



**ONE WINNER**  
*takes all!*

**FINAL  
WEEKS**

\*Terms and conditions apply

ISSUE 45  
November 11, 2021

# that's life!



**I LOST 64  
KILOS...**

*and gained  
TWINS!*

**CRASH  
HORROR**



**We BROKE OUR  
BACKS on our  
WEDDING DAY**

**Warrior Xena**

**SIX MONTHS  
LOST IN  
THE BUSH**



**Evil  
plot**



**He put POISON  
in DONUTS**

**5**  
**INGREDIENT  
FAMILY FEASTS**



*Quick*



*Easy*



*Delish!*



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*that's life!*

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AVID

RAN

SCAR

HOAX

GORGE

LOAN



# LOT!

yet!

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Puzzle answer \_\_\_\_\_

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Suburb \_\_\_\_\_

State \_\_\_\_\_ Postcode \_\_\_\_\_ Phone \_\_\_\_\_ Mobile \_\_\_\_\_

Email \_\_\_\_\_

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**that's life!**

Please see  
page 41 for our  
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Competition opens 26/08/21 and closes last mail received 10/12/21. Draw date: 17/12/21. Draw will take place at 9:30am AEDT, Unit 5/9 Fitzpatrick Street, Revesby, NSW, 2212 and winner will be published at [prizestolove.com.au/winners](http://prizestolove.com.au/winners) by 24/12/21. Open to Australian and NZ residents. For full terms and conditions see [aremedia.com.au/competitions](http://aremedia.com.au/competitions). The Promoter is Are Media Pty Limited 54 Park Street, Sydney NSW 2000 (ABN 18 053 273 546). Authorised under NSW: TP/00018, ACT: TP 21/01238, SA: T21/1128.





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**NEXT WEEK**

# MORE chances to WIN!



## Welcome!

**A**s we were discussing lost and found stories last week, Jude told us the lovely tale of how she came across a very special memory of her late father. 'I was tossing out some books and luckily checked inside them, as I found a letter my dad had sent me when I was living in the UK. That was in the early '80s, so it was written on pale blue airmail paper,' she said. 'In it, he wrote how he'd shed a tear when reading a letter I'd sent describing my visit to the house in Yorkshire where he'd lived as a boy.' Jude had never known her dad as someone who cried, and was delighted to find this long-lost letter. 'It was lovely, seeing his words on these soft sheets of paper that'd been preserved so well in the pages of the book. I shed a tear of my own.' My mum, Sally, has recently been going through old photos, cards and letters and it has been a special experience discovering, or rediscovering, things that had been put away



for so long. When I lived in the UK, also in the '80s, I made a point of sending a postcard from pretty much everywhere I went. Mum kept them all, and I've loved reliving so many memorable moments. There was the first time I visited Paris, where I wrote of my excitement at seeing the Eiffel Tower. And so many other 'firsts' that gave me a thrill all over again. Mum also found a letter that my grandfather, a seaman, had sent to my dad when he was a boy. *Dear Pal*, he'd written, *I hope you are looking after your mum and sisters*. Email and texts have made communication so instant, and it's easy to feel sad that we won't experience the joy of old letters and postcards. But with so much of our lives now recorded, future generations will be able to relive memories like never before. And that's pretty special, too.

*Linda*

Linda Smith, Editor  
linda@aremedia.com.au

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## It's EASY to contribute!

Send us photos of your family, friends or pets – we pay \$\$ for each one we use!

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# WE ♥ YOU!

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**\$50** FOR  
EACH  
PHOTO  
USED



I had a very relaxing holiday at Magnetic Island, Qld, with my *that's life!*. It was great to get away.  
*Elena Kirk, Mansfield, Qld*



My beautiful granddaughters Evie, three, Kayley, six, and Nevaeh, three months, love spending time together.  
*Antionette Portelli, Werribee, Vic*



At the Sydney Easter Show, we passed these orangutans and my smart grandson Eddie said, 'They are our ancestors Oma' – so we had our picture taken.  
*Ida Schroder, Victoria Point, Qld*

My dad, Ray, got some help blowing out the candles on his 66th birthday from my kids Logan and Olivia.  
*Amy Chatterton, Carramar, WA*





# FAMILY FRIENDS LAUGHS



Handsome much? My gorgeous trio, Connor, five, Darcy, eight, and Heath, two, are dressed for Heath's baptism.

*Bianca Borgelt, Nhill, Vic*



We had a hot, steamy holiday in Thailand pre COVID-19 – me and Steve with sister Joanne and brother-in-law Billy. It was a fabulous holiday and I hope we can go back there in the future.

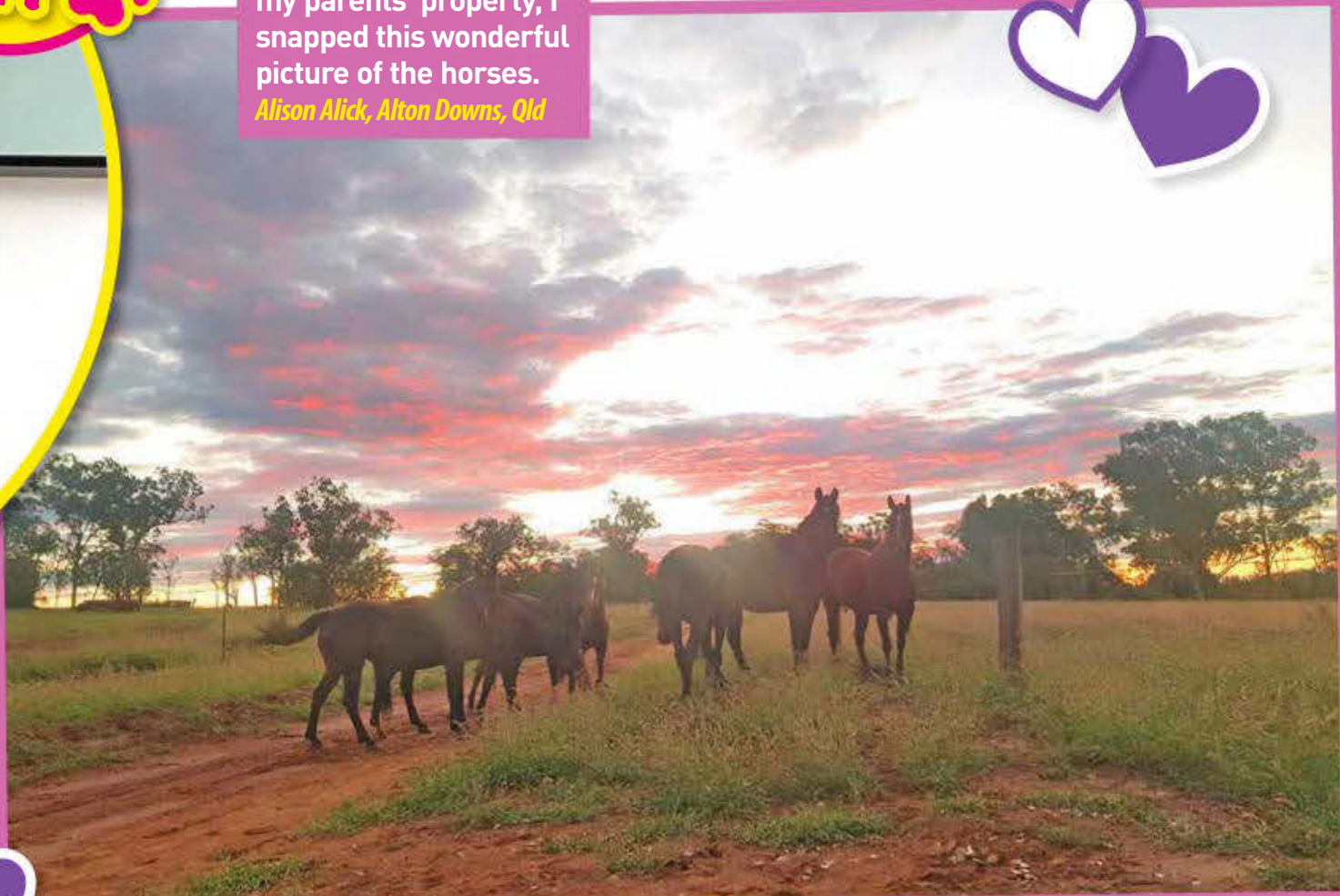
*Debbie Nelson, Clifton Springs, Vic*

**ME  
and my  
PET** 



On a recent trip to visit my parents' property, I snapped this wonderful picture of the horses.

*Alison Alick, Alton Downs, Qld*



I love my furbaby Piper so much!

*Rivkah Bendet, Caulfield North, Vic*



# I SWAPPED my Twix FOR TWIX



Chocolate helped me feel better

**R**ipping open a block of chocolate, my stress melted away. A few squares won't hurt, I told myself, as my mouth began to water.

Deep down, I knew it wouldn't be just a few squares though.

When it came to chocolate, I had absolutely no self-control.

Something about it had the ability to make me feel at peace with everything that was going on.

No matter how chaotic my life was, having a little treat at the end of the night helped me feel better.

I didn't pay much attention to what type of chocolate I had on hand, I'd easily devour it all.

But I did have a special place in my heart for Twix bars and Cadbury blocks.

As the last square in the packet melted into my mouth, a wave of guilt washed over me.

Why do I do this to myself? I sighed, staring down at my tummy.

At 140 kilos and a

size 26, I knew this sugary habit of mine was doing my health no favours.

But it wasn't just the chocolate I needed to worry about. On my worst days, I'd consume loads of carb-heavy meals, such as creamy pasta and white bread sandwiches, washed down with soft drink. Then I'd snack on things like chips, lollies and chocolate to help get me through the day.

Growing up, my entire family **was thin** except me.

It's time I did something about my weight, I told myself

'Why are you the only fat one?' the bullies would snicker at school. 'Are you adopted or something?'

I always felt so alienated because of my size. But

thankfully, my loving family were always accepting of me, no matter how I looked.

I continued to balloon as I got into my teenage years.

When I was 14, I got some

answers to my weight issues when I was diagnosed with polycystic ovarian syndrome (PCOS).

'It means you have a hormone imbalance, which

creates problems in the ovaries,' the doctor explained, adding it can cause weight gain and make it difficult to lose, too.

It could also affect my future fertility as it impacts ovulation.

The more weight I piled on, the more my confidence spiralled downward.

When I was 25, I met my husband through a car club. He loved me for who I was.

Now, a few years later, I felt ready for some real change.

*It's time I did something about my weight, I told myself. I don't want to be this big forever!*

Knowing little about nutrition and exercise,



Now, I'm happy and healthy



My sweet Leo and Patrick



My babies are a dream come true



# ED ix NS!

Faced with a fertility battle, Kimberley was determined to start a family

Kimberley Tripp, 35,  
Brisbane, Qld



I began researching online for the best ways to shed kilos.

But I quickly became overwhelmed with all the different diets out there – low-carb, low-fat, low calorie, intermittent fasting...

I tried every meal plan under the sun to help me lose weight.

I also started doing different types of exercise to help shift the kilos, anything from relaxing yoga and Pilates to cardio-heavy jogs and boot camps.

I loved working up a sweat, and I enjoyed how it made my body feel.

But no matter what I did, whichever diet or exercise, I just couldn't seem to drop any weight.

'How can this be possible?' I'd mutter after stepping off the scale.

I was so disheartened that none of my efforts were paying off. The scale was simply not budging!

Plus, we were keen to start a family, and I knew PCOS could hold me back.

Time to see a doctor, I decided.

Discussing my condition,



the doctor told me I'd have a better chance of falling pregnant if I lost weight.

'Have you ever considered weight-loss surgery?' he asked me.

While I *had* thought about it, I'd never looked into it with a doctor.

*If it helps me have a baby, I'll do it*, I thought, and my husband was supportive.

So, in December 2015, aged 29, I went under the knife and had gastric sleeve surgery.



Did you have a baby against the odds? Tell us at [thatslife@aremedia.com.au](mailto:thatslife@aremedia.com.au)

It was no quick fix ~~th~~ough, and I had to ~~com~~pletely overhaul ~~my~~ eating habits.

While I still had the ~~odd~~ treat, I stuck to ~~a~~ low-carb diet and ~~much~~ smaller ~~por~~tions. And I trained ~~hard~~ at the gym.

Weight fell off, and I went from size 22 to a 12, weighing in at 76 kilos. I'd lost 64 kilos!

While I'd hoped to fall pregnant, I still wasn't ovulating. Time passed without the news we longed for, so we ~~decided to try~~ IVF. After ~~four~~ disappointing failed cycles, in July 2019 I had another embryo transferred.

This time ~~it took~~,

but when I went to my first scan, there was a surprise in store. There on the screen was not one, but two babies!

It turned out, I'd ovulated during the week of the transfer, so I'd conceived another bub naturally!

All my hard work had finally paid off.

Everything went smoothly and, in April 2020, I was delighted when our two sweet little blessings, Leo and Patrick, came into the world together.

Now, I'm happy and ~~healthy, running around after two lively toddlers.~~

I swapped my Twix for twins, and couldn't be happier. ●





# WEDDING DAY

# We **PLU** from th



Me and Mahdi

Fay and Mahdi were celebrating the happiest day of their lives when disaster struck

Fay El Hanafy, 24,  
Christchurch, NZ

**S**queezing my new husband's hand, I glanced at him nervously.

The love of my life, Mahdi, 25, and I had just married in a gorgeous outdoor ceremony,

surrounded by family and friends.

After canapés and a family photoshoot, we were boarding a private helicopter with our photographer, Rachel, to take bride and groom pictures on the snow-capped mountains.

'Don't worry,' the pilot assured us. 'You're more likely to get into a car crash than a helicopter crash.'

I grabbed hold of Mahdi's hand tightly again as we slowly lifted off the ground.

With my bouquet clutched in my other hand, I gazed out at the scenic mountains.

Looking at Mahdi, I smiled. 'Check out that view!'

I said breathlessly. 'I'm **not** scared anymore.'

It was the perfect day. We'd postponed our

nuptials in 2020 due to COVID-19, so I was thankful we were able to celebrate in June 2021.

Now, skimming the clouds, I was so glad I was finally Mahdi's wife.

Glancing across at our photographer, Rachel, I noticed a flash of worry on her face. She leaned across to the pilot.

'What's going on?' I heard her ask.

Suddenly, I felt the helicopter jolt and drop. My stomach went with it.

Moments later, I blacked out, then woke in excruciating pain. I was still in my seat, but I was now inside the twisted metal wreckage of the helicopter.

*This can't be real,*

*I thought. This can't be happening on my wedding day.*

Looking around me, I saw Mahdi on the ground next to the helicopter, his face covered in blood.

I let out a guttural scream.

Eyes darting around the wreckage, I couldn't believe what I was seeing.

One minute I was enjoying the bliss of marrying the

love of my life, the next I was in a nightmare.

Before I could see if Mahdi was okay, everything went black again.

Coming to for the second time, I heard the sound of my dad Youssef's voice.

'Fay!' he yelled. 'Mahdi!'

I looked up and saw Mahdi was still lying on the ground.

With no idea if he was alive, I felt agonising pain rush through my body again.

I felt like my back must be broken, and I could feel my right foot

I saw Mahdi on the ground, his face covered in blood



My recovery was tough



A shot taken just before the crash



The two of us in hospital



# Y HORROR

YOUR  
real-life  
stories

# UNGED

# ne sky

trapped in the wreckage.

We'd crashed into the middle of a golf course, just a few hundred metres away from our ceremony venue.

Golfers had rushed to the scene, and someone had called for help.

Now, my dad had made it to us, as the ambulance team arrived to cut my foot free and airlift us to hospital.

Pumped with pain killers, I fell in and out of consciousness.

I could hear my mum Hiba's cries as she came rushing over, too.

Before I fell asleep again, I had one last thought.

*I guess that's the end of our wedding day, then?*

Waking up in Emergency hours later, I was aware of doctors and nurses buzzing around me.

'We're going to have to cut the dress off,' one said.

'No!' I screamed. 'Don't cut my wedding dress!'

I had no idea if they listened as I slipped back into unconsciousness.

In the ICU, I opened my eyes with Mum by my side.

'Come on, Fay,' she urged, trying to keep me awake.

Two days later in the trauma unit, I woke up with Mum and Dad next to me.

'You're okay,' Mum

soothed.

'Everyone in the helicopter survived.'

Then, I looked to my right and saw Mahdi in the bed next to me.

He was alive!

Rachel and the pilot were injured too, but it was a miracle no-one had died.

'I can't believe we both made it out alive,' I cried, holding Mahdi's hand in bed.

But I had horrific injuries – my back was broken, I had a broken foot, broken ribs, a fracture in my sternum and internal bleeding.

Mahdi had broken his back too, was badly bruised, and had cuts to his face from sharp debris.

In horrendous pain for days, it broke my heart Mahdi and I were so hurt, when we were supposed

to be celebrating our love.

I'd undergone emergency surgery to put screws in my spine, and to decompress my nerves.

Thankfully, the medical team had kept my dress intact and it was waiting for me at home.

Two months after the crash, Mahdi and I were allowed home. Due to spinal nerve damage, I still rely on a wheelchair and crutches, while Mahdi is able to walk with a frame.

*This isn't the honeymoon I had in mind, I thought.*



Me and Mahdi at our engagement party



The crash site

We are together in sickness and health

Investigators told Mahdi if we'd been in the sky for a few more seconds, just a few

metres higher, it's unlikely we would have survived.

It's believed the helicopter's engine lost power after take-off, but it's still under investigation.

Four months on, I'm still healing with a long way to go, and I try to focus on the happy memories of our wedding day. I hope we can celebrate our marriage and survival with everyone soon.

Thankfully, Mahdi and I are together, in sickness and in health, and that's what matters the most. ●

*As told to April Glover*



## Jodie needed to do something about her mum's shopping sprees

Jodie, 35, Robina, Qld\*

**A**fter her divorce, my mother started buying clothes.

'You've got a lot of new things, Mum,' I remarked. 'Nice things make me feel better,' she said.

She got worse when my younger brother Jack left home – but I didn't realise how bad it was until the day I went into his old room.

It was filled with piles of new clothes and shoes – all with the price tags attached!

Mum had spent a fortune – and hadn't worn any of them. She'd also bought handbags and expensive bed linen – all unused.

'Mum, it's like Aladdin's cave in here,' I cried. 'What's going on?'

She came into the room and her face crumpled.

'I can't help it,' she said. 'It just makes me feel better.'

'But how can you afford it all?' I cried.

'I can't,' she said. 'I just get a new credit card whenever I max one out. Then I pay the minimum each month.'

'Mum, you've got to stop,' I said. 'With the money



# MY MUM'S A hoarder

you've spent, you could have done all the repairs needed around the house.'

'I know,' she said. 'I'll stop shopping, I promise.'

But she didn't. When Jack's room was full, she started filling other rooms.

'Are you making headway on your credit card bills?' I said one day, worried.

She shook her head, then passed me one of the statements.

'Mum!' I cried, stunned. 'There's thousands owing – you're getting charged a fortune in interest!'

'I know,' she said. 'And I've got more credit card bills too. If I give the

statements to you, can you pay off some each month using the money in my bank account, before the debtors come knocking?'

'That's a good idea,' I said. 'And why don't we sell some things to raise more?'

'I can't,' she said firmly. 'I want it all. But I won't buy more.'

But she did. The house became a mess and she had to make paths through her piles of stuff to get to the door.

'Mum, you've become a hoarder,' I cried. 'Please let me help you sort this out. We'll go through everything and just keep the things you really want.'

She just looked at me. 'I'm very worried, Mum,' I said. 'If there's a fire, you won't be able to get out!'

'Don't touch anything,' she insisted. 'And stop criticising me. I'll sort it out myself!'

But she didn't. She became a virtual recluse.

'I'm too ashamed to have visitors,' Mum wept one day.

Finally, I decided to take action. Without telling her, I began smuggling some of her hoard into my bag each time I visited.

Then I'd sell it on eBay. What didn't go from there, I gave to friends to sell at garage sales and markets.

Anything left over, I gave to charity.

Every cent I made went towards Mum's credit card bills. Eventually, I paid off one, so now I'm starting to pay off the next one.

Mum doesn't know – she's lost track of what she had, but thankfully, her shopping has now slowed down.

I feel terrible for deceiving her, but I'm scared to tell her in case she shuts me out of her life. So for now, it'll remain my secret. ●

'I can't help it,' she said. 'It just makes me feel better'

**Shhhh!**  
Have you got a secret? Let us know!  
Your story will remain anonymous  
[thatslife@aremedia.com.au](mailto:thatslife@aremedia.com.au)



# EXPRESS DELIVERY!

FedEx has named one of its planes after Sydney schoolgirl Zoe Blacker, who was brought into this world via an 'express delivery' 10 years ago when her mum Rebecka gave birth on the bathroom floor at midnight. Zoe's dad Steven, who has worked with FedEx for nearly 25 years, submitted Zoe's name and was beyond excited to find they named the FedEx Express B777 'Zoe' – the first time an aircraft has been named after an Aussie. 'It's perfect, as FedEx is such a historical part of our family,' Steven told *that's life!* 'Zoe was just thrilled to find out. We love telling people about it!'



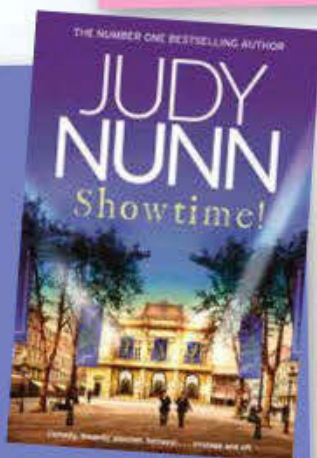
Steven and Rebecka with daughters Lara, Kaia and Zoe



## It's Showtime

Fans of *Home and Away* and *The Box* star turned bestselling author, Judy Nunn, will be gripped by her latest novel, *Showtime!* The story takes readers from the dark cotton mills of 19th-century England to the glitz of

Melbourne's magnificent theatre scene. In a captivating journey through Australia's golden age of show business, we meet the people who love the limelight. *Showtime!*, published by Penguin, is on sale now.



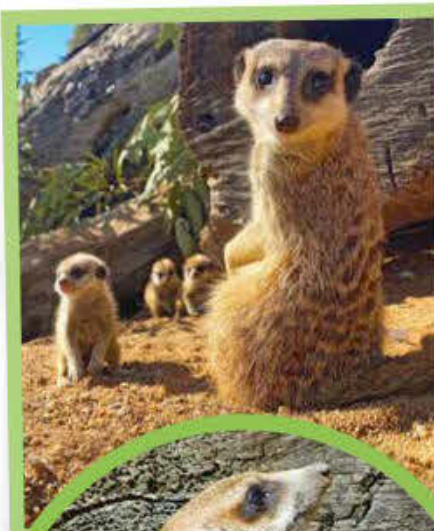
## Lest we forget

Ahead of Remembrance Day, our military heroes are in our thoughts. This year, a \$2 coin honouring Indigenous servicemen and women was released. Previous \$2 coins have commemorated veterans of the world wars and the contributions made by ambos and firies on the frontlines at home. See the collection at [downies.com](http://downies.com)



## Meerkat triplets

In the middle of the NSW COVID-19 lockdown, zookeepers at Taronga Western Plains Zoo in Dubbo were excited to welcome three meerkat pups. The shy trio comprise two female and one male babies, born to parents Midra and Howell. The triplets were so small at birth, they could fit into the palm of your hand!



Each day around the world, this many billion cups of coffee are consumed.



# You can turn your life around



Fatima had no idea what her controlling husband was capable of

Fatima Ingles, 43, Brisbane, Qld

**C**uddling my baby, Diego, I felt so much love.

'I might take him to see my sister next week,' I told my husband, Pedro.

'There's too much work,' he said.

I ran the office for his construction business, so I assured him I'd get everything done beforehand.

'If you go, I'll end our marriage,' Pedro snapped.

My heart sank.

Becoming a couple when I was 16, we'd been together for eight years.

After a tough childhood, all I wanted was to live in a happy family. And I'd got my fairytale – marrying my first love and having a baby.

But Pedro was becoming controlling, insisting I wore

tight dresses and short skirts.

