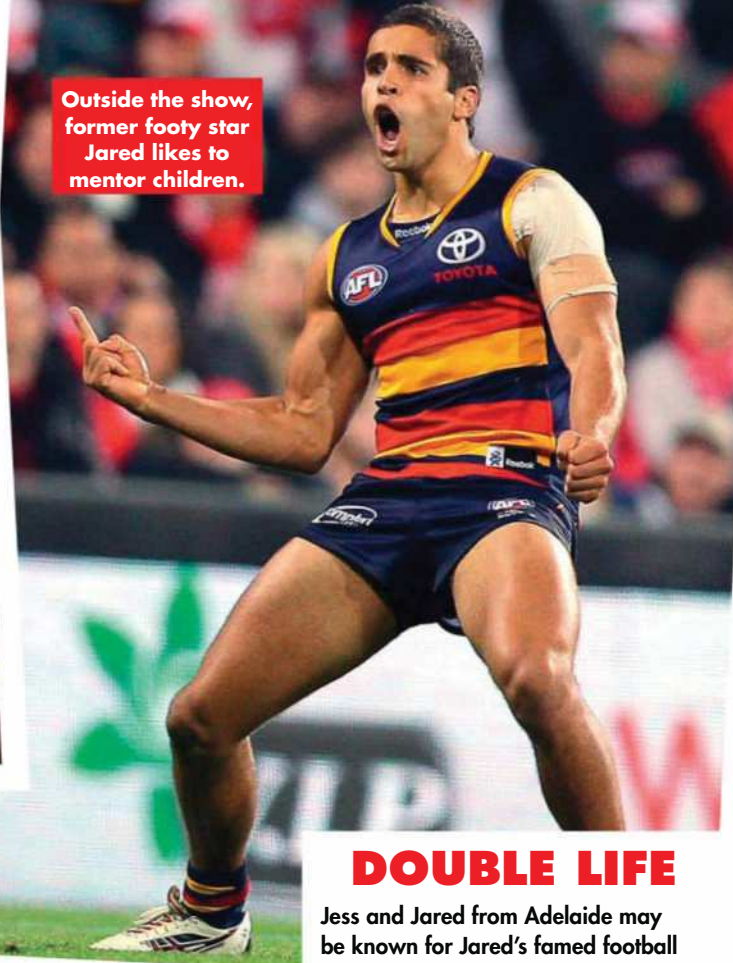
'I'm not living in a house in Bondi, and then going away again and not even thinking about it!

'I have a deep love for this country.'



Laurence says Boy George is just using *The Voice* to further his career.

Outside the show, former footy star Jared likes to mentor children.



DOUBLE LIFE

Jess and Jared from Adelaide may be known for Jared's famed football career, but few would know that he now works in communities to encourage kids to attend school.

'I work in remote school attendance with a string of communities and schools out in South Australia,' Jared says. 'I work across a number of programs to entice kids to go to school.'

The sportsman says he fell into the job after mentoring and developing the younger guys at his local club, and his boss approached him to ask whether he was interested in getting into a similar line of work.

'I wanted to be a mentor of some sort away from footy and it just worked out perfectly,' the former footy star reveals.

**HOUSE RULES
AIRS MONDAY
TO WEDNESDAY,
7.30PM, AND
SUNDAY, 7PM,
CHANNEL SEVEN**

8 SECRET HEARTBREAK

Gorgeous couple Jess and Jared were reduced to tears when they received a phone call from home.

The pair broke down behind the scenes when they were told Jared's dog of seven years, Charles, had passed away while they were away filming *House Rules*.

The dog was a 21st birthday

present by some mates and AFL players – Jared is an ex-AFL player for Adelaide Crows, currently playing in the SNAFL.

'It was like losing a family member,' Jared says.

'The hardest thing was being away from him and not being able to say goodbye.'

TV TYCOONS 9

The mother and daughter duo, Kim and Michelle, reveal they have big TV plans after the show.

'I want to work in production, I really do,' Michelle gushes.

'I have loved my time on the show and learning about how it all works.'

The mum-of-two says while she enjoyed the experience: 'It's a lot of time away from the kids, but I loved it.'



Michelle says she's keen on a career in TV production after she leaves the show.

10 LOVE AFFAIR

This Queensland couple met when they were teenagers – Mel was the younger sister of Dave's best friend – and they've now been together for 14 years.

But their love has not always been out in the open. In fact, it was under wraps from Dave's best friend for a long time.

'We hid it behind his back for six months,' Dave spills.

Thankfully, all things worked out well and his friend 'came good' and ended up being best man at their wedding.

'We've known each other since I was 13 and got together when I was 17,' Mel says.

'She couldn't resist me,' Dave laughs, before admitting the pair were best friends before they started dating. 'I think that's why we get along so well.'



Mel and Dave were childhood friends before becoming sweethearts.

**THE COOK OPENS UP
ABOUT HER CAREER
AND THE ROLE HER
FAMILY HAS PLAYED
IN SUPPORTING HER
ALONG THE WAY**



**MAGGIE
BEER**

**'MY
SECRET
GUILT'**

Maggie Beer runs a successful produce business, has several cookbooks and regularly appears on hit cooking shows, including *MasterChef* and *Great Australian Bake-Off*. But, the successful business woman is also a loving mother of two daughters and a grandmother to six adorable grandkids.

Reflecting on her hugely successful career, Maggie admits that being a working mum wasn't always easy. 'I carried a lot of guilt as a mum because I worked so hard, well Colin [Beer] and I worked so hard all their lives,' she tells *New Idea*. 'But what we've done is have two very hard-working, independent and creative daughters.'

Growing up on their mum's pheasant farm in South

you two cook,'" laughs Maggie.

Despite working a lot when her daughters were growing up, Maggie's career has clearly had a positive influence on her daughters, who have followed in their mum's footsteps with foodie ventures of their own.

Saskia has her own produce business and Elli runs the Farm Eatery at Maggie's pheasant farm. Maggie's strong affection for her children has clearly extended to her grandchildren, who she is very close with.

Ranging from 21 to three, Maggie is passionate about cultivating her grandchildren's passion, whether it be with cooking or not.

'Being a grandmother is a beautiful thing,' she says. 'I never babysit, my life doesn't allow it, but I do have a special relationship with each of my grandchildren and they're all so different. So, one of the best

'ONE OF THE HARDEST THINGS IN LIFE IS TO TAKE TIME FOR YOURSELF, BUT I'M STILL WORKING ON IT'

Australia, and being surrounded by food all their lives, it comes as no surprise that her daughters, Saskia and Elli, also have a passion for food.

'My eldest daughter is an amazing cook, my youngest has a fantastic palette and understanding of food, but she says: "Why should I cook when

things is being able to foster the passion of each individual grandchild.'

From her family to her career, Maggie has an impressive list of achievements and she isn't planning on slowing down.

For the past four years she has placed her energy into her



Maggie says her career doesn't allow her lots of time off, but she still spends it with family (from left, Maggie, granddaughter Zoe, Elli, grandson Ben, Colin and Saskia).

foundation, which has a mission to change the quality of food in aged care across Australia.

'It's a huge commitment, but something that I believe in and love to do,' shares Maggie.

And she admits her busy schedule doesn't leave her a lot of free time.

'One of the hardest things in life is to take time for yourself, but I'm still working on it,' she says. 'Maybe by the time I'm 75 I'll have it down pat.'

When she does have time, Maggie loves spending it away at the beach with her husband, Colin, and visiting their farm in Adelaide – which was their first home together.

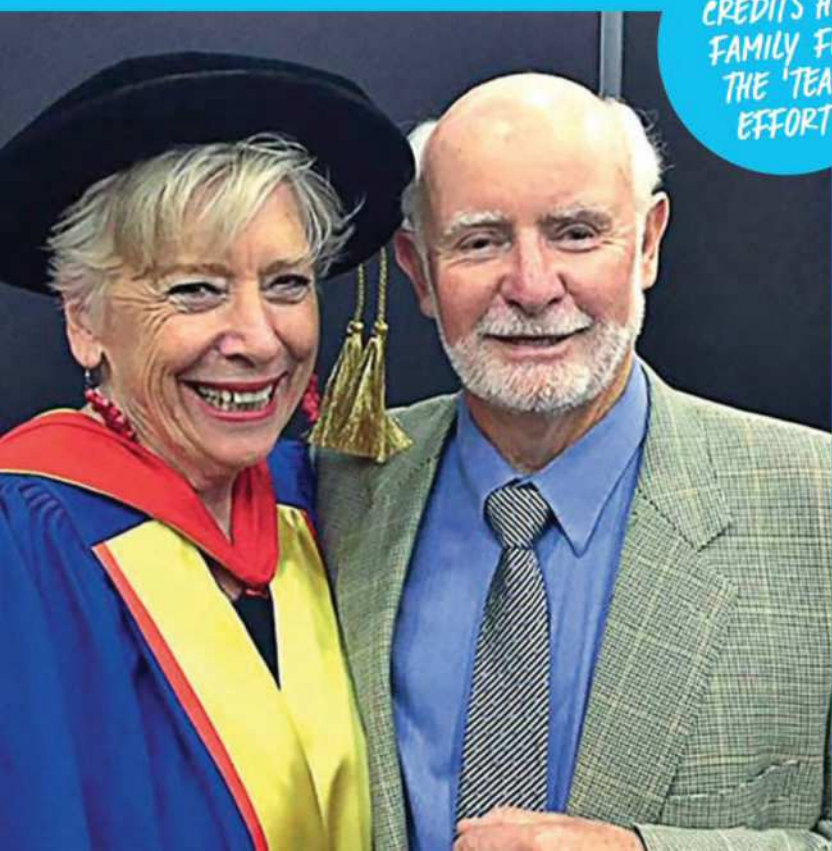
Colin and Maggie met at a party in 1970 and hit it off right away. Just 16 weeks later they were married, and after 48 years together, the couple are still mad about each other.

Maggie reveals that the secret ingredient to their successful marriage is really quite simple: 'Love and laughter, without a doubt,' she says.

Colin has been by Maggie's side through thick and thin, and she admits that she probably wouldn't be where she is now without his support through it all.

'He is my greatest supporter and he always has been,' she gushes. 'I couldn't have done it without him, we did it as a team.'

MAGGIE CREDITS HER FAMILY FOR THE 'TEAM EFFORT'



OFFICIAL MAGAZINE

Home and Away



Ziggy and Brody's big day has arrived, but it's not without some drama. Before tying the knot, Ziggy asks some big questions.

HOME AND AWAY

WEDDING

EMOTIONS RUN HIGH
WHEN ZIGGY AND BRODY
TIE THE KNOT

AND HEARTA

The countdown to Ziggy and Brody's big day is finally over! In a not-to-be-missed week of the Aussie drama, the hugely popular Summer Bay couple walk down the aisle in front of their family and friends.

But while tears of joy will be shed during the fairytale nuptials, devastating heartache may also be on the cards.

As Sophie Dillman (Ziggy) and Jackson Heywood (Brody) exclusively reveal, viewers will be stunned by the unexpected turn of events.

'There's definitely drama to

come,' says Sophie. 'It's absolutely one to watch.'

As fans will know, Ziggy's beloved mother Maggie (Kestie Morassi) is currently waging a brave battle against lymphoma. With her condition rapidly deteriorating, the mum has made the heart-wrenching decision to stop cancer treatment.

As the wedding approaches, Maggie feels more certain than ever that this was the right decision. Husband Ben (Rohan Nichol), on the other hand, couldn't feel more differently, but decides to keep his thoughts to himself until after the wedding.

'It's been quite a stressful time

for Ziggy, especially with her mother's illness,' says Sophie.

However, Maggie's concern is only for her daughter when Ziggy makes a shock revelation to her at the farmhouse the night before the wedding – she feels as though she's drowning! Terrified that her entire life has been mapped out for her, a distraught Ziggy confesses that she is unsure whether she can go through with the wedding.

Asking her mother if she suffered cold feet before her own wedding, Ziggy feels even worse when Maggie admits that she didn't. Yet Maggie urges Ziggy to sleep on it – she may feel

more certain in the morning.

When day breaks – and Ziggy receives a text message from Brody, she makes a decision – she's doing this!

'Everyone in the Bay is there to watch them get married,' says Sophie.

As a stunning Ziggy walks down the aisle on the arm of her father Ben, with Mason (Orpheus Pledger) acting as his brother's best man, there's not a dry eye in the crowd.

'It's just beautiful,' says Sophie, who in real life is happily in a long-term relationship with her rugby coach partner Ben. 'The National Park where we



After proposing to Brody all those months ago, Summer Bay beauty Ziggy's wish is finally coming true.



JOY CHE!

7
HOME
AND AWAY
AIRS MONDAY TO
THURSDAY, 7PM

'I'm going shopping for a wedding dress! Sophie Dillman got into character before filming the romantic nuptial scenes in Home And Away.'

filmed the wedding is incredible, and the sun is shining. It's really gorgeous. It felt like we were floating above the world.'

Former registered nurse turned TV star Sophie loved every moment of her on-screen wedding. Not to mention trying on an array of fabulous bridal gowns in the lead-up!

'I was like: "Yay! It's not my real wedding, but I'm going shopping for a wedding dress!" I definitely got in the spirit of it,' she says, with a laugh. 'I'm really nosy so I'd also be asking: "What flowers will Sophie be carrying, what colours will we have and will there be fairy lights?"'

But will the honeymoon be over before it's even begun for Ziggy and Brody?

While Sophie's lips are sealed, she does say this: 'You can never have smooth sailing in Summer Bay. You'll have to stay tuned!'

By Jackie Brygel

LONDON TERROR ATTACK SURVIVOR'S MY BIG ONE

It all happened so fast. One moment Candice Hedge and her boyfriend Luke were serving food and drinks at a local restaurant, the next, panicked customers were fleeing in fear.

‘It was chaotic. All I could think was: “I don’t want to die,”’ Candice, 35, tells New Idea of the night armed terrorists caused mayhem on the streets of London.

Eight people died that fateful night on June 3 last

year, and the Queensland native was one of the 48 injured in the attack. A year on, Candice credits her positive outlook and strong relationship for helping her through the darkest time in her life.

‘Life is so short,’ Candice says in an exclusive interview from London. ‘We need to stop thinking about our differences and focus on the future.’

Candice first moved to London two years ago, after falling in love with British-born Luke, 28, while he was travelling around Australia.

‘Luke’s visa was coming to an end and so it was a no-brainer. It was either I say goodbye to him or move over to the UK and try something new in London,’ she explains.

The pair found work at Elliot’s Cafe, a restaurant situated just a stone’s throw from London Bridge.

‘We were both working on the night and it was actually a

great evening until it happened. All of a sudden, people just started heaving into the restaurant,’ Candice recalls.

‘It was chaotic, no-one really knew what was going on, but before I knew it, I could see the terrorists out on the front.’

Luke had begun to usher customers into the basement kitchen but, from the other side of the restaurant, Candice didn’t think she would make it in time and, in that moment, she made a snap decision.

‘I could see Luke standing in the stairwell waiting for me, but I knew that if I ran over to him the attackers would see

clutched her neck and fled downstairs to Luke.

‘I was terrified, but it was so surreal. I’d watched one of the customers get stabbed in the back and all of a sudden, it was me.’

In huddled silence, the pair hid under the restaurant until the police arrived, petrified the attackers would return.

‘In the moment I was just trying to keep my eyes open. There was no other option. I was sat there scared for my life and vomiting up blood, but the only thing in my head was: “Please just stay awake.”’

Candice says she won’t allow what happened to define her.

‘THINGS HAVEN’T BEEN EASY, BUT STAYING POSITIVE IS REALLY IMPORTANT. LIFE IS SHORT’

and I didn’t want to lead them to all those people downstairs,’ she explains.

Instead, Candice heroically stayed behind, crouching beside the front door as the attackers entered the restaurant.

‘They started yelling,’ Candice recalls the horror.

‘And as one of them turned as if to leave, he saw me ducking down beside him.

‘Suddenly, it was one quick swipe to the neck. It happened so quickly.’

Her throat was slashed in the brutal attack and, as the terrorists left the restaurant, Candice ran for her life.

Grabbing a napkin from a nearby table, she

She’s determined to move on.

‘Thankfully, my injuries weren’t serious. He did graze my windpipe, but I just feel so lucky it wasn’t anything worse,’ she says. ‘The anniversary was conflicting because I feel so lucky, but I know for other families, people lost their loved ones and that’s going to be a hard thing for them for the rest of their lives. But for me, I feel very lucky and I think it’s made me stronger. Life is so short and you never know what’s going to happen.’

Candice went back to work six weeks after the attack, before taking a break to visit friends and family in Australia.

‘I think I went back a little too soon so I gave myself a bit of time, but now I’m back full-time at Elliot’s Cafe and Luke is starting there this week. We’re both so excited to be back, we didn’t really want to leave in the first place. I don’t want the



Candice (above, and right with her injury bandaged) credits her positive outlook for helping her through the darkest time in her life.



RVIVOR TELLS:

WS



IT'S ONE YEAR SINCE BRISBANE WOMAN CANDICE HEDGE WAS CAUGHT IN A BRUTAL UK ATTACK

Candice says she and partner Luke are looking forward to a life together.

attackers to change my life, we just needed to take a little time away before starting back.'

Surviving the ordeal has given Candice a new lease of life and she is now determined to conquer her lifelong dreams.

'After the attack, Luke and I decided we want to start our own business in Australia. I love the hospitality industry, so why not? We're planning to do that in a few years, but first we want to travel a bit more.

'I want to see more of the world and I've actually just come back from a trip to Italy – I fell in love with the place,' Candice says, smiling. 'Things haven't been easy, but staying positive is really important. Life is short. We need to stop thinking about our differences and focus on the future.'

Despite everything they've been through, Candice and Luke have been able to help each other overcome the horrific attack, and now look forward to life together.

'Luke and I are so happy together and we have so many plans,' Candice adds. 'I'm completely focused on the future.'

By Rikki Loftus



Eight people died and 48 were injured when terrorists targeted London Bridge and Borough Market on June 3, 2017.

MY BESTIE WAS MY SECRET SISTER!

AFTER A FIVE-DECADE SEARCH FOR HER BIOLOGICAL DAD, CARA WAS IN FOR A SHOCK

For almost fifty years, **Cara Jane Farrar Peterson dreamed of finding her real father.**

But the mum-of-seven never thought it would happen because of her complicated upbringing.

Her mother was married six times and hospitalised with a mental-health disorder during her early teens, meaning Cara was taken into care with her older sister Mel.

'I always felt like a lost soul,' Cara, now 52, admits.

But in 2015, a chance turn of events not only allowed Cara to find her biological dad, but revealed she had secret half sister – a woman who had, incredibly, been her childhood best friend.

Cara and Karen Smith, 51, were inseparable at school, but lost touch when Cara moved away. However, the pair reconnected on Facebook in 2015 and Cara noticed something odd. Both their profile pictures looked eerily similar. It spurred Cara on to see if the two might

possibly be related. Cara's son, Mason, helped by securing Cara's official birth certificate, on which her father's name was listed as 'Christopher Archer'.

Unconvinced this was really the case, Cara agreed to appear on UK chat show *The Jeremy Kyle Show* to take a free DNA test. The results revealed something astounding.

Cara's DNA matched with Karen's dad, Michael Farrar!