If I stood my ground, he'd get nasty. At other times, he'd be overbearingly nice, sending balloons and flowers to work.

It left me walking on eggshells.

What's more, everything was in Pedro's name – he just gave me an allowance to spend.

I knew it wasn't right, but if I ever brought it up, he would get angry.

By the time our second son, Alessandro, came along in 2005, I wasn't allowed to join a gym, or wear bathers to the beach.

I couldn't even choose my own hairstyle.

'You know I don't like it like that,' he'd growled if I ever clipped it up.

And the verbal abuse was relentless. I'd take my make-up bag with me everywhere, ready to fix my face when he made me cry.

Falling pregnant with our third son, Cristiano, in 2007, I hoped things would change after he was born. But they didn't.

Scarily, the boys were already mimicking Pedro's behaviour.

*If I don't break this cycle, how will they treat their girlfriends?* I thought, horrified for my sweet

sons' futures.

'I'm leaving,' I told Pedro.

At first, he begged me not to, but then in May 2009, he moved out.

He kept pleading for us to get back together though, threatening to hurt himself.

I was still working for his business, so I couldn't cut him off.

Then, a few weeks later, he convinced me to meet him at our home for a chat.

'We've been married for 15 years, surely we can talk on the couch like adults?' he said, when I met him in the garage.

'Okay,' I said, hesitantly.

In the kitchen, I felt nervous and fiddled around,

offering him a sandwich.

Suddenly, his eyes went dark and he launched at me, pushing me to the floor.

He started strangling me as I fought back. He was too strong, and soon I couldn't hear anything.

My vision got smaller and I stopped fighting.

Then, he let go.

Somehow, I stumbled up.

But then he dragged me to the bedroom where he raped me twice.

'I've got two loaded guns,' he said, after.

*I'm going to die*, I thought, trembling.

'I still love you. Let's stay together,' I lied, protecting myself.

'You better not be lying, otherwise I'll get you, or someone close to you,' he said.

After convincing him, he let me go and went to work.

I called the boys' babysitter from my car, shaking. I asked her to pick them up from day care and school and take them to her place to keep them safe.

Then, I drove to my mum's. I told her everything, and phoned the police.

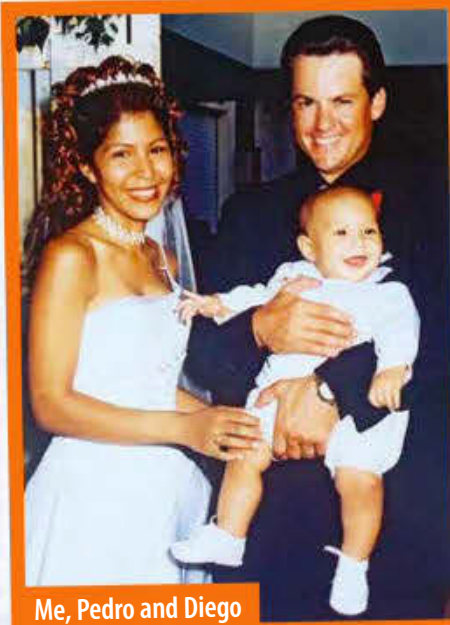
Pedro was charged over what happened, and released on bail.

As the case loomed, I felt worried about the kids having a dad in jail and dropped the charges.

Two months after the attack, I went to work early.

I had a DVO, which meant

Suddenly, he launched at me, pushing me to the floor



Me, Pedro and Diego



Alessandro, Cristiano, me and Diego



m

# urround?

Have you survived against the odds? Tell us at [thatslife@aremedia.com.au](mailto:thatslife@aremedia.com.au)

Now I'm helping others

Pedro couldn't come to the office when I was there, but I locked the door behind me anyway.

'Fatima,' I heard a familiar voice say, as shivers ran down my spine.

Turning, I screamed.

Pedro was standing there – holding a rifle.

'Be quiet!' he snapped.

He snatched my bag, and ripped the phone off the wall.

Cornered, I was led to another room, where there was a box of ammunition and some rope.

He was holding me hostage.

'Please don't hurt me,' I cried, but he physically and sexually assaulted me.

Forcing me to my knees, he pointed the gun to my head.

'Give me one good reason why I shouldn't do it,' he barked.

'Just do it,' I said, utterly exhausted.

Then I saw the boys' faces in my mind.

I needed to live.

'Your sons love you. They need us,' I said.

He kept turning the gun from me to him.

Then, a gunshot went off



Me and my gorgeous boys

and something hit my arm.

*He's shot me*, I thought, completely stunned.

After what felt like an age, I realised I was still alive.

It was Pedro who was slumped on the floor.

Adrenaline hit, and I ran to get my phone from my bag. Hysterical, I dialled

Triple 0.

Within minutes, police and ambos arrived.

Given the scene, I was questioned and

checked for gun residue, while the weapon was tested for my fingerprints.

Fortunately, it was clear Pedro had taken his life.

I battled trauma, PTSD and grief, and threw myself into caring for my boys.

Going forward, I practised

positive thinking and trained as a fitness coach. Now, I help others transform their lives – something I never imagined doing.

I've walked in incredibly tough shoes, but you *can* turn your life around.

Domestic abuse doesn't have to be physical – it can be verbal. The scars may not be visible, but they're just as painful.

If you're in an abusive situation, reach out and get help.

There is a way forward. ●

**As told to Kathryn Lewsey**

For more, see [fatimaingles.com](http://fatimaingles.com) or [@fatima.ingles](https://www.instagram.com/fatima.ingles) official on Instagram.

If you have been affected by this story, call 1800 737 732, visit [1800respect.org.au](http://1800respect.org.au), or contact Lifeline on 13 11 14.



Reach out, get help – there is a way forward



My mum Ana and me



Me doing Muay Thai boxing





Mackenzie, me and Oliver

MUM'S PRO

I'll CHE  
every w

Katie wasn't ready to let her diagnosis ruin her dreams

Katie Young, 33,  
Newcastle, NSW

I stared at the good-looking snowboarder and had a weird feeling.

*This is The One*, I thought.

David, then 24, was laid-back and funny.

It was only our second date, but I didn't feel like I had time for romance.

'I've got Huntington's,' I started. 'I'll probably die early, so I need to get married and have kids as soon as possible. If you don't want to, I understand.'

Instead of walking away, David held me tightly.

'I've read about Huntington's,' he said softly. 'That's awful.'

Aged 24, I lived with the genetic neurological condition, which causes cognitive and memory problems, tremors, and a diminished lifespan.

My dad, Stephen, had been diagnosed in his 40s and was living in a nursing home.

When I was 19, genetic testing confirmed I had it, along with my younger

sister Emma, then 18, but our older sister Lee, then 23, didn't carry the gene.

The diagnosis had been devastating. With no idea when symptoms might start, I threw myself into life. And I became determined to have children.

'I want a football team of kids,' I laughed to David.

'Let's see how we go,' he smiled, kissing me.

Our love bloomed and, visiting my mum, Angela, our family plans came up.

'You can test to see if a

baby has Huntington's in the womb now – there's a 50/50 chance they carry the gene,' Mum explained.

Just a few months later, I discovered we were pregnant, but our joy was tinged with worry.

'I can't put our child through the pain I'm going to have in the

future,' I told David. 'If the baby has Huntington's, I can't go through with the pregnancy.'

'I'm here for you whatever happens,' David said, bravely.

At 12 weeks, I went in for

genetic testing and, after an agonising eight-week wait, our results came back.

'Your baby doesn't carry the Huntington's gene,' the doctor told us.

We were overjoyed.

Our little bundle of love, Mackenzie, was born in July 2013.

Placing her gently in Dad's arms at the nursing home, I helped him hold her.

'She's beautiful,' he said, as his arms shook violently.

It was lovely to see them together, but a sobering reminder of how little time I had.

Falling pregnant soon after, amazingly, the tests showed our second bub

Some people never knew this much love



Me and David



Oliver and Mackenzie

TOLD TO LISA BROOKMAN PHOTOS: SUPPLIED



# MISE

AUSSIE  
REAL  
LIFE

# IRISH minute

was also free  
of the gene.

Then,  
I noticed  
my memory  
was getting  
patchy.

'I think  
I'm getting  
symptoms,'  
I confided  
to Mum.

'That's just  
baby brain,' she  
reassured me.

Oliver was born in  
August 2015.

He was divine, but I'd  
never been so tired.

My legs and arms began  
to shake and, tripping over  
in the kitchen one day,  
I burnt my arm on the oven.

'It's starting,' I told David  
gravely.

My worst fears were  
confirmed by my specialist.  
My symptoms had begun.

It felt like a death sentence.  
I knew I only had 20 years  
after the onset of symptoms.

The next day, at the beach  
with the children, tears tore  
down my cheeks.

Soon, I wouldn't be able  
to look after them and, one  
day, I might not recognise



Me with  
Dad

their beautiful faces or see  
them grow up.

But as I watched the kids  
laughing, I realised some  
people never knew this much  
love in their whole lives.

*You've got to make the  
best of every minute!* I told  
myself.

'I love you so much,  
nothing will ever change  
that,' David, my tower of  
strength, told me back home.

We decided we'd tell the  
kids about my Huntington's  
when they got older, so they  
just thought I was forgetful.

My memory was so bad  
I put up a huge chalkboard

to write all the  
appointments on it.

'Mummy, I can write for  
you,' Mackenzie said. 'I've  
got a better brain than you!'

One night she piped up:  
'Silly Mummy we've had  
chicken nuggets and chips  
every night this week.'

She wasn't complaining!

On a rare night at the pub  
with my sisters, the doorman  
frowned as I fell over.

'I can't let you in, you're  
drunk,' he **said firmly.**

'But I've **only had one**  
drink,' I **laughed.** 'I've got  
Huntington's.'

I've learned to ask for  
help. I now **have a cleaner,**  
and a **driver to take the kids**  
to school. **Mum also**  
looks after the kids  
twice a **week.**

Mum **started**  
Walk for

Hope, which supports  
families impacted by  
Huntington's. She's since  
raised over \$100,000.

There's no treatment at  
present, but I'm hopeful the  
future will hold some. When  
I get too sick, I want David  
to put me in a nursing home,  
but he won't hear of it.

'You're my wife, in  
sickness and in health. I'll  
look after you,' he says.

I'm the luckiest woman  
alive to have such a  
**wonderful family.**

**My life is full of love,**  
and I'm going to cherish  
every last minute. ●

Me, Oliver,  
Mackenzie  
and David

Do  
you have a  
story of hope  
after a shocking  
diagnosis? Tell  
us at [thatslife@aremedia.com.au](mailto:thatslife@aremedia.com.au)







# PETS ARE PAW

with Dizzy  
PET EDITOR



Our new baby, Cleo, loves her toy – and pink is her favourite colour.  
*Robyn Whitehead, Daisy Hill, Qld*

Q: What do you call a lazy baby kangaroo?

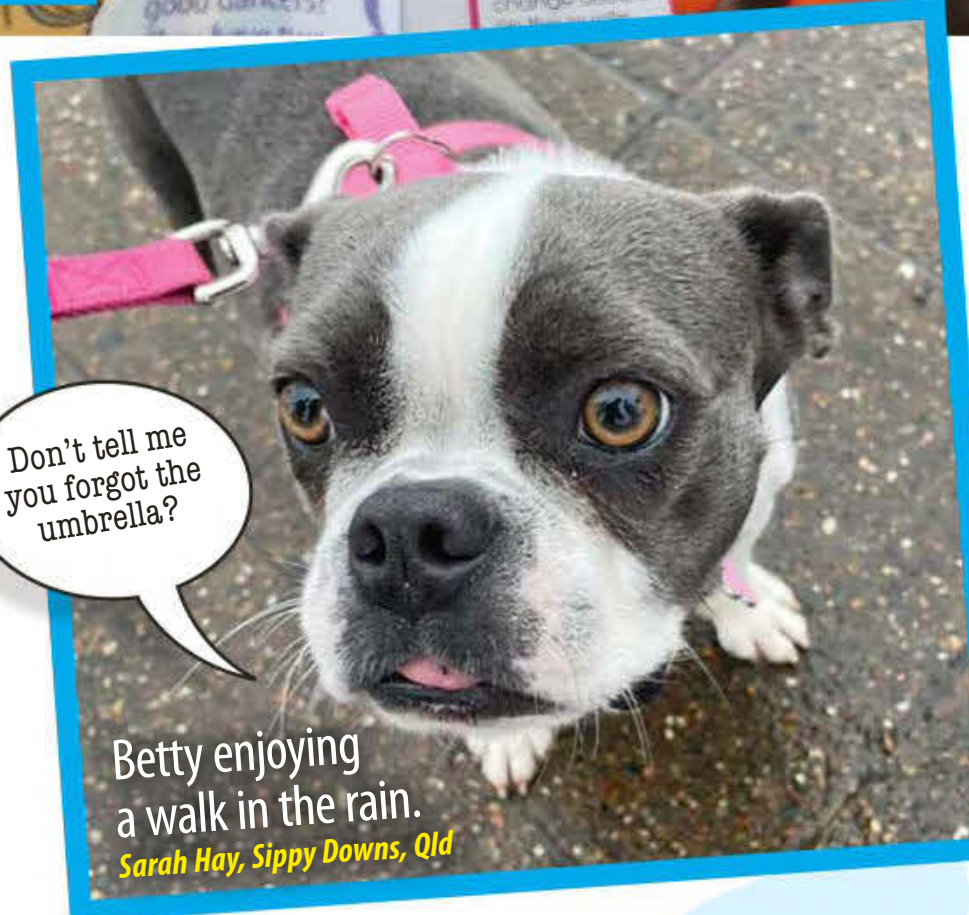
A: A pouch potato.



Our Mini Sheba Yak guinea pigs, Jersey and Carmel, just love helping us try to spot the difference with the Pet in a Puzzle!  
*Kristy Stapenell, South Hobart, Tas*



Molly doesn't appreciate being told to get off the bed!  
*Roslyn Day-Anderson, Lakewood, NSW*



Betty enjoying a walk in the rain.  
*Sarah Hay, Sippy Downs, Qld*





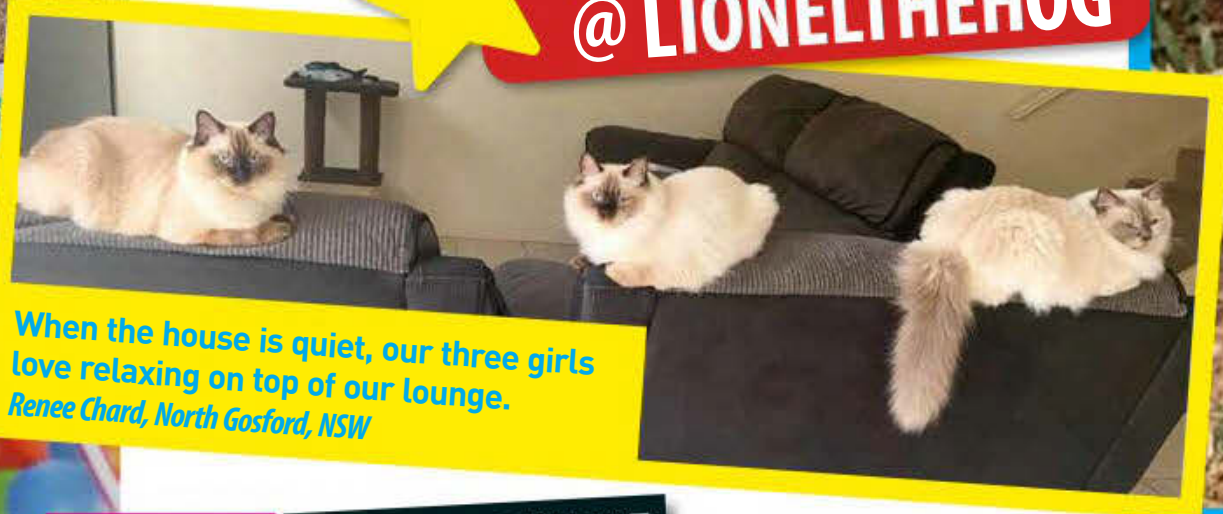
# SOME!

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EACH PHOTO  
USED

Those cows  
sure are very  
a-moo-sing

Each week we  
bring you the  
cutest pets from  
Instagram!

**INSTA PET**  
@LIONELTHEHOG



When the house is quiet, our three girls  
love relaxing on top of our lounge.  
*Renee Chard, North Gosford, NSW*



My beautiful little labrador puppy,  
Lola, loves looking at all the cows  
and going for a walk on the hills.  
*Grace Patten, Clydebank, Vic*

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

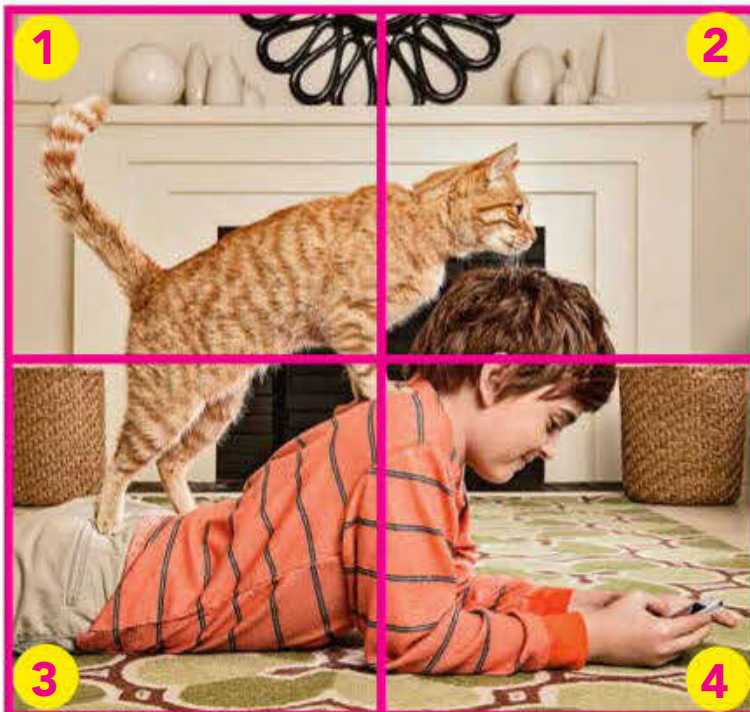
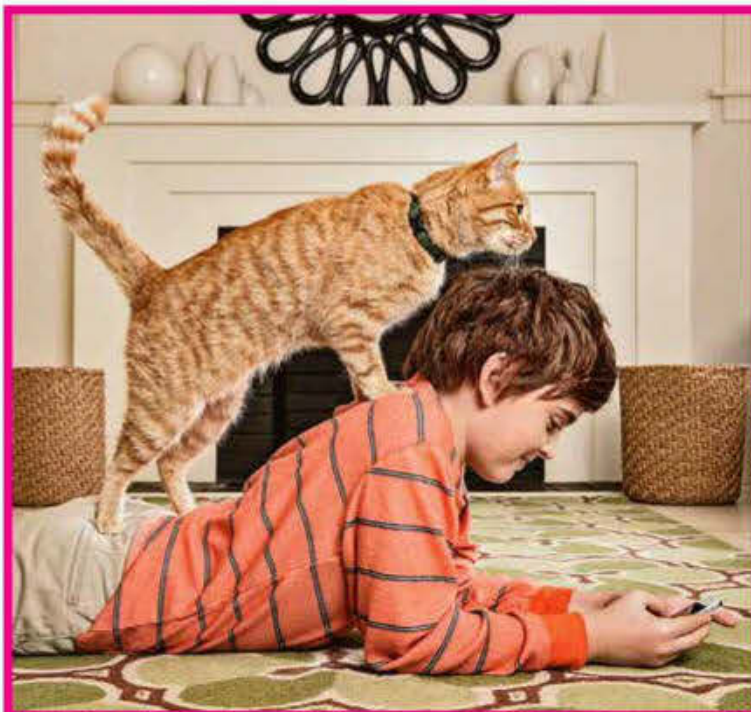
**PET IN A PUZZLE**

**Spot the difference: PET IN A PUZZLE!**

Turn to entry coupon  
(p44) to enter!

### HOW TO WIN...

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





# HOW COULD

These horrible crimes prove that you can't always judge a book by its cover

## DEADLY SLEEPOVER

**W**hen Payton Leutner went to Morgan Geyser's for a slumber party in May 2014, she had no idea her life would soon be hanging in the balance.

Payton and Morgan, both 12, had been besties for two years, but that changed when Morgan met Anissa Weier.

Morgan had become obsessed with

the fictional horror character 'Slender Man' after Anissa, also 12, told her about him.

The tall, thin, faceless man wearing a dark suit, who was said to abduct children, had been invented for an online contest in 2009. But the line between fact and fiction soon blurred, and some people began believing he was real.

Payton didn't understand Morgan and Anissa's fascination with Slender Man.

'It kind of frightened me a little bit,' Payton admitted to the US ABC News.

On that fateful night, Payton and Anissa slept over at Morgan's house to celebrate her 12th birthday.

Next morning, Anissa suggested they play hide and

seek in the woods, and that's when Morgan attacked Payton with a knife, stabbing her 19 times as Anissa spurred her on.

Left for dead, Payton managed to drag herself to a road, and was rushed to hospital.

Confessing, Weier and Geyser were charged. The girls admitted they believed killing her would make them Slender Man's servants.

Weier and Geyser were sentenced to up to 25 years and up to 40 years, respectively, in a mental health facility. Weier, now 19,

was granted a conditional release this September.

'I've come to accept all of the scars that I have,' Payton told the ABC. ●



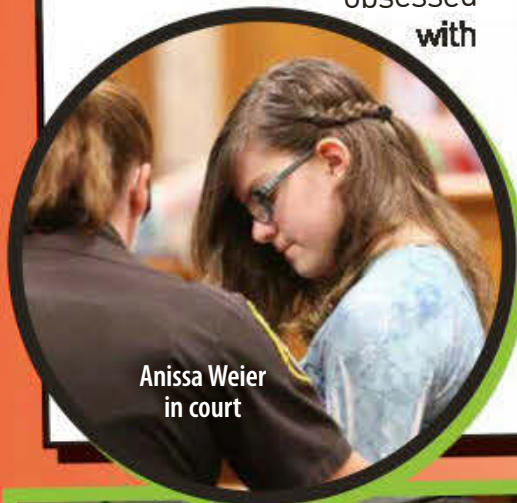
Slender Man



Payton Leutner, Morgan Geyser and Anissa Weier



Morgan Geyser in custody



Anissa Weier in court

## DOCTOR OF DEATH

**P**hysicians are meant to heal, but Dr Michael Swango did the exact opposite – he *liked* to hurt people.

Once, while working as a paramedic, he was convicted of trying to poison several co-workers by putting ant killer in their doughnuts.

And while the deadly doc spent three months working at the Veterans Affairs medical centre in

Northport, US, in 1993, he took the lives of three patients – Thomas Sammarco, 73, George Siano, 60, and Aldo Serini, 62.

In July 2000, he was finally charged with their murders.

Pleading guilty, Swango admitted that he murdered the patients with lethal injections.

'I did this by administering a toxic substance which I knew was likely to cause death. I knew it was wrong,' Swango said.

Pages from Swango's diary were submitted as evidence and revealed that the serial

killer enjoyed the feeling of power that came with taking a life.

'By his own admission in his diary, he killed because it thrilled him,' Assistant US Attorney Gary Brown said.

Swango was sentenced to three consecutive life sentences, without the possibility of parole, in a maximum-security prison.

Although convicted of only three murders, it's suspected Swango could be responsible for the deaths of as many as 60 patients. ●



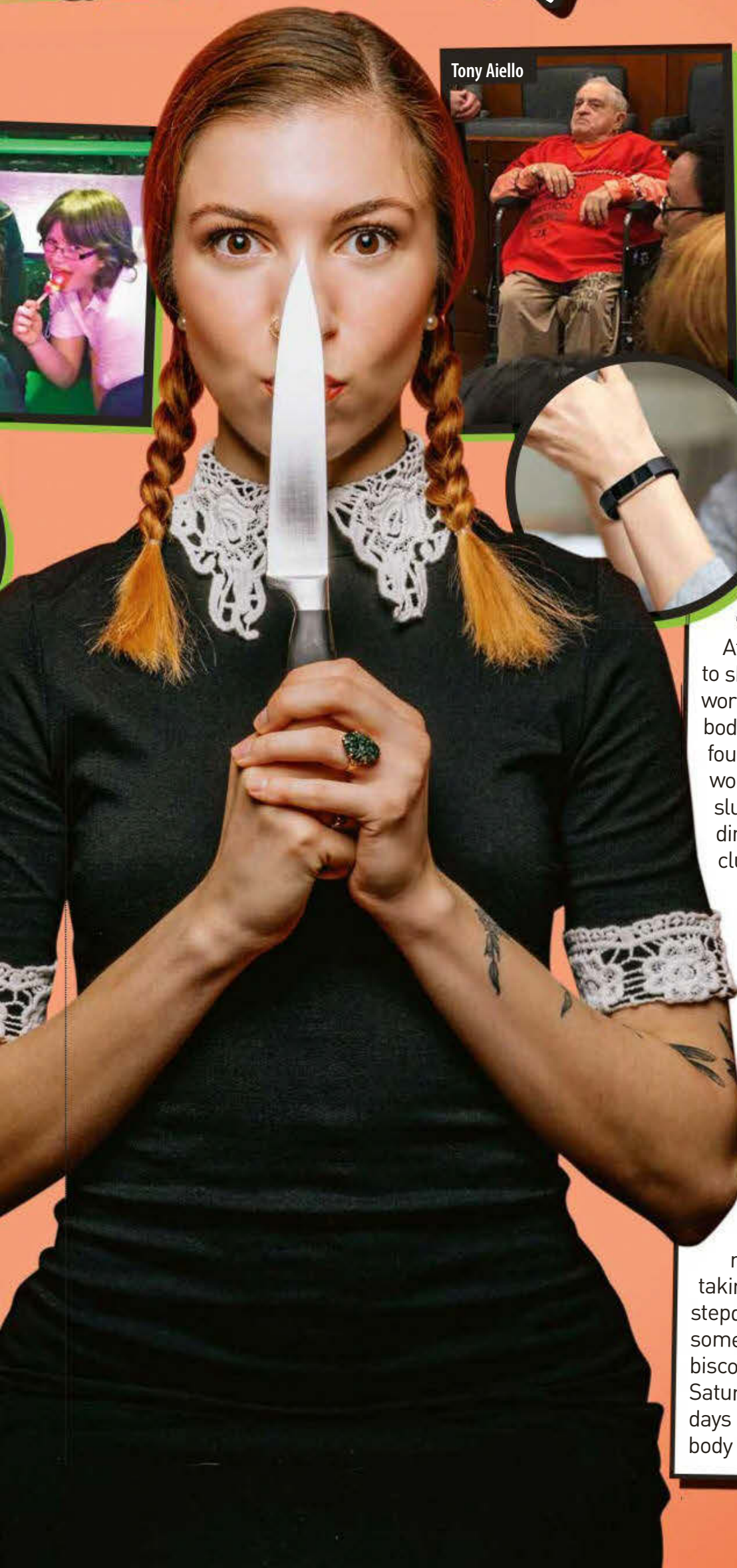
Swango in court on murder charges



Evidence gathered from his apartment



# DO THEY?



Tony Aiello

## UNLIKELY SUSPECT?

**A**dele Aiello, 92, had met her lovely husband Tony, 90, a decade earlier waiting at a supermarket deli counter. Chatting, he'd asked her out for a coffee that night. A charmer, he even bought two dozen roses!

So, in September 2018, when Adele received the news her daughter Karen Navarra, 67, had been found dead in her home, Tony was there for his devastated wife.

After failing to show up for work, Karen's body was found by a workmate, slumped in a dining chair, clutching a large knife.

Karen's throat had been slashed. And on the ground by her feet there was a partially eaten piece of pizza.

A retired butcher, Karen's stepdad Tony Aiello stood less than 152cm tall, had an artificial hip and knee, arthritis, a pacemaker and was diabetic.

Asked when he'd last seen Karen, Tony recalled

taking his stepdaughter some pizza and biscotti on the Saturday, five days before her body was found.

Karen, who lived nearby, in California, US, had driven past his house and tooted her horn later that day, Tony added.

Karen was wearing a FitBit, and its data revealed her heart rate spiked at 3.20pm that day before dropping rapidly. Her last heartbeat registered at 3.28pm.

Security footage of Karen's home showed Tony's car parked in her driveway from 3.12pm until 3.33pm that day.

Footage also revealed that Karen's white car hadn't driven past Tony's home.

Police also found a

camouflage jacket of Tony's covered in splatters of his stepdaughter's blood.

Arrested and charged with killing Karen,

Tony Aiello maintained that he was innocent.

'She was alive when I left,' he insisted to police.

'I'm a... family man,' he said.

Denied bail, Tony remained in prison while he awaited trial, and his health deteriorated rapidly. He died on September 10, 2019 – a year after Karen's death and before he faced court.

Without any other suspects to consider, the case was closed. ●

'She was alive when I left,' he insisted

Police outside Karen's house





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**\$29<sup>95</sup>**

SAVE \$20 OFF THE  
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*'The paintings flow from my heart onto the canvas. Although my scenes depict war, I try to bring an element and sense of peace to my work; this being what we all hope for and what lives have been sacrificed for.'*

*Jacqueline Hurley*  
Jacqueline Hurley

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3. Email: [emailorder@downies.com](mailto:emailorder@downies.com)
4. Complete this coupon and send in an envelope to:  
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**Your preferred method of payment** (*processed only when item has been shipped*)

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# Gift of Bread



I'm proud of how far we've come

Marcel helps to feed the hungry and combat food waste

**Marcel De Maria, Sydney, NSW**

**I**n church, my friend Eliza came up to me.

She'd brought me a loaf of bread from the bakery where she worked.

'Give this to someone who needs it,' she said.

It was such a simple gesture, but I knew it would make the world of difference to someone less fortunate.

Over the next few weeks, Eliza brought in more bread for me to give to others.

'It was going to end up in the bin,' she told me.

With the help of a friend who had a truck, she was distributing loaves as a way of paying forward kindness.

Later, Eliza told me her friend had sold his truck and could no longer assist her, so I offered to help her one day a week.



Me and the Gift of Bread van

Stacking my tiny car up to the roof, there was enough food to feed an army!

*How on earth will I get rid of it all?* I wondered.

So, armed with dozens of loaves, I knocked on all my friends' doors to drop off the fresh produce.

At first, they were delighted. And it was a wonderful excuse to catch up and break bread together. But within weeks, their freezers were so full they couldn't take any more either.

'I could put you in touch with some organisations who help disadvantaged members of the community,' one friend offered.

Incredibly, within

days, we had more requests for food than we could keep up with from charities such as St Vincent de Paul.

Sadly, more than three million Australians are living below the poverty line.

I approached more local bakeries, and they agreed to donate their unsold produce for us to distribute within the community.

Sharing the good news with friends, they offered to take turns picking up, repacking and delivering the food.

'What an incredible gift,' people said, when they heard about what we did.

It inspired me to name our charity Gift of Bread.

Before long, I'd outgrown my car, so I traded it for a more practical SUV, before we were gifted our very first van by the Canterbury League Club, home of the Bulldogs football team.

And what started as a few

friends helping out, quickly turned into 20 volunteers.

We were given the use of a hall to store and pack the bread. But within months, we outgrew it and moved to a facility of our own.

Since its humble beginnings in 2007, the charity has gone from strength to strength, with 300 volunteers working in eight centres in Sydney.

We collect about 10,000 loaves a week from dozens of stores, including Coles, Bakers Delight, Shepherd's Artisan Bakehouse, Luxe Bakery and more.

Then we deliver these goods to more than 200 community organisations, including ones that deal with youth homelessness, women's refuges, boarding houses, plus others.

That's around 160,000 kilos of food being spared from landfill *each week*.

Relying on donations from fundraisers and community grants, I'm so proud of how far we've come. As long as there are mouths to feed, we'll be here to make sure no-one goes hungry. ●

**We deliver to more than 200 organisations**

AS TOLD TO AMBER WEMYSS



Eliza, who sparked the idea, and me

**Do you know a volunteer?**

*Then we'd love to hear from you!*

We'll pay \$200 to every volunteer featured. Email [volunteer@daremedia.com.au](mailto:volunteer@daremedia.com.au)



Got a problem? Let *that's life!* readers help! Here's what they had to say about this week's dilemma



# I want to have a baby – alone

## Go for it

Having children is a wonderful, often challenging experience. Now in my 50s and with grandchildren, it's amazing. It's worth everything, all the sacrifices, the late nights, the teen years etc. I say, go for it!

**Alexandria Ward**

## Get a check-up

Speak to your GP and get a full health check. You may need some medical intervention to get pregnant, which may take time. In the meantime, look after kids and babies, overnight if possible. Foster dogs and cats from a shelter. Parenting is really hard work.



Sometimes our calling in life is to be the best aunt, sister and friend we can be.

**Charisse Farrell**

## Freeze your eggs

The best advice I was ever given with anything, especially big decisions, is go with your gut. Only you know. Freezing your eggs might be an option as a first step. I know a friend who did IVF and she's a happy single mother of a little boy, plus has a job and two dogs.

**Anja Cherry**

## No regrets

If that's what you want do it, or if you'll forever regret it when it's too late, do it. Children are little life balls that will always love you and be there for you when you're older.

**Tattiana Arnold**

## What works for you

Many parents end up doing it alone unexpectedly. If you plan to be on your own from the start, you may be better prepared psychologically. Just

make sure you have a strong support network. With lots of options for starting a family these days, you just need to find what works best for you.

**AJ Mathews**

## What if you get sick

Have you considered the cost? It's hard being financially independent as a single without adding a kid. What if you get sick or lose your job? And if you're going to have the baby in care so you can work full-time, what is the point?

**Jane King**

## Easier solo

I raised three on my own after my ex left. They were six, four and newborn. Being a single mother was so much easier than being a married one.

**Carol Reeners**

## It's for life

Babysit or volunteer to help babies and children, or be a foster parent. Babies are cute, but it's a lifelong commitment.

**Lisa Grimes**

## Dear *that's life!*

I'm in my late 30s and single. Always busy with work and travel in the past, I never really thought I wanted to be a mother but now I'm noticing women with babies and envying my friends with kids. And I'm starting to realise my time is running out. My instinct to want to have a baby is growing stronger and stronger, and I think about it all the time. I wonder if anyone has gone it alone and if you'd recommend it.

*What do I do?*

## Ticking clock

Don't let that clock run out before making a decision you can live with. Join a Facebook single mums group; you'll get tons of advice. Being a mum is the greatest joy of my life.

**Jennifer Murray Evans**

## Natural instincts

Listen to your natural instincts. Your body is telling you it's time. Talk to your gynaecologist and get your body ready for what's to come.

**Amy Guenette**

## Why not foster

If it's a maternal instinct that you want to satisfy, why not foster or adopt. Lots of children just want love and security and a forever home.

**Linda Edwards**

Have you got a dilemma?

Then you can anonymously ask thousands of *that's life!* readers to help you solve it @ email: [thatslife@aremedia.com.au](mailto:thatslife@aremedia.com.au)



**Worth  
\$26,810  
1 TO BE  
WON**

ISSUE  
45



# Dan & Simon

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- 16 inch wheels
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**WIN!**  
Mazda  
CX-3 SUV

## PUZZLE No. 1

## HOW TO WIN...

One letter of the alphabet cannot be found in the grid. When you know which one it is, write that letter only on the entry coupon and you could be a winner.

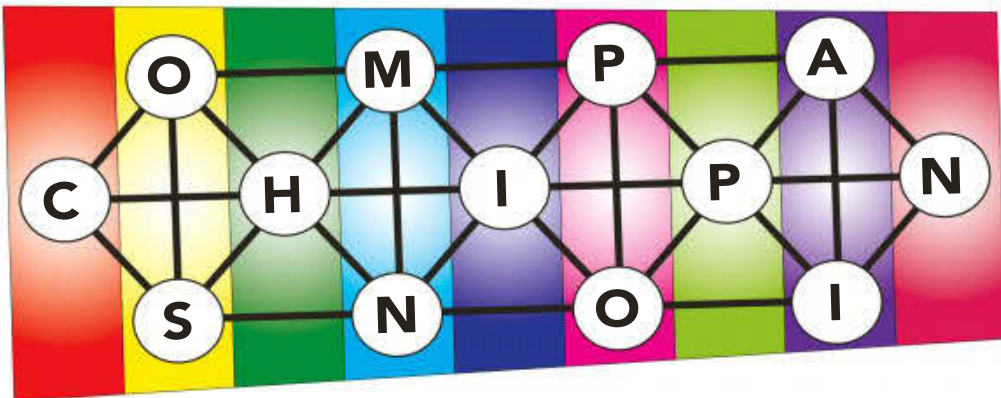


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## PUZZLE No. 3

## Pulsar Men's Watch

**HOW TO WIN...** Starting from the left centre letter 'C', move from circle to circle to find one 13-letter word hidden in the chain. All 13 letters must be used only once and you can only move from circle to circle where a straight line connects them. Write the 13-letter word only on the entry coupon for a chance to win.



**WORTH  
\$240  
1 TO BE WON**



## PUZZLE No. 2

# Treasure Chest!

This  
is NOT it  
– keep  
looking!



## HOW TO WIN...

The Treasure Chest is hidden somewhere on another page of the magazine, but where? Hint: It will not be on a puzzle page. The one you're looking for is smaller than the one shown here. Write the page number where you found it on the entry coupon and you could win! See inside for puzzle terms and conditions.

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



## PUZZLE No. 4

### HP Laptop

**HOW TO WIN...** Each number in this crossword represents a different letter of the alphabet. We've given you a few letters to start, so you'll see that L=22, T=17, and Y=26. Write these letters wherever the corresponding numbers appear in the grid and work out what the other missing letters are. Use the Letter Checker box to keep track of the letters you've decoded. You'll notice that all 26 letters of the alphabet are used and you can strike through each one as you decode it. When you have filled in the grid, a word will appear in the lilac boxes. Write this word only on the entry coupon for a chance to win.

**WORTH  
\$399**  
1 TO BE WON



	16	11	12	14	21	5	18		23		18		2
	11		15				17	21	16	13	5	9	5
A	20	16	25	14	22	22	16		21		21		21
B	14		5				23	7	5	10	4	5	18
C	18	22	26	5	21		6		19		12		5
D	5			3			18		4				26
E	18	7	16	13	5	18		8	22	5	25	11	18
F				22			19			11		4	
G		18	7	15	24	2	4	12	13	14	25	1	
H		15		11			25			19			
I	18	13	5	5	11	26		17	7	14	21	11	18
J	10				5		15			23			7
K	4		19		22		8		12	5	23	23	16
L	16	24	16	6	5	25	18				21		20
M	21		3		17		5	25	1	21	16	20	5
	5	26	5	22	5	17	18				9		21
	11		11		11		18	7	15	20	5	22	18

### Letter Checker

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

## PUZZLE No. 5

### Quiz

#### HOW TO WIN...

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

**\$90  
CASH**  
1 TO BE WON

- 1 In which African country would you find the city of Nairobi?
- 2 When there are two full moons in the same month, what is the second one called?
- 3 What is the name of the clockwork device used by musicians to measure time as they play?
- 4 How many prime numbers are there between 10 and 20?
- 5 What is the Alsatian dog breed also known as?

**ANSWERS:** 1 Winning answer, 2 A blue moon, 3 Metronome, 4 Four (11, 13, 17 and 19), 5 German Shepherd.

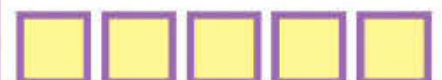
## PUZZLE No. 6

### Scatter Word

#### HOW TO WIN...

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

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



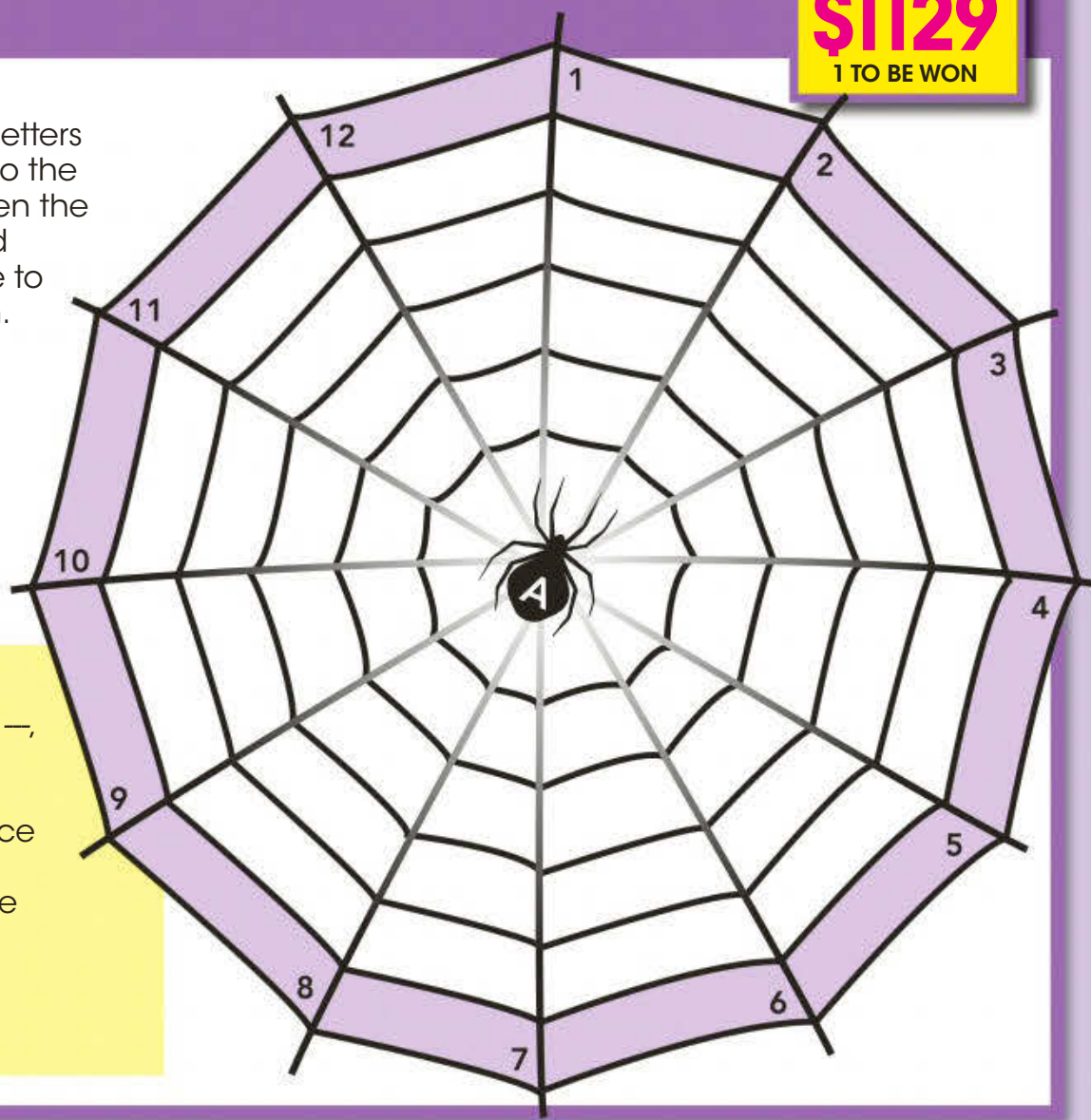


**PUZZLE No. 7****Samsung Smart TV**
**WORTH  
\$1129**  
1 TO BE WON
**HOW TO WIN...**

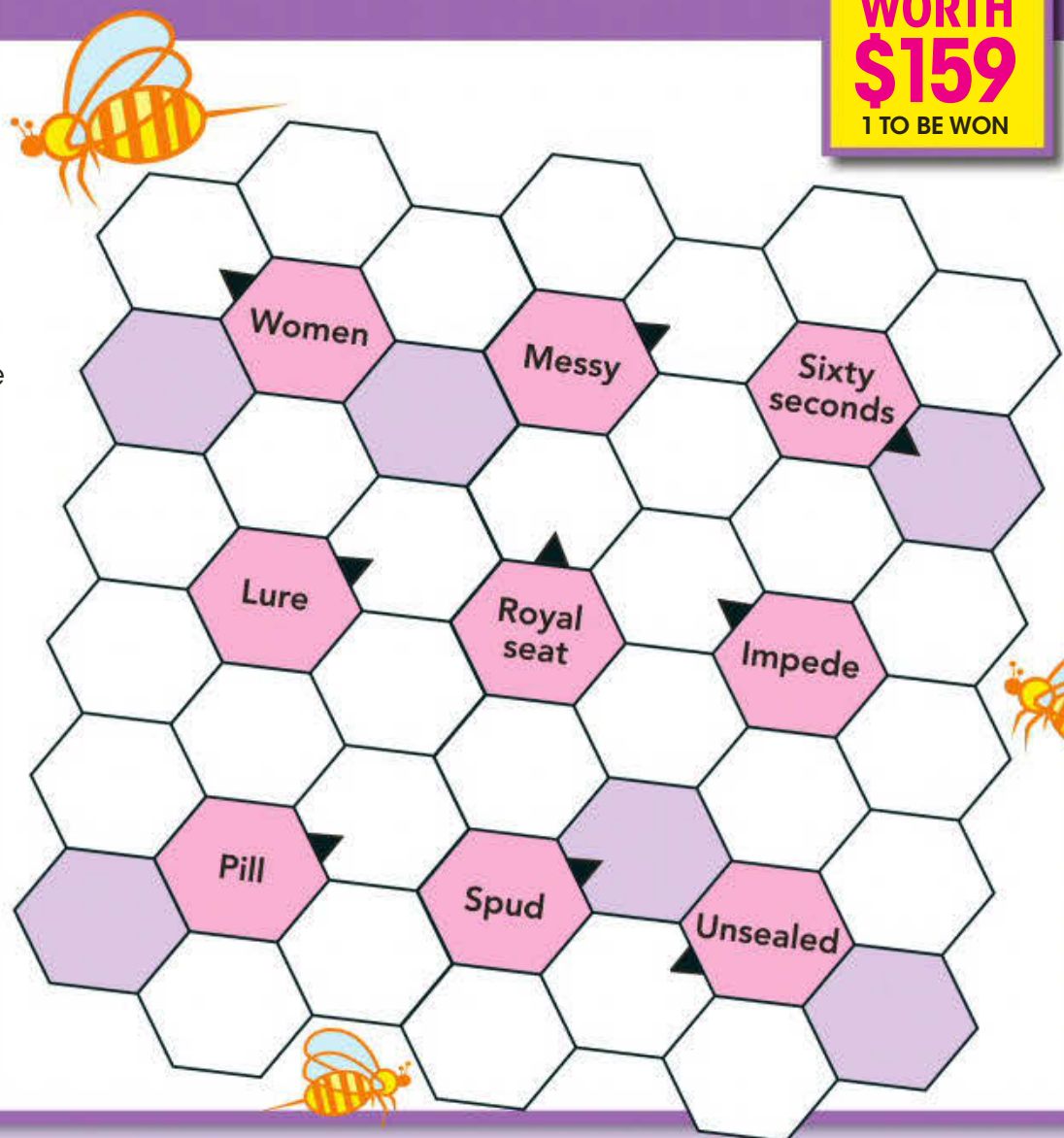
The answers to the listed clues are all seven letters long and end with the letter A. Write them into the appropriate wedges of the spider's web. When the puzzle is complete, the letters in the coloured outer circle will spell a word. For your chance to win, write this word only on the entry coupon.