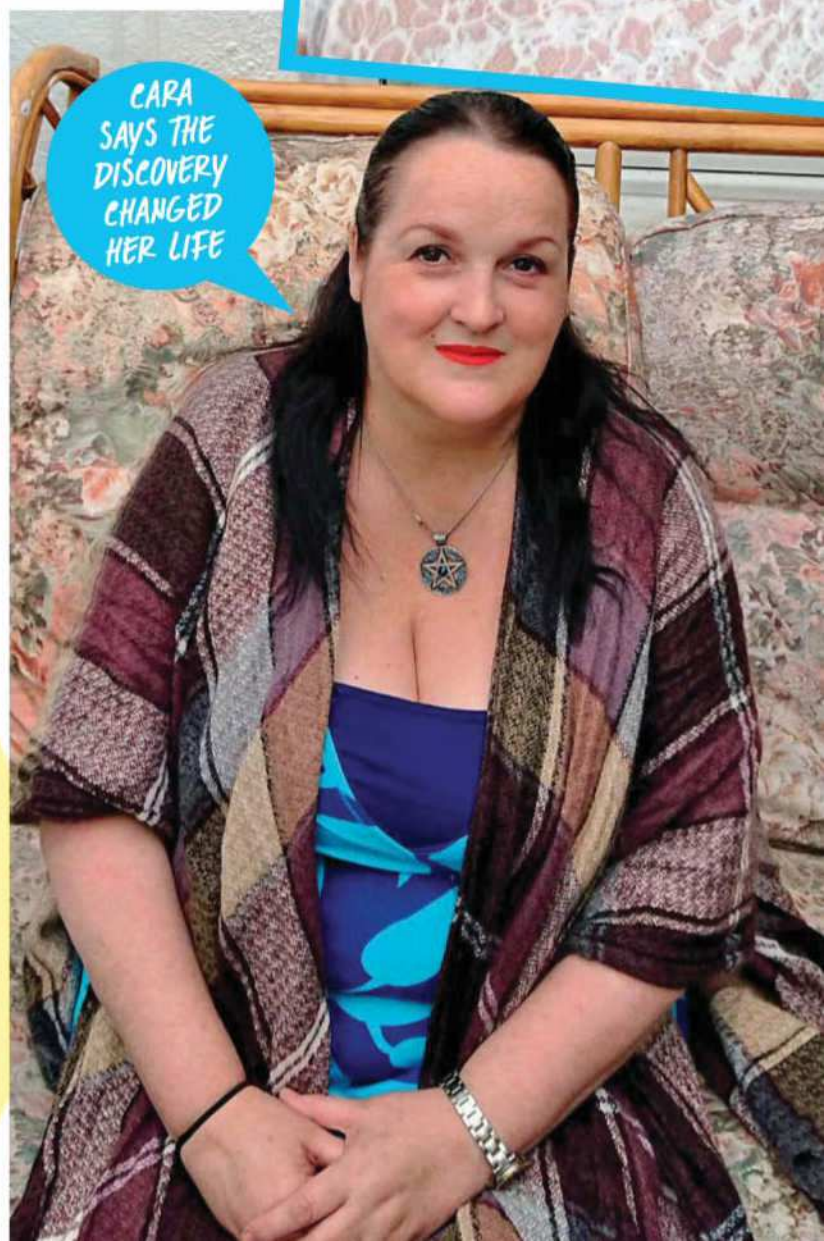
'It's just an indescribable feeling,' Cara says of the shock discovery. 'It's been difficult and I've missed out on a lot of things with Karen. It's just changed who I am... and I finally feel like I belong somewhere.'

The delighted mum now thinks she and Karen 'always had a connection, even though we didn't know we were actually sisters'. Revealing how difficult it was not knowing who her true father was for so long, Cara said: 'I've never had an identity, I've never had a birth certificate or really known where I came from. No-one knew who I was. DNA wasn't around... It was different times.

'I felt like an alien... and that's what I would tell people.' Cara's newfound biological father Michael, 75, says he'd been told by her mother in 1966 that he was not Cara's dad, but is overjoyed at the news.

Now the family are relishing the chance to reacquaint. 'I missed out on Karen's wedding and other family events,' Cara muses. 'I have loads more nephews now. I just feel like after 52 years I finally know who I am – it's changed my whole life.'

By Lucy Bryant



Cara (main right, and top left) was thrilled to discover childhood best friend Karen (below left, and main top) was her sister.



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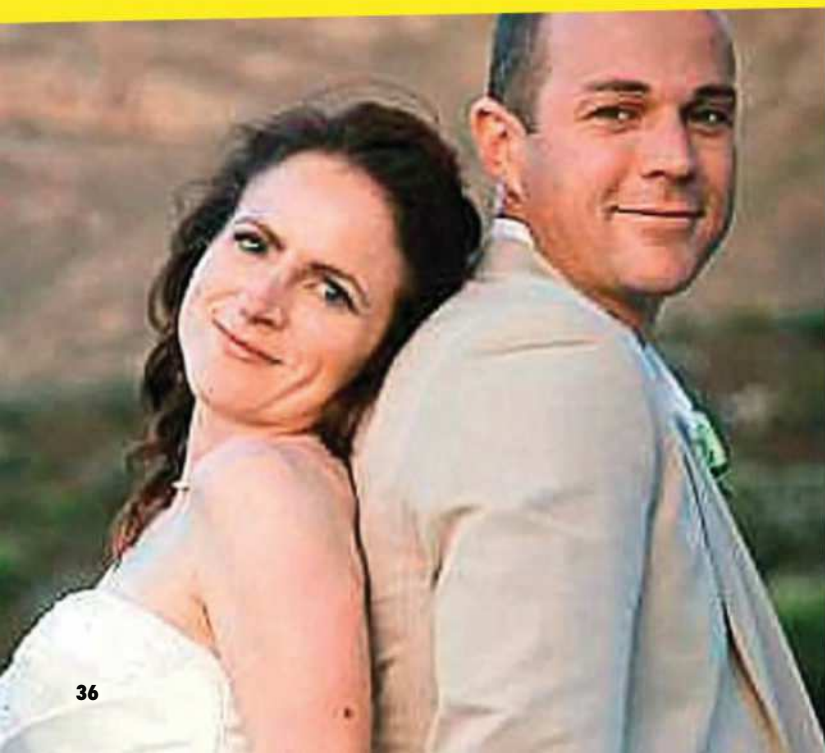
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HUSBAND
FROM HELL

HE TRIED TO MURDER ME... TWICE

VICTORIA'S CRUMBLING MARRIAGE WAS ALMOST THE DEATH OF HER



Victoria Cilliers was still bleary-eyed from sleep as she made her way downstairs one morning – only to be hit by the unmistakable smell of gas.

It was coming from a valve in the kitchen cupboard – right next to the oven – so Victoria texted her husband Emile, who was already at work.

He replied suggesting she see if the stove was working.

Things had been tense between them for a while, so in a bid to lighten the mood, she tapped out a cheeky message to sign off: 'Are you trying to kill me?'

'Seriously, why are you saying that?' he replied, adding he was

coming straight home.

Opening all the windows, Victoria didn't really believe her husband was trying to hurt her.

'I just thought it was one of those things,' she tells *New Idea*.

Yes, Emile had his flaws. But he would *never* harm her or their two young children. Or so the UK mum thought...

They'd first fallen in love five years earlier when former army captain and skydive instructor Victoria was working as a physiotherapist.

Emile was a sergeant in the army and he sought treatment from the 42-year-old after he was injured during a skiing trip.

The lovebirds married a year later in South Africa, Emile's home country. By that time,



Victoria was already pregnant with their daughter.

‘Emile was a doting dad and three years later, I was pregnant again, this time with a boy. I couldn’t have been happier, and Emile was thrilled we were having a son,’ she tells *New Idea*.

‘But as my bump grew, I noticed a change in Emile. He was argumentative and glued to his phone, even taking it to the bathroom.’

Victoria suspected her husband was cheating. She’d found messages on their computer indicating he belonged to some kind of sex club. Then there was the condom she discovered in his car – along with a receipt for a dinner for two on a night he told her he’d been working.

‘When I confronted Emile that evening, he was calm. “One of my colleagues must have left them in my car,” he said.

‘I wasn’t sure what to believe but – heavily pregnant – I knew I wanted my son to have a father, so I buried my suspicions.’

Emile had been especially distant ever since he’d returned from an army skiing holiday to Austria in November 2014.

Victoria hoped they could work through the issues in their marriage, but it seemed Emile – who was in a tremendous amount of debt – had already checked out.

In April 2015, just five days after the gas leak, Victoria was all set to do her first skydive since giving birth.

‘I’d done thousands of jumps over the years, but this one was to be my last. As a mum-of-two, I felt it was too risky,’ Victoria explains.

Emile and the children

accompanied Victoria to the skydive centre. When the couple’s little girl announced she needed the toilet, Emile went with her, slinging the parachute over his shoulder.

Due to bad weather the jump was postponed until the next day, and this time Victoria went alone. But she was filled with a terrible sense of foreboding.

‘As I got the parachute from my locker, I felt a strange knot in my stomach. Having done more than 2000 jumps, I never got nervous – but now I had a sick feeling in my stomach. Even as I boarded the plane, I was desperate for it to be over and be back on solid ground.’

However, Emile had suggested the jump and perceiving it to be some kind of olive branch, Victoria didn’t want to disappoint him.

Pushing her fears aside, the mum-of-two flung herself out of the plane at 1219 metres.

That’s when things took a terrifying turn.

‘I opened my parachute, but rather than it fanning out in a canopy above me, it was twisted. I remained focused and didn’t panic. This had happened before. I cut the parachute loose and deployed my reserve. But the reserve parachute was twisted too, forcing my body to spin uncontrollably.

‘The faces of my children appeared in my mind. This might be it. I could die.

‘I tried to straighten out my parachute as quickly as I could. The wind was loud in my ears and the ground was getting closer, everything began to spin and blur. Suddenly there was a huge bang and everything went black.’

Prior to the skydive, Victoria (circled above) was nervous, but she never suspected Emile (together, far left and bottom left) was trying to kill her.

‘THERE WAS A HUGE BANG AND EVERYTHING WENT BLACK’



Miraculously, Victoria survived after landing on a soft patch of freshly ploughed field. But she'd suffered horrific injuries, including a shattered pelvis, many broken ribs and a punctured lung.

'It wasn't until I returned home two weeks later, that I noticed how strange and cold Emile was behaving. He seemed annoyed to have me home,' she says. Victoria assumed it was shock – until two police officers turned up and told her Emile had been arrested.

'I told them every detail of the dive, hoping to convince them of Emile's innocence.

'But when I explained that he'd been alone with my parachute when he'd gone to the toilet, they seemed to pause,' Victoria explains.

Police investigations had revealed sordid messages between Emile and a woman called Stefanie Goller, who

But all of a sudden, everything started to make sense to Victoria.

'I thought back to the texts and the receipt I found. I was devastated. The man I loved had betrayed me.

'The months that followed were a living hell. I hated Emile for what he'd done to me, but still couldn't believe he'd try to kill me,' she says.

However, the police thought otherwise – suspecting the gas leak was an attempt by Emile to cause an explosion when his wife lit the stove.

The 38-year-old, who was released on bail and banned from contacting Victoria, was charged with two counts of attempted murder, among other offences.

The first trial failed to reach a verdict. But in May this year, Emile Stolz Cilliers – described by the prosecution as a 'charmless, unfaithful, penniless scoundrel' – was found guilty of

'IT WASN'T UNTIL I RETURNED HOME THAT I NOTICED HOW STRANGE AND COLD EMILE WAS BEHAVING...'

he'd met via Tinder when he was skiing in Austria.

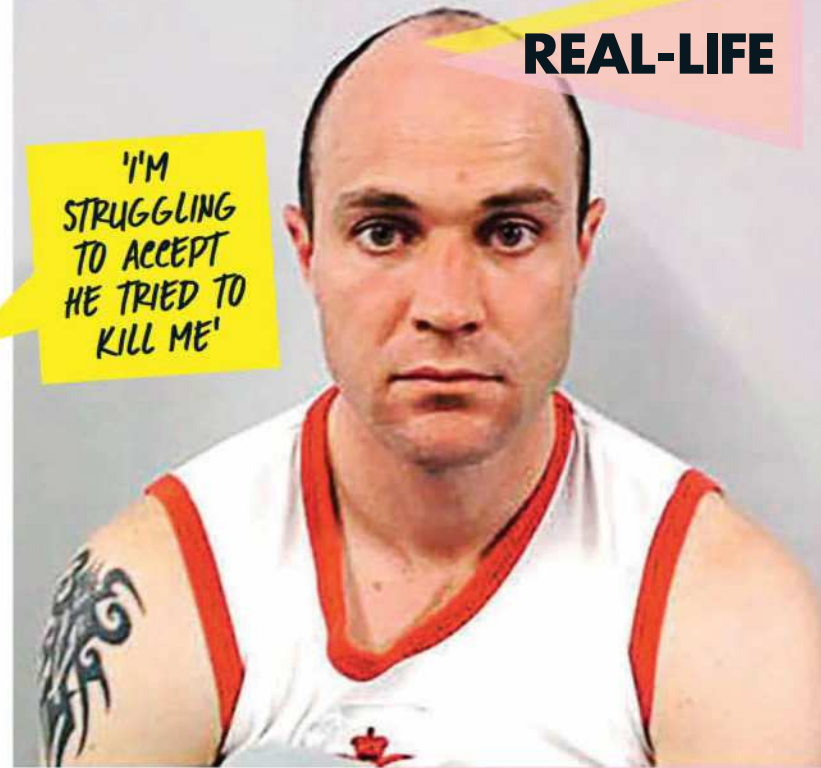
He was also sleeping with his ex-wife Carly and chasing prostitutes.

Victoria was gobsmacked when police told her they suspected Emile wanted her dead in order to claim her \$214k life insurance money to start a new life with his girlfriend.

two counts of attempted murder and recklessly endangering the lives of his two children, at Winchester Crown Court.

The court heard the 38-year-old had tangled the lines of Victoria's main chute while taking their daughter to the toilet. He'd also removed two vital parts of the reserve.

Emile was sentenced to life



in prison – to serve a minimum of 18 years – on June 15.

Victoria is still reeling. She told *Good Morning Britain* recently: 'I'm struggling to accept he tried to kill me. It's such a massive thing to accept.

'It's hard to conceive someone so close to you would want to cause you some kind of harm.

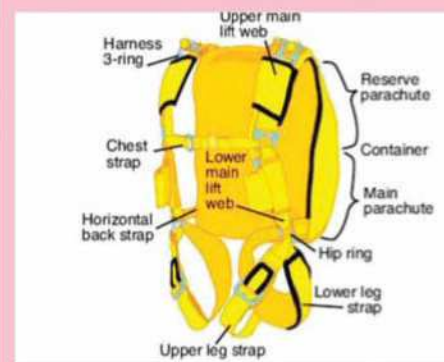
'I never had any indication that there was another side to him.

'I hope he didn't hate me. I really don't know.

'I love the husband I had and I'm grieving for that marriage.'

Although her ordeal was harrowing, Victoria added: 'He was a kind and loving husband.'

By Keeley Henderson



Emile (top and left) was sentenced to life in prison after tampering with Victoria's (above) parachute. She still can't believe what he did.



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THRIFTY MUMS TELL:

WE'RE AUST BEST BARG HUNTERS!

FASHIONISTA BARGAINISTA

Mum-of-one Julie Leslie has always had an eye for high-end, designer clothes. But unfortunately her lemonade budget couldn't accommodate her champagne tastes!

'I just don't have the money to buy the kind of clothes I had always coveted, so in 2008 I started op-shopping,' the 41-year-old Perth local tells New Idea.

Some of Julie's favourite finds include a Sass & Bide leather jacket worth over \$1000 that she paid \$200 for, a pair of Stuart Weitzman Highland boots that cost her \$120 when the RRP is \$800, and an Equipment silk shirt worth up to \$500, which she paid just \$89 for. Julie even got a Balenciaga City bag worth \$2k for a bargain \$20!

'I've restocked my wardrobe with high-end designer items I could never have afforded new,' Julie says. 'There are always people clearing out their wardrobes and falling out of love with their items. I'll happily be the recipient of those while helping charity as well!'

In 2016, Julie set herself

a challenge to buy only second-hand clothes for a year, and now she rarely shops any other way.

'My reasons have gone beyond financial – there are environmental, ethical and sustainable reasons for shopping second hand,' she says.

'Helping charity, saving clothes from landfill, not using any virgin resources to create new clothes, not exporting garments overseas – the wins are endless as far as second-hand shopping goes.'



TO SEE MORE OF JULIE'S BARGAINS, CHECK OUT HER INSTAGRAM PAGE: @MYTHRIFTSHIFT

Julie has always had an eye for high-end fashion and now scours op-shops for second-hand bargains. 'The wins are endless,' she says.

EQUIPMENT SHIRT, \$89.

LEVI'S 501 JEANS, \$10.

BALENCIAGA BAG, \$20.

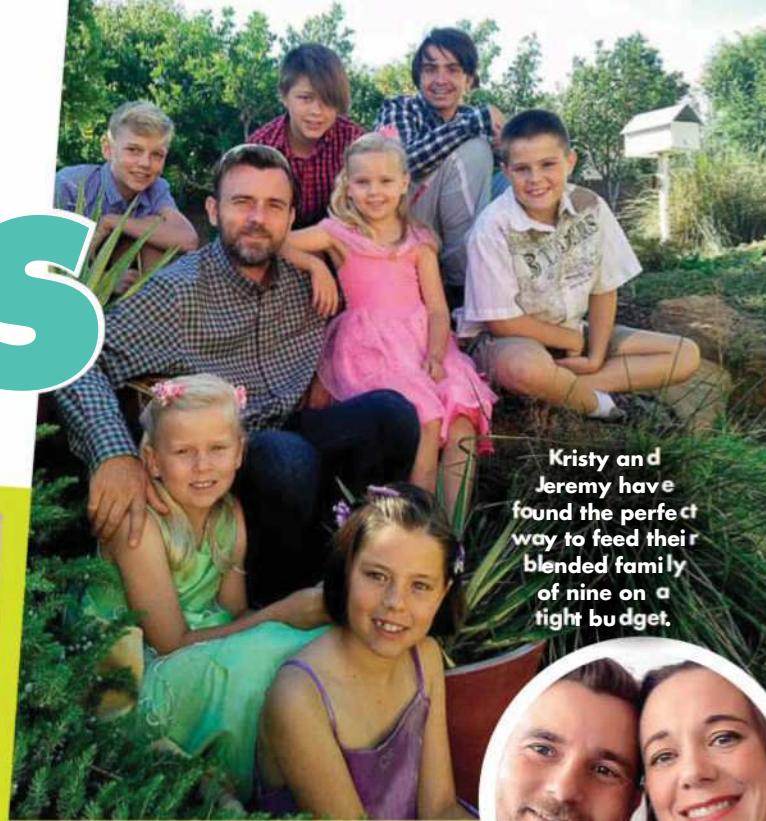
ARMANI JACKET, \$32.

TALULAH DRESS, \$20.

GUCCI SHOES, \$245.

**THESE AMAZING WOMEN
ARE MAKING FRUGAL
LIVING FASHIONABLE**

RALIA'S AIN



Kristy and Jeremy have found the perfect way to feed their blended family of nine on a tight budget.



THE FRUGAL FOODIES

The cost of feeding a blended family of nine can be astronomical, so Adelaide mum Kristy Clarke and her husband, Jeremy, have developed a budget-busting strategy to keep costs low.