**CLUES**

- |  |                             |
|--|-----------------------------|
| 1 Canal boat of Venice                         | 7 <i>Sweet Home</i> —, song |
| 2 Brilliantly coloured Australian parrot       | 8 Exact copy                |
| 3 TV aerial                                    | 9 Five-cent piece creature  |
| 4 Short literary work                          | 10 Buddhist state of bliss  |
| 5 Tertiary education document                  | 11 Agave spirit             |
| 6 Meringue topped with whipped cream and fruit | 12 Dried grape              |

**PUZZLE No. 8****Vivo Mobile Phone**
**WORTH  
\$159**  
1 TO BE WON

**HOW TO WIN...** Each of the clues in our honeycomb has a six-letter answer. Write the answers clockwise in the spaces around the appropriate clues, starting at the one marked by the pointer. When the puzzle is complete, the letters in the lilac hexagons will spell a word, reading from left to right and top to bottom. Write this word only on the entry coupon and you could be a winner.



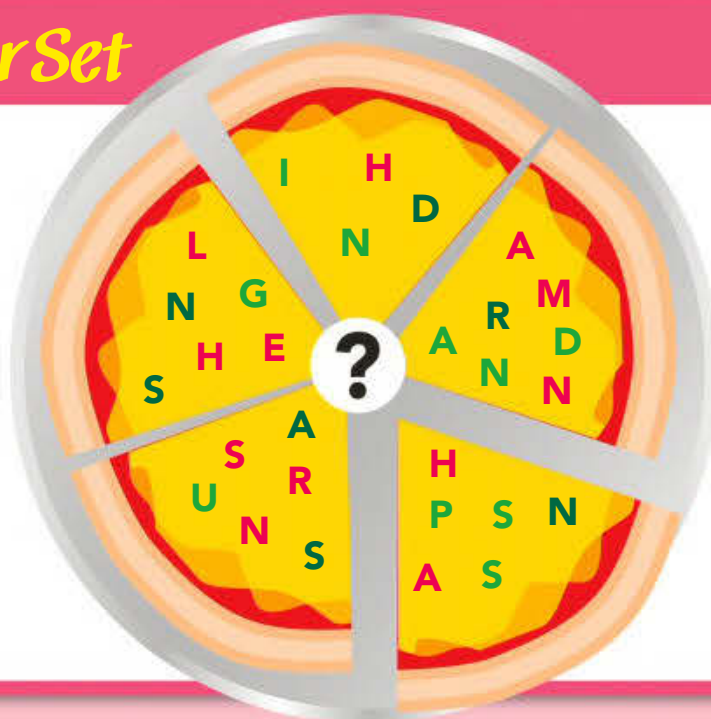


## PUZZLE No. 9

### SMEG Kettle & Toaster Set

#### HOW TO WIN...

Each group of letters in the five segments of the pizza, when combined with the shared unknown centre letter, will spell the name of a language. For your chance to win, write the centre letter only on the entry coupon.



**WORTH  
\$499**  
1 TO BE WON



## PUZZLE No. 10

### Oscar del la Renta Men's Fragrance

**HOW TO WIN...** Your task is to fill in the spaces in the grid with either a nought or a cross. Each line, both horizontal and vertical, must have an equal number of noughts and crosses, but you are not allowed to have three noughts or three crosses appearing consecutively. For a chance to win, write the symbol, either an X or an O, that appears in the lilac square on the entry coupon.

	O				X	X		O	X
X			O	O			X	X	
		O		X		X	O		O
X	X							O	
				X	X		X		O
X		O	O					O	X

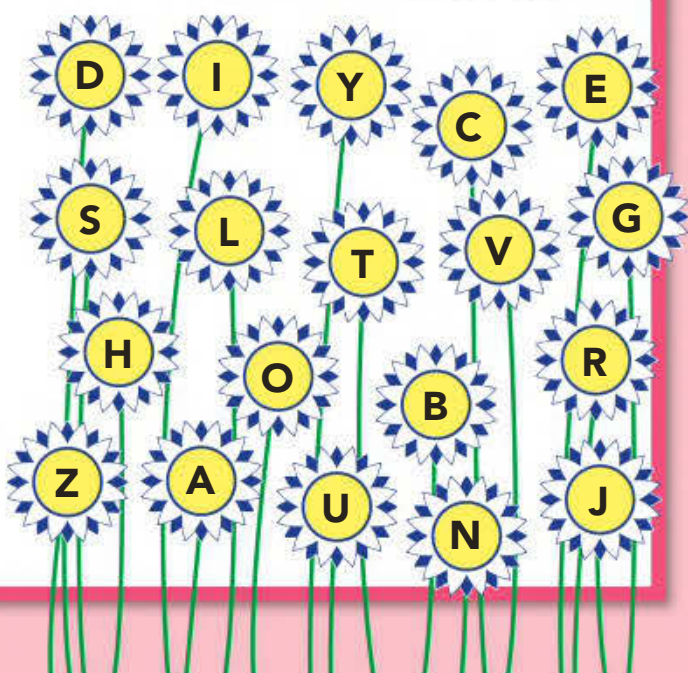
**WORTH  
\$125**  
1 TO BE WON



## PUZZLE No. 11

### Lenovo Smart Clock

**HOW TO WIN...** Use the grid below to eliminate letters to work out which letter I am. I am a letter in the second half of the alphabet. When spoken aloud I sound like a word. I am a vowel, and am often left out of American spellings of common English words. I am the chemical symbol for uranium. Write which letter I am on the entry coupon for your chance to win.



**WORTH  
\$79**  
1 TO BE WON


## PUZZLE No. 12

### Towel Set

**HOW TO WIN...** Here's a sudoku puzzle with a twist. Instead of numbers, each row and column and 3 x 2 rectangle must contain one each of the six letters scattered in the grid. When the puzzle is complete, a word will appear on the top line of the grid. Write this word on the entry coupon.



**WORTH  
\$159**  
1 TO BE WON



L		E	U		T
B				U	L
	E		M	T	
E		U		B	
M			L		





## PUZZLE No. 13

### Wordsmith

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

**This week's target:** 0-14 words, better luck next time; 15-21 words, good; 22-27 words, very good; 28-34 words, excellent; 35+ words, genius!



**\$90 CASH**  
1 TO BE WON

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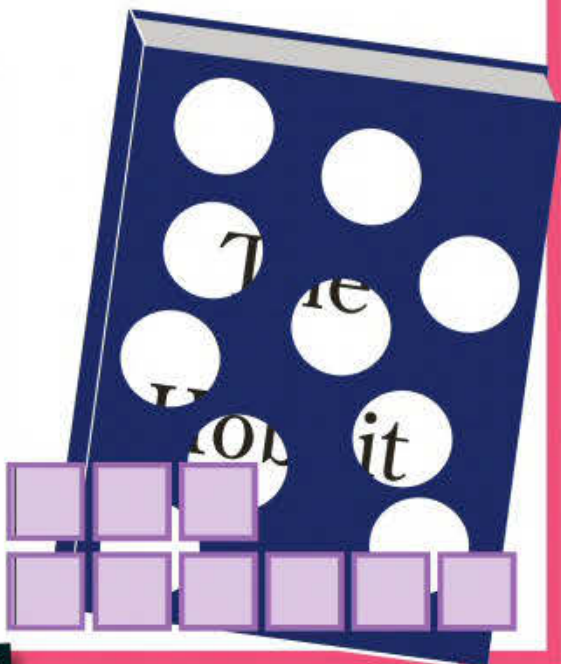
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## PUZZLE No. 14

### Knife Block

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



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

## PUZZLE No. 15

### Cabotine Gres Perfume

**HOW TO WIN...** Cross out the incorrect letters in each square to end up with a crossword grid full of real words. When the grid is complete, the letters in the coloured undeleted triangles, reading left to right and top to bottom, will spell a word. Write this word only on the entry coupon and you could be a winner.



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

**WORTH \$140**  
1 TO BE WON

## PUZZLE No. 16

### Stanley Pressure Washer

#### HOW TO WIN...

All of the answers contain the letters G-E-N-T. Use the clues to fill in the blanks. Once you have done this, the letters in the lilac squares will spell a word, reading down. For a chance to win, write this word only on the entry coupon.

#### CLUES

- *Heights*, classic Brontë novel
- Adherence to a moral code
- South American country
- Continually making small changes
- Autograph



**WORTH \$185**  
1 TO BE WON

1			T		E			N	G
2		N	T	E	G				
3			G	E	N	T			
4	T		N		E				G
5			G	N		T			E



PUZZLE No. 17

Win!

\$20,000

MONSTER  
CROSS

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

**ACROSS**

- 1 Sleeping cushion (6)  
4 Got up (4)  
6 Small drink of liquor (4)  
10 **Tower —, structure in box A (6)**  
12 Wane (5)  
14 Sacred table (5)  
15 Water-riding plank (9)  
16 Bind again (5)  
17 Forked weapon (7)  
18 Dairy drink (4)  
19 Illuminated (3)  
21 Pass across (8)  
25 Speech defect (4)  
27 Diva's solo (4)  
28 Large Italian island (8)  
32 Place in position (3)  
33 Seal in the juices (4)  
35 Able to be parted (9)  
38 Hill or elevation, eg (8)  
40 Biblical garden (4)  
42 Uncommon (4)  
43 Basic component (7)  
44 **Buckingham —, residence in box B (6)**  
47 Opposite of west (4)  
49 Father's father (7)  
51 Pounced (6)  
52 Diplomacy (4)  
53 Measure out (4)  
55 Against the law (7)  
57 Re-use (7)  
60 Thinly scattered (6)  
64 Hanoi's country (7)  
68 Exude liquid, ooze (7)  
72 Hit playfully (3)  
74 **Chimer in box C (3,3)**  
76 Doorknob (6)  
77 Regret (3)  
78 Informal speech (5)  
79 Angry stare (5)  
80 Dashed, bolted (3)  
81 Central character (4)  
82 Function, party (5)  
83 Winner's reward (5)  
85 Cash register (4)  
87 — carte, menu (1,2)  
88 Burglar (5)

- 90 Texan battle site (5)  
91 US spy agency (1,1,1)  
92 Fidel —, former Cuban leader (6)  
95 Disorderly crowd (6)  
98 Established (abbr.) (3)  
99 Deleting (7)  
103 Party supplier (7)  
106 Cherry red (6)  
109 Peter —, singer (7)  
112 Act on stage (7)  
113 Sad exclamation (4)  
115 Close hard (4)  
117 Savvy, clever (6)  
118 Wigwags (7)  
119 Rude person (4)  
120 Abandon, strand (6)  
122 Christen (7)  
124 Ciao (coll.) (2-2)  
126 For fear that (4)  
128 Romantic singers (8)  
131 Take revenge (9)  
133 — Tasman, Dutch navigator (4)  
135 Alkaline solution (3)  
136 English forest (8)  
139 **Hyde —, landmark in box D (4)**  
141 Greek god of love (4)  
143 Examiner (8)  
147 Pub account (3)  
148 Sean —, actor (4)  
149 Book intro (7)  
151 Vertical stair face (5)  
152 Say sorry (9)  
153 Derision (5)  
154 Shiny coating (5)  
155 **London river in box E (6)**  
156 — James, singer (4)  
157 Boast (4)  
158 Protected (6)

**DOWN**

- 1 Person who loves their country (7)  
2 Fighter, soldier (7)  
3 Relating to touch (7)  
4 Relocates (9)  
5 Stretches to the limit (7)

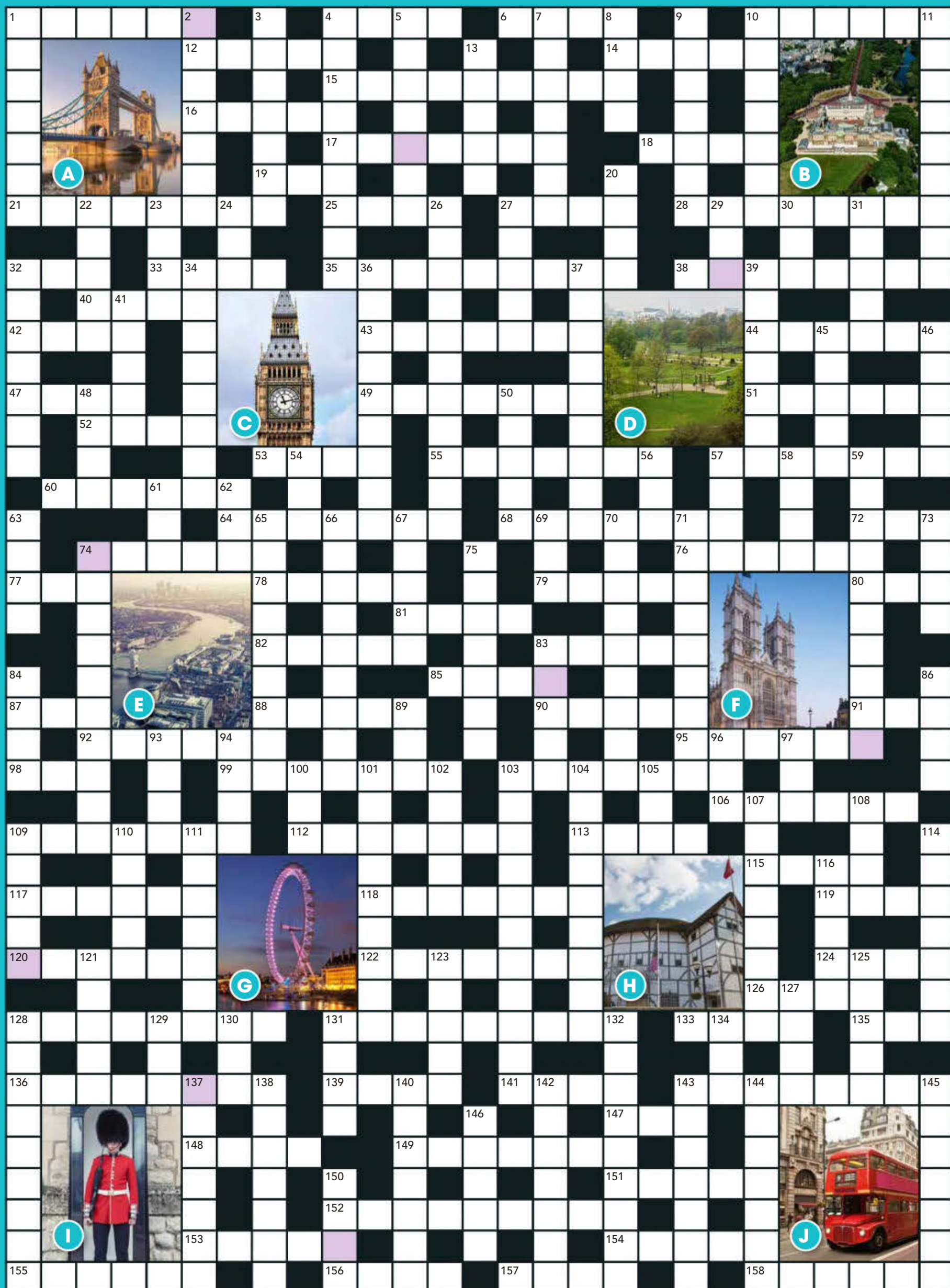
- 7 Nuclear device (7)  
8 Created (4)  
9 Slanted writing (7)  
10 Crashing wave (7)  
11 Wipe out, get rid of (9)  
13 **Westminster —, church in box F (5)**  
20 US university (4)  
22 Subsequent (5)  
23 Otherwise (4)  
24 Body of salt water (3)  
26 Star projector (11)  
27 Variety of quartz (5)  
29 Intention (3)  
30 Cavern (3)  
31 Grandma (5)  
32 Omen (7)  
34 Bathrooms adjoining bedrooms (8)  
36 Non-deciduous tree (9)  
37 Sluggish, languid (9)  
39 Dead end (7)  
41 Fourth Greek letter (5)  
45 Truck (5)  
46 Bird of prey (5)  
48 Cease, finish (4)  
50 Humanoid toys (5)  
54 **London —, attraction in box G (3)**  
56 Tell a fib (3)  
57 Ostrich-like bird (4)  
58 Thick stiff paper (4)  
59 The internet (10)  
61 Tatter (3)  
62 Day before (3)  
63 Roman emperor (4)  
65 Police officer (9)  
66 Misfortunes, sorrows (9)  
67 Anything at all (5)  
69 Work unit (3)  
70 Restore to life (9)  
71 Ergo (9)  
73 Kept in (4)  
74 Donor, patron (10)  
75 Obstacle (7)

- 83 Public square (5)  
84 Cassette or video (4)  
86 Cautious (4)  
89 Marsh (3)  
93 Out of harm's way (4)  
94 Relax, recover (4)  
96 Curve (3)  
97 Piece of soap (3)  
100 Phone program (3)  
101 Cranky, grumpy (9)  
102 **Shakespearean theatre in box H (5)**  
103 Cutthroat (11)  
104 Temporary (9)  
105 Narrow inlet (3)  
107 Outfit, costume (8)  
108 Japanese wrestler (4)  
109 **Sentry in box I (5)**  
110 Stir from sleep (5)  
111 Folding table (7)  
114 Rubbish, trash (7)  
116 Adjoins, touches (5)  
121 Gain points (5)  
123 Practical joke (5)  
125 Map book (5)  
127 — Macpherson, Australian model (4)  
128 Soviet astronaut (9)  
129 Novel, fresh (3)  
130 Large marsupial (3)  
131 Thick cord (4)  
132 Chocolate from a festive bunny (6,3)  
134 **Vehicle in box J (3)**  
137 Tyrannise (7)  
138 Castle prison (7)  
140 Harmonious relationship (7)  
142 More prepared (7)  
143 Dreadful, terrible (7)  
144 Evening parties (7)  
145 Detour, divert (7)  
146 Citrus fruit (5)  
150 Weathercock (4)

**WINNING ANSWER**

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## PUZZLE No. 18

### Puzzler of the Week

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

#### HOW TO WIN...

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



**BELLA** was **RESCUED** by her human **MUM**, Morae, from a **BREEDER** that didn't **SHOW** her enough love and **CARE**. Bella was **ORIGINALLY** very shy, but after **MEETING** her pup friends, **BUFFY**, **NEO**, **BENNY** and **MIA**, in the **PARK**, she began to **ENJOY** exploring the **WORLD** around her. During covid **LOCKDOWN**, Bella went on many **LOCAL** walks, including **AROUND** a quiet **GOLF** course. As covid restrictions **EASED**, her adventures expanded into the **CITY**, to the **BEACH** and she even travelled on the **TRAIN**! Sadly, Bella was **DIAGNOSED** with a very sick **HEART**, but she is **LUCKY** that **MORAE** takes such **GOOD** care of her. For all Bella's **OUTDOOR** adventures, Morae **PUSHES** her around in a **PRAM**, allowing her to still **HANG** out with her **PACK** of **FURRY** friends.

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

**You could be our next Puzzler of the Week!**

We pay \$25 for letters used. Send a photo and some facts about yourself to *that's life!* Puzzles, AUS: GPO Box 5245 Sydney NSW 2001 or NZ: PO Box 90064 Victoria St West, Auckland 1142 or via email to [that'slife@aremedia.com.au](mailto:that'slife@aremedia.com.au)

## PUZZLE No. 19

### Arrow Word

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

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

Moray, eg	↓	Rope fibre	↓	Cutting tool	↓	Dwell	Warm and snug	↓	Directed
Inherent quality	→	↓	↓				↓		Moose
						Dedicated poem	→		↓
Fictional name	Holey cheese	→						Sandler, actor	
Sheer fabric	Apartment			Fibber		Tibetan bovine	→	↓	
	↓			↓		Railway track beam		Coral islands	Depend upon
Peru's capital		Silent		Wound reminder	→	↓			↓
		↓		Uncool	→				
Thanks-giving bird	→							Maintain	
Glacial mass (3,3)	Placid		Lump of dirt	Cooler box	→			↓	
	↓		↓				Cast a ballot		Harvest
Form of an element		— Croft, Angelina Jolie role		Continuously	→	↓			↓
	A	L	L	O	T	R	O	P	E
Angry, irate	→			Stitches	Sour, acrid			— James, jazz singer	
Colourful blooming shrub	Animal lover		Sharply inclined	→	↓			↓	
	↓						Sooner —, in time (2,5)		Female sheep
Harry Potter's best pal		QLD coastal shire	Penned	→			↓		↓
		↓	Drinking tube	→					
		N							
Edgar Allan —, author	→	O	↓	Cheer, delight	Moist, wet			— Bear, cartoon character	
Vacation	→	O			↓			↓	Lightly touch
Life — Highway, song (2,1)	→	S		Resting on	→				↓
		A		Large prefix	→				
Level, even		Liveli-ness of spirit	→						



that's life!



Enter by post or

**FREE**

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

**PUZZLE No. 20**

**WORTH \$1749**  
1 TO BE WON

**Fisher & Paykel Fridge**

**HOW TO WIN...**

Each number in this crossword represents a different letter of the alphabet. We've given you a few letters to help you on your way to cracking the code, so you'll see that D=18, G=22, and M=6. Write these letters wherever the corresponding numbers appear in the grid and you should then be able to start working out what the other missing letters are. Use the Letter Checker box to keep track of the letters you've decoded. You'll notice that all 26 letters of the alphabet are used and you can strike through each one as you decode it. When you have filled in the Letter Checker, seven consecutive letters will spell a word. Write this word only on the entry coupon and you could be a winner.

	3	12	13	13	23	3		26	10	26	3	13	18
	25		22			13	22	22			23		9
A	26	10	8	13	13	12		12	13	22	9	1	10
B	9		13			24	8	19			11		13
C	8	1	2	1	8		9		22	8	13	16	2
D	13				16	12	23	4	16				2
E	3	13	20	13	10				3	23	1	11	13
F		14		18		24	13	5		26		10	
G	17	9	10	22	12	13		16	15	8	1	16	18
H		12		13		18	9	23		3		20	
I	7	13	16	3	13				20	13	14	13	18
J	1				10	26	18	22	13				9
K	3	9	2	13	18		26		2	8	16	19	3
L	3		21			17	1	15			5		16
M	13	10	9	22	6	16		12	9	25	26	1	8
	2		7			21	4	1			8		6
	3	2	13	9	10	3		7	1	20	13	8	3

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



**Letter Checker**

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

**PUZZLE No. 21**

**Hostess Serving Set**

**HOW TO WIN...** Put the four pictures together to form the name of a famous entertainer (5,7). Write this name on the entry coupon and you could win our prize.



+



+



+



**WORTH \$79**  
1 TO BE WON



# CASH heaven!

**CASH** to be won for  
each puzzle

**PUZZLE No. 22**

## Match Up

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

**HOW TO WIN...** In the grid are four words containing the letters 'NA', each eight letters long and made of the same coloured circles. Write the word that comes **FIRST** alphabetically on the entry coupon.