'Firstly we grow or provide for ourselves whatever we can. We grow our own herbs, we also have a lot of fruit trees – apples, pears, citrus, nectarines and apricots. We have six chickens and they lay two to three dozen eggs a week,' Kristy, 37 tells New Idea.

'We always try to stay as close to our food source as possible. We take advantage of the website ripenear.me and we buy our fresh produce from local markets and local produce vans.

'Retailers will often put a premium on the picture-perfect apple, so eating fruit that is farmer direct – which often doesn't have that look of perfection – often comes at a more competitive price.'

Kristy, who grew up on a farm, says bulk-buying meat from a butcher or meat wholesaler saves a fortune.

'We can buy lambs by the half or whole. For red meat, we don't pay over \$10 per kilo. For that, it's fully butchered and we tell them how many serves we want.'

The Clarke family buy household staples from Aldi and always keep a well-stocked pantry.

'We make pretty much everything from scratch. We do a lot of baked goods – fruit muffins, banana breads and cakes that are still healthy. We also do our own preserves, make our own jams. If you are buying commercial, processed food, it adds up very quickly.'

Kristy is able to feed her entire family for an average of \$100 per week. Read more at: [facebook.com/thrivingbelowtheline](https://www.facebook.com/thrivingbelowtheline).



Kristy says picking imperfect fruit and vegetables can save you a fortune.



Mum-of-two Tracey (inset, with family) transformed her home with items from Gumtree. Her laundry is pictured before and after the renovation.

THE GUMTREE GURU

When it came to renovating her new home, seasoned bargain hunter Tracey O'Malley turned to social media.

The 47-year-old mum-of-two, from Eaglevale, NSW, spent morning, noon and night looking for bargains on Gumtree.

'I was always on my phone. In the morning before I went to work, on my lunch break, I was just always looking because you never know what's going to come up.

'It's definitely addictive, my partner Tom has threatened a few times to ban me from it,' she says.

But Tracey's commitment paid off, with the couple saving a whopping \$40,000 on renovations thanks to her incredible finds. Describing some of her best buys, Tracey tells New Idea: 'The kitchen, I just had to have it.

'We paid \$2500, but it's worth about \$30,000 brand new if you had to pay for someone to install it.'

The gas heater was another of her bargain finds.

'I said to Tom: "Is this the heater that you want?" And he nearly fell off his chair because it was only \$200. It was still the current standard model, valued at \$3700.

'The free spa was a good one too. I've always wanted a spa and it's like a little mini-pool. We use it all the time.

'With everything we've picked up, there is always a little story behind it. My partner broke his ribs getting the staircase from an abandoned house. I got my staircase, that's all I needed,' Tracey jokes.

Sometimes you have to pay a heavy price for a bargain!



NEW IDEA

FOOD

FRESH
NEW
RECIPES

THESE CONVENIENT DINNERS MAKE
A WELCOME MEAL IN COLD WEATHER

HEARTY
SLOW COOKER
FAMILY MEALS

TIP

Curry can be made up to two days ahead. Keep, covered, in the fridge, or divide into individual portions in freezer-proof containers. Seal, date, label and freeze for up to two months.



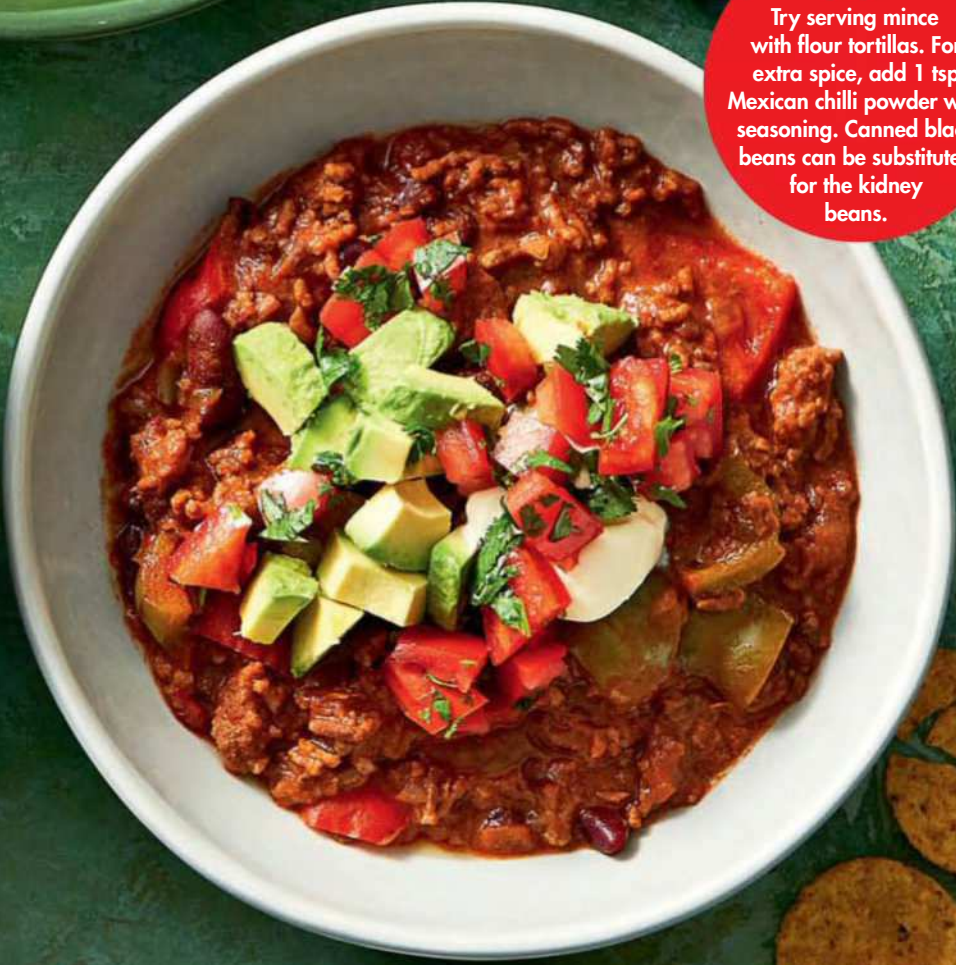
Butter Chicken Curry

Serves 8, Prep 10 mins,
Cook 5 hours, 30 mins

- 2.5kg chicken thigh fillets, trimmed
- 1 large onion, halved, thinly sliced
- 1 tblsp fresh ginger paste
- 1 tsp garam masala
- 2 x 375g sachets Passage to India Butter Chicken Simmer Sauce
- 300ml tub light thickened cooking cream
- 2 tblsps tomato paste
- Fresh coriander leaves, to garnish
- Steamed basmati rice and warm naan bread, to serve

- 1 Combine chicken, onion, ginger and garam masala in the removable bowl of a 5 to 6-litre capacity slow cooker. Toss well to coat. Add simmer sauce, cream and tomato paste. Stir to combine. Cover with lid.
- 2 Cook on Low for about 5 hours and 30 minutes, or until chicken is cooked and sauce is thickened.
- 3 Garnish curry with coriander. Serve with rice and naan bread.

TIP
Try serving mince with flour tortillas. For extra spice, add 1 tsp Mexican chilli powder with seasoning. Canned black beans can be substituted for the kidney beans.



Chipotle and Bean Nachos Mince

Serves 8-10, Prep 15 mins, Cook 6 hours

- 2 red onions, finely chopped
- 1 tblsp garlic paste
- 1 red capsicum, chopped
- 1 green capsicum, chopped
- 1.5kg beef mince
- 2 x 35g sachets chipotle seasoning
- 410g can tomato puree
- 400g can kidney beans, drained, rinsed
- 375g jar chunky mild salsa
- 2 beef stock cubes (5g each), crumbled
- Corn chips, avocado, sour cream, chopped tomatoes and coriander, to serve

- 1 Place onions, garlic and capsicums in the removable bowl of a 5 to 6-litre capacity slow cooker. Stir to combine. Add mince. Stir to break up mince. Sprinkle over seasoning.
- 2 Add puree, beans, salsa and stock cubes. Stir to combine. Cover with lid.
- 3 Cook on Low for about 6 hours, or until beef is cooked and sauce is thickened.
- 4 Serve with corn chips, avocado, sour cream, chopped tomatoes and coriander.



Ham Hock Soup

Serves 6-8, Prep 25
mins, Cook LOW 11
hours, HIGH 9 hours

2 onions, finely chopped
1 small fennel, finely chopped
1 large carrot, peeled, finely
chopped
3 stalks celery, finely chopped
1 dried bay leaf
1/3 cup tomato paste
1 cup dried soup mix (200g)
1 kg smoked ham hock
1 litre (4 cups) chicken stock
1 1/2 litres (6 cups) water
1 bunch English spinach,
trimmed, washed, shredded
Crusty bread, to serve

1 Place onions, fennel, carrot,
celery and bay leaf in the
removable bowl of a 5 to 6-litre
capacity slow cooker. Stir in
paste and soup mix. Top with
ham. Pour over stock and
water. Cover with lid.

2 Cook on Low for 10 to 11
hours, or on High for about
8 to 9 hours, or until ham is
tender and falling away from
the bone. Remove ham from
soup. Cool slightly.

3 Shred ham, discarding skin
and bones. Return ham meat
to slow cooker with spinach.
Stir to combine.

4 Serve with crusty bread.

TIP

A smoked ham hock is
available from most major
supermarkets. Soup can be
divided into individual
portions in freezer-proof
containers. Seal, date and
label. Freeze for up to
two months.



TIP

Mediterranean seasoning paste is a blend of basil, oregano, garlic and capsicum, available in the refrigerated vegetable section of major supermarkets.

Mediterranean Lamb Shoulder

Serves 8, Prep 15 mins, Cook 7 hours

2 x 1 kg rolled boneless lamb shoulders
1 kg sweet potato, peeled, cut into 5cm pieces
2 red onions, finely chopped
80g tube fresh Mediterranean seasoning paste
1 tblsp finely grated lemon rind
¼ cup lemon juice
2 tblsps fresh thyme leaves
1 tblsp olive oil
Salt and pepper, to taste
2 chicken stock cubes (10g each)
½ cup boiling water

Lemon wedges, to serve
OLIVE GREMOLATA
½ cup chopped pitted Sicilian olives
½ cup finely chopped fresh parsley
1 tblsp finely grated lemon rind
1 Remove and discard string from lamb.
2 Place potato and onions in the removable bowl of a 5 to 6-litre capacity slow cooker. Place lamb

shoulders, side by side, on top.
3 Combine paste, rind, juice, thyme and oil in a small bowl. Mix well. Spoon over lamb. Season with salt and pepper. Dissolve stock cubes in water. Pour over lamb. Cover with lid.
4 Cook on Low for about 7 hours, or until lamb and potatoes are tender. Remove lamb from slow cooker. Thickly shred. Cover with foil to keep warm.
5 Using a slotted spoon, transfer potato to a serving plate. Cover

potato to keep warm.
6 Skim excess fat from top of liquid in bowl. Transfer liquid to a large saucepan. Bring to boil. Boil for about 12 minutes, or until reduced by half. Pour into a heatproof jug.
7 Meanwhile, make gremolata. Combine all ingredients in a bowl. Season.
8 Serve potato topped with lamb. Pour over sauce. Sprinkle with gremolata. Serve with lemon wedges.

Beef in Mustard Pepper Gravy with Potatoes and Carrots

Serves 8, Prep 25 mins, Cook 7 hours, 30 mins

4 large carrots, trimmed, peeled
500g baby red potatoes
8 pickling onions, peeled, halved
4 cloves garlic, peeled
2 sprigs fresh rosemary
2 x 1kg beef blade roast
2 x 160g sachets Gravox Pepper and Shiraz liquid gravy
¼ cup wholegrain mustard
2 beef stock cubes (10g each)
2 tbsps cornflour
2 tbsps water
Steamed green beans, to serve

- 1 Cut carrots in half lengthways, then in half crossways.
- 2 Combine carrots, potatoes, onions, garlic and rosemary in the removable

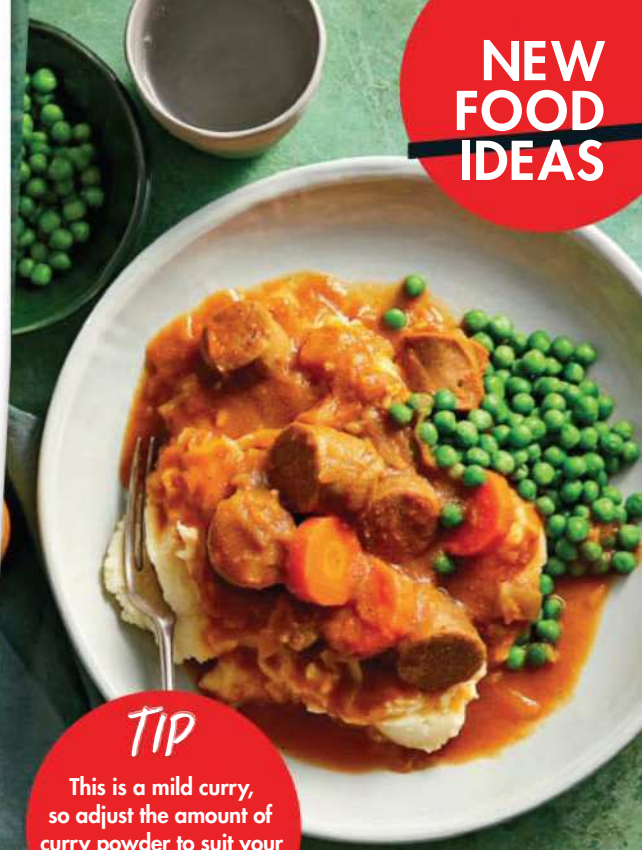
bowl of a 5 to 6-litre capacity slow cooker. Top with beef.

3 Combine gravy and mustard in a jug. Whisk well. Pour over beef. Add stock cubes. Cover with lid.

4 Cook on Low for about 7 to 7 hours and 30 minutes, or until beef is tender. Remove beef and vegetables from bowl. Cover to keep warm.

5 Pour cooking liquid into a large saucepan over a high heat. Stir in cornflour blended with water. Bring to boil, stirring for about 1 to 2 minutes, or until thickened. Pour gravy into a serving jug.

6 Serve beef with carrots, potatoes, onions and steamed beans. Drizzle with gravy.



TIP

This is a mild curry, so adjust the amount of curry powder to suit your taste. We used a 370g jar of Woolworths Apple Sauce.

Curried Sausages with Mash and Peas

Serves 6, Prep 15 mins, Cook 6 hours

1.6kg thick beef sausages (12)
4 stalks celery, sliced
4 carrots, peeled, sliced
2 onions, halved, thinly sliced
2 cloves garlic, crushed
1½ tbsps mild curry powder
2 tbsps plain flour
3 cups beef stock
1⅓ cups apple sauce
2 tbsps tomato paste
Mashed potato and steamed peas, to serve

1 Place sausages, celery, carrots, onions, garlic and curry powder in the removable bowl of a 5 to 6-litre capacity slow cooker. Toss to combine.

2 Whisk flour with ¼ cup of the stock in a large jug. Add remaining stock, apple sauce and tomato paste. Whisk until combined. Pour over sausages. Cover with lid.

3 Cook on Low for about 6 hours, or until sausages are cooked and sauce is slightly thickened. Remove sausages. Cut into 3cm pieces. Return to slow cooker. Stir to coat.

4 Serve with mashed potato and steamed peas.

TIP

This dish is best cooked on a Low setting. Beef blade roast is available from the butcher section of major supermarkets. Any flavoured liquid gravy can be used in this recipe.



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FAVOURITES

Easy slices nanna bakes

THESE NOSTALGIC
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SO GOOD



TIP

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

Marshmallow Weetbix Slice

Serves 24, Prep 15 mins, Cook 12 mins

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

TOPPING

1 tblsp powdered gelatine
⅔ cup water

1 cup caster sugar
1 tsp vanilla extract

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

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

3 Cook in a moderate oven

(180C) for about 12 minutes, or until golden. Remove. Cool. Spread evenly with jam.

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

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

6 Place sugar and remaining

water in a large bowl of an electric mixer. Beat on high speed for 4 minutes. With motor on a medium speed, gradually add gelatine in a thin, steady stream. Beat on high speed for a further 8 minutes, or until thick and fluffy. Beat in vanilla.

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

8 Lift slice from pan. Cut into squares.

Lemon Pistachio Slice

Serves 18, Prep 30 mins, Cook 20 mins

125g unsalted butter, chopped, at room temperature
 ¼ cup caster sugar
 1 tsp vanilla extract
 1¼ cups plain flour
 ½ cups icing sugar mixture
 2 tbsps lemon juice
 ¼ cup chopped pistachios

FILLING

75g unsalted butter, at room temperature
 ½ cup caster sugar
 3 eggs
 1 tsp finely grated lemon rind
 ¼ cup lemon juice
 ½ cup desiccated coconut
 2 tbsps plain flour

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

2 Beat butter, caster sugar and vanilla in small bowl of an electric mixer until pale and creamy. Stir in flour until combined. Press evenly over base of prepared pan.

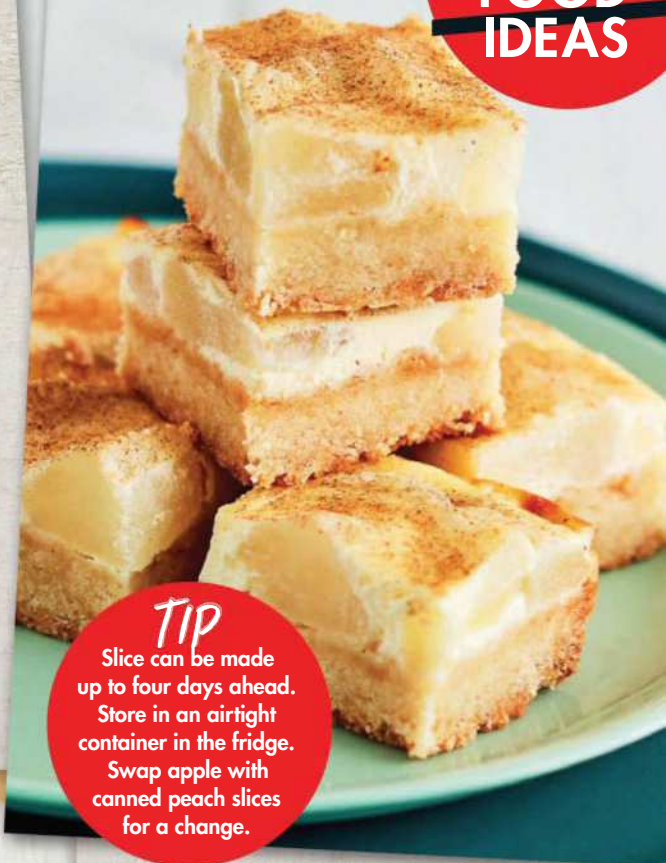
3 Cook in a moderate oven (180C) for about 12 minutes, or until light golden. Remove. Stand for 10 minutes.

4 Meanwhile, make filling. Beat butter and sugar in same, clean bowl of electric mixer until pale and creamy. Beat in eggs, one at a time, until combined. Stir in rind, juice, coconut and flour. Pour over base. Spread evenly.

5 Return slice to moderate oven. Cook, for about 20 minutes or until filling is set and light golden. Remove.

6 To make icing, place sugar in a bowl. Stir in enough juice to form a smooth, thick consistency. Spread over warm slice. Sprinkle with pistachios. Refrigerate until set.

7 Lift slice from pan. Cut into bars.



TIP
 Slice can be made up to four days ahead. Store in an airtight container in the fridge. Swap apple with canned peach slices for a change.

Apple and Almond Kuchen Slice

Serves 24, Prep 20 mins, Cook 25 mins

1⅓ cups self-raising flour
 1 cup almond meal (100g)
 ½ cup caster sugar
 125g unsalted butter, melted
 2 tps vanilla extract
 385g can sliced apple pie fruit, drained
 1 tsp cinnamon sugar

TOPPING

300ml carton sour cream
 1 egg
 1 tbsps caster sugar

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

2 Combine flour, almond meal and sugar in a large bowl. Stir in butter and vanilla until well combined. Press mixture evenly over base of prepared pan.

3 Cook in a moderate oven (180C) for about 10 to 12 minutes, or until golden. Remove. Stand for 10 minutes. Top evenly with apple.

4 To make topping, whisk all ingredients in a bowl until smooth. Pour over apple. Sprinkle with cinnamon sugar.

5 Return slice to moderate oven. Cook for about 25 minutes, or until topping is set. Remove. Cool in pan. Cover. Refrigerate for 4 hours, or overnight until cold.

6 Remove slice from fridge 30 minutes before serving. Lift from pan. Cut into squares.



TIP
 Slice can be made up to five days ahead. Store in an airtight container in the fridge. Replace pistachios with flaked almonds for a change.

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NEW
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WITH A RICH, CHOCOLATEY
FLAVOUR, THIS CAKE IS
IDEAL FOR ANY OCCASION



TIP

Frosted cake can be made up to two days ahead. Keep in an airtight container. To melt chocolate for icing, place in medium, heat-proof bowl. Sit bowl over a small pan of simmering water. Stir until smooth. Remove and cool.

Best-Ever Chocolate Fudge Cake

Serves 12, Prep 25 mins, Cook 1 hour

125g unsalted butter, chopped
150g dark cooking chocolate, chopped
1¼ cups caster sugar
⅓ cup water
½ cup cocoa powder
3 eggs, lightly beaten
1½ cups self-raising flour
1 cup buttermilk

FUDGE ICING

200g unsalted butter, chopped, at room temperature

1⅓ cups icing sugar mixture
200g dark cooking chocolate, melted, cooled

1 Grease a 22cm round cake pan. Line base and side with baking paper.

2 Combine butter, chocolate, sugar and water in a large saucepan over a low heat. Stir until butter and chocolate are melted and sugar is dissolved. Transfer to a large

bowl. Whisk in sifted cocoa until smooth. Stand for 10 minutes.

3 Whisk eggs into chocolate mixture. Add flour and buttermilk, in two batches, whisking until combined. Pour into prepared pan.

4 Cook in a moderately slow oven (160C) for about 1 hour, or until a skewer inserted into the centre comes out clean. Remove. Stand in pan for 15 minutes. Transfer to a wire rack to cool.

5 To make icing, beat butter in a small bowl of an electric mixer until pale. Add sugar, ½ cup at a time, beating until smooth. Add chocolate. Beat until combined.

6 Cut cake in half horizontally. Sandwich cakes together with half the frosting (about 1¼ cups). Spread remaining frosting over the top.

7 Cut into wedges to serve.

QUICK FIX WEEKNIGHTS

FIVE TASTY MEALS ON THE TABLE
- IN 35 MINUTES OR LESS



Chicken with Cajun Winter Carrot Salad

Serves 4, Prep 15 mins,
Cook 15 mins

2 x 300g chicken breast fillets
¼ cup peri peri mayonnaise
Salt and pepper, to taste
1 cup Panko breadcrumbs
Vegetable oil, for shallow frying
Bottled ranch salad dressing, to serve

CAJUN WINTER CARROT SALAD

2 x 300g bags carrot sticks
2 tbsps olive oil
2 tsps Cajun seasoning
100g baby spinach leaves
420g can corn kernels, drained

- 1 To make salad, combine carrots, oil and seasoning in a large roasting pan lined with baking paper. Toss to coat.
- 2 Cook in a hot oven (200C) for about 15 minutes, or until tender. Remove. Stir in spinach and corn.
- 3 Meanwhile, cut each fillet horizontally through the side to give two thin pieces. One at a time, cover with plastic wrap and gently pound with a meat mallet to an even thickness (about 2cm). Place in a bowl with mayonnaise. Season. Toss well.
- 4 One at a time, dip chicken in breadcrumbs, pressing on to coat.
- 5 Heat enough oil in a large, deep frying pan to shallow-fry, over a medium to high heat. Add chicken. Cook for about 3 minutes on each side, or until golden brown and cooked through. Drain on absorbent kitchen paper.
- 6 Serve chicken with salad drizzled with dressing.



MONDAY

Prawn, Zucchini and Lemon Orecchiette

Serves 4, Prep 12 mins, Cook 5 mins

375g orecchiette
2 tbsps olive oil
500g raw, peeled garlic prawns
½ tsp dried chilli flakes
3 zucchini (500g), trimmed, coarsely shredded
2 tbsps lemon juice
Salt and pepper, to taste
½ cup shredded parmesan
Extra shredded parmesan, to serve

- 1 Cook pasta in a stockpot of boiling, salted water until tender. Drain. Return to pot. Cover to keep warm.
- 2 Meanwhile, heat oil in a large, non-stick frying pan over a medium to high heat. Add prawns and chilli. Cook, stirring occasionally, for about 3 to 4 minutes,

or until just cooked.

3 Add zucchini. Cook, stirring for 1 minute, or until just wilted. Remove pan from heat. Stir in juice. Season with salt and pepper. Transfer to stockpot with parmesan. Stir until combined.

4 Serve with extra parmesan.

TIP

Raw, peeled garlic prawns are available from the seafood section of major supermarkets. Or use raw peeled prawns tossed with 2 crushed cloves garlic. Orecchiette is a small 'ear-shaped' pasta. It can be replaced with elbow, bow-tie or small spirals.



WEDNESDAY

Potato, Capsicum and Corn Soup

Serves 4-6, Prep 10 mins,
Cook 20 mins

2 tbsps olive oil
2 onions, chopped
3 cloves garlic, crushed
2 tsps smoked paprika
2 tsps ground cumin
2 litres (8 cups) vegetable stock
400g can diced tomatoes
750g washed potatoes (3 large), peeled, cut into 1cm dice
2 cups frozen peas, corn and capsicum
Salt and cracked black pepper, to taste
Greek yoghurt, to serve

- 1 Heat oil in a stockpot over a medium heat. Add onions and garlic. Cook, stirring occasionally, until soft. Add paprika and cumin. Cook, stirring for 30 seconds.
- 2 Add stock, tomatoes and potatoes. Bring to boil. Gently boil for 15 minutes. Stir in frozen vegetables. Cook for a further 5 minutes, or until potatoes are soft. Season with salt and cracked pepper.
- 3 Serve with Greek yoghurt topped with cracked pepper.

TIP

Soup can be made up to four days ahead. Keep, covered, in the fridge. For a non-vegetarian soup, fry 4 chopped shortcut bacon rashers with the onion and replace vegetable stock with chicken. Or replace tomatoes with a 420g can creamed corn and add 300g shredded roast chicken meat.



THURSDAY

Cheat's Pumpkin and Pea Risotto with Pesto

Serves 4, Prep 12 mins,
Cook 18 mins

2 cups chicken stock
540g sachet roasted pumpkin soup
2 tbsps olive oil
1 onion, finely chopped
1½ cups Arborio rice
1 cup frozen peas
2 tbsps fresh basil pesto
½ cup shredded parmesan
Salt and pepper, to taste
Extra fresh basil pesto, to serve

- 1 Bring stock and soup to boil in a large, covered saucepan over a high heat.
- 2 Meanwhile, heat oil in a separate, large saucepan over a medium heat. Add onion. Cook, stirring occasionally for about 3 minutes, or until soft. Stir in rice.
- 3 Add stock mixture. Stir to combine. Bring to boil. Cover with lid. Gently boil, stirring occasionally, for 12 minutes.
- 4 Add peas. Cook for a further 2 to 3 minutes, or until rice and peas are tender and stock is absorbed. Remove from heat.
- 5 Stir pesto and parmesan into risotto. Season with salt and pepper.
- 6 Serve with extra pesto.

TIP

Risotto is best served as soon as it's cooked as it will thicken on standing. If it does thicken, stir in an extra ½ cup hot stock or water. Fresh basil pesto is available in the refrigerated dip section of major supermarkets.



FRIDAY

Devilled Pork Chops with Chive Mash

Serves 4, Prep 20 mins,
Cook 7 mins

¼ cup Dijon mustard
2 tbsps tomato paste
2 tbsps brown sugar
2 tbsps Worcestershire sauce
4 x 200g pork loin chops
Steamed broccoli, to serve

CHIVE MASH

1kg brushed potato, peeled, chopped
⅓ cup hot milk
50g butter, chopped
2 tbsps thinly sliced fresh chives
Salt and pepper, to taste

- 1 To make mash, cook potatoes in a large saucepan of boiling, salted water until tender. Drain well. Return to pan. Mash until smooth. Stir in milk, butter and chives. Season. Cover to keep warm.
- 2 Meanwhile, combine mustard, paste, sugar and sauce in a small jug.
- 3 Heat an oiled, large, non-stick frying pan over a high heat. Add pork. Cook, for about 3 minutes on each side, or until cooked to your liking. Remove pork from pan.
- 4 Reduce heat to medium to low. Add sauce to pan. Simmer, stirring for 1 minute. Return pork with any juices to pan. Turn to coat in sauce. Remove from heat.
- 5 Serve pork with mash and steamed broccoli.

TIP

Pork can be replaced with chicken breast fillets. Cooking time will vary. Don't overcook pork or it will become tough.

KITCHENnotes

THESE POTATO CAKES CAN BE MADE SEVERAL HOURS AHEAD, THEN WHEN READY TO SERVE, REHEAT IN THE OVEN. THEY'RE PERFECT FOR ENTERTAINING.

Mashed Potato Cakes

Makes 12,
Prep 25 mins,
Cook 20 mins

1.25kg brushed potatoes, peeled, chopped
75g butter, chopped
1/3 cup hot milk
Salt and pepper, to taste
1 tblsp plain flour
1 egg yolk
2 tblsps finely chopped fresh parsley
1 small clove garlic, crushed
1 cup grated Tasty cheese

1 Grease two 6-hole silicone muffin trays (1/2 cup-capacity). Place on a large oven tray.
2 Place potatoes in a large saucepan covered with cold water. Bring to boil. Gently boil for about 12 minutes, or until tender. Drain well. Return to pan. Mash until smooth. Stir in butter and milk over a low heat. Season.

3 Remove pan from heat. Stir in flour, yolk, parsley, garlic and half the cheese.
4 Divide mixture among prepared trays. Sprinkle with remaining cheese.

5 Cook in a hot oven (200C) for about 20 minutes, or until golden brown. Remove. Stand in trays for 30 minutes.

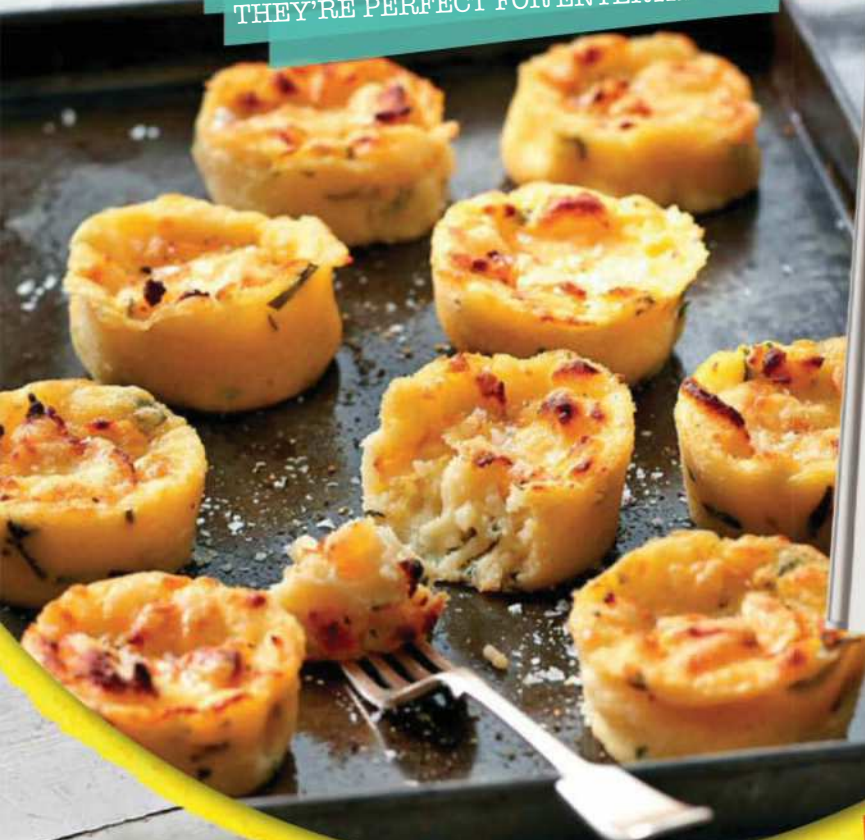
6 To remove, invert one tray at a time over the oven tray and gently press out cakes.

7 Turn potato cakes over, cheese-side facing up.

Cool. Refrigerate in an airtight container.

8 Before serving, place cakes on an oven tray covered with baking paper. Lightly cover with foil.

9 Heat in a moderate oven (180C) for about 12 to 15 minutes, or until hot.



Apple and Blueberry Cobbler

Serves 4, Prep 10 mins,
Cook 40 mins

800g can sliced apple pie fruit
1 cup frozen blueberries
470g packet lemon cake mix
50g unsalted butter, melted
1/3 cup natural sliced almonds

1 Spread combined pie fruit and frozen blueberries over base of a rectangular, oven-proof dish (8-cup capacity).

2 Empty cake mix into a large bowl. Reserve icing mix sachet for another use. Add butter and 1/2 cup water. Stir to combine. Spoon topping over fruit, almost to the edges. Sprinkle with almonds.

3 Cook in a moderate oven (180C) for about 35 to 40 minutes, or until topping is golden brown and cooked through. Remove from oven. Stand for 10 minutes.

4 Serve hot with ice-cream (optional).

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TIP

For a different flavour, replace blueberries with frozen raspberries, and lemon cake mix with vanilla cake mix.

Spicy Tuna and Olive Penne

Serves 4, Prep 10 mins, Cook 14 mins

375g penne
2 tbsps olive oil
½ cup pitted, green olives, halved
2 tbsps drained capers
2 tsps bottled crushed garlic
1 tsp dried chilli flakes
¼ cup lemon juice
1 cup chopped fresh parsley
2 tbsps pine nuts, toasted
425g can tuna in oil, drained, flaked
Lemon wedges, to serve

- 1 Cook pasta in a stockpot of boiling, salted water until tender. Drain.
- 2 Heat oil in same stockpot over a medium heat. Add olives, capers, garlic and chilli. Cook, stirring for 2 minutes.
- 3 Return pasta to pot with juice. Cook, stirring for about 1 to 2 minutes, or until hot. Stir in parsley and pine nuts. Gently stir through tuna.
- 4 Serve with lemon wedges.

**NEW IDEA
MAKE IT
TONIGHT**



TIP

Place pine nuts in a dry, non-stick frying pan. Cook over a medium heat, shaking pan every 30 seconds, until golden brown. Remove from pan.

TRY THIS

If you're looking for a chocolatey, high-protein bar that's also high in fibre and low in sugar, try an Atkins carb-reduced Chocolate Decadence with a rich coating or Coconut Almond Crisp with a creamy milk coating, or a low-carb Chocolate Brownie with a brownie centre. Carry them with you for a snack that not only tastes delicious, but is also indulgent and satisfying! From Woolworths, Coles, Catch of the Day and Priceline (RRP \$4.50).



ASK PAM



Q How can I convert my meat casserole recipes so that I can make them in a slow cooker?

Felicity, via email.

A When using a slow cooker, you need to add less stock or liquid than in regular casserole recipes. Make sure the quantity of food in the slow cooker fills the cooking pot halfway to three-quarters full. For extra flavour, brown your meat and saute onions and other vegetables and herbs. As it takes a while for the slow cooker to reach a high temperature and start the cooking process, the cooking time is a lot longer than regular casseroles. Cook on low heat for about six hours or until meat is tender.

DID YOU KNOW

New Idea Winter Feasts is jam-packed with 90+ cosy comfort meals, plus loads of clever tips from the New Idea test kitchen that will make creating your winter meals even easier! Now that the cold weather has arrived, enjoy delicious soups, pies, roasts and casseroles. The soups can be made ahead so they're ideal for reheating, or if you have a slow cooker, get a head start by popping on the Chicken Balti Curry before you leave home. Tasty desserts like Choc-Cherry Self-Saucing Pudding and Salted Caramel Dumplings will wrangle any winter craving and are guaranteed to become family favourites. This is comfort food made easy, so make sure you pick up a copy

today. Available for RRP \$9.99 at selected supermarkets and newsagents or at subscribetoday.com.au.



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They have a lot more in common than just their family

We tend to think there's nothing more sensitive than a baby's soft skin. But sadly, as we age, our skin becomes thinner and can be more fragile than a baby's, making it more vulnerable to damage. And the repair process is also less effective.

Unfortunately, the incidence of bladder leakage or incontinence tends to increase with age, so we need to pay as much attention to our own skin as we do to that of our grandchildren.

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Skin Care

Founder of salon specialists Que, Monique McMahon explains the maintenance basics when it comes to managing everyday hair. 'It's not just what you put on your hair that matters. Stress and environmental issues like pollution and air conditioning affect your hair health too, and will leave it looking dull and lacklustre,' says Monique. Try drinking lots of water and herbal teas throughout the day to help keep skin and hair looking brighter.

WAY TO WASH

'So many people forget to really saturate their hair with water before shampooing – this is vital, it helps emulsify the shampoo and get it to the roots, and then cleanse down to the tips,' says Monique. Rub shampoo through your hands first and then around the hairline and the nape of your neck. 'I always like to open up the hair at the crown and apply the shampoo close to the scalp in this area. Add a trickle of water and lather,' adds Monique.

Christophe Robin's Hair Oil with Lavender, \$60, sephora.com.au.



DON'T MISS THIS

'Pre-shampoo! It's the new way to hydrate your lengths before shampooing – think of it as conditioning before you shampoo. It will protect the ends and keep them hydrated during cleaning,' says Monique. A ten-cent sized amount of product is all you need, squeeze into your palms, press them together to liquefy the natural oils and gently press, rather than smooth the oil onto hair tips (avoiding the roots and scalp).

EXPERT TIP
A SCALP MASSAGE EVERY TIME YOU WASH YOUR HAIR WILL STIMULATE BLOOD CIRCULATION, WHICH IS GREAT FOR HAIR GROWTH.



Julianne Moore

HAIR HELP

THE SECRET TO STRONGER HEALTHIER HAIR

Cate Blanchett

12 Reasons Marula Oil Serum, \$24.95, i-glamour.com.

Innersense Organic Beauty Harmonic Healing Oil, \$37, cleanbeautymarket.com.au.