**\$60  
CASH**  
1 TO BE WON

**PUZZLE No. 23**

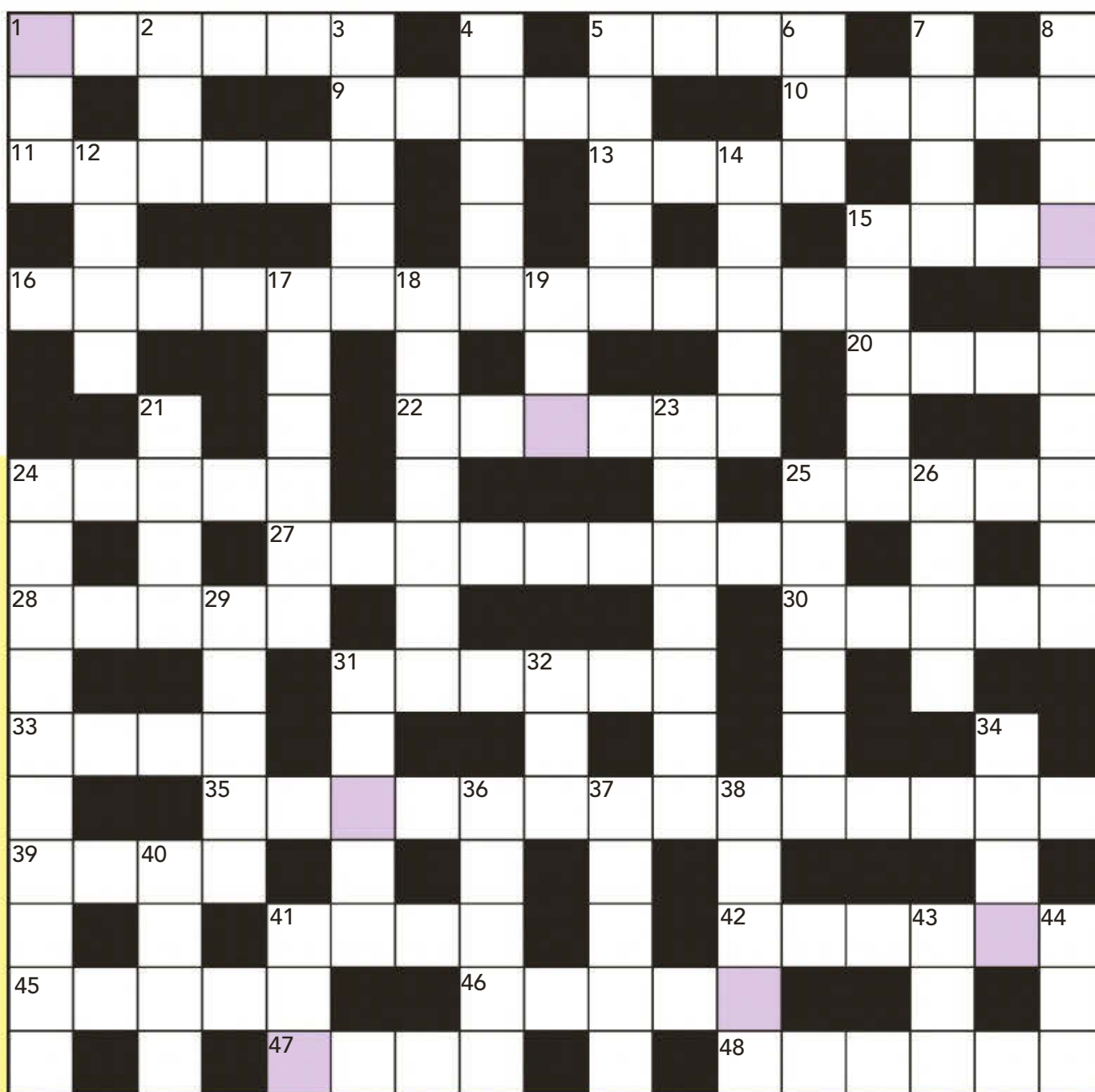
## Classic Challenge

### HOW TO WIN...

We dare you to take the Classic Challenge and try to solve this crossword. When you have finished, the letters in the lilac squares, reading from left to right and top to bottom, will reveal a word. Write this word only on the entry coupon.

### ACROSS

- 1** Pity (6)
- 5** Days gone by (4)
- 9** Commotion, fuss (3-2)
- 10** Martini garnish (5)
- 11** Epidemic (6)
- 13** Lion sound (4)
- 15** — Worthington, Aussie model (4)
- 16** Tropical plant with vibrant-coloured flowers (4,2,8)
- 20** — Moore, actress (4)
- 22** Reaper's tool (6)
- 24** Similar (5)
- 25** Holy city of Islam (5)
- 27** End of a chess game (9)
- 28** Crawled (5)
- 30** French river (5)
- 31** Soak (6)
- 33** Single lady's title (4)
- 35** Occurring at the same time (14)
- 39** Bound along (4)
- 41** Fortified wine (4)
- 42** Orchard fruits (6)
- 45** Binge (5)
- 46** Period of rule (5)
- 47** Story (4)
- 48** Refusal (6)



### DOWN

- 1** Energy (3)
- 2** Oolong or green, eg (3)
- 3** Bookcase part (5)
- 4** Bulgaria's capital (5)
- 5** Anorak (5)
- 6** Rocky peak (3)
- 7** — Las Vegas, Elvis song (4)
- 8** Remove salt from (10)
- 12** Reclined (4)
- 14** Dress with a flare (1-4)
- 15** Precipice (5)
- 17** Visible or tangible thing (6)
- 18** Louis —, French chemist (7)
- 19** — Charles, soul singer (3)
- 21** Three squared (4)
- 23** Pagan (7)
- 24** Achieve (10)
- 25** Premium wool sheep (6)
- 26** Hip, groovy (4)
- 29** Body of deputised hunters (5)
- 31** Disney elephant film (5)
- 32** Louse egg (3)
- 34** Otherwise (4)
- 36** Liquid measurement (5)
- 37** Evade, dodge (5)
- 38** Large African antelope (5)
- 40** Public ground (4)
- 41** Household animal (3)
- 43** Hawaiian garland (3)
- 44** The sun (3)



## PUZZLE No. 24

### Word Knocker

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

**HOW TO WIN...** Use the clues below to eliminate one word per clue from the grid. Where a clue can refer to more than one word, use the other clues to eliminate the remaining possibilities and you will be left with one word. Write this word only on the entry coupon.

#### CLUES

- 1 Friends character
- 2 Idle chatter (coll.)
- 3 Forest growth
- 4 Head honcho
- 5 Throw away

BOSS

GOSS

LOSS

MOSS

ROSS

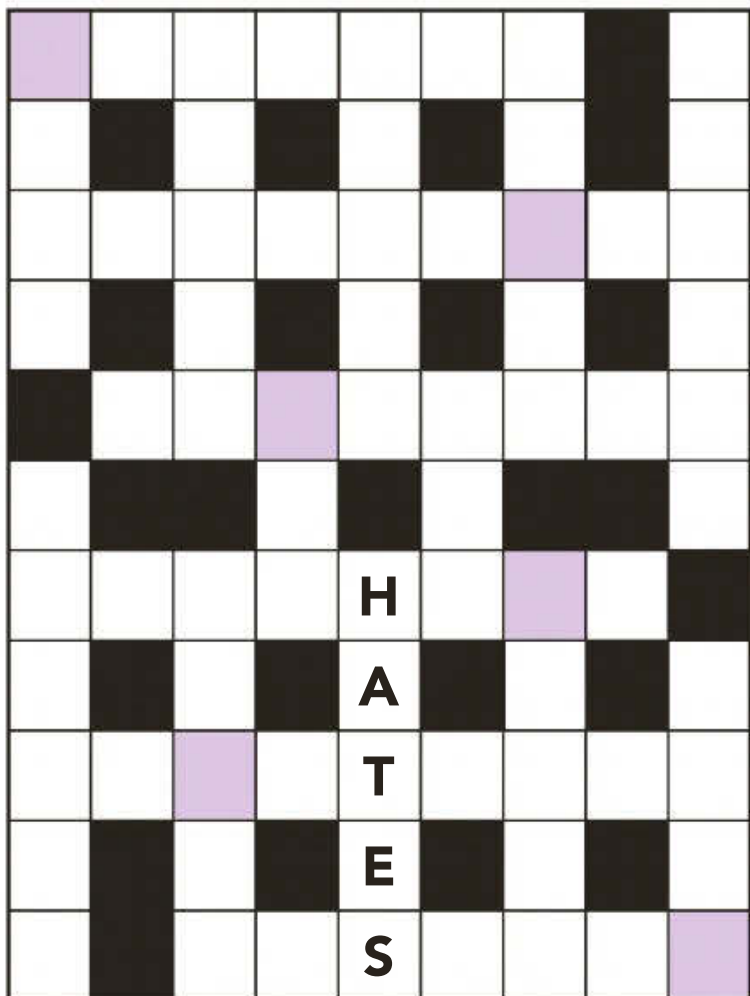
TOSS

## PUZZLE No. 26

### Fill In

**\$40 CASH**  
1 TO BE WON

**HOW TO WIN...** Fit the listed words into the grid. When you've finished, the letters in the lilac squares, reading from left to right and top to bottom, will spell a word. Write this word only on the entry coupon for your chance to win.



#### WORD LIST

##### 3 LETTERS

Dug  
Ria

##### 4 LETTERS

Brat  
Tent

##### 5 LETTERS

Apron  
Daubs

Dingo  
Glaze  
Hates  
Upend

##### 6 LETTERS

Desert  
Freeze

##### 7 LETTERS

Branded  
Descent

##### 8 LETTERS

Endorser  
Roughage

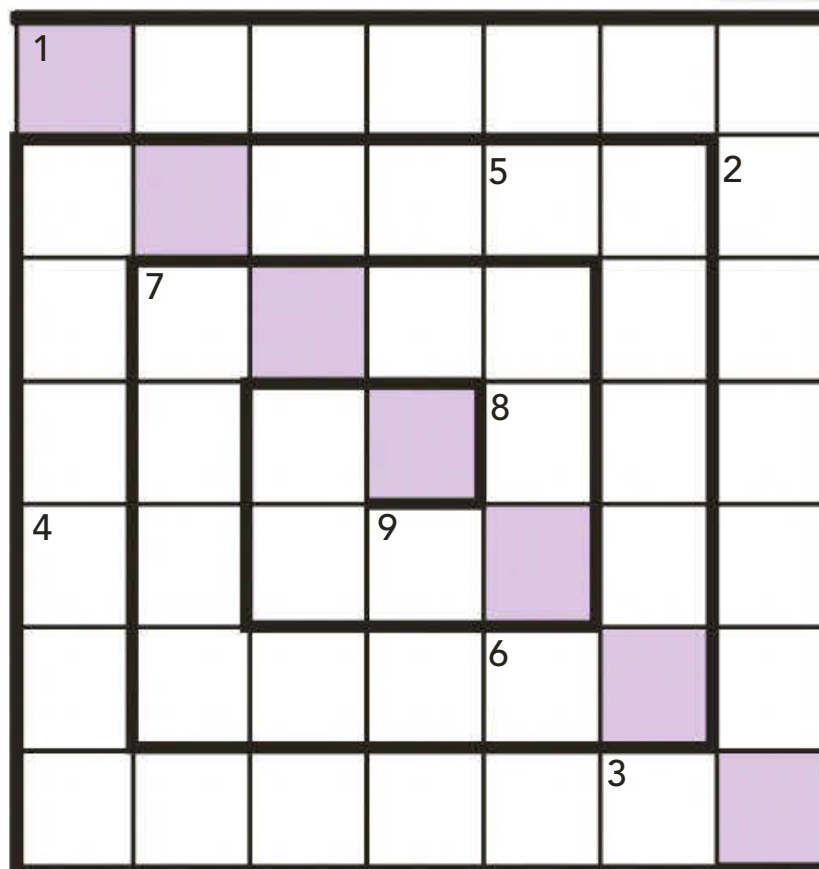
##### 9 LETTERS

Aeronauts  
Eventuate

## PUZZLE No. 25

### Spiral

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



**HOW TO WIN...** Write the answers to the clues into the grid in a clockwise spiral starting at number 1. The final letter of every answer becomes the first letter of the next. When the puzzle is complete, the letters in the lilac squares, reading diagonally down, will reveal a word. Write this word on the entry coupon and you could be a winner.

#### CLUES

- 1 Goodbye (8)
- 2 Rock —, hit song by The B-52's (7)
- 3 Pragmatic people (8)
- 4 Precise, explicit (8)
- 5 Devise or invent, as with a story (7)
- 6 Agave-based liqueur (7)
- 7 Obtuse or acute, eg (5)
- 8 Dead —, cul-de-sac street (3)
- 9 Prima donna (4)

## PUZZLE No. 27

### Boxing Matches

**\$75 CASH**  
1 TO BE WON

**HOW TO WIN...** Rearrange the five squares of each row to spell a 10-letter word on the right (two letters per square). The letters in the coloured squares, reading down, will spell a phrase (2,8). Write this phrase on the entry coupon.

VI	RA	IN	TE	GO	=				
BA	AC	CS	TI	RO	=				
BA	NT	ME	EM	NK	=				
RU	QU	ET	PL	AD	=				
PT	EX	NS	IO	EM	=				



## PUZZLE No. 28

### Sudoku

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

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

**\$90  
CASH**  
1 TO BE WON

## PUZZLE No. 29

### Tefal Rice & Multi Cooker

**WORTH  
\$159**  
1 TO BE WON

#### HOW TO WIN...

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

Mo	Sa	Su	Fr	Sa	Su
Tu	Fr	Mo	Th	We	Mo
We	Th	Tu	Mo	Tu	Tu
Fr	Th	We	Su	Sa	We
Sa	Tu	We	Th	Fr	Th
Su	Mo	Sa	Su	Sa	Fr



## PUZZLE No. 30

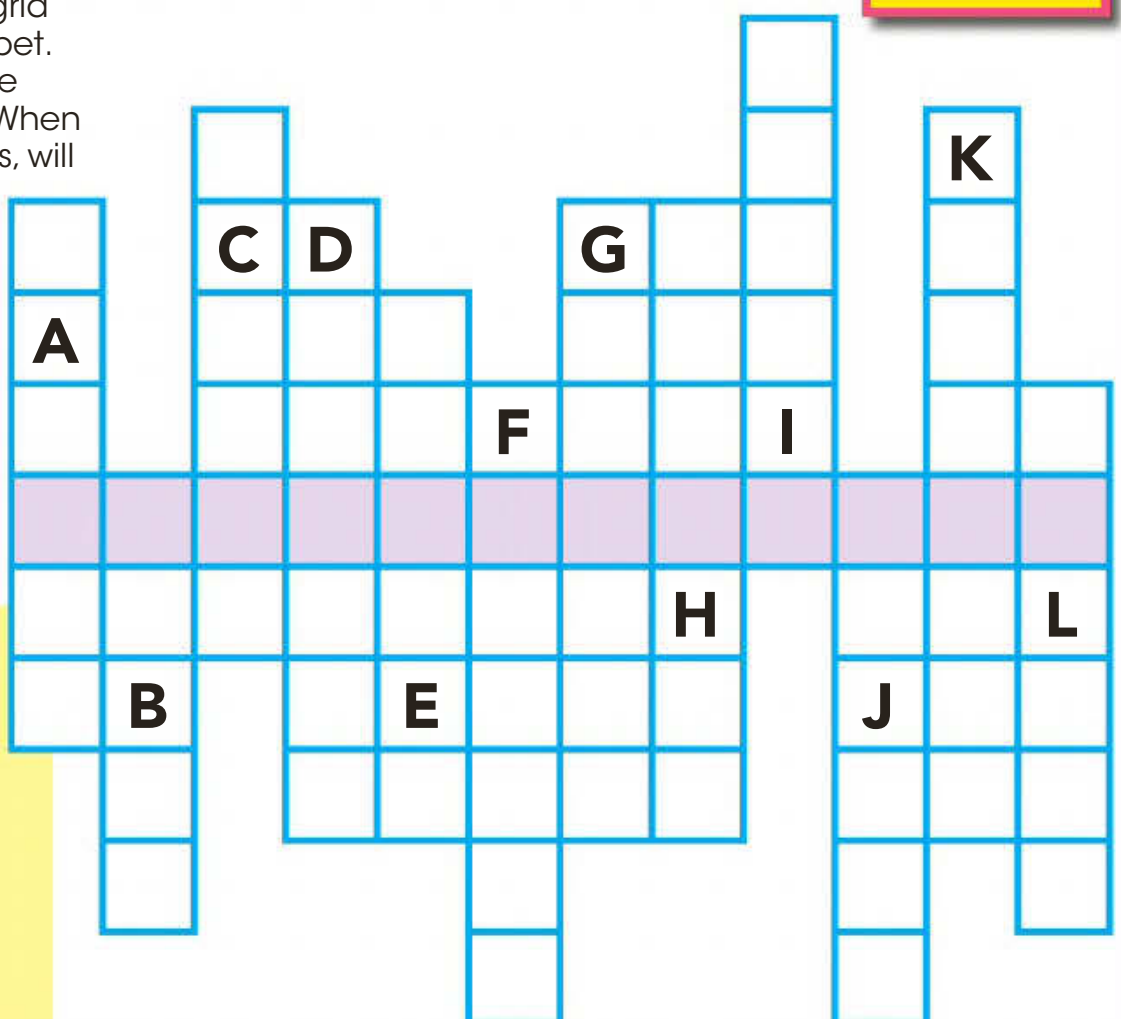
### Pyrolux Cookware Set

**HOW TO WIN...** Each of the words in the grid contains a consecutive letter of the alphabet. Solve the clues and write the answers in the column containing the appropriate letter. When complete, the coloured row, reading across, will reveal a word. Write this word only on the entry coupon for your chance to win.



#### CLUES

- |                                      |   |
|--------------------------------------|---|
| <b>A</b> Tool used to strike nails   | <b>G</b> Spectacles to improve eyesight |
| <b>B</b> Petrified resin             | <b>H</b> Tanned hide                    |
| <b>C</b> Point the finger at         | <b>I</b> Illicit romance                |
| <b>D</b> Tooth doctor                | <b>J</b> Protest, as in a courtroom     |
| <b>E</b> Stockholm's country         | <b>K</b> Underpants, drawers (coll.)    |
| <b>F</b> Civil liberty, independence | <b>L</b> Cat-like                       |



**WORTH  
\$417**  
1 TO BE WON



that's life!



Enter by post or **FREE** online!



**SIMON**

# Simon's CHOICE

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

## PUZZLE No. 32

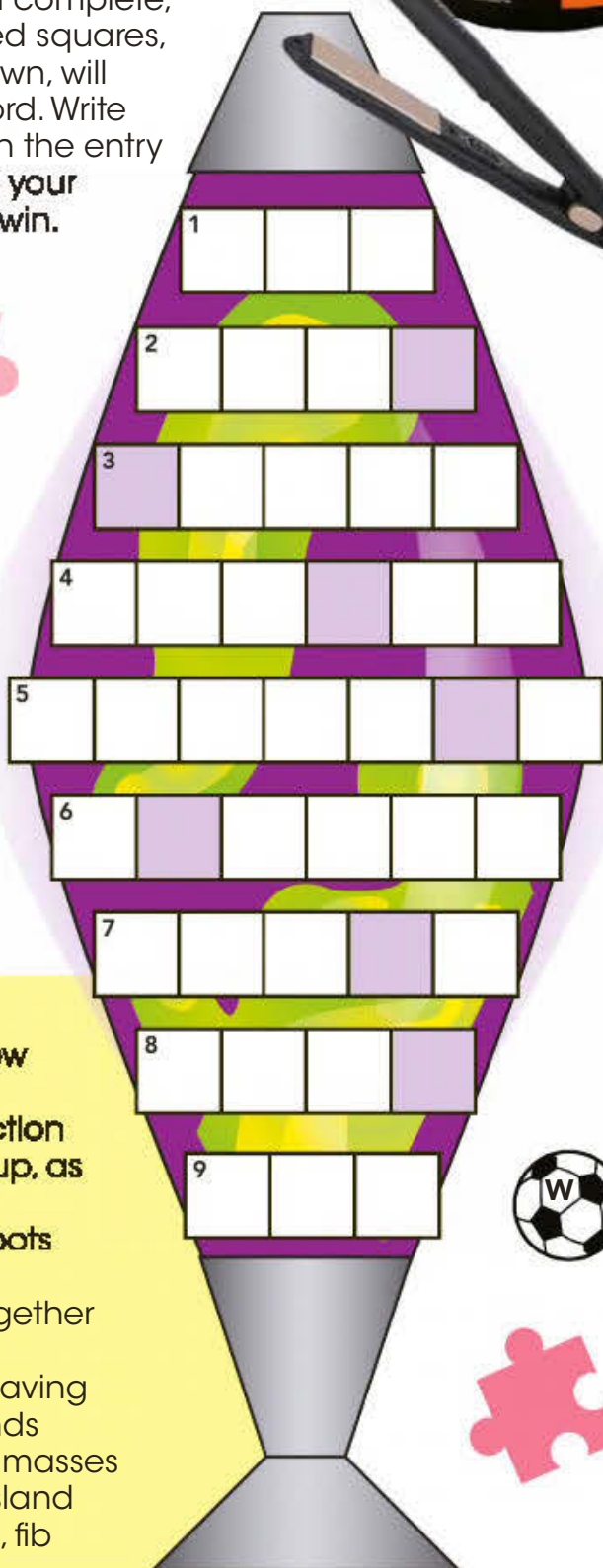
### Cabello Hair Pack

**WORTH \$188**

32 TO BE WON

#### HOW TO WIN...

Solve the clues and write the answers in the numbered rows. All the solutions are anagrams of the word immediately above and below, plus or minus one letter. When complete, the coloured squares, reading down, will reveal a word. Write this word on the entry coupon for your chance to win.



#### CLUES

- 1 Meadow
- 2 Store transaction
- 3 Climb up, as a cliff
- 4 Sites, spots
- 5 Unique
- 6 Join together by the interweaving of strands
- 7 Heaps, masses
- 8 Small island
- 9 Untruth, fib



## PUZZLE No. 31

### Word Jumble

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

#### HOW TO WIN...

Unscramble each of the instruments in the list below. When you have worked out what all the instruments are, the first letter of each unscrambled instrument, reading from top to bottom, will spell another instrument. Write this instrument only on the entry coupon for your chance to win.



## PUZZLE No. 33

### Twisted Word Search

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

**HOW TO WIN...** Look for the listed words in the grid, but instead of straight lines, they read as squares as shown in the example. Words may read clockwise or anti-clockwise and some letters may be used more than once. One of the words cannot be found. Write this word on the entry coupon and you could win a prize.

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

#### WORD LIST

Attitude	Gluttony	Rebuttal
Attorney	Jettison	Roulette
Baguette	Mattress	Splutter
Cassette	Omelette	Stiletto
Confetti	Operetta	Vendetta
Falsetto	Prettier	Vignette
Flattery	Quitting	



## PUZZLE No. 34

### Coordinates Map

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

#### HOW TO WIN...

Use the clues listed to determine the winning location. When you know which the winning location is, write its name only on the entry coupon and you could win a prize.



#### CLUES: The winning location is:

- 1 Not somewhere you'd purchase food or drink at
- 2 Not an outdoor place or activity
- 3 A letter icon
- 4 Not flanked by two red icons
- 5 Not in the top row

## PUZZLE No. 36

### Headphones

**HOW TO WIN...** Discover the missing letters in the coloured squares and fill them in to make nine words reading horizontally. When the puzzle is complete, the letters in the coloured columns will reveal two related words. For your chance to win, write these words only on the entry coupon.



C	L		S	S	I		A	L
L	A		D	S	C		P	E
K	I		N	A	P		E	D
F	I		E	W	O		K	S
Q	U		T	A	T		O	N
N	U		E	R	I		A	L
O	V		R	B	L		W	N
P	E		I	C	U		E	S
R	E		R	R	A		G	E

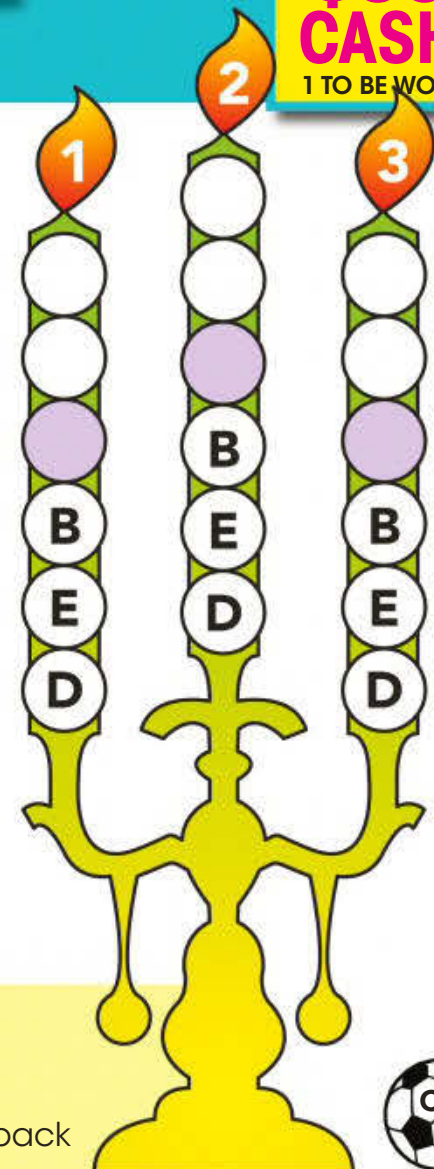
## PUZZLE No. 35

### End Letters

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

#### HOW TO WIN...

The answers to this puzzle all end with the letters 'BED'. When the puzzle is complete, the letters in the coloured row will spell a word. For a chance to win, write this word only on the entry coupon.