KNOW YOUR TYPE

HYDRATE WINTER HAIR

'Prickly pear seed is a traditional anti-ageing treatment used in Morocco to keep skin smooth and intensely hydrated. It's also amazing on hair as it deeply penetrates and smooths the cuticles to leave hair naturally glowing and healthy. In addition, pure, cold-pressed oils won't add any weight to hair,' Monique adds.

● DRY HAIR

Try lavender oil as a pre-shampoo treatment. Its calming scent and naturally hydrating properties will work wonders to smooth, nourish and repair dry, agitated hair.

● OILY HAIR

It might seem counter-intuitive, but wash your hair less! Try using a natural, boar-bristle brush daily to evenly distribute your scalp's natural oils through your hair for a natural glow.

● COMBINATION

Find products that use Mother Nature's solutions for an oily scalp and dry ends – jujube bark deters flaking and itching, while cherry blossom extract will soothe and moisturise.



A'Kin Daily Shine Conditioner, \$26.95, priceline.com.au.

Klorane Keratin Strength, \$19.95, cleanbeautymarket.com.au.

EXPERT TIP
IF YOU WANT TO USE DRY SHAMPOOS, TREAT THEM AS YOU WOULD YOUR MAKE-UP AND ENSURE YOU REMOVE THEM BEFORE BED EVERY NIGHT.



Head & Shoulders Supreme Moisture Conditioner, \$14.99, headandshoulders.com.au.

Yarok Hair Feed Your Ends Leave-In Conditioner, \$28.95, cleanbeautymarket.com.au.



Christophe Robin's Hair Oil with Lavender, \$60, sephora.com.au.

COMMON MISTAKES

'Applying the product to the top of the head first... you really need to apply around the edge of the hairline, which allows the product to be evenly distributed and cleansed with ease,' Monique advises.



Courteney Cox

PRODUCT CONTROL

Monique claims most people use way too much product, saying: 'The new formulations are more concentrated and a little goes a long way. As we move away from products with SLS content, we need to understand that lots of foam isn't necessary to cleanse hair properly – its actually stripping all the natural oils away.' If in doubt, reach for more water before product. 'You wouldn't wash your cashmere sweater in harsh detergent, why would you do this to your hair?'

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DISCOVER SMART STRATEGIES TO HELP KEEP YOU WELL

One in eight Australian women will develop breast

cancer in their lifetime, making it a scary prospect. Genetics obviously play a part, but scientific studies are continuing to reveal more about the impact of our modern lifestyles on our cancer risk.

Experts are now advising on ways we can use this knowledge to help reduce the chances of developing breast cancer, as well as other cancers. Here, three medical specialists share their tips for changes that you can make to maximise your chances of staying healthy...

6 WAYS TO MAXIMISE YOUR BREAST HEALTH

KNOW YOUR RISK

The charity Pink Hope has developed a Know Your Risk tool, together with the Peter MacCallum Cancer Centre. It involves a series of questions about risk factors for breast and ovarian cancer and just takes a few minutes to complete. Find out more at pinkhope.org.au/know-your-risk.

EAT WISELY

Diets high in sugar and refined carbohydrates increase the risk of breast cancer, says Dr Sandra Cabot, co-author of *The Breast Cancer Prevention Guide*. 'So, limit your intake of bread, pasta, rice, potatoes, breakfast cereals and flour-based foods, especially if you don't exercise regularly,' she says. 'When you do eat these foods, make sure that they're wholegrain unprocessed versions without added sugar.'

Instead, base your diet on salads, cooked vegetables and good-quality sources of protein, advises Dr Cabot. 'Also include fruit, raw nuts, seeds, legumes and good-quality fats in your diet.'

MAINTAIN A HEALTHY WEIGHT

Obesity and being overweight increases the risk of most cancers, including breast cancer,

says gynaecologist Dr Raewyn Teirney. 'Fat cells produce oestrogen, which when in excess, is linked directly to an increased risk of breast cancer, which is why we need to keep our weight under control. You can work with your GP to help you kick-start and maintain healthy lifestyle changes,' she suggests.

KEEP MOVING!

Being physically active for 25 minutes a day can help maintain a healthy weight, which in itself reduces cancer risk, says Dr Elysia Thornton-Benko from Wellac Lifestyle, a wellness centre that focuses on prevention as well as surviving cancer.

'However, exercise reduces your risk beyond this – it's thought to be related to changes in hormones and an immune boost due to the physical activity,' she explains. 'So it's not just about weight, even though this does play an important role. Exercise truly is a preventative!'

LIMIT ALCOHOL

An estimated one in 20 cases of breast cancer is linked to alcohol excess, according to figures from Cancer Council Australia. To reduce that risk it's important to limit your alcohol consumption, advises Dr Cabot. 'It's recommended women consume no more than two standard drinks per day, and have at least two alcohol-free days per week,' she says.

ENJOY A LITTLE SUNSHINE

Several studies have proven the ability of vitamin D to reduce the risk of breast cancer, says Dr Cabot. 'Vitamin D is found in foods, such as oily fish, eggs and full-fat dairy products, however it is very

difficult to get enough through diet – approximately 90 per cent of your requirement is obtained through sunlight exposure.'

Visit sunsmart.com.au to find out how much time you can safely spend in the sun to get your vitamin D.

DO YOUR CHECKS

BreastScreen NSW advises women to look at and feel their breasts regularly to check for any changes, and if you notice anything unusual, see your doctor immediately. For more information, visit breastscreen.nsw.gov.au.

The national breast cancer screening program, BreastScreen Australia invites women of 50 to 74 years for a free mammogram every two years. For information or to book an appointment, call 13 20 50.



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that's life!

New Idea
**WINTER
FEASTS**

AN EXPERT REVEALS SIMPLE ROUTES TO GET WHAT YOU WANT... NOW!

Feeling stuck in a rut? Want to make changes but don't know where to start? We ask clinical psychologist and author of new book *Reach Your Goals* (Exisle Publishing, \$29.99), Chantal Hofstee, for practical advice on how to realise your dreams... today!

REPLACE OLD HABITS WITH NEW

We might spend a good chunk of each day daydreaming how life can be better, how we could be healthier and happier, yet we fail to make the changes even if they are small.

'Strategically replacing old habits with better habits is the way to reach your goals,' says Chantal.

The clinical psychologist leads by example. When she was writing her book, Chantal successfully created a new habit of running in the morning.

'It might seem like a small change, but it has honestly been life-changing,' she says.

'PURPOSE IS REALISING YOUR GOAL MAKES A DIFFERENCE!'

HAVE A SENSE OF PURPOSE

According to Chantal, having a sense of purpose opens up a reservoir of energy, determination, focus and drive.

'Purpose is linked to realising that your goal makes a difference in the world or changes something unacceptable,' she says. 'When the going gets tough, you can remind yourself of why this goal matters so much and that will give you the courage and energy to continue.'

GOALS SHOULD SCARE AND EXCITE YOU

If your goal doesn't excite you, it will be hard to muster up the motivation to work for achieving it, says Chantal.

'And if your goal doesn't scare you, I would suggest you might be aiming too low,' she says.

Where to begin? Chantal recommends starting with habits that will give you more time and energy.

'Goals that improve sleep, diet, exercise or reduce stress, even if it is only a little, will give you more energy, which makes it easier to achieve the next goals.'

MAKE A GOAL OF DOING MORE OF WHAT YOU LOVE

We're all busy, and when we're snowed under, the first things we tend to compromise on is the time we spend on doing what we love.

'Most people don't realise that doing what you love isn't only just fun, it is also a powerful way to reduce stress, improve health and energy levels,' says Chantal.

'Replace some of your screen time with doing something you actually love, like painting, listening to music, reading, walking, even if it is just for 15 minutes.'

CELEBRATE YOUR ACHIEVEMENTS

Have you achieved a small victory today? According to Chantal, it's much easier to look at what we don't have than to focus on what we do have.

'Focusing on what you have accomplished increases happiness and confidence, which will make it easier to reach even bigger goals,' she says. 'Practising gratitude makes you more grateful, celebrating your wins makes you more confident.'

NEW STRESS-FREE

REACH YOUR GOALS

without stressing out

A high-achiever's guide to a successful life.

Chantal says the key is to first achieve small goals that will give you drive and energy.



5 EASY WAYS TO REACH YOUR GOALS

The FLAWSOME Mum



FLAWSOME MUM

[definition]

A mother who embraces her flaws
but is awesome just the same

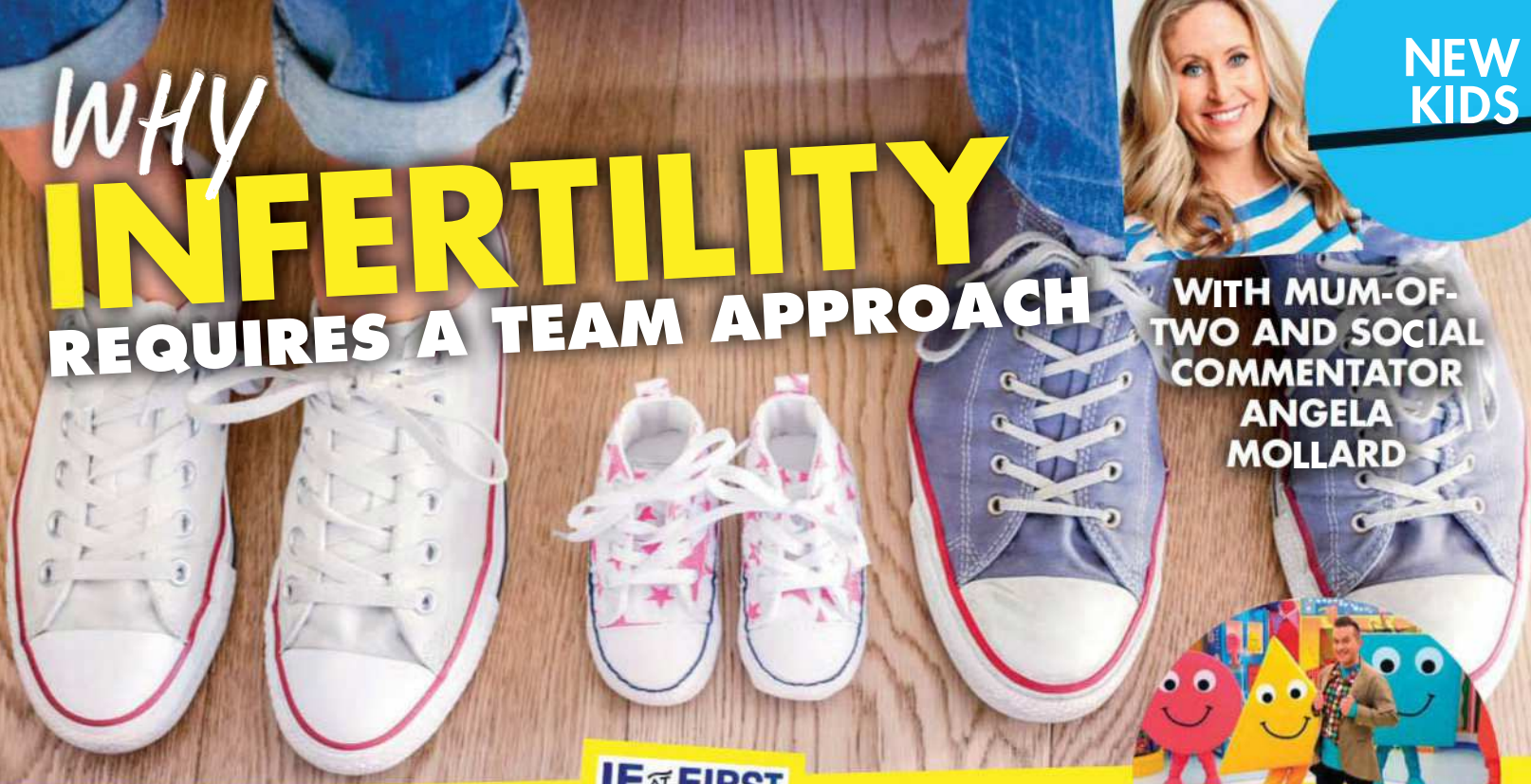
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WHY INFERTILITY REQUIRES A TEAM APPROACH

WITH MUM-OF-TWO AND SOCIAL COMMENTATOR ANGELA MOLLARD



*RRP \$4.99 when sold separately. Products may vary from store to store. See in store for product offering. Subject to availability, while stocks last in participating stores only.

Infertility can be a heartbreaking experience for a couple to face, but it's made worse when men are shut out of the discussions, according to experts.

A British consultant has urged both partners to be involved in each stage of the process – and not just when the man's fertility is an issue.

Dr Gedis Grudzinskas believes men need to be involved throughout the process so they are better equipped to support their partner through IVF.

'Frequently I find women attending fertility appointments without their male partners, not necessarily because they don't want to include them or they don't want to attend, but because it is felt they are not required,' he says.

It's an issue raised by former Australian netball captain Liz Ellis in her book, *If At First You Don't Conceive*. Having struggled to fall pregnant with her second child, Liz has an insight into the pressures of infertility and urges couples to work as a team.

She says women are often left to do the 'heavy lifting' during IVF treatment, often because



men don't want to put any more pressure on their partners.

Liz says men need to step forward. 'Commit to attending appointments together, be advocates for each other throughout the process and then, if you need to make a final decision it can be a joint one,' she says.

But she also believes fertility clinics need to work harder to involve men so they don't feel like a 'bit player' in the process. Comparing her experience to 'hurtling down the infertility highway without a GPS', Liz believes looking after your relationship is paramount. She says even solid couples should still consider counselling and she urges them to keep talking.

While the stress of infertility may cause a relationship to break down, those who work as a team will create behaviours and habits



that will be invaluable for the rest of their lives, particularly if they are parents, says Liz.

Endorsed by fertility specialists such as Professor Michael Chapman, along with other parents who've also experienced infertility, Liz's book comes with the message that information is power.

As she told New Idea: 'Infertility leaves you with a sense that you've totally lost control, but what I learnt was that you have to be your own advocate. Doctors are doing their best, but they have lots of patients so you have to be educated and willing to push for the right treatment.'

As she says, the key questions for anyone going through it are: 'Why?' and 'What's next?' And nurturing intimacy through the process and ensuring IVF doesn't take over your life is also vital to surviving the experience.



ARTY PARTY

If you're after a great way to entertain the kids, take them to see Mister Maker. The craft genius and his sidekicks, The Shapes, will be on stage throughout the country. Mini Makers' artwork will be showcased at the theatre and everyone who brings along their piece of art will be awarded a Mister Maker sticker. For info, visit livenation.com.au.



HOLIDAY FUN!

Blast through any boredom these school holidays with an exciting collection of activity packs, colouring books, sticker books and dress up books! There are 15 boredom busting books to choose from, featuring all the kids favourites such as The Wiggles, Trolls and Ben 10. Just \$2 each when you purchase New Idea from Woolworths.*

I've given up on getting a bikini body, the good lord put alcohol and carbs on this planet for a reason and I'll be damned if I let him down.

THE FLAWSOME MUM

Need a break? Take some time out and have a laugh by visiting The Flawsome Mum page at facebook.com/theflawsomemum.



'I FEEL LIKE I HAD IT ALL FIGURED OUT WHEN SHE WAS YOUNGER, WHEN IT WAS JUST HER. NOW THAT THERE'S TWO, AND SUCH DIFFERENT AGES, I FEEL FLUSTERED SO MUCH OF THE TIME. THE OLDER SHE GETS, THE LESS CLEAR I AM ON HOW TO GUIDE HER.'

Pink, singer and mother of two.

Reviews for you

Have a look at these fantastic products we know you'll love



LOVE AT FIRST BITE ON SEVEN

FIRST DATES gives you the chance to be a fly-on-the-wall as real Aussies go on blind dinner dates in the search for love. Live through the awkward, heart-warming and hilarious moments each week. For some pairings, it'll be their first and last date. FIRST DATES - **Monday at 8.45pm on Seven.**



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SEDUM AUTUMN JOY
In warm climates, sedum can bloom throughout the colder months. It grows best in full sun and in well-draining soil.

ORNAMENTAL CABBAGE AND FLOWERING KALE
The striking colour of the cabbage leaves, which will develop after the first frost, looks best when planted en masse. These low-growing plants are perfect for edges.

AFRICAN VIOLETS
These dainty flowers will bloom throughout the year when taken care of well. Grow them in pots so you can move them around the garden for ideal conditions.

DAFFODILS
These golden beauties are part of the narcissus family, which also includes jonquil. They may be known as springtime flowers, but daffodils can bloom as early as June, depending on where you live.



WINTER WONDERLAND

ADD SOME COLOUR TO YOUR GARDEN IN THE COOLER MONTHS WITH THESE PRETTY PLANTS!

Text: Rachael Rutley.

WATTLE
These native trees will bloom vibrant yellow flowers in winter that will last well into spring. Plant a tree in your yard for an energetic pop of colour to get you through the colder months.

HELLEBORES
Also known as the 'winter rose', the beautiful flowers on this plant come in a range of colours - from a soft pink to a deep burgundy. They grow best in shady, cool areas and are best suited to southern areas of Australia.

CYCLAMEN
Most people think of cyclamen as an indoor plant, but they can thrive in a shady position in the garden. They come in a range of bright colours, including pink, purple and red.



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SHOP AT LESS-CROWDED OUTLETS

Of course, you can't go to New York without checking out the department stores like Bloomingdales and Bergdorf Goodman along Fifth Avenue. But if you want to grab a real bargain, go to where the crowds aren't – head to the other boroughs. Brooklyn's Atlantic Center Mall and Fulton Mall, both just a few subway stops from Manhattan, have all the stores including Off Saks and Nordstrom Rack, which are the outlet versions of the big department stores. Another outlet superstar, Century 21, is not only near the new World Trade Center, there's one on the Upper West Side and a giant one in Queens – and they are nowhere near as busy.



EAT AT SMORGASBURG MARKETS

Want to sample some of the finest cuisine from around the world? Head to Brooklyn's Smorgasburg market on the banks of the East River in Williamsburg. The purveyors have to show their product is unique before they can sell their wares. Hundreds put in applications and only the tastiest succeed. smorgasburg.com

HAVE A DRINK IN BEMELMANS BAR

The Carlyle Hotel's Bemelmans Bar, which opened in 1931 on the Upper East Side, is where to head for a drink steeped in history. Ask George Clooney or Naomi Campbell, who feature in a new documentary *Always At The Carlyle* celebrating the bar and the hotel. You never know who you might spy. Tony Bennett sang there unannounced for years. Slink into one of the brown leather booths and order their signature Agave Gingerita. Each table has its own lamp and the large-scale murals depicting Central Park, by children's book author and illustrator Ludwig Bemelmans. rosewoodhotels.com/en/the-carlyle-new-york

Text: Andrea Black.

5

THINGS YOU MUST DO IN NYC

STRUGGLING TO CHOOSE WHERE TO GO IN THE CITY THAT NEVER SLEEPS? MAKE THESE YOUR PRIORITY

HEADING TO BROADWAY?

Keen to see *Hamilton* or *Wicked*? You just might get lucky if you head to the TKTS booth on 47th and Broadway or download the TodayTixApp, which has discounted tickets for shows up to a week in advance. todaytix.com

TO GO

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STAY AT THIS HOME AWAY FROM HOME

Walk into the grand Beacon Hotel, on the Upper West Side, and you're likely to hear Australian accents in the bar, lobby and lifts. Why? Keen Aussie world travellers are in on this secret gem right near Central Park that offers spacious suites (rare in New York) for a fraction of the cost. Even better, there's a kitchenette in every room and the hotel is across the road from the flagship Fairway supermarket, perfect for grabbing breakfast or late night snacks. The theatre right next door features regular performances from the likes of Jerry Seinfeld (who lives up the road). beaconhotel.com

TAKE IN THE VIEW AT TOP OF THE ROCK

Sure, the Empire State Building gets all the headlines, but for a sublime view of Manhattan head to 'top of the rock' – the Rockefeller Center. The lines here are shorter than they are at the Empire State Building, plus if you're there during the winter, afterwards you can pop on the ice-skates and slide around near the giant Christmas tree. topoftherocknyc.com



ALLISON DUBOIS



if he thinks of me – or is time for me to try and forget him? It's been six years now.

Tracey, via email.

A Tracey, your ex-husband will always be dear to you because you shared so much, for so long. If the two of you work on putting your animosity aside and instead appreciate all the good times, you could be friends.

It sounds like you have a great partner now. You left your ex because there was something emotional that you needed. You've found someone who can give you what you were missing. Is it the passion you had with your ex that you miss? Does it outweigh feeling loved and secure? Instead of resenting your ex, maybe talk to him and address some unresolved feelings.

Q I've been married for 10 years and have two young children. My husband has always been

controlling, and recently he has hurt me emotionally and financially. I don't love him, but I don't want to leave him either. Am I better off without him?

Anonymous, via email.

A Only you can answer that question. You can stay with your husband and endure the emotional abuse, or seek counselling to help him with his issues and move forward as a couple, or leave and start over.

Controlling husbands don't just all of the sudden get better and let go of the need to control. The fact that you said that you don't love this man tells me there is no way you'll last until death do you part and live your life to its fullest. What is your life and happiness worth to you? Your future hinges on the value you place on your life.

Your kids deserve a life of contentment and love.

**HAVE A QUESTION
FOR ALLISON? Email
destiny@newidea.com.au**

YOU HOLD THE KEY TO YOUR FUTURE, SO MAKE THE MOST OF IT

Q My father has been diagnosed with cancer and it is terminal. My one hope is that his father will be waiting for him on the other side. He passed away when my father was a young boy. We are devastated and hope for the best.

Dizee, via email.

A Dizee, I'm so sorry, cancer is a terrible disease. I have no doubt that your grandfather will be waiting for your dad when he crosses over. Your grandfather has been waiting a long time to hold his boy again.

When your dad passes he will be restored – he will revert to a younger age and be full of life and love. I often bring people

through who had cancer, and they seem to feel that they beat the cancer because it couldn't kill their spirit.

I know all this is a small consolation, since you still have to endure watching your father struggle in the living world, but please know that even after physical death our loved ones remain part of our lives.

Q I divorced my childhood sweetheart after 37 years together. I felt unappreciated and not respected. We both now have a lot of animosity towards each other. We have both moved on with new partners – mine is a wonderful, loving man. Every day I think of my ex-husband and wonder



Dear Anh,
Your hands are the very industrious fire type. You're a hard and reliable worker, but you will have days when emotional aspects of your sensitive nature make this harder.

Your family hand denotes issues with mental health and other head-related issues. High blood pressure, strokes and depression are some things to look out for in older generations.

Your life line has the separation and overlapping marks usually found on the hands of people who immigrate or choose to live abroad for some time.

There is a strong marriage relationship mark on the hand, and

you will stay with this partner until he passes over. Tradition, respect and influence have a great deal of importance in your life. Although you have chosen a different path, it is with your family's approval and guidance.

The elongated Apollo (ring) finger speaks of talent that is not being utilised. Taking up a creative hobby would be good. Not everything has to be driven



SUSAN TAYLOR

OUR PALM READER REVEALS WHAT YOUR HANDS SAY ABOUT YOU

by practicality or making money. Finding time to do things you love is an integral part of finding happiness and contentment.

Engagements and marriage are in your immediate future. I see a wedding overseas and a new path for you along with a gent who offers a secure future. I also see money flowing in and the purchase of property around the same time.

Your birthday will be celebrated with travel. There is a pleasant surprise in store around the end of October.

Beware of conflicts created by someone not telling the truth. The middle of this year is an excellent time to look at your own business endeavours, with a marvellous opportunity for you to make a success of things.

IF YOU WOULD LIKE A PALM READING FROM SUSAN:
Email a clear photocopy/scan of both of your palms with your full name, date of birth and the place you were born to destiny@newidea.com.au.



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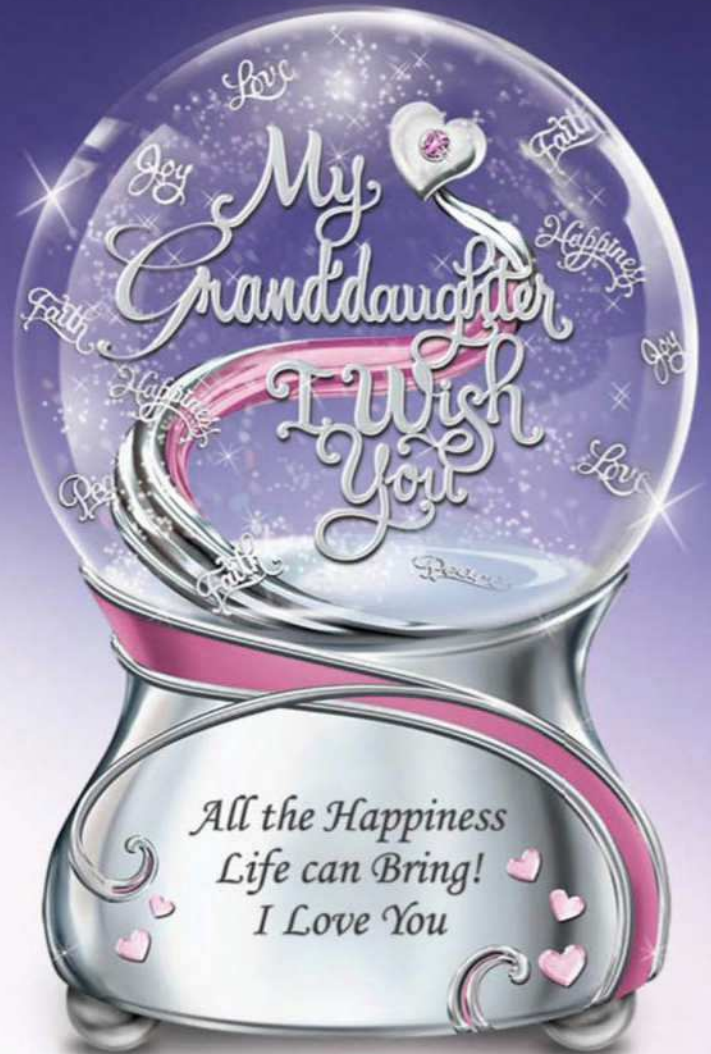
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M	E	M	R	D	I	J	R	B	E	F	R	H	U	O	B	R
A	W	H	Z	U	W	I	H	A	E	Y	E	L	I	V	V	Z
M	X	M	N	H	B	L	S	V	D	K	C	S	I	E	W	C
M	T	G	D	D	B	Y	E	B	I	K	U	P	T	A	R	Y
A	P	S	N	U	V	R	E	N	G	I	R	S	R	C	M	I
M	S	S	D	I	P	Q	G	R	N	R	U	A	G	T	R	M
T	O	K	R	I	A	S	T	E	C	I	I	K	M	U	M	C
P	G	T	T	J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



THIS WEEK'S STAR: COLIN FIRTH

A SINGLE MAN
EASY VIRTUE
FEVER PITCH
GENIUS
LOVE ACTUALLY
MAMMA MIA!

MARK DARCY
NANNY MCPHEE
PRIDE AND PREJUDICE
THE HAPPY PRINCE
THE KING'S SPEECH
VERMEER

WORD MAKER

How many words of four letters or more can you make from the letters on the right? Each word must contain the centre letter and you must make one nine-letter word. No proper nouns.

YOUR GOAL: 22

L	A	Q
U	O	I
V	E	C

SUDOKU

Slot the numbers 1 to 9 into every horizontal line, vertical row and 3 x 3 square. Here are three puzzles, graded from easy on the left, to hard on the right.

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

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

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



PUZZLES

CODE CRACKER

To win one of three prizes of \$100, work out which number represents which letter. All letters of the alphabet appear at least once. Fill in the coloured boxes at the bottom to reveal our prize word. Write this answer on the entry coupon.

\$300
UP FOR
GRABS!

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

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

14	1	6	2	26	5
----	---	---	---	----	---

ACROSS

- 1 Emmanuel —, French President (6)
- 4 Popular stringed instrument (6)
- 8 Order of business (6)
- 11 Middle Earth halfling (6)
- 14 Invasive tropical weed (7)
- 17 Surname assumed by the Royal Family in 1917 (7)
- 18 Roman racing vehicle (7)
- 20 Layered bulb vegetable (5)
- 21 — Jenner, transgender reality TV personality, formerly Bruce (7)
- 23 Buccaneers (7)
- 25 Foreign (5)
- 26 Powerful whirlpool (9)
- 27 Japanese flower arrangement (7)
- 31 Late Stone Age, leading up to the Bronze Age (9)
- 32 Punctuation mark (5)
- 34 Tendency to remain stationary (7)
- 36 Gin and vermouth cocktail (7)
- 38 Honking bird (5)
- 41 Dove sound (3)
- 42 Train boarding/alighting facility (7)
- 44 Unspoken (5)
- 45 Bellybutton (5)
- 46 Cancelled out, nullified (7)
- 48 Orchard fruit (5)
- 49 Edith —, French diva (4)
- 50 Grind teeth (5)
- 51 Imperial volume of about 600ml (4)
- 53 Major blood vessel (5)
- 56 Lady's undershirt (7)
- 57 Legendary Himalayan monster (4)
- 58 — Lang Syne, New Year song (4)
- 59 Snag or banger (7)
- 63 Crew uprising (6)
- 65 Attractive, captivating (8)
- 67 Sum owed (4)
- 69 Noun form for more than one (6)
- 73 Freedom (7)
- 75 Vital respiratory gas (6)
- 76 Top naval rank (7)
- 77 — Boleyn, 2nd wife of Henry VIII (4)
- 80 Edible shrimp (5)
- 81 Humorously entertaining (7)
- 83 Trappings of royal office (7)
- 84 Desert waterhole (5)
- 86 Porridge grains (4)
- 88 John —, veteran pop singer (7)
- 89 Frozen Arctic plain (6)
- 91 Hamlet's tragic girlfriend (7)
- 94 Extensive tract of woodland (6)
- 96 School or community gala (4)
- 97 Inclination to consume (8)
- 98 Tom —, Mark Twain character (6)
- 102 Occurring only in a particular location (7)
- 103 Pickling herb (4)
- 104 Chinese sailing vessel (4)
- 106 Robert —, actor and film director (7)
- 110 Author of the *Iliad* and *Odyssey* (5)
- 112 Underwater barrier (4)
- 113 Man-made waterway (5)
- 114 Octagonal red traffic sign (4)
- 115 Supernumerary performer (5)
- 119 China's capital (7)
- 121 Brief carefree romantic liaison (5)
- 122 Sandy seaside tract (5)
- 123 Aggressively antagonistic (7)
- 124 Wood-chopping tool (3)
- 125 Final tally (5)
- 127 Person with special, privileged knowledge due to position (7)
- 128 Army rank (7)
- 129 Impressively large (5)
- 130 — Taylor, actress (9)
- 133 *The —*, nightly, panel-based current affairs show with Waleed Aly and Carrie Bickmore (7)
- 136 Illicitly distilled and distributed liquor (9)
- 138 Free from dirt or contaminants (5)
- 139 Chales M. Schulz comic strip (7)
- 142 John —, spy thriller author (2,5)
- 144 Lacking illumination (5)
- 146 Removing hair with a razor (7)
- 148 Wailing spirit of Irish folklore (7)
- 149 Leslie —, comedy actor (7)
- 151 *The Artful —*, pickpocket character in Dickens' *Oliver Twist* (6)
- 152 Site of first European settlement in Australia (6)
- 153 Aromatic spice (6)
- 154 Colourful tropical bird (6)

DOWN

- 1 — Turnbull, Australian Prime Minister (7)
- 2 — Lauper, pop singer (5)
- 3 Sister in a holy order (3)
- 5 Radioactive mineral element (7)
- 6 Drying cloth (5)
- 7 — Keating, TV talent quest star (5)
- 8 Ancient Greek fabulist (5)
- 9 Mistake (5)
- 10 — *Abbey*, period TV drama (7)
- 11 Expression of confusion or disbelief (3)
- 12 From England, Wales or Scotland (7)
- 13 Ocean liner sunk in 1912 (7)
- 15 Loss of memory (7)
- 16 Musical squeezebox (9)
- 18 Trusted keeper (9)
- 19 — *Grace*, popular hymn (7)
- 22 Himalayan ox (3)
- 24 — Rankin, author of *Inspector Rebus* mysteries (3)
- 27 Whole, undamaged (6)
- 28 Demanding, difficult (8)
- 29 Reproach, caution (8)
- 30 Reach a destination (6)
- 32 — Georgiadis, TV gardening show host (5)
- 33 Football ground pastry snack (4,3)
- 35 Tidal coastal waterway (7)
- 37 Metaphorical breeze said to blow no good (3,4)
- 39 Cute aquatic mammal (5)
- 40 Closing stage of a match, particularly in chess (7)
- 43 — Peninsula, region including Spain and Portugal (7)
- 47 By small increments (7)
- 49 Earnest entreaty (4)
- 52 Job, assigned duty (4)
- 54 Adhesive (6)
- 55 Canine trained to assist vision-impaired owner (5,3)
- 56 Humped desert ruminant (5)
- 60 Protective garment (5)
- 61 Family ancestry (7)
- 62 Sense of self (3)
- 64 Leg bone adjacent to fibula (5)
- 66 Skilled use of language in writing or speech (9)
- 68 Outstanding, distinguished (9)
- 70 City in Yorkshire (5)
- 71 Sleeping garments (7)
- 72 Exemplary model (7)
- 74 Enclosed skating facility (4)
- 78 Victory (7)
- 79 Biblical ark-builder (4)
- 80 Evidence (5)
- 82 — Rossellini, actress (8)
- 85 — forth, venture out, advance (5)
- 87 Weary (5)
- 90 Alternate route (6)
- 92 Pungently bitter (5)
- 93 Fruit conserve (3)
- 95 Japanese swordsman (7)
- 99 Julie —, musical film star (7)
- 100 Mark of a wound (4)
- 101 Fall suddenly (4)
- 102 Display, show off (7)
- 103 Julia Louis—, comedy actress (7)
- 105 Food preparation facility (7)
- 107 Silhouette (7)
- 108 Large macropod (8)
- 109 Outdoor grilling apparatus (8)
- 111 Slightly wet (5)
- 116 Vigilant, on guard (5)
- 117 Bring to a conclusion (4,2)
- 118 Classical dance (6)
- 120 Domestic cavy (6,3)
- 123 Festival of the macabre, observed on October 31 (9)
- 126 Gain skill or knowledge (5)
- 129 Expressive movement (7)
- 130 Given leave, or exemption (7)
- 131 Reykjavik's country (7)
- 132 In good physical condition (7)
- 134 Rodent vermin (3)
- 135 Snooker rod (3)
- 136 Supernatural occurrence (7)
- 137 No longer existing as a species (7)
- 140 Keith —, musician married to Nicole Kidman (5)
- 141 — Hammond, boy in *Skippy* (5)
- 142 Lindsay —, actress (5)
- 143 Break rules to gain advantage (5)
- 145 Powerful light beam (5)
- 147 Not either (3)
- 150 Mischievous sprite (3)

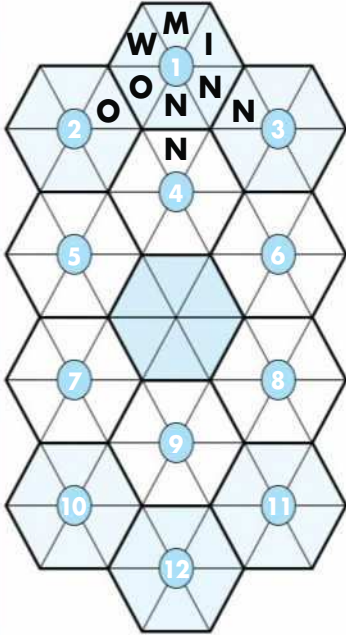


\$2 Boredom Busters

Available at Woolworths while stocks last. See in store for product offering

HEXWORD

Each of the clues below has a six-letter answer. Write the answer clockwise in the spaces around the appropriate clue number. Where the hexagons touch, the letters in the adjoining segments will be the same. We've answered one clue for you. The letters in brackets tell you the first letter of the answer. The letters in the inner coloured hexagon will spell a hidden word.



CLUES

- 1 Ill-fated charter vessel stranded on *Gilligan's Island* (M)
- 2 Thelma's road-trip partner in the Geena Davis/Susan Sarandon movie (L)
- 3 Colour between blue and violet in a rainbow (I)
- 4 Manchester —, famous English football club (U)
- 5 Offspring of two different species (H)
- 6 Italian frozen confectionery treat (G)
- 7 Period of greatest success or prominence (H)
- 8 Spanish dish of rice and seafood, cooked in a wide, shallow pan (P)
- 9 Shirley —, curly-haired child star of 1930s Hollywood (T)
- 10 Joanna —, starred as Patsy in *Absolutely Fabulous* (L)
- 11 Inept Spanish waiter in *Fawlty Towers* (M)
- 12 *The Odd —*, 1970s sitcom with Tony Randall and Jack Klugman, based on a Neil Simon play (C)

HOROSCOPES



WITH KAREN MOREGOLD

For all things astrological, visit my website: karenmoregold.com

ARIES

MAR 21 – APR 20

Clashing commitments this week will be difficult to juggle. A practical timeline will call for some tough decisions. On the family front, a situation that calls for workable compromises will test your negotiating skills. Getting out and about will bring fun discoveries and experiences. A difference with a friend may put a little pressure on your relationship. Watch your spending – money could slip away.

LUCKY NUMBERS: 4, 21, 22

CANCER

JUN 22 – JUL 23

You will need to set aside that difference with a relative to make the most of a special family occasion, which may also require generous practical support. A costly endeavour or purchase will stretch the budget, but there'll be a sense of achievement. Sorting through a challenging financial arrangement will take patience – keep funds aside. On the job, improving conditions or relations with a colleague will be a relief.

LUCKY NUMBERS: 1, 8, 13

LIBRA

SEPT 24 – OCT 23

Grand domestic or family plans will call for a few compromises, and emotional considerations will vie with practicalities as you go. A career opportunity or new challenge will call for the best you have to give. A passionate romance will heat up your love-life but there will also be niggling little differences with your mate to defuse. Pursuing a favourite interest or pastime will put dents in the budget.

LUCKY NUMBERS: 3, 30, 39

CAPRICORN

DEC 22 – JAN 20

An emotional situation coming to a head will test your control. Calming the energy and acknowledging the other person's position will help you to build meeting points. There will be an annoying financial issue with another to sort out too. Sudden unusual expenses could be frustrating as they will throw the budget off course. A surprise gesture from a relative or friend will reach out to you in a practical yet most thoughtful way.