#### CLUES

- 1 Massaged
- 2 Ocean's floor
- 3 Restrained, held back



**WORTH  
\$79**  
1 TO BE WON



that's life!



Enter by post or **FREE** online!



**BONUS! \* BONUS! \* BONUS!**

### PUZZLE No. 37

#### Where Am I?

##### HOW TO WIN...

Solve the clues to work out where in the world I am! I am a German-speaking country that is home to the oldest zoo in the world. The movies *Woman in Gold* and *The Sound of Music* were filmed here. Marie Antoinette and Arnold Schwarzenegger were born here, and I am also the birth place of strudel. My capital city begins with the letter V. Write on the entry coupon what country I am for your chance to win.



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

### PUZZLE No. 39

#### Six by Six

##### HOW TO WIN...

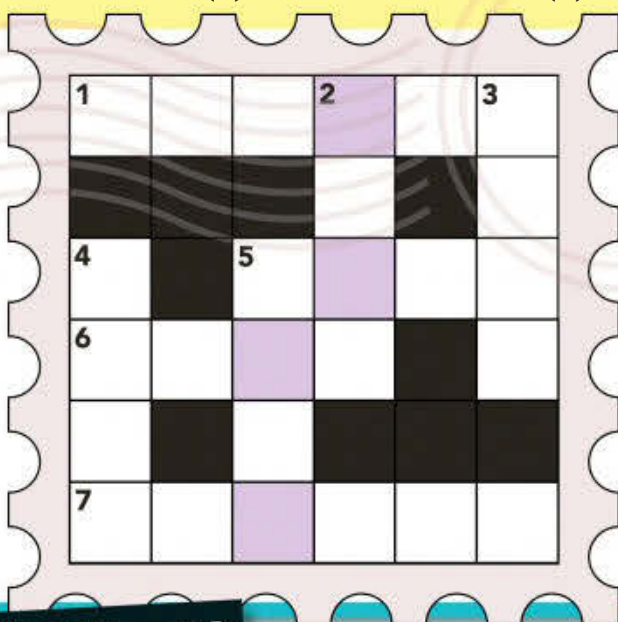
Solve the clues as normal. When the puzzle is complete, the coloured squares, reading from left to right and top to bottom, will reveal a word. For a chance to win, write this word only on the entry coupon.

##### ACROSS

- 1 Tropical flower (6)
- 5 Precious metal (4)
- 6 Tiger Woods' sport (4)
- 7 Make beloved (6)

##### DOWN

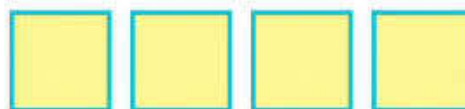
- 2 Horse's foot (4)
- 3 Male parents (4)
- 4 Monster (4)
- 5 Pleased (4)



### PUZZLE No. 41

#### Extra Puzzle

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



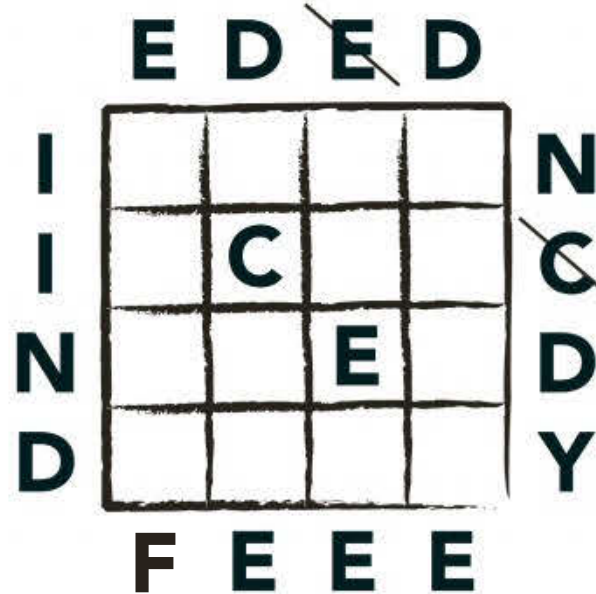
**\$75 CASH**  
1 TO BE WON

### PUZZLE No. 38

#### Slider

##### HOW TO WIN...

Slide the 16 letters surrounding the grid into the squares so that the same four words can read both horizontally and vertically. Each letter must take its place in the row or column against which it appears. So the letter E in the top corner must appear in the first column and the letter I must appear somewhere in the top row. Once the grid is filled, work out what the word reading across the top is and write this word only on the entry coupon for your chance to win.



**\$60 CASH**  
1 TO BE WON

### PUZZLE No. 40

#### Secret Saying

##### HOW TO WIN...

Work out what saying is being represented by the image in the box (4,2,3,5). Write this saying only on the entry coupon for your chance to win.



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



# Last-minute jackpot!

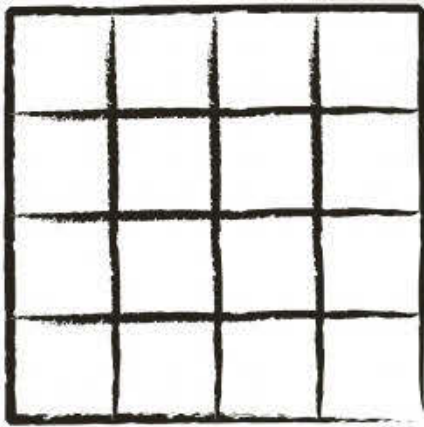
Try your luck – you could win cash!

## PUZZLE No. 43

4x4

### HOW TO WIN...

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



### WORD LIST

Alps Area Ball Laps Leap

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

## PUZZLE No. 45

Letter Drop

**HOW TO WIN...** All of the vowels have been removed from the four films below and the spaces between words have been altered. Write the name of the actor who appeared in all four films on the entry coupon for your chance to win.

FRM RSS WTH LV

T HR CK

THH NT FR RD CTBR

DMN DS RF RVR

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

## PUZZLE No. 46

Spelling Test

**HOW TO WIN...** We have given you the definition of a word and only one of these spellings is correct. When you know which one it is, write the letter next to it on the entry coupon for your chance to win.

- A Agregious
- B Egreagious
- C Egregious
- D Agreegius



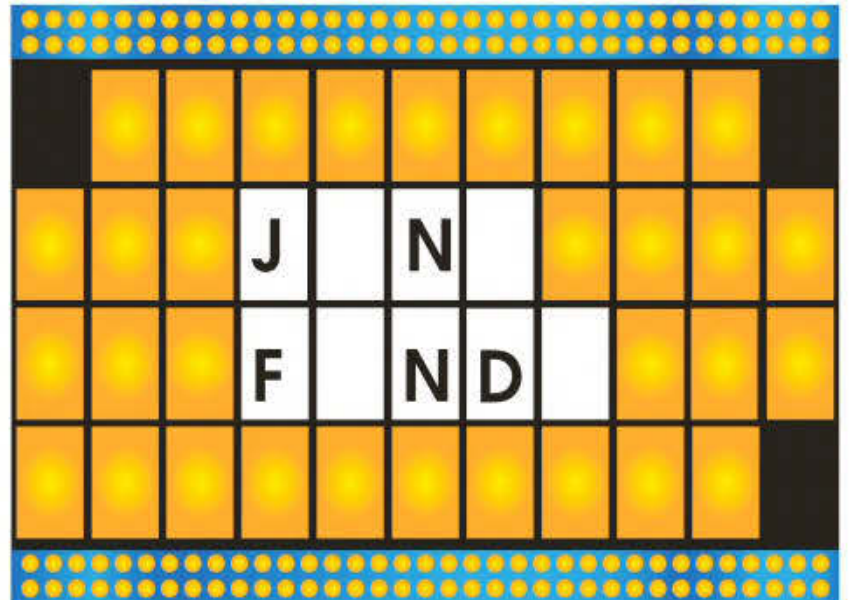
**Definition:** remarkably or extraordinarily bad; flagrant.

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

## PUZZLE No. 42

Buy A Vowel

**HOW TO WIN...** All the vowels have been taken out of this actress' name. Write the missing vowels in the spaces provided to spell our winning name. For a chance to win, write this name only on the entry coupon.

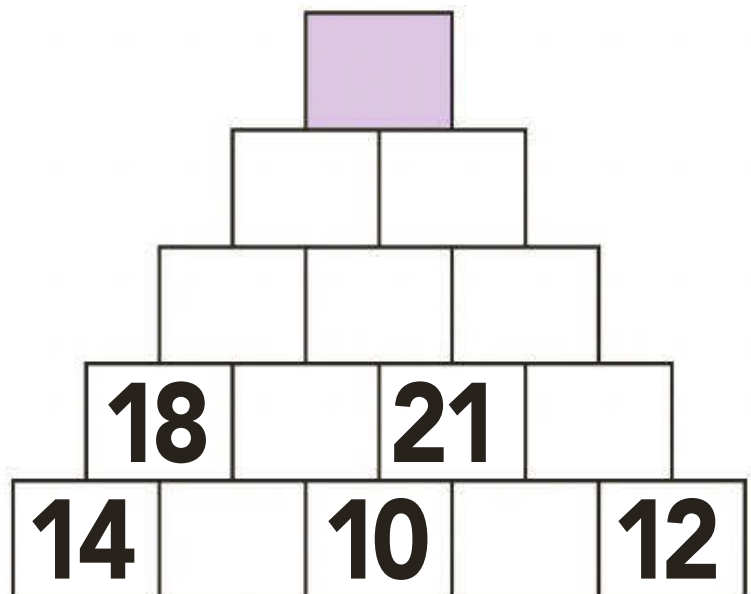


**\$50 CASH**  
1 TO BE WON

## PUZZLE No. 44

Number Pyramid

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



**\$40 CASH**  
1 TO BE WON



**PUZZLE No. 47****Four Words**

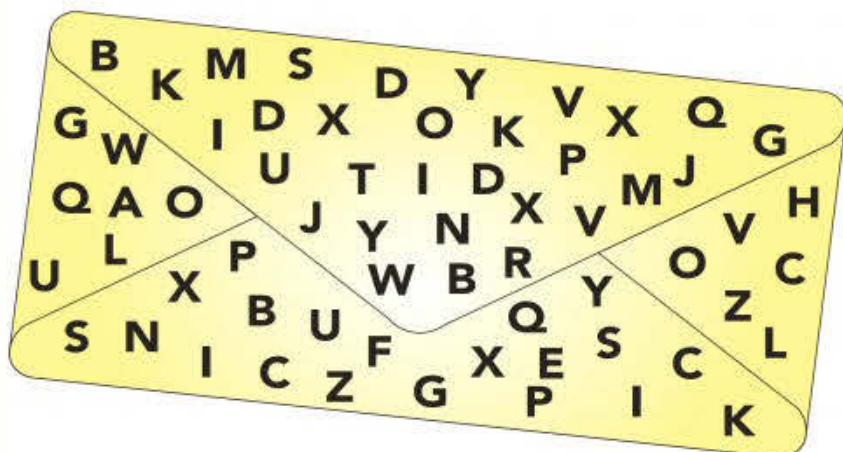
**HOW TO WIN...** One of the words on the signpost is not an anagram of a synonym of 'buddy'. For your chance to win, write that word only on the entry coupon.


**\$50  
CASH**  
1 TO BE WON
**PUZZLE No. 48****Who Am I?**

**HOW TO WIN...** Rearrange the given letters to spell the name of our pictured actor (5,6). Write this name only on the entry coupon for your chance to win.


**\$60  
CASH**  
1 TO BE WON
**"A SEVERE NUKE"****PUZZLE No. 49****Word Hunt Mix Up**

**HOW TO WIN...** Cross out all the letters in the envelope that appear more than once. When you have done that, the leftover letters, when rearranged, will spell a word. Write this word only on the entry coupon for your chance to win.


**\$50  
CASH**  
1 TO BE WON
**PUZZLE No. 50****Nine Letter Word**

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

S	I	N	T
W	P	Z	G
R	O	A	N
E	U	Y	D

**\$50  
CASH**  
1 TO BE WON
**TERMS AND CONDITIONS**

Visit [www.aremedia.com.au/competitions](http://www.aremedia.com.au/competitions) for full Terms and Conditions. Entries for that's life issue 45 open at 09:00 AEST on 04/11/21 and entries close at 17:00 AEST for mail entries and 23:59 AEST for online entries on 03/12/21 (Entry for New Zealand residents opens 09:00 NZDT 08/11/21). Draw (draw consists of entries from Issues 45, 46 and 47) will take place at 9:30am, Unit 5/9 Fitzpatrick Street, Revesby, NSW, 2212 on 24/12/21 and winners published at [prizestolive.com.au](http://prizestolive.com.au)/winners by 20/01/22. Entry is only open to Australian and New Zealand residents who buy That's Life. Authorised under NSW Authority Number TP/00018, ACT: TP 21/01331, SA: T21/1209. CAR: Entire competition opens on 05/08/21 at 09:00 AEST and closes entirely on 07/01/22 at 23:59 AEST. Entries for that's life issue 45 must be received by 03/12/21 at 23:59 AEST. Major Prize draw for Car will occur at Promoter's draw premises on 21/01/22 from 10:30 AEST. Winner of the Major Draw will be published on [prizestolive.com.au](http://prizestolive.com.au)/winners by 28/01/22. Total prize value for Car is up to \$26,810.00. The Promoter is Are Media Pty Limited 54 Park Street, Sydney NSW 2000 (ABN 18 053 273 546). Authorised under: NSW Permit No. TP/00018; ACT Permit No. TP 21/00688; SA Licence No. T21/642. MonsterCross: Entire competition opens on 20/05/21 at 09:00

AEST and closes entirely on 04/02/22 at 23:59 AEST. Entries for that's life Issue 45 must be received by 03/12/21 at 17:00 AEST. Major Prize draw for Monstercross will occur at Promoter's draw premises on 11/02/22 from 10:30 AEST. Winner of the Major Draw will be published on [prizestolive.com.au](http://prizestolive.com.au)/winners by 18/02/22. Total prize value is (up to) \$20,000.00. The Promoter is Are Media Pty Limited 54 Park Street, Sydney NSW 2000 (ABN 18 053 273 546). Authorised under: NSW Permit No. TP/00018; ACT Permit No. TP 21/00324; SA Licence No. T21/293.

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**PUZZLE No. 51**

# Double Trouble

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

**HOW TO WIN...** There are no clues to this crossword. All you have to do is fit the words below into the two grids. Hint: There is only one 11-letter word, and only once place it will fit. When you have filled in the two grids, there will be one word left over. Write this word only on the coupon for your chance to win.

## 3 LETTER WORDS

Ads  
Arc  
Cod  
Ego  
Jam  
Oaf  
Sky  
Sow  
Two  
Vex  
Woo  
Yew

## 4 LETTER WORDS

Brag  
Char  
Cosh  
Draw  
Jeep  
Lacy  
Mesh  
Pads  
Scan  
Wolf  
Yank  
Yoga

## 5 LETTER WORDS

Asset  
Balsa  
Field  
Leery  
Nacho  
Salon  
Untie

## 6 LETTER WORDS

Casino  
Clinic  
Convoy  
Dahlia  
Latent  
Nephew  
Stayer  
Wooing

## 7 LETTER WORDS

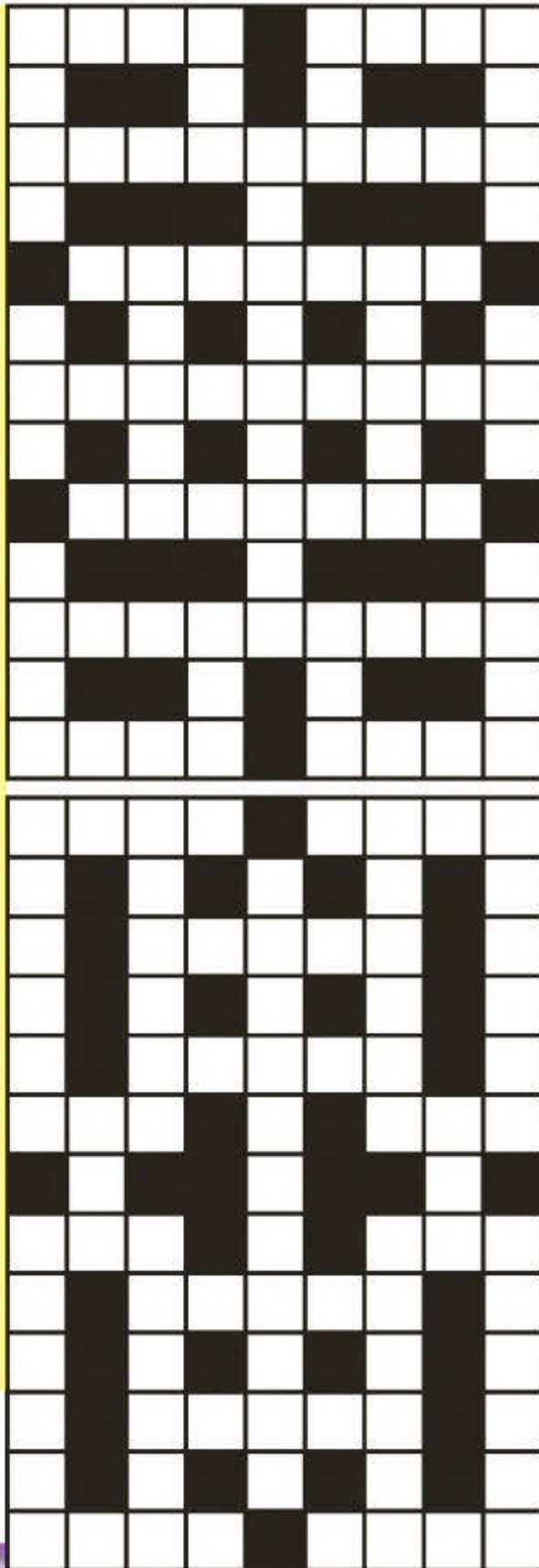
Oblique  
Waltzes

## 9 LETTER WORDS

Enigmatic  
Kilometre  
Nursemaid  
Revocable

## 11 LETTER WORD

Blockbuster



# Solutions

## ISSUE 36, 2021

- |   |   |
|---|---|
| Puzzle 1 Mazda Car<br>Amberly                           | Puzzle 29 Headphones<br>Locksmith                                 |
| Puzzle 2 \$100 Treasure Chest<br>Page 74 (NZ - Page 67) | Puzzle 30 Navman Dash Cam<br>Beetle                               |
| Puzzle 3 Grain & Rice Cooker<br>P                       | Puzzle 31 \$50 Rhyme Time<br>Ambition                             |
| Puzzle 4 Fisher & Paykel Fridge<br>Hermit               | Puzzle 32 Bellapierre Makeup Kit<br>Laughter is the best medicine |
| Puzzle 5 \$90 Trivia Quiz<br>Ginger                     | Puzzle 33 \$50 Solar Orbit<br>PP                                  |
| Puzzle 6 \$50 Scatter Word<br>Colour                    | Puzzle 34 Bluetooth Speaker<br>Drawn                              |
| Puzzle 7 Lenovo Tablet<br>Paperweight                   | Puzzle 35 \$50 Pole Position<br>Goldfish                          |
| Puzzle 8 LG Mobile Phone<br>Midwife                     | Puzzle 36 \$75 Try-Angles<br>Elf                                  |
| Puzzle 9 Tefal Grill<br>Home on the Range               | Puzzle 37 \$50 Vice Versa Fill-In<br>Niche                        |
| Puzzle 10 Sunbeam Kettle<br>Drone                       | Puzzle 38 \$60 Bookworm<br>The Merchant of Venice                 |
| Puzzle 11 Baccarat Knife Block<br>1B or B1              | Puzzle 39 \$50 Coordinates Map<br>Vet                             |
| Puzzle 12 Royal Albert Tea Set<br>Glass                 | Puzzle 40 \$50 First Letter<br>Elope                              |
| Puzzle 13 \$90 Wordsmith<br>Benchmark                   | Puzzle 41 \$70 Extra Puzzle<br>Vent                               |
| Puzzle 14 Perfume<br>C                                  | Puzzle 42 \$50 Word Hunt Mix Up<br>Lovebirds                      |
| Puzzle 15 Guess Men's Fragrance<br>Spain                | Puzzle 43 \$80 Cross Maths<br>4                                   |
| Puzzle 16 Modella Quilt Set<br>O                        | Puzzle 44 \$40 Word Pairs<br>Stevia                               |
| Puzzle 17 \$20,000 Monster Cross<br>Chocolate           | Puzzle 45 \$70 3x3<br>Nit   |
| Puzzle 18 \$70 Puzzler of the Week<br>Road              | Puzzle 46 \$50 Spelling Test<br>C                                 |
| Puzzle 19 \$70 Arrow Word<br>Uplifting                  | Puzzle 47 \$50 Misphrased<br>Magic                                |
| Puzzle 20 Samsung TV<br>Combine                         | Puzzle 48 \$60 Who Am I?<br>Justin Bieber                         |
| Puzzle 21 Nescafe Coffee Machine<br>Panna cotta         | Puzzle 49 \$50 Odd One Out<br>Short (others can precede 'bean')   |
| Puzzle 22 \$80 Word Wheel<br>Green with envy            | Puzzle 50 \$50 Number Pyramid<br>115                              |
| Puzzle 23 \$60 Quick Crossword<br>Recycle               | Puzzle 51 \$50 Double Trouble<br>Curfew                           |
| Puzzle 24 \$100 Mini Corner<br>Grass                    | Puzzle 52 Alpha Pic<br>Juggle                                     |
| Puzzle 25 \$50 Word Tracer<br>Avocado                   | Puzzle 53 Be Jewelled<br>Two                                      |
| Puzzle 26 \$40 Logic Puzzle<br>Pea                      | Puzzle 54 Bingo<br>C  |
| Puzzle 27 \$75 Match Ups<br>Shamrock                    | Puzzle 55 Alphabet Soup<br>Grill                                  |
| Puzzle 28 \$90 Sudoku<br>4                              | \$50 Pet in a Puzzle<br>2   |

### Monstercross Solution

**ACROSS:** 1 September, 6 Ambiguity, 11 Effused, 15 Lopes, 16 Tickets, 17 Awn, 18 Neigh, 19 ESP, 20 Out, 21 Yoga, 22 Cadet, 23 Question, 24 Bus, 27 Deter, 29 Cedar, 30 Macaw, 34 Tahoe, 36 Quake, 37 Ditto, 38 Florida, 39 Alibi, 40 Vermicelli, 45 Gallipoli, 49 Oolong, 52 Laughter, 54 Sceptical, 56 Expel, 57 Upon, 60 Icons, 62 Unkempt, 64 Dubai, 66 Crew, 68 F B I, 70 Remembers, 72 Exceptional, 75 External, 76 Extended, 81 Matriarchal, 85 Arthritis, 88 Ink, 89 Roar, 90 Early, 91 Biggest, 93 Ryder, 95 Gait, 99 Romeo, 100 Archaic, 103 Headache, 105 Roomie, 107 Existence, 111 Bloodhound, 114 Triad, 116 Readied, 117 Nobel, 120 Blurb, 121 Evict, 122 Ratio, 123 U-Turn, 125 Pause, 130 Era, 132 Ultimate, 135 Sleep, 136 Logo, 137 Ere, 140 Pod, 141 Trevi, 142 Son, 143 At Large, 145 Fungi, 146 Adamant, 147 Checkmate, 148 Obstacles. **DOWN:** 1 Superb, 2 Pulp, 3 Employ, 4 Bossa, 5 Rot, 6 Arcade, 7 Breathe, 8 Gust, 9 Icarus, 10 Yanks, 11 Ennui, 12 Friend, 13 Soho, 14 Doctor, 25 Secret, 26 Palatial, 28 Tahiti, 30 Mend, 31 Whoopi, 32 Chefs, 33 Revamp, 34 Tomato, 35 Ending, 36 Quota, 40 Valencia, 41 MSG, 42 Cuticle, 43 Loren, 44 Ifs, 45 Gee, 46 Lithe, 47 Ogle, 48 Ice Cube, 50 Lulu, 51 Nero, 53 Utter, 55 Cruise, 58 Pain, 59 Noble, 61 Stealth, 63 Teem, 65 If I, 67 Western, 69 Boudoir, 71 Manor, 73 Creator, 74 Peter, 77 Among, 78 Slab, 79 Faith, 80 Forehead, 82 Tiki, 83 Ike, 84 Calzone, 86 Iceland, 87 Sonic, 92 Grain, 94 Yahoo, 96 Alto, 97 Trim, 98 Dali, 101 Che, 102 Cub, 104 Ago, 105 Rattle, 106 Indent, 108 Scribe, 109 Evacuate, 110 Climb, 112 Hunger, 113 Adore, 115 In lieu, 118 Bottle, 119 Ludo, 124 Rosella, 125 Paella, 126 Eureka, 127 Stance, 128 George, 129 Uganda, 131 Addles, 133 Taint, 134 Music, 136 Lofts, 138 Etna, 139 Lark, 140 Pill, 144 Ego.