LUCKY NUMBERS: 10, 12, 31

TAURUS

APR 21 – MAY 21

Putting emotions and pressure aside and thinking outside the square with a project will give you a very different view. Stress levels will ease and you will see a world of new possibilities. A change of scene will be a learning experience. It will take thoughtful communication to strengthen your relationship with a distant relative. A goal you've been working towards will twist and turn. It's a time to be flexible.

LUCKY NUMBERS: 9, 18, 27

LEO

JUL 24 – AUG 23

Stepping back into a role or commitment will bring echoes of the past. Lessons you've learned will stand you in great stead but emotionally there may be a few adjustments. An old problem could come to a head too, and the pressure will be on to find a fresh positive approach. A sentimental exchange will leave you with a soft afterglow. Addressing a contentious issue calmly will bring revelations and discoveries.

LUCKY NUMBERS: 2, 5, 6

SCORPIO

OCT 24 – NOV 22

Coming to terms with the reality of a project or relationship will keep your hopes and expectations in perspective and help you move forward. Reviewing the basics of a skill that has been difficult to learn will fill in any gaps in your knowledge or training. The practicalities of a sentimental journey will test your ingenuity. On the home front, you will pour energy into a working bee and soothing some fiery vibes.

LUCKY NUMBERS: 19, 29, 45

AQUARIUS

JAN 21 – FEB 19

There will be more to a family duty or domestic undertaking than you thought. See the big picture to cope with complex factors positively, ease tensions and make smart choices. Drawn-out problems or simmering issues with another may nag at you, but the practical needs of the situation may have to come first. An exciting work or personal opportunity may have a few PR challenges. An unusual outing will bring helpful encounters.

LUCKY NUMBERS: 14, 20, 24

GEMINI

MAY 22 – JUN 21

A deep-seated emotional issue will come to the forefront, but reflection and soul-searching will bring insights and realisations. It will be tempting to go overboard with a financial undertaking. Setting practical boundaries will be advantageous. Travelling extra distances will take a concerted effort. A prickly issue could surface with a friend or relative. Cultivating positive exchanges will build understanding.

LUCKY NUMBERS: 17, 25, 35

VIRGO

AUG 24 – SEPT 23

An overdue gathering with a loved one will nurture your relationship. A meaningful message will also filter through. A tough physical task or fitness pursuit will be a learning experience, and you could spend extra on your health, diet or sport interests as well. Keep your cool with a challenging colleague or situation on the work front. Blending different ideas and ways will require cooperation.

LUCKY NUMBERS: 7, 15, 23

SAGITTARIUS

NOV 23 – DEC 21

A rush of last-minute details and paperwork with a bold financial enterprise may be stressful. Diligent follow-through will serve you. There will be extra expenses to factor into your plans too. An elegant occasion will add a fun sparkle to the everyday. Singles, a charming encounter will be laced with subtle romantic vibes. A hot issue could spark a fiery debate, and a short trip will be a joy but also taxing.

LUCKY NUMBERS: 11, 26, 36

PISCES

FEB 20 – MAR 20

You will pour love and energy into fun plans with a child or grandchild, but it may also be hard work to bring these plans to fruition. A reunion with an old friend will be an opportunity to redevelop this relationship. There will be much to learn along the way. Defusing a frustrating family situation or clash with a relative will require a thoughtful initiative and a challenging domestic project or problem could prove expensive.

LUCKY NUMBERS: 16, 26, 33

Pacific magazines

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YOUR SAY

WHAT FUNNY THINGS HAVE YOUR MM AND KIDS SAID LATELY?

HARD OF HEARING

When I commented to Miss Savanna, aged three, about her new pink headphones, she firmly informed me: 'Nanny, they are hear phones - to help me hear!'

L. GILYEAD, VASSE, WA.

WHAT THE COB!

While babysitting my friend's daughter, we began to prepare dinner together. I carefully sliced and removed the kernels from some homegrown corn to make it easier (and less messy!) for us to eat. Miss Six watched me, smiled, and said: 'I'm glad I don't have to eat corn on the pole like I do at home.'

JANE LAWRENCE, SHEFFIELD, TAS.

THAT'S ALL, FOLKS

When I've had enough of talking to my grandchildren, I simply say: 'End of conversation.' The other day I was talking to Miss Eight and I must have used a certain tone of voice. She looked at me and said: 'Is this end of the conversation?'

RICH BLANCHARD, WATTLE GROVE, WA.

MEASLY GIFTS

I asked my granddaughter what her friend got for her birthday. She replied: 'Three gift vouchers, a book, a doll, and the measles.'

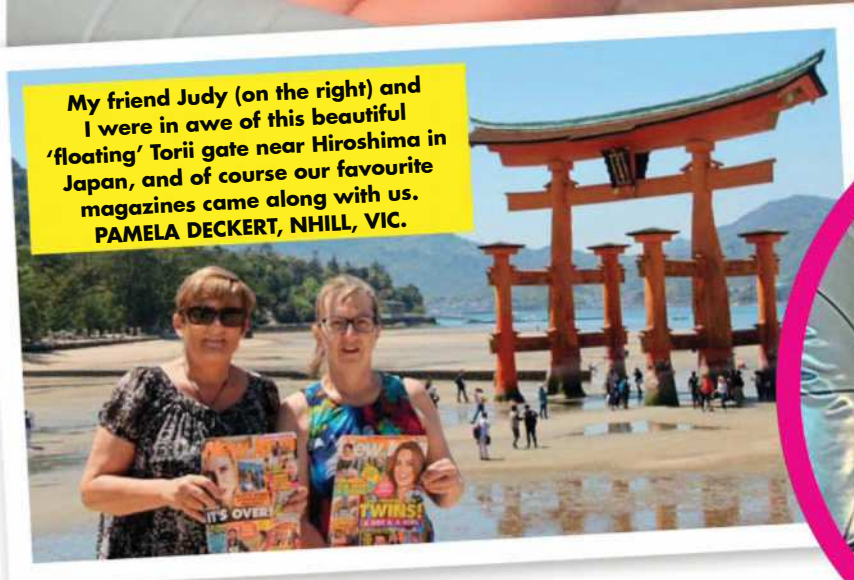
MERLIE CLAYTON, WYNDHAM VALE, VIC.



PHOTO OF THE WEEK WINS \$100

Now my eight-month-old daughter Indiana has learned to army crawl, it's serious playtime with our cat Sebastian.
TAMARA GUNN,
BURPENGARY EAST, QLD.

My son Kobe, seven-and-a-half months, has the craziest expressions while posing for the camera!
TONI NIOTAKIS,
LABRADOR, QLD.



My friend Judy (on the right) and I were in awe of this beautiful 'floating' Torii gate near Hiroshima in Japan, and of course our favourite magazines came along with us.
PAMELA DECKERT, NHILL, VIC.



MERE MALE

DOESN'T ADD UP

We were speaking with a colleague who mentioned that she was going to celebrate her mother's 100th birthday. MM asked: 'Oh, is she still alive then?'

DIANNE BLANCHARD, WATTLE GROVE, WA.

CHOOK IN BOOTS

House-sitting a lovely house in the country, my MM partner woke me during the night. 'Did you lock the chooks in?' MM asked. 'Yes, of course I did, why?' 'I heard something walking around outside!' Seriously, has anyone ever heard a chook walking around?

VICKI NEVILLE, WOOMBIE, QLD.

FOR CHARITY

Keen to do the 100-day push-up challenge, I sent my MM brother the link asking if he would join me. 'No way, I can't keep that up for a hundred days,' he replied. 'But I might give it a go one day, if I find some time.' I thought MM must be the laziest man alive, considering he could have done one push-up on day one, two push-ups on day two, and so on. A few days later MM sent me a message saying he had accomplished his first

LETTER OF THE WEEK WINS \$100

100 push-ups, but he had to do 20, then 10 at a time, until he made the 100. Poor MM thought the challenge was 100 push-ups for 100 days!

M. KATH, BRANYAN, QLD.

THE SLEEPING LADY

Shopping for a new sofa recently, I was lying down testing one out in a furniture store when a four-year-old MM walked by. In a loud voice he cried out: 'Mummy! Why is that lady sleeping here?'

ELSA CHEAH, HAMILTON HILL, WA.

Send us your funny stories about your kids and mere males and win! The letter/pic of the week wins \$100 and all other published entries receive \$25. Post your original letters and photos (sorry, photos cannot be returned) to Children's World or Mere Male, New Idea, GPO Box 7814, Sydney, NSW 2001, or email childrensworld@newidea.com.au, meremale@newidea.com.au, nene@newidea.com.au or letters@newidea.com.au.



NENE KING

FROM FRIENDSHIP OVERLOAD TO MOTHER-IN-LAW MELTDOWNS, OUR RESIDENT AGONY AUNT HAS ALL THE ANSWERS!

Q A friend I met while I was on a working holiday in Europe has been staying with me for two months and it's beginning to feel like she's overstayed her welcome. I did tell her she could come and visit if she was ever in Australia. But I thought she would just drop in as part of her travels and didn't expect her to stay on this long. She's sleeping on the couch and doesn't get up early. So I have to creep around when I'm getting ready for work. I'd really like to get my own space back – have you got any thoughts, Nene?
ANNA, VIA EMAIL.

A This friend needs to be told she's cramping your style and has overstayed her welcome. She certainly has more than dropped in as part of her travels – she has set up house at your place and shows no sign of moving on! Sleeping on the couch is an imposition. If it's difficult for you to get ready for work, start making a lot of noise and wake up the interloper. Maybe she will get the message. From the sound of her though, she will just turn over and go back to sleep. My motto is, if you don't like something – say it. Confrontation is never pleasant, but you need to tell this so-called friend you want your space back. Give her a timeline and send her packing.

Q My mother-in-law looks after my three-year-old son one day a week to help us save on childcare costs now I've gone back to work. We really appreciate this, but I've discovered she is giving lollies and sometimes takes him to fast-food restaurants. I've been so careful with his diet and really don't want to sound ungrateful, but I'm terrified it is going to

impact his health – not to mention his teeth. How can I bring this up tactfully?
LIZZIE, VIA EMAIL.

A Don't panic – the weekly treats are not going to make your son sick and rot his teeth. Show me a grandmother who doesn't enjoy spoiling her grandchild with treats. Use honey not vinegar – tell your mother-in-law how grateful you are that she babysits once a week – tell her it helps the budget. But suggest she cuts back on the lollies and fast food. Explain you are particular with your son's diet and sugar is a no-no. Suggest she takes him to get healthy goodies like veggie chips and carob from the supermarket or the health food shop. They'll enjoy the outing.

Q One of my friends is always letting me down when we've arranged to go out. She often initiates the get-together, but then won't confirm the arrangement until the last minute, when she says something has come up, which is annoying as I could have met up with other friends. Am I crazy to keep pursuing this friendship?
VERA, VIA EMAIL.

A I recently read a poignant quote that might bring you to your senses: 'Having a friend enriches and ennobles your life.' This certainly doesn't sound like your friend. She is unreliable and thoughtless. Friends are supposed to make the good times better and the hard times easier. If she cared about the friendship, she would not be so fickle. I would call you crazy if you bothered to pursue the friendship. It has no upside. The next time she instigates a get-together, say you are busy.

This is my son Dylan, who's three months old. We have extended family throughout Australia who'd love to see a photo of him in your magazine, as they are avid readers.
BRENDA MORRISON, NORTH NOWRA, NSW.

My grandson Alex seems to be really enjoying his first birthday cake!
ANNE ROEHNER, BUSSELTON, WA.

Letters

POSH POUT

The photo coverage of Harry and Meghan's wedding (NI June 4) was lovely and very colourful – just like the guests' outfits. The only photo I didn't like was of Victoria Beckham – not even a smile. Victoria knows she is having her photo taken, surely she can manage a smile? After all, it doesn't cost anything.
LINDA BELCHER, INGLE FARM, SA.

BON APPETIT!

Special thanks for all the delicious recipes in this week's issue (NI June 4). I have friends who are keen cyclists and get together with like-minded friends to watch the Tour De France every year. They get together for what

they call their 'French night'. All the guests are invited to bring a plate of French-inspired food to share while they watch the race, and your French-inspired recipes reminded me of their delightful tradition. From classic family favourites to those with a 'taste of France', I'm looking forward to some comforting dining-in nights this winter and I'm sure a few more 'favourites' will be added to my collection.
JUDITH CAINE, DONVALE, VIC.

HAPPY TIMES AHEAD

It is so good that Alex and Brendan Fevola reunited again after their split (NI June 4). Brendan turned his life around and is doing well. This charming couple have started a better relationship showing respect and understanding of one another. Even if they

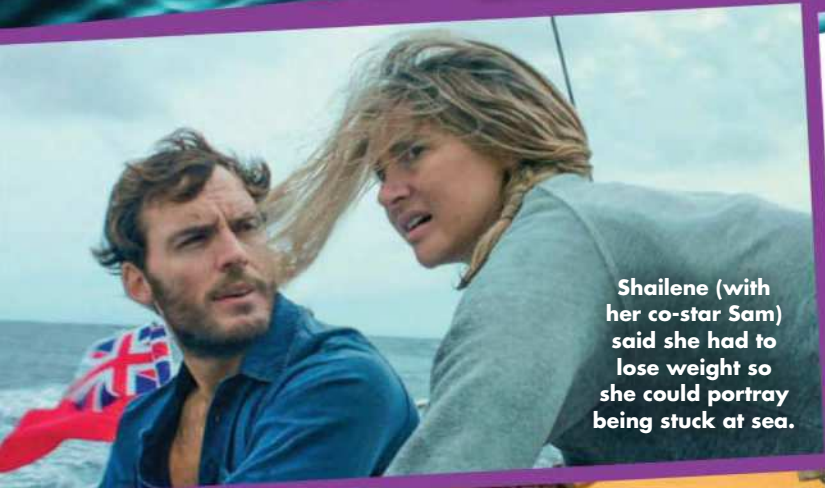
do not re-marry, I feel that they will remain faithful to what they once promised – and they are right together. Their three lovely daughters must be thrilled that there is a baby on the way to join the family. I wish them all lots of joy.
F. ROONEY, SALE, VIC.

COME HOME, PAUL!

Paul Hogan has entertained us for years and we all love our Aussie larrikin, so it's sad to hear he is feeling very lonely in the US now his ex wife is leaving to live in Morocco (NI June 4). We would love to see him living back in Australia surrounded by his lovely family and friends, all of whom I'm sure would welcome him with open arms.
EVDOKIA FRYER, BUNBURY, WA.



ENTERTAINMENT



Shailene (with her co-star Sam) said she had to lose weight so she could portray being stuck at sea.

In her latest role, Shailene Woodley has had to go to the extreme to portray the story of a woman lost at sea for 41 days.

Based on an inspiring story of survival, *Adrift* follows Tami Oldham (Shailene) and her fiancé Richard Sharp (Sam Claflin) as they set out to sail from Tahiti to San Diego. But just weeks into their journey,

lost at sea with little food would result in dramatic weight loss, and as a result Shailene had to go on an incredibly strict diet.

'I had to lose quite a bit of weight to portray this woman's journey being stuck at sea for 41 days,' Woodley told *Livestrong*.

'I had no dinner for one month, and had a glass of wine before bed to kind of quiet down my hungry stomach and crash. And then for about two weeks

'THAT WAS DEFINITELY A LESSON IN RESILIENCY, AND NOT SOMETHING I WOULD EVER DO RECREATIONALLY'



SHAILENE WOODLEY'S

EXTREME DIET

THE ACTRESS TALKS BEING HUNGRY FOR HER LATEST ROLE IN *ADRIFT*

they run into one of the most catastrophic hurricanes in recorded history. In the aftermath of the storm, Tami awakens to find Richard badly injured and their boat in ruins. With no hope of rescue, they must find the strength to survive on their own.

As you could imagine, being

towards the end of filming, I was eating one can of salmon, two egg yolks and some steamed vegetables, and that was it. And that was gnarly.'

To ensure that her diet wasn't a danger, Shailene ensured she was eating foods rich in nutrients.

'My body was getting all the nutrients it needed through the salmon and the eggs, but my stomach was not happy about the lack of carbohydrates,' she said. 'So that was definitely a lesson in resiliency, and not something I would ever do recreationally.'

In her personal life, the actress says she doesn't diet. 'I think it's important to not stress about what you're putting in your body.'

THINGS TO CHECK OUT!



EDIE

IN CINEMAS NOW

This touching film is sure to make you smile and possibly shed a tear or two.

Edie (Sheila Hancock), an 83-year-old woman, has sacrificed a lot of her life to look after her ailing and bad-tempered husband, even giving up the trip of a lifetime early on in her marriage.

But after he dies, Edie decides to head to Scotland to climb Sullivan – a daunting mountain – with the help of a young guide, Johnny (Kevin Guthrie).



HOTEL TRANSYLVANIA 3: A MONSTER VACATION

IN CINEMAS THURSDAY

What better way to spend a rainy day than to take the kids to see this flick! Join your favourite monster family as they take a cruise holiday to give Dracula (Adam Sandler) a break from running the hotel. But the dream holiday soon turns into a nightmare when Dracula falls for the captain, who has a secret.

THE ESCAPE ROOM

OUT NOW

Make yourself a cuppa and get stuck in to this compelling page-turner.

When four colleagues at a prestigious Wall Street investment bank are stuck in an office elevator, they are forced to put aside their rivalries and work together to escape.

But as they uncover more about each other, they are faced with a secret they can't ignore – one of them is a killer.





ADRIFT IS IN CINEMAS THURSDAY



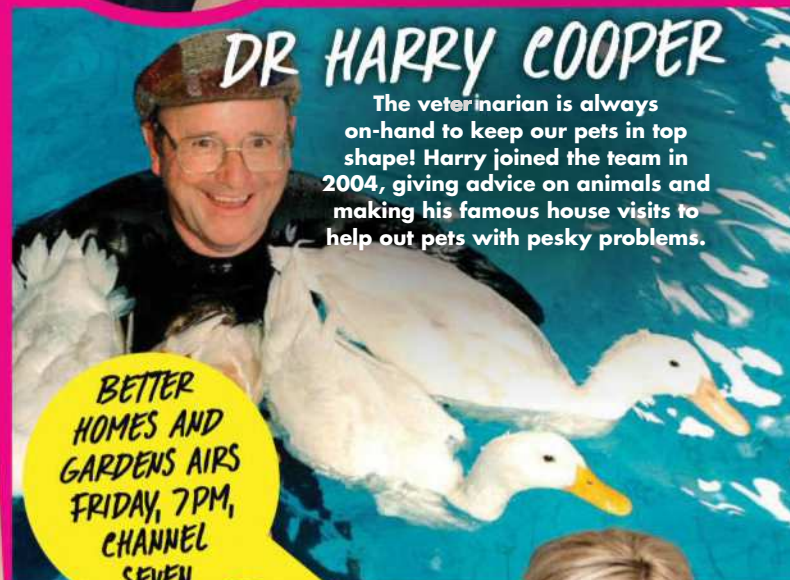
BETTER HOMES AND GARDENS OVER THE YEARS

WITH ITS 1000TH EPISODE SET TO HIT OUR SCREENS THIS WEEK, WE TAKE A LOOK AT SOME OF THE MOST MEMORABLE HOSTS...



GRAHAM ROSS

He is one of the longest-running hosts, appearing in every episode since 1995, but we can't get enough of the horticulturist. From flowers to manure, Graham knows exactly how to keep our gardens looking their best.



DR HARRY COOPER

The veterinarian is always on-hand to keep our pets in top shape! Harry joined the team in 2004, giving advice on animals and making his famous house visits to help out pets with pesky problems.

BETTER HOMES AND GARDENS AIRS FRIDAY, 7PM, CHANNEL SEVEN



ADAM DOVILE

He is the hunky chippie that every man wants to be and every woman wants to renovate their homes. With his infectious grin and affable personality, the DIY guru is our go-to for everything home maintenance.



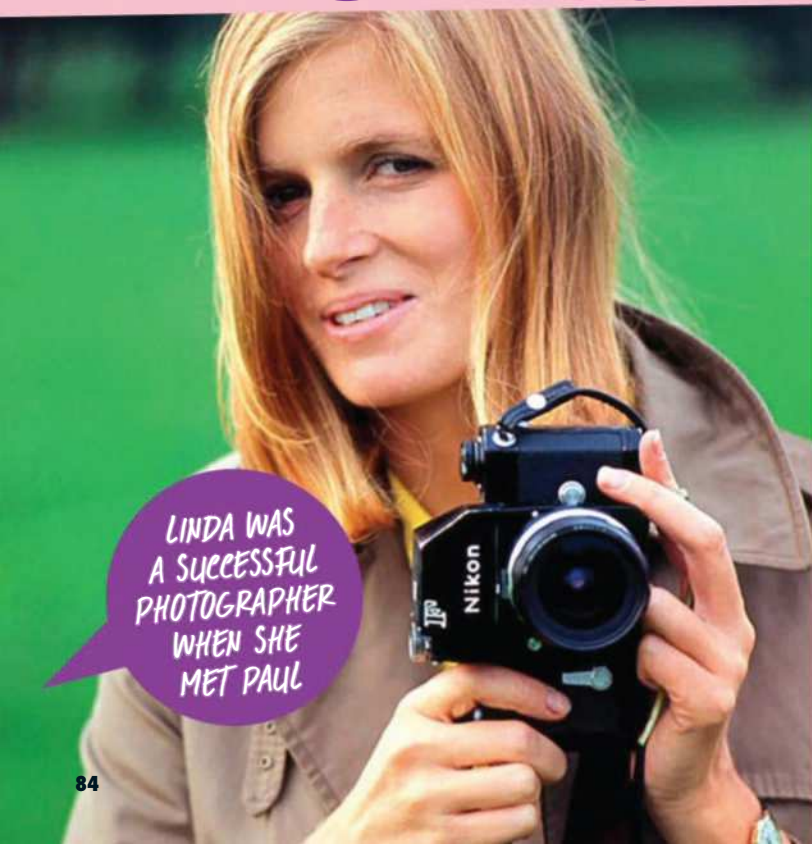
JOHANNA GRIGGS

In 2005, Johanna took over the hosting reins from Noni Hazlehurst, and we love her! Joh's down-to-earth attitude and warm nature made her a firm favourite.



EVEN 20 YEARS ON FROM HER DEATH, THE FORMER BEATLE CAN'T FORGET HIS BELOVED 'LOVELY LINDA'

PAUL'S FINAL TRIBUTE TO HIS LATE WIFE



LINDA WAS A SUCCESSFUL PHOTOGRAPHER WHEN SHE MET PAUL

Musical legend Sir Paul McCartney may be happily married now to American Nancy Shevell, but there will always be a special place in his heart for his late wife, and mother of four of his five children, Linda.

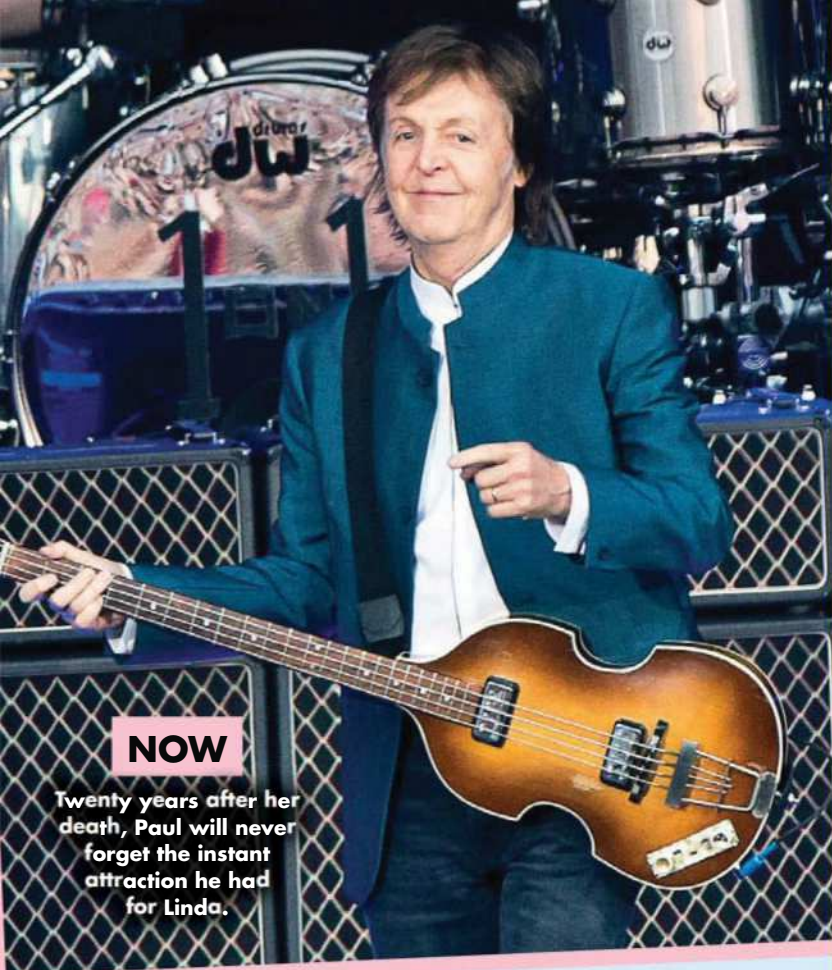
The 76-year-old singer songwriter was married to photographer Linda for almost 30 years before her untimely death and now, to mark the 20th anniversary of her passing, he's generously donated some of her photographic catalogue to the V&A Museum in London.

Paul McCartney was on a night out in a Soho nightclub in 1967, when he spotted Linda, already a well-respected and published photographer on assignment from New York,

across the room. Despite the instant attraction, the pair went their separate ways that night – Paul back to his then-girlfriend, actress Jane Asher, and Linda returning to the US. However, almost exactly one year later they were reunited in Manhattan. Sparks flew and Linda and her five-year-old daughter, Heather, from a previous short-lived marriage, had soon relocated to Paul's bachelor pad.

In March 1969, the couple were married in a small civil ceremony in London, while Linda was four months pregnant with their first child together, Mary. Paul adopted Heather, who he adored, soon afterwards.

When The Beatles split, the newlyweds distanced themselves from the media frenzy, retreating



NOW

Twenty years after her death, Paul will never forget the instant attraction he had for Linda.

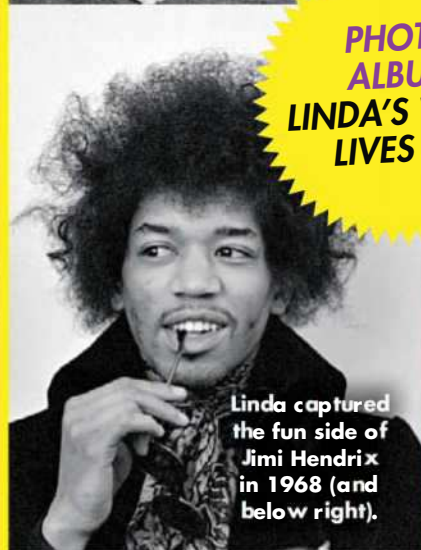


With the perfect backstage pass, Linda took many snapshots of husband Paul.



The McCartneys welcoming their first child, Mary in 1969.

**PHOTO ALBUM
LINDA'S WORK
LIVES ON**



Linda captured the fun side of Jimi Hendrix in 1968 (and below right).



Baby Mary peeps out from under dad Paul's coat in 1970.

to their home in the remote English countryside and their farm in Scotland's Mull of Kintyre.

Away from the pressures and temptations of the limelight, the couple went on to have two more children, Stella, in 1971, and James, in 1977.

They raised their brood in as normal a way as possible, even educating them at the local free public school.

During this time both Paul and Linda became passionate vegetarians, turning their backs on meat in 1971.

This also offered a new career for Linda who published her first vegetarian cookbook in 1989, marking the beginning of a meat-free empire and years of tireless campaigning for animal rights. But just as her newfound career was flying, a routine check-up in December 1995 change her life forever when doctors discovered a tumour in her breast.

By 1998, tests revealed that the cancer had spread to Linda's liver. As her health worsened, they decided to head off for a final family holiday to the US. In Tucson, Arizona, surrounded by her four children and with Paul by her side, Linda finally succumbed to cancer three years after her initial diagnosis – she

was only 56 years of age.

Paul was heartbroken. 'My world collapsed,' he said. 'I thought, "How the hell do I deal with this?" For about a year, I found myself crying...'

Today, Linda's legacy lives on in her still thriving meat-free business, the ethics of her children, including Stella, who has revolutionised the fashion world with her vegan clothing, and Mary, who has followed in her mum's footsteps carving out a career as both a photographer and vegetarian cookbook author and, of course, her iconic photography.

Paul's newly released collection of Linda's work does, of course, feature plenty of musical luminaries, but the stand-out pictures are those that captured their own personal love story – a romance during which time the pair barely spent a night apart.

And while Paul has married twice since – first to Heather Mills, which lasted for three years, and now to 58-year-old Nancy – it's evident from this recent photographic tribute that his late-wife is still very much a daily presence in his life. To quote the song, *My Love*, he wrote for her: 'Lord, I never say goodbye to my love.'

By Paul Ewart



Linda had access to rock legends Janis Joplin and Hendrix during their prime.



A 25-year-old Mary looks the image of her dad.



A candid shot of Stella in Arizona, 1994.

STARWATCH



The former *Dynasty* and *Spin City* star is rumoured to have had a meltdown due to concerns over fiancé Chris Heisser's (left, with the actress) fidelity. It's reported she even threatened her parents (above).



HEATHER LOCKLEAR HOSPITALISED

Former *Melrose Place* actress Heather Locklear has been hospitalised and is undergoing a psychiatric evaluation after threatening to harm herself and a family member.

The 56-year-old, who has struggled with depression, substance abuse and alcoholism, was taken to hospital after threatening to shoot herself and allegedly

attacking her parents when they tried to calm her down.

Two days before the incident, it is reported that Heather got into a huge fight with fiancé Chris Heisser near her LA home, because she suspected he was cheating on her.

While police were called, no arrests were made. *Radar Online* reports that friends and family of the mum-of-one believe she has suffered a relapse, despite a two-month stint in rehab earlier this year.

SIMONE'S HARDCORE WORKOUT!



She's known for her love of staying fit, but last week Shane Warne's ex, Simone Callahan, proved she was a die-hard yoga fan as she stripped down for a hardcore outdoor session, despite the weather being a more than chilly -4C.

The yoga enthusiast uploaded the video of her working out in just a crop top and a pair of briefs to her Instagram account, with the cheeky caption: 'I'm learning to embrace the seasons.'



Shane, you clearly blew it! Simone is in fine shape.

Photos of Simone working out, and Heather with Chris: instagram.com.



Glassy-eyed and in 'high spirits', Bea is pictured leaving the club.



BEATRICE'S BIG NIGHT OUT

Princess Beatrice clearly enjoyed her night out at the exclusive Annabel's nightclub in London last week. The party-loving royal was once again photographed leaving her favourite private member's club, seemingly shrugging off recent pregnancy rumours despite sporting an obviously rounded tummy. The glassy-eyed 29-year-old was guided out of the club by an unknown helper in the early hours of Saturday morning, with several outlets reporting she was 'in high spirits' as she was driven away.



Fun-loving Princess Beatrice loves to dress up in a fine frock for a party, as she did here with sister Princess Eugenie.

Fans will be desperate to see how a new SATC reboot handles a missing Samantha.



The fabulous four are set to become three. So will Kim be replaced or deleted?

SJP FILMS SATC4!

It's the moment Sex And The City fans have been waiting for: Sarah Jessica Parker reprising her role as

the beloved Carrie Bradshaw! The 53-year-old was back to her glamorous best while filming on the streets of New York last week, wearing a very 'Carrie' outfit



featuring silk PJs, high heels and a flash of cleavage As suspected, considering her feud with the other cast members, Kim Cattrall won't be back as Samantha Jones.

STARWATCH



NOW



The pair could be back for a reboot of the hit '90s series.

THE NANNY COMEBACK

THE FLASHY GIRL FROM FLUSHING HAS A NEW PLAN FOR FRAN FANS

Fran Drescher has given the biggest hint yet that twenty years after it ended, her hit comedy *The Nanny* could be returning to the small screen.

The 60-year-old actress told *Entertainment Tonight* she couldn't go into details except to say she's 'in talks' about something 'big'.

However, the comedian did reveal her beloved character would probably be just the same as always, but this time would be more concerned about social issues and 'opening her big Queens mouth for the greater good'.



THEN

The world was in love with Nanny Fine and Mr Sheffield.



A loose-fitting top could be a hint that Margot is hiding a baby bump!

IS MARGOT'S WISH FOR LOADS OF KIDS COMING TRUE?

IS MARGOT PREGNANT?

Eighteen months after getting married, it looks like Margot Robbie and husband Tom Ackerley could be expecting their first child. Margot was spotted with what looked like a visible baby bump as she left an LA gym last week. Despite wearing a baggy vest top, the 27-year-old looked a little rounder.

In the past the *Suicide Squad* star said she'd like 'tons' of children, explaining: 'I grew up in a family of four, so that sounds like a good number'.





ORLANDO'S CATE CRUSH

Lord Of The Rings actor Orlando Bloom has confessed to having romantic feelings towards his co-star Cate Blanchett when they were working together. Orlando made the cute revelation while he was interviewed alongside Cate on *The Late Late Show* last week.

'I had the biggest crush on you,' he admitted, adding: 'I was just walking around like spying on her from the corner of the room'.

Cate claimed she had no idea of Orlando's true feelings, but did think he was a 'really cute guy' at the time.

NOW



THEN



MARIAH'S AMAZING NEW LOOK

Superstar singer Mariah Carey showed off her dramatically slimmer figure while at a New York awards ceremony last week. Posing at the Songwriters Awards afterparty, the 48-year-old appeared to have lost a lot of weight.

Last November, *Page Six* reported the mum-of-two had undergone gastric sleeve surgery after becoming increasingly self-conscious when online commentators criticised her body. She'd already lost more than 13kg by following a healthy diet.

Insiders told *ET Online* she's 'very confident about her appearance'.

JONESY VS AMANDA THE GREAT DEBATE

THE LOGIES ARE ON SUNDAY NIGHT, AND AMANDA IS UP FOR THE GOLD! BUT IT'S GOT THE WSFM RADIO CO-HOSTS WONDERING WHAT OTHER CATEGORIES THERE SHOULD BE...



JONESY SAYS...

Ditch the 'Best News Coverage' Logie because, largely, it's celebrating in someone's misfortune: let's give it up for the 'horrendous plane crash' - it's unseemly! So why not have more benign categories? For example: 'Best use of a cliché statement in a reality series'? The nominees include Shezza and Dazza from *House Block* for their 'yeah, no, all good' montage. But the winner is... Bazza with his 'happy wife, happy life' cliché!



Cliches and dress trains could be potential award winners.

AMANDA SAYS...

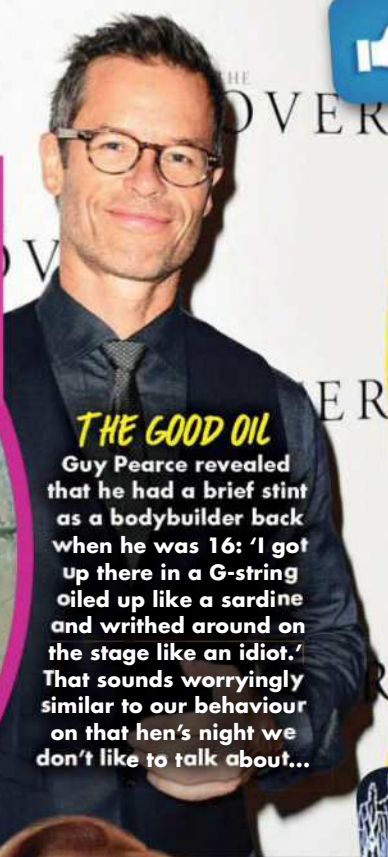
I'd like to see a Logie award given to the most passive-aggressive use of a train on a dress. On a crowded awards red carpet, where television personalities are being herded like sheep into a crutching yard, a space-hogging train on a frock is a perverse addition. A trail of toilet paper attached to your shoe? Mortifying. A giant cape of material that snakes across the floor? A Logie-winning moment.

STARWATCH



KISS MY PUTT

It's more about caddy than daddy for Andy Lee, who said: 'When people talk about slowing down to have a family, I'm like: "Nope it's all about golf."' Hope it doesn't drive a wedge between him and Rebecca Harding.



THE GOOD OIL

Guy Pearce revealed that he had a brief stint as a bodybuilder back when he was 16: 'I got up there in a G-string oiled up like a sardine and writhed around on the stage like an idiot.' That sounds worryingly similar to our behaviour on that hen's night we don't like to talk about...



SOCIAL SPEAK



WHO NICOLE KIDMAN

'The girls and I know how fortunate we are,' Nicole added to this snap of Keith refusing to be held on the fifth tackle.



CELEBS SAID WHAT? OH YES THEY DID...

WRONG DIRECTION

We've all had that moment when we call someone the wrong name, but there's no excuse if they're an international superstar. 'He'll always be Neil to me,' Isla Fisher said about her mix-up with Niall Horan. Gary Styles would have loved that one.



STRINGING ALONG

We misheard Carrie Bickmore when she was talking about her mother-in-law helping out around the house. 'I cringe when watching her hanging out my teeny G-strings,' the radio host said. For a moment, we thought she said: 'Hanging out IN my teeny G-strings!'



WHO LARRY EMDUR

Larry says he was a bit 'bummed' after his trip to SEXPO, but we think he does bootyful work - especially as he was up at the crack of dawn (or is he called Dave?).



WHO JOHN LEGEND

John's wife Chrissy Teigen is the perfect advert for the multi-tasking mum. She can work a breast pump AND take on John in a game of scissors, paper, rock. Go girl!

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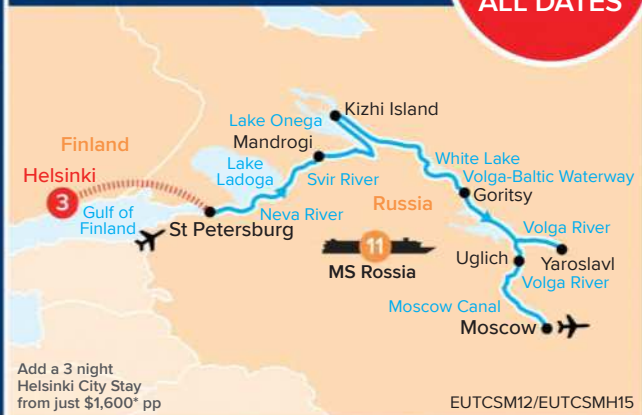
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