All **WINNERS** will be published at  
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# KIDUZZLES!

JUST FOR KIDS!

## PUZZLE No. 52

### Eye Scream

#### HOW TO WIN...

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

#### CLUES

- 1 Birthday celebration
- 2 Twinklers in the sky
- 3 Elephant's nose
- 4 Mix together
- 5 Rock, boulder



## PUZZLE No. 53

### Letter Giraffe

#### HOW TO WIN...

One letter of the alphabet cannot be found on the giraffe. When you know which one it is, write that letter only on the entry coupon and you could be a winner.



## PUZZLE No. 54

### Odd Word Out

#### HOW TO WIN...

One word in each of the groups listed does not belong with the others. When you have worked out which one does not belong, write the first letter of that word in the circle to the right of each grouping. The letters, reading downwards, will spell a word. For a chance to win, write this word only on the entry coupon.

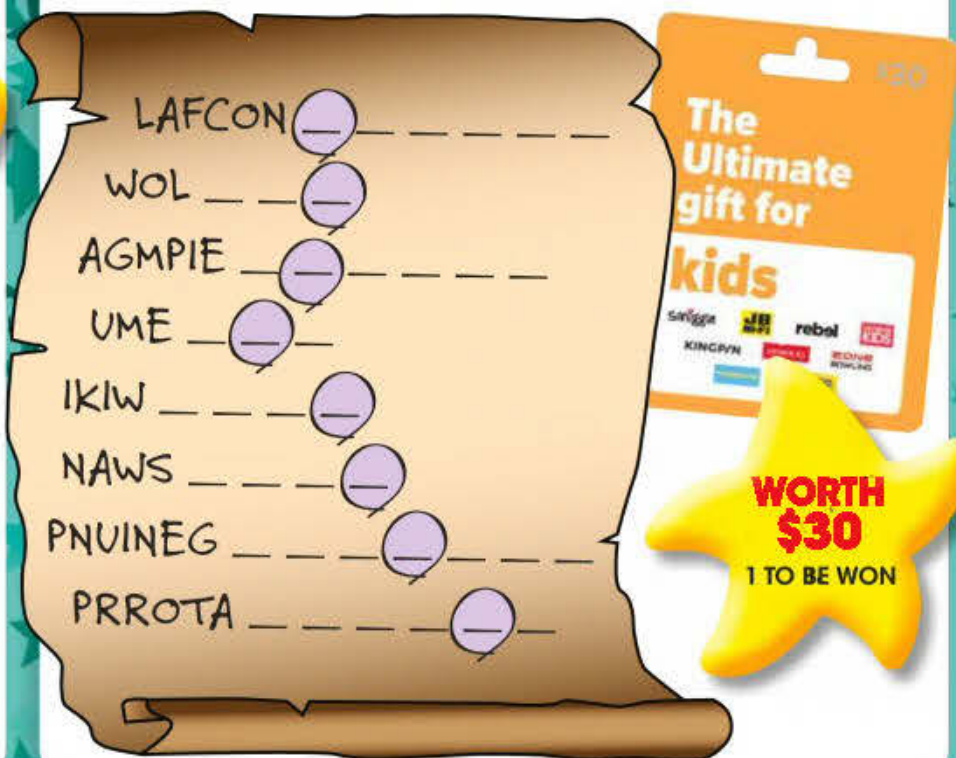
- 1 Bracelet, bangle, watch, glasses, fitbit
- 2 Pigeon, rabbit, hawk, goose, penguin
- 3 Africa, Italy, Egypt, Ireland, Japan
- 4 Alice, Rachel, Barbra, Victor, Jessica
- 5 Scarlet, ruby, yellow, cherry, rose



## PUZZLE No. 55

### Word Jumble

Unscramble each of the birds on the scroll. When you have worked out what all the birds are, the lilac circles reading left to right, top to bottom will spell a related word. Write this word only on the entry coupon for a chance to win.





Entries to arrive by **5pm AEDT** Friday 3 December, 2021

## Puzzle number

**All puzzles are individually numbered to make entering easy**

No. 1	Mazda CX-3 SUV
No. 2	\$100 Treasure Chest
No. 3	Men's Watch
No. 4	Laptop
No. 5	\$90 Quiz
No. 6	\$50 Scatter Word
No. 7	Smart TV
No. 8	Mobile Phone
No. 9	Kettle & Toaster
No. 10	Men's Fragrance
No. 11	Smart Clock
No. 12	Towel Set
No. 13	\$90 Wordsmith
No. 14	Knife Block
No. 15	Perfume
No. 16	Pressure Washer
No. 17	\$20,000 Monstercross
No. 18	\$70 Puzzler of the Week
No. 19	\$70 Arrow Word
No. 20	Fridge
No. 21	Hostess Set
No. 22	\$80 Match up
No. 23	\$60 Classic Challenge
No. 24	\$100 Word Knocker
No. 25	\$50 Spiral
No. 26	\$40 Fill In
No. 27	\$75 Boxing Matches
No. 28	\$90 Sudoku
No. 29	Multi Cooker
No. 30	Cookware Set
No. 31	\$50 Word Jumble
No. 32	Hair Pack
No. 33	\$50 Twisted Word Search
No. 34	\$70 Coordinates Map
No. 35	\$50 End Letters
No. 36	Headphones

<b>No.37</b>	\$50 Where Am I?
<b>No.38</b>	\$60 Slider
<b>No.39</b>	\$50 Six By Six
<b>No.40</b>	\$50 Secret Saying
<b>No.41</b>	\$75 Extra Puzzle
<b>No.42</b>	\$50 Buy A Vowel
<b>No.43</b>	\$80 4x4
<b>No.44</b>	\$40 Number Pyramid
<b>No.45</b>	\$70 Letter Drop
<b>No.46</b>	\$50 Spelling Test
<b>No.47</b>	\$50 Four Words
<b>No.48</b>	\$60 Who Am I?
<b>No.49</b>	\$50 Word Hunt Mix Up
<b>No.50</b>	\$50 Nine Letter Word
<b>No.51</b>	\$50 Double Trouble
<b>No.52</b>	Eye Scream
<b>No.53</b>	Letter Giraffe
<b>No.54</b>	Odd Word Out
<b>No.55</b>	Word Jumble

**\$50 Pet in a puzzle** (Page 19)

**ENTER BY POST OR ONLINE**

**BY POST** Write your answers in the spaces provided on this coupon and fill in your name and address details in the space below. Tear out the whole page and post it in for your chance to win!

**ONLINE** Complete the puzzles you'd like to submit answers for, then head to [www.thatslife.com.au/win](http://www.thatslife.com.au/win) and follow the links to the online coupon for issue 45. Fill in your details and type in the answers for the prize puzzles you wish to enter. Then press submit and your online entry is done!

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For a homemade exfoliant, mix ground oats with water to form a paste. Use as a gentle scrub for your face and neck.

*Beth King, Langford, WA*



When propping a ladder against a wall, pop socks over the end of the rungs so they don't mark the surface.

*Joan Hewson, Acacia Ridge, Qld*



To keep ants at bay, add a tablespoon of washing liquid to a spray bottle of water. Spritz around the area for a clean and fresh-smelling deterrent.

*Lynne Foster, Wodonga, Vic*

Stop snails from nibbling your pot plants by wiping the edge of the pot with petroleum jelly.

*Lisa Gill, Orange, NSW*



Try a new use for...

sticky tape



Sprinkle a little lavender oil in your cupboard to help keep silverfish away from your clothes.

*Helen Bruce, Ayr, Qld*

Keep empty packets of chips or nuts so when sharing, you can pour half in the empty pack.

*Nadine Ryan, Millicent, SA*



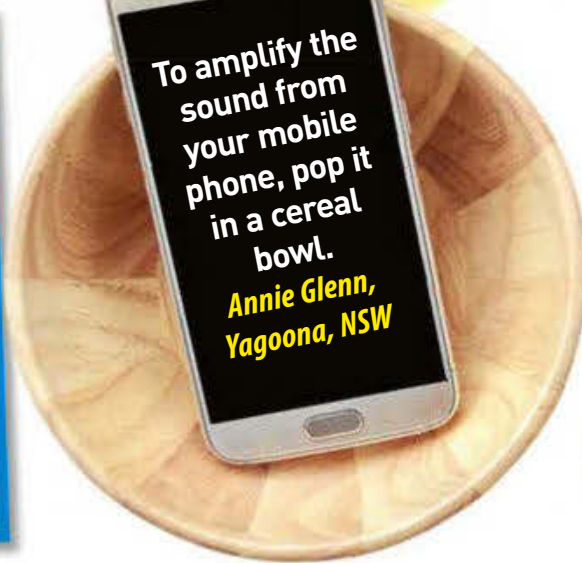
Before putting royal icing on a cake, brush over the top with egg white. This will help the icing stick.

*Leanne Taylor, Sheffield, Tas*



To amplify the sound from your mobile phone, pop it in a cereal bowl.

*Annie Glenn, Yagoona, NSW*



- Use tape on your fingers when painting your nails to avoid getting varnish where it's not wanted. This is especially good if doing any nail art.
- Use a large strip of tape to hold up a loose hem on a skirt or pants.
- Wrap tape around your fingers with the sticky side out and use to remove fluff from clothes.



# REAL FOOD

Home cooked never tasted SO good!

## CHICKEN ENCHILADA PULL-APART

**SERVES 6**

**PREP AND COOK:**

**1 HOUR, 10 MINS**

500g jar Spicy Peppers Pasta Sauce  
3½ cups shredded roast chicken  
meat (450g)

35g sachet taco seasoning

3 cups grated pizza cheese

5 x 22cm round flour tortillas

**1** Grease base and side of a 21cm round springform pan (base measuring 20cm). Line base with baking paper. Place pan on an oven tray.

**2** Place half of the pasta sauce in a large bowl. Stir in shredded chicken, taco seasoning and 2 cups of the cheese.

**3** Spoon mixture evenly down centre of each tortilla. Roll up to enclose. Cut each roll crossways into four equal pieces.

**4** Arrange pieces, cut-side up, in prepared pan, in a single layer. Spoon over remaining sauce. Sprinkle with remaining cheese.

**5** Cook, uncovered, in a moderate oven (180°C) for about 40 minutes, or until heated through and cheese is golden.

**6** Serve hot pull-apart garnished with fresh parsley or coriander leaves (optional).

### Prep ahead

Pull-apart can be prepared to end of Step 4 up to several hours ahead. Refrigerate, covered, and cook just before serving. Use your favourite pasta sauce, if preferred. You will need a large barbecued chicken for this recipe.

# The FABULOUS 5!

You'll love these quick and easy ideas using just five ingredients





### Keep warm

To keep fritters warm, place on an oven tray. Cover lightly with foil and place in a very slow oven (120°C).

## MINTED PEA AND RICOTTA FRITTERS

**SERVES 4**

**PREP AND COOK: 30 MINS**

1 cup frozen minted peas  
½ cup self-raising flour  
2 eggs  
250g fresh ricotta  
Ajvar relish, to serve

**1** Toss peas and flour together in a large bowl. Add eggs and ricotta. Season with salt and pepper. Stir to combine.

**2** Heat a lightly oiled, large, non-stick frying pan over a medium heat. Add

a heaped tablespoon of mixture, spreading to about 6cm in diameter, to make a fritter. Repeat process to make four more.

**3** Cook for about 2 minutes on each side, or until golden brown. Remove and cover to keep warm (see Tip). Repeat with remaining mixture to make about 15 fritters in total.

**4** Serve warm fritters with relish and mixed salad leaves (optional).

## BREKKIE BURGER

**MAKES 4**

**PREP AND COOK: 15 MINS**

200g packet rindless streaky bacon rashers  
4 eggs  
4 brioche burger buns, halved  
Smoky barbecue sauce, to taste  
4 cheddar cheese slices

**1** Heat a lightly oiled, large frying pan over a medium to high heat. Add bacon. Cook for about 3 minutes on each side until golden and crisp. Drain on absorbent kitchen paper.

**2** Transfer bacon to an ovenproof dish. Cover loosely with foil. Keep warm in a moderate oven (180°C) while cooking eggs.

**3** Heat same frying pan over a medium heat until

hot. Crack eggs into pan, one at a time. Cook for about 3 minutes on one side, or until cooked to your liking. Season with salt and pepper.

**4** Meanwhile, place halved rolls on an oven tray. Drizzle sauce over bases. Top with cheese.

**5** Place in the oven, alongside the bacon for 2 minutes, or until cheese is just melted. Remove.

**6** Top with bacon then eggs. Drizzle with extra sauce. Replace tops. Serve.

### Bread rolls

Brioche burger buns are available from major supermarkets, but any soft bread rolls can be used.







## CLASSIC SPONGE

**SERVES 10**

**PREP AND COOK: 45 MINS**

4 eggs, at room temperature

$\frac{2}{3}$  cup caster sugar

1 cup plain flour

300ml tub thickened cream,  
whipped

125g punnet blueberries

**1** Grease a 22cm round cake pan. Line base and side with baking paper, extending paper 2cm above pan edge.

**2** Beat eggs and sugar in a small bowl of an electric mixer for about 10 minutes, or until thick and pale. Transfer to a large bowl.

**3** Sift flour twice onto a sheet of baking paper. Sift again over egg mixture. Using a balloon whisk, gently fold to combine. (Don't stir.) Pour into prepared pan.

**4** Cook in a moderate oven (180°C) for about 25 minutes, or until edge of sponge has shrunk slightly away from side of pan. Stand in pan for 5 minutes. Turn out onto a wire rack to cool.

**5** Serve sponge topped with whipped cream, blueberries and sifted icing sugar (optional).

### Great idea

Sponge is best made on the day of serving. Or for a change, divide among a 12-hole muffin pan lined with paper cases. Cooking time will vary slightly.





## SESAME CRUSTED PORK AND NOODLES

**SERVES 4**  
**PREP AND COOK:**  
**40 MINS**

2 tbsps sesame seeds  
300g pork fillets  
375g Singapore noodles  
850g packet frozen stir-fry vegetables  
½ cup oyster sauce, plus extra to drizzle

- 1** Spread sesame seeds on a plate. Roll pork over to coat.
- 2** Heat an oiled, large frying pan on high. Add pork. Cook, turning, for about 3 minutes, or until lightly browned. Transfer to an oven tray lined with baking paper.
- 3** Cook pork in a hot oven (200°C) for about 15 minutes,

or until just cooked through. Rest, loosely covered with foil, for 10 minutes. Thickly slice.

**4** Place noodles in a heatproof bowl and pour over boiling water to cover. Set aside for 5 minutes, then drain.

**5** In same, oiled frying pan, add stir-fry vegetables and stir-fry for about 3 minutes. Add oyster sauce and noodles and stir-fry for a further 2 minutes, or until hot.

**6** Serve pork on a bed of noodles, drizzled with extra sauce. Sprinkle with sliced red chilli (optional).

## LEMON MERINGUE PIE

**SERVES 6**  
**PREP AND COOK: 50 MINS**

1 x 220g packet frozen sweet flan/pie base  
2 lemons  
3 eggs, at room temperature  
395g can sweetened condensed milk  
½ cup caster sugar

- 1** Cook pie base according to packet directions and let cool.
- 2** Finely grate rind and squeeze juice from lemons. You will need 1 tbsp of lemon rind and ½ cup of juice.
- 3** Separate eggs. Whisk egg yolks and condensed milk in a bowl until combined. Stir in rind and juice. Pour immediately into prepared pie base. Smooth over top.
- 4** Beat egg whites in a small bowl of an electric mixer until soft peaks form. Beat in sugar, 1 tbsp at a time, until thick and glossy. Spoon meringue over filling.
- 5** Cook in moderate oven (180°C) for about 20 minutes, or until topping is lightly browned.
- 6** Cool pie before serving.

### Beat eggs

When beating egg whites, it's best to have eggs at room temperature for maximum volume. Serve with cream or ice cream.







## MOROCCAN LAMB WITH FRUITY NUT COUSCOUS

**SERVES 4**  
**PREP AND COOK:**  
**20 MINS**

8 lamb loin chops (1kg)  
1 tbsp Moroccan seasoning  
1½ cups couscous  
1 cup trail mix  
60g baby rocket leaves,  
roughly chopped

**1** Combine lamb, seasoning and 1 tbsp of

olive oil in a large bowl. Season with salt and pepper. Toss to combine.

**2** Heat an oiled, barbecue grill plate over a medium heat. Add lamb. Cook for about 4 minutes on each side, or until cooked to your liking. Transfer to a plate. Rest, loosely covered with foil, for 5 minutes.

**3** Meanwhile, place

couscous in a large heatproof bowl with 1 cup of boiling water and 1 tbsp of olive oil. Stand, covered, for 5 minutes. Fluff with a fork. Season with salt and pepper. Add trail mix and rocket. Toss to combine.

**4** Serve lamb with couscous. Accompany with lemon halves and vinaigrette dressing (optional).





### Top tip

Swap chicken breast for thigh fillets. You may need to adjust cooking time.

## TERIYAKI CHICKEN

**SERVES 4**  
**PREP AND COOK:**  
**20 MINS**

500g chicken breast fillets, trimmed  
1/3 cup thick teriyaki marinade  
2 x 250g packets microwaveable long-grain rice  
3 cups frozen peas, corn and capsicum (350g)  
Lemon wedges, to serve

**1** Cut chicken into 1cm pieces and place in a large bowl with 1 tblsp of the teriyaki marinade. Toss well to coat.

**2** Meanwhile, heat rice according to packet directions.

**3** Heat an oiled, large wok over a high heat. Add chicken in two batches. Stir-fry for about 3 minutes, or until chicken is browned and just cooked.

**4** Return all chicken to wok with rice, frozen vegetables and remaining marinade. Stir-fry for a further 2 minutes, or until vegetables are tender. Remove from heat.

**5** Serve with lemon wedges.

## CHOCOLATE TIRAMISU

**SERVES 4**  
**PREP: 20 MINS**

300g fresh ricotta  
1/4 cup icing sugar mixture  
300ml tub thickened cream  
2 tblsps drinking chocolate, plus extra to serve  
8 sponge finger biscuits

**1** Beat ricotta with icing sugar in a small bowl of an electric mixer until smooth. Add cream and beat until thick.

**2** Whisk drinking chocolate with 1/2 cup of cold water in a medium bowl until smooth.

**3** Break each sponge finger into three pieces. Working quickly, dip half the sponge finger pieces in chocolate mixture. Divide evenly among four serving glasses (300ml capacity). Top with half the ricotta cream. Repeat layering with remaining sponge pieces, chocolate mixture and ricotta cream.

**4** Drizzle remaining chocolate mixture over the top. Refrigerate for 30 minutes.

**5** Serve dusted with extra drinking chocolate.



### Make ahead

Tiramisu can be made several hours ahead. Keep, covered, in the fridge.





Karen Buckley  
Food Editor

# THIS WEEK WE'RE LOVING...

A pie that's easy to make  
and delicious to eat!



## Make ahead

Pie, without the meringue, can be made up to one day ahead. Keep, covered, in the fridge. Top with meringue and brown up to 2 hours before serving.

## MOCHA MERINGUE PIE

**SERVES 12**

**PREP AND COOK:  
45 MINS**

1½ x 250g packets *Nice biscuits*

175g *butter, melted*

1 *tblsp golden syrup*

### FILLING

2 x 200g blocks *dark cooking chocolate, chopped*

4 *egg yolks*

1 *tblsp golden syrup*

300ml *tub thickened cream*

### COFFEE MERINGUE

4 *egg whites*

1 *cup caster sugar*

1 *tblsp dry instant coffee powder (not coffee granules)*

**1** Lightly grease a 24cm round x 5½ cm deep, loose-base flan tin (base measures 21cm).

**2** Process biscuits in a food processor until finely crushed. Add butter and syrup. Process until combined. Press firmly over base and side of tin. Refrigerate.

**3** To make filling, place chocolate in a medium heatproof bowl. Sit bowl over a saucepan of simmering water. Stir until melted. Remove the bowl and cool for 10 minutes.

**4** Whisk yolks into chocolate (mixture may seize at this stage). Add syrup and 2 *tblsps* of boiling water. Whisk until smooth. Cool to room temperature.

**5** Pour filling into biscuit crust. Cover. Refrigerate for 4 hours, or overnight.

**6** To make meringue, beat egg whites in the large bowl of an electric mixer until frothy. Gradually beat in sugar, 1 *tblsp* at a time until combined. Continue beating on high speed for about 8 to 9 minutes, or

until sugar is dissolved and meringue is thick and glossy. Add coffee. Beat for about 1 minute, or until dissolved.

**7** Spoon the meringue over the filling in tin, using the back of a spoon to create peaks.

**8** Cook in a very hot oven (220°C) for about 3 to 4 minutes, or until evenly browned. Remove. Cool in tin for 10 minutes before refrigerating for 30 minutes.

**9** Transfer pie to a plate. Cut into wedges to serve.





### Top tip

To measure ice-cream, spoon into a measuring cup, pressing in firmly. Replace Dark Choc Melts with White or Milk Choc Melts, for a change.

## CHOC-TOP BANANA ICE-POPS

**MAKES 14**

**PREP: 20 MINS**

*2 medium ripe bananas (175g),  
peeled, chopped  
1 cup creamy vanilla yoghurt  
2 cups vanilla ice-cream  
1½ cups Dark Choc Melts  
2 tbsps vegetable oil*

- 1** Place bananas, yoghurt and ice-cream in a blender. Blend until smooth.
- 2** Divide mixture evenly among 14 ice-pop moulds (50ml capacity). Insert sticks and freeze overnight.
- 3** Place chocolate and oil in a medium, heatproof bowl. Sit bowl over a saucepan of simmering water. Stir until melted and smooth. Transfer to a small jug. Stand for 15 minutes.
- 4** Meanwhile, run moulds under warm water for a couple of seconds to remove ice-pops. Place on a tray lined with baking paper. Freeze for 15 minutes.
- 5** One at a time, dip the top half of ice-pop into chocolate mixture, allowing excess to drip away. Hold for 30 seconds, or until chocolate is set. Return to same tray and freeze until serving.

Get cr  
**ICE**  
for

Fr

## PINE-COCONUT POPSICLES

**MAKES 10**

**PREP: 20 MINS**

*450g can crushed pineapple  
in syrup  
¼ cup fresh-squeezed lime juice  
¼ cup icing sugar mixture  
½ cup coconut milk  
½ cup sweetened condensed milk  
¾ cup thickened cream*

- 1** Place undrained pineapple, lime juice and sugar in a blender. Blend until smooth.
- 2** Divide mixture evenly among 10 ice-pop moulds (100ml capacity). Freeze for 1 hour, or until just frozen.
- 3** Beat coconut milk, condensed milk and cream in a small bowl of an electric mixer until thick.
- 4** Pour over frozen pineapple mixture in moulds. Insert sticks. Freeze overnight.
- 5** To serve, run moulds under warm water for a couple of seconds to remove popsicles.





creative with...

# POPS everyone

Frozen delights to keep  
the family cool

## LEMON-LIME JELLY POPS

**MAKES 8**

**PREP: 20 MINS**

*2 x 180g packets jelly lollies*

*2¼ cups lemon-flavoured  
mineral water*

*¼ cup green lime cordial*

**1** Divide jelly lollies evenly  
among eight ice pop moulds  
(100ml capacity).

**2** Combine mineral water

and cordial in a jug. Pour  
evenly over lollies in moulds  
to within 5mm of the top.

**3** Tap base of moulds to  
remove air bubbles. Insert  
ice-pop mould lids. Freeze  
overnight.

**4** When ready to serve, run  
moulds under warm water  
for a couple of seconds to  
remove ice pops.





Me at the Cenotaph in Hobart

Kerri is determined to keep the memories of her great-grandfather and other soldiers alive

Kerri Statton, 54, Glendevie, Tas

I won't  
our hero

BEFORE

**S**tatton?" I exclaimed. 'That's my surname!'

It was April 25, 1996 – Anzac Day – and my local paper had listed the names of Tasmania's 13 Victoria Cross recipients. One was Sergeant Percy Clyde Statton.

I didn't know much about medals, but I knew the Victoria Cross, or VC, was the most prestigious there was. Awarded for acts of bravery in wartime, it was our highest military honour.

Presented at Buckingham Palace, London, UK, it was given for valour 'in the presence of the enemy' to members of the British and Commonwealth countries' Armed Forces.

'Are we related to Percy Clyde Statton?' I asked my aunt Merlene.

'Oh yes, he's your great-grandfather,' she confirmed proudly. 'He was a real hero.'

He died in 1959, eight years

before you were born.'

Aged 31, I was shocked nobody had mentioned this before. Eager to learn how he'd earned his VC, I applied for Percy's WWI records.

I discovered that on August 12, 1918, near Proyart in northern France, and

armed only with a revolver, he'd rushed four German machine gun posts, forcing them to retreat.

He then ran into heavy fire to drag two of his injured comrades to safety.

*Sergeant Statton set a magnificent example of quick decision, and the success of the attacking troops was largely due to his determined gallantry,* his citation read.

Blown away, I went to the Australian War Memorial in

Canberra, ACT, where his VC, awarded to him by King George V, sits behind glass for everyone to see.

I gazed at it in awe.

Being so rare, it was worth well over a million dollars. But to me, it was priceless.

Piecing together his life,

I learnt I was a descendant from his marriage with Elsie May, who left Percy when he went to war.

My research

also led me to meeting local war veteran Frank MacDonald MM, a former soldier who not only served with Percy in the 40th battalion, but was a witness to his bravery.

Despite being nearly 100, Frank had not forgotten Percy's actions.

Taking my hand in his,

tears filled his eyes.

'Percy's bravery was outstanding,' he told me. 'He deserved three VC medals for what he did. He risked his life facing those German machine guns.'

Frank and Percy had stayed friends after World War I, before both also serving in WWII.

I learnt so much about Percy through Frank, and loved seeing him.

Each time, he'd take my hand in his, and cry.

'You're the only person he does that with,' whispered his niece Phyllis who looked after him. 'He looks at you and sees Percy,' she said.

I felt so honoured.

Frank lived to 107,

They fought  
for our  
freedom

The spot where Percy earned his VC medal





# 't let heroes GOTTEN

AUSSIE  
REAL  
LIFE

Me with Jason and  
the 104-year-old  
letter from Percy



making him the oldest surviving First World War veteran, and I paid my respects at his state funeral.

I also connected with Jason Howell, the grandson of Tasmanian schoolboy Reginald Barker, who had exchanged letters with Percy in 1917.

He still had a letter from Percy, kept in an old tin for a century. It was wonderful to read the 'letter from the grave'. Percy described being in his bunker as it snowed, and how he longed for the warmth of home.

The fact he took the time to write back to this 11-year-old boy overwhelmed me.

In 2018, to commemorate the centenary of the 1918

armistice ushering in the end of the war, I travelled to France to retrace Percy's steps.

There, I went to the Western Front, a major battle line, where soldiers had fought from muddy, uncomfortable trenches.

Ken Lees, my guide, took me to each location where Percy had fought. Finally, he led me onto private property, and up a cliff.

'This is where it happened, Kerri,' he said, pointing. 'Germans would have been there and Percy, here. This is where your great-grandfather earned his VC.'

Imagining the scene, I broke down in tears.

I felt so privileged to have been able to walk in Percy's shoes.

Back in Tasmania, I was determined to prevent the names of our brave men vanishing into history.

I wanted to get together descendants of all 15 Tasmanian VC recipients – two more had been awarded VCs posthumously – so we could share

memories in their honour.

It took a year of research, but

I found them all.

They all knew about their brave ancestor and were thrilled to have been contacted.

Caroline, the daughter of Lance Corporal Bernard Sidney Gordon VC, MM, and in her 80s, burst into tears when I rang her.

'I thought Dad had been forgotten,' she wept.

I assured her he hadn't.

In August 2021, in a world first, descendants from each VC recipient met up for a prestigious luncheon where they were presented with replica sets of the VC and a ceremonial cake was cut with a sword.

Then each person shared the story of their ancestor. It was incredibly moving.

Today, I'm still a voice and passionate advocate for all Victoria Cross recipients in Australia.

I march in honour of them all on Anzac



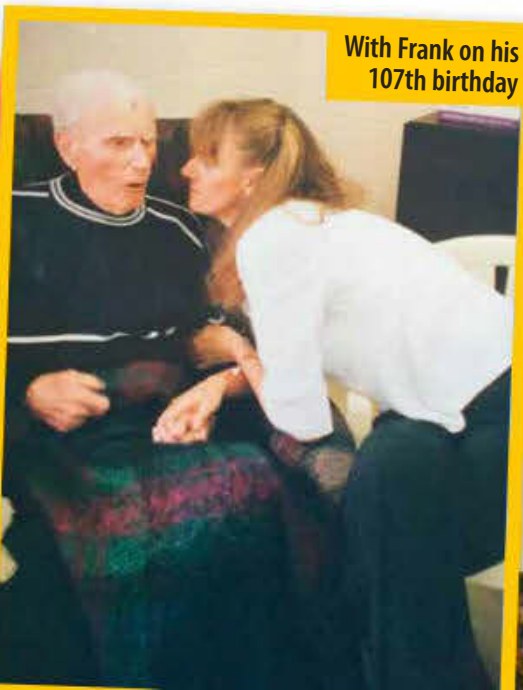
Sergeant Percy  
Clyde Statton VC

Day and lay a wreath on Remembrance Day to pay tribute to them.

They fought for our freedom and the least we can do is keep their memory alive so the younger generation can remember them for the brave heroes they were. ●

Was your  
loved one a  
war hero? Tell  
us at [thatlife@aremedia.com.au](mailto:thatlife@aremedia.com.au)

With Frank on his  
107th birthday







Xena, the warrior girl



BRAVE X

# Lost in the bush for 6 months

When her beloved dog vanished, Judy was waiting for a miracle

Judy Price, 58,  
Lockyer Valley, Qld

I gently cuddled our new scruffy-haired pup.

'You're living up to your name,' I smiled.

Our maremma sheepdog Xena had a tough start to life, battling a deadly virus at just nine weeks old, the poor thing.

But strong Xena was already proving she was a warrior.

My husband Brad and I adored Xena and her lookalike sister Hera. The two were inseparable and loved racing around our sheep farm.

But, in 2020, when Xena was three years old, in the middle of a drought, the COVID-19 pandemic hit.

Struggling to make ends meet, with 32 hectares of sheep and cattle property to maintain, we were forced to destock.

As Xena and Hera were sheepdogs, I knew we'd have to lose them too.

'They're our girls,' I said to Brad, devastated.

But I knew Xena and Hera would no longer thrive on our farm, and we loved

them enough to do what was best for them, not us.

So, in October 2020, we made the heartbreaking decision to give them a new home at a nearby property.

They'd be 20 kilometres away and, luckily, their lovely new owner said we could visit any time.

Then, just two weeks after we said goodbye, the owner called.

'Xena's gone,' he told me, breathless.

He explained how, that morning, he'd gone out to check on the dogs, but our beloved Xena was nowhere to be found.

A fence guarding the

property had been trampled, and the sheep were in the corner, which must have left room for Xena to escape.

Brad and I rushed over and scoured the area with the owners.

We drove around for hours, scanning the bushland for her red harness. But there was no sign of her.

That night, there was a terrible hailstorm.

'She would be so spooked by the hail,' I cried, worried.

Back home, I put a missing dog call-out on Facebook. A local messaged me that they'd seen a maremma with a

red harness running from the farm earlier that day.

*That had to be Xena!*

I thought.

It gave us hope she was alive and hadn't been stolen.

The whole town was on

alert. We even had fires and helicopters out searching.

I scraped together \$1000 reward for any

information

that would help us find Xena. But as the days wore on with no news, we were beside ourselves.

Days turned to weeks, then months.

We couldn't bear to lose her again

Do you have an amazing pet story? Tell us at [thatsthatslife@aremedia.com.au](mailto:thatsthatslife@aremedia.com.au)



Brad and Xena after she came back



Xena and Hera as puppies



Together at last

PHOTOS: NINE NEWS; SUPPLIED



# XENA

AUSSIE  
REAL  
LIFE

# Home bush months

While I refused to give up, I began to fear the worst.

'What if she was bitten by a snake?' I asked Brad. 'Or if her harness was stuck in a fence?'

Three months later, we called a pet detective who specialised in tracking down missing animals.

'It's unlikely we'll have any more luck finding her than you did,' she explained.

Too much time had passed. I hung up, devastated.

We knew it would take a miracle to bring Xena home.

But then, six months later, in May this year, her new owner called.

'Judy, you're not going to believe it,' he cried. 'Xena's home!'

I couldn't comprehend what I was hearing.

We got in the car and drove straight over.

And when we arrived, we spotted a skinny, shabby dog with brown matted hair.

It took me a second to spot the red harness...

*It's our girl Xena,* I realised.

'Oh darling, it's you!'

I cried out, happy tears streaming.

The poor thing was unrecognisable.

Crouching down, I softly called out her name. Her beautiful eyes found mine, and she cautiously wandered over. I gently patted her, able to feel how she was just skin and bone.

We had no idea how Xena had survived for six months in the wilderness alone.

*Maybe she's been eating lizards,* I thought.

Chris said Hera and his other maremma, Bonnie, had been barking in the night. And when he went out at 3am to check, there were not two but three dogs in the backyard.

There had been a full moon and we wondered if that – plus the cold, her hunger and the dogs' barks – had guided her back.

Brad and I took Xena to the vet for a check-up and, incredibly, she was reasonably okay. Aside from malnourishment and stress, Xena was going to be fine.

Luckily, she

had enough puppy fat to survive so long without eating much.

After she had a wash and deworming treatment, we took our girl home.

Brad and I knew we couldn't bear to lose her again so, after some discussion, we decided to readopt Xena.

By then, we'd moved to an acreage and adopted a

maremma called Zeus, so Xena had lots of space to run around and thrive again.

Now, we still take Xena to visit Hera, and it's wonderful to see them together.

While we'll never know what Xena went through during those six months she was lost, we're just so glad she found her way back home to us. ●

*As told to April Glover*

Me with our beautiful Xena





Hello readers!

My name's Sam and I'm an average Aussie mum determined to uncover every money-saving, budget-friendly tip I can. Each week, I'll share them with you, so that your family – and mine – can get into the best financial shape of our lives!

And if you have any great tips you want to share, please send them to [thatslife@daremedia.com.au](mailto:thatslife@daremedia.com.au) – we'll pay \$50 for each tip we publish.

Sam x

# When gambling becomes a problem

When I was in my 20s, my friends and I spent a night in Sydney. We booked into a room at the casino, then hit the town at around 7pm.

Walking out past the poker machines, I noticed a woman sitting at a machine and we exchanged a smile.

My friends and I went for dinner, watched a band play, then got back to the casino around 2am.

Walking back to our room, I noticed the same lady sitting at the same poker machine. She was still there when we checked out at

10am the next day.

Maybe she didn't have a gambling problem and there was another reason she'd been sitting there so long, but it made me sad.

Since COVID restrictions started closing down gambling venues in 2020, online gambling in our two major cities has exploded by a huge 329 per cent.

'You don't even need to leave your house to lose your house anymore!' my fiancé Shannon said.

So, how do you know when the occasional punt has turned into a problem?

## GAMBLING: WHAT'S THE COST?

A 2017 study by H2 Gambling Capital found that Australia has the highest losses in the world, at around \$1300 per adult each year.

That's more than the US – and they have Vegas!

New Zealanders lose around \$620 per adult.

But compulsive gambling doesn't just harm your hip pocket. It can damage relationships, affect your work and it can take a huge toll on your mental health.

## DO I HAVE A PROBLEM?

Professional financial advisers would probably tell you that even buying one lottery ticket is throwing away good money, but an occasional flutter doesn't mean you're a problem gambler.

If gambling is consuming more time and money than you'd like, if it's causing conflict within your relationship or family, if you're taking days off work or your productivity is affected, if you find yourself thinking about gambling excessively, or if you lie about or try to hide how much you're gambling, then they're all red flags that you may need support.

## WHERE TO GET HELP

Despite how you may feel, you're not alone and it's not hopeless. Aussies can call the National Gambling Helpline on 1800 858 858. You can also visit Gamblers Anonymous at [gaaustralia.org.au](http://gaaustralia.org.au), or Gambling Help Online at [gamblinghelponline.org.au](http://gamblinghelponline.org.au)

## SIMPLE SWAP

My garden is literally crawling with ants. They're everywhere. I'm usually a 'live and let live' kinda gal, but when you're forced to dance an Irish jig while hanging out the washing just so your ankles don't become an ant smorgasbord, something needs to give.

I found a granule product at the hardware store for \$9.98, but I'd

need three containers to cover all the problem areas. And besides, I'm worried about how the product might affect my dogs and the other non-bitey creatures in my garden.

Instead, I raided the kitchen cupboards and mixed up two cups of vinegar, two cups of water, three tablespoons of dishwashing liquid and three tablespoons of salt.

It's cheap as chips, safe for the dogs and a few spritzes send the ants heading for the hills!





# Hair Volume is fantastic

Around four years ago, Ewa noticed that she was starting to lose a lot of hair and that her hair quality was deteriorating. When she read about the Swedish hair supplement Hair Volume™ in a newspaper, she decided to give it a try.

## Finally I have

# GREAT HAIR AGAIN

**A**lready, after a few months she began to notice results and now she highly recommends Hair Volume™ to all her friends. Ewa is 60, lives in Central Sweden and works as a secretary. She is a happy and outgoing woman who loves being outdoors, keeping healthy and long walks with her dog Melwin. Four years ago, she began to notice a difference with her hair which had always been thick and healthy. She started to notice her hair falling out every time she brushed it and the general quality had

deteriorated. – My hair looked sad and thin, Ewa says.

### Swedish Hair Volume™

By chance, Ewa found an advert for the food supplement Hair Volume™ in a newspaper and decided to give it a try. “After just a few months, I finally started to get back the hair quality I had before,” Ewa says.

### My friends were impressed

Ewa has now taken Hair Volume™ for over four years and has a better hair quality than ever before. Many people around her have also commented on how great her hair looks. And several of her friends and colleagues have also become loyal users. It started with my daughter who couldn't believe how healthy my hair had become - now she is also a loyal user of Hair Volume™. I have become a bit of an ambassador for Hair Volume™, Ewa says happily. At my current workplace, I often hear what amazing hair I have even though I am soon to be 60. Hair Volume™ is a fantastic product that really works, Ewa says happily.

### FACTS ABOUT HAIR VOLUME™

Hair Volume™ is a specially formulated Swedish food supplement that has won several awards. The content is a composition of vitamins, minerals and herbal extracts from apple. The ingredients stimulate the roots of the hair with substances that support the growth and the healthy appearance of the hair. Biotin and zinc help maintain normal hair.



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The new hair care range by New Nordic have an instant effect that works in synergy with the internal Hair Volume™ tablets for optimal results. The hair care series is suitable for all hair types and can be used by both men and women of all ages.



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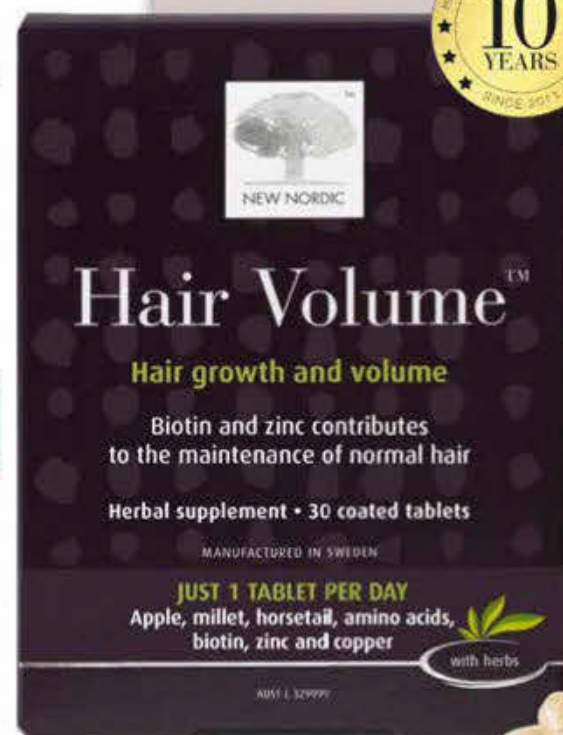
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# Living well

## How to sleep in the heat

Follow these tips to get a good night's shut-eye

It's that time of year when the mercury starts rising, and if you find you're struggling to sleep, you're not alone.

'Melatonin, our sleepiness hormone, relies on a cool core body temperature to be produced,' sleep expert Olivia Arezzolo explains.

'The more melatonin we have, the easier it is to fall and stay asleep. Thus, in the heat, which compromises this process, it's obviously more difficult.'

### WHAT CAN I DO?

Sleeping on natural fibres such as cotton and linen can help you to keep your cool. Avoid exercising too much before bed, along with alcohol or spicy food. Olivia also suggests the following tips:

**1** Block out blue light two hours before bed. Blue light, which is emitted from screens such as your TV or phone, can inhibit melatonin. Some newer TVs and computers

have blue light filters you can use. You can also buy blue blocking glasses that will do the trick.

**2** Try diffusing lavender – one study found it improved sleep quality by as much as 45 per cent.

**3** Give yourself an hour of technology-free time before bed. You could also set your alarm to remind yourself when it's time to do this.

**4** Take a shower. The drop in core body temperature as you emerge from a steamy shower into a cooler bathroom is a cue for melatonin synthesis.

**5** Boost your magnesium by having lots of leafy greens in your diet. Studies have found this mineral can lower anxiety.

**6** Get reading. Diving into a good book (or magazine) can help to reduce stress levels – with one study finding the effects take hold in just six minutes.

**7** Use an eye mask – this will protect you from the sabotaging effects of light while you sleep.



### What is... gephyrophobia?

This is the fear of crossing bridges – and it's more common than you may think. Some US cities even offer services to drive people across certain landmarks, including Maryland's Chesapeake Bay Bridge. The good news is that nearly all phobias, including gephyrophobia, can be treated. If you have concerns about phobias, ask your GP about what options are available.

# 50

Pelvic floor disorders will be diagnosed in this percentage of women by the age of 80. If you think this might relate to you, consult a women's health physio or ask your GP about available treatments.







**25** Of women diagnosed with breast cancer, this percentage of them are aged under 50.



**TELL ME WHY**  
*I have an innie*

When it comes to belly buttons, there are two kinds of people – those who have innies and those with outies. Despite what you might think, it has nothing to do with the way the doctor cut your umbilical cord. Instead, our navels are essentially scar tissue that forms when the remaining part of the cord falls off. And whether it's an innie or outie is entirely random. Another fascinating fact? Only about 10 per cent of people have an outie, although innies are often known to 'pop' during pregnancy.

**DID YOU KNOW?**

Ever wondered why humans have better colour vision than most mammals? It's called trichromatic colour vision and is a trait we share with some other primates. Some scientists believe it may have evolved so that our early ancestors could easily pick out the ripest pieces of fruit.



**3 WAYS TO...**

*beat hay fever*

GP Dr Michela Sorensen shares her tips for avoiding springtime sniffles

**1**  
**Avoid the lawnmower**  
Grass can be one of the biggest culprits for causing hay fever. Major offenders include rye-grass, Johnson grass, couch and paspalum. 'Avoid mowing the grass or wear a mask if you do,' Dr Sorensen advises.

**2**  
**Block out pollen**  
If itchy eyes are troubling you, slip on some sunnies when you head outside. 'Wear sunglasses to protect your eyes,' says Dr Sorensen, who also recommends keeping windows closed as much as possible during peak hay fever time.

**3**  
**Time your walks**  
Now that the days are getting longer, it might be time to swap those early morning walks for afternoon strolls instead. 'If possible, stay indoors in the morning, as grass pollens mainly circulate in the morning,' Dr Sorensen says.



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## Living well

## ASK THE Doctor



With Dr Dawn Harper

### CAN YOU REALLY BEAT STRESS WITH EXERCISE?

**!** My business has been under threat since COVID. The worry of trying to keep things afloat meant I was awake most of the night for months. My parents have given me a loan, which means I am okay, but I am still not sleeping. I used to run with a friend three nights a week, but gave up during restrictions and haven't got

back into it. She says I should start again as it will help. Is that true?

**A** Yes. Exercise is great for boosting mood and energy, and regulating sleep. It will also keep your immune system in good shape. Exercising with a friend will help keep you motivated when your willpower is down, so please get back into it.

### Is surgery necessary for my heel spur?

**!** My partner and I did a lot of walking on a recent trip away. I have developed a pain in my heel, which I put down to the increase in exercise, but we've now been back home resting for several days and it's no better. My GP is arranging an X-ray, as he suspects I may have a spur. If that's the case, will I need surgery?

**A** Heel spurs are caused by a build-up of calcium deposits on the underside of the heel bone, and they form over months rather than just days, so this may have been developing before your recent increase in exercise. If the X-ray confirms it's a spur, your doctor will discuss

options with you, and those could include getting custom-made orthotics (worn inside footwear), anti-inflammatories, steroid injections or, yes, possibly surgery.



### Have you got a question for Dr Dawn?

FUTURE PUBLISHING LTD

Send your questions to  email: [thatslife@aremedia.com.au](mailto:thatslife@aremedia.com.au)

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## MEDI-FILE

# Paralysed by SHINGLES

A childhood infection caused problems for Pamela more than 50 years later

**Pamela Moore, 66, Hervey Bay, Qld**

**M**y back's so itchy!' I cried, scratching it madly. My right arm was itchy too.

It was September 2020, and the next day, the skin on my back and arm broke out into blisters, then into a red rash.

*I must be allergic to something, I thought.*

Two days later, my right arm got heavy – and then became paralysed!

I had a shoulder injury so, assuming it had been caused by having cortisone injections for that, I saw my doctor.

'You've got shingles,' he said, after doing a swab test. 'Shingles?' I exclaimed.

'Yes, it's an infection that's caused by the same virus as chickenpox and can appear as blisters on your skin,' he told me.

The doctor explained that if you have chickenpox, it stays in your system and later

can reactivate as shingles.

I was stunned.

I'd had chickenpox as a child, but I never dreamed it would cause me problems over half a century later.

'A common complication is postherpetic neuralgia,' the doctor added, 'which causes pain after the blisters have cleared up. That's what's causing the paralysis in your arm too.'

He put me on medication for pain relief, which helped, but made me sleepy.

If I hadn't waited five days to see him, I could have gone on anti-viral medication, but now it was too late.

The rash cleared up after two weeks, but I still couldn't even lift my right arm and had to stop working as an aged care nurse.

I couldn't carry shopping or do household chores with that arm either. Luckily, I had lovely neighbours who helped me out.

The worst part was the nerve pain, which would hit without warning.

It was like a red hot poker stabbing through my neck and down my arm. Sometimes, it woke me at night.

It was like a red hot poker stabbing me

The skin on my arm was so sensitive that I'd wince if anyone touched it or if I wore long sleeves.

'The pain and sensitivity will stop when the shingles clears up,' my doctor said.

'How long will that be?' I asked, but he didn't know. Someone told me her

mum had shingles for five years!

Although shingles isn't contagious, a few months later my daughter

Melissa, 41, also got shingles down her leg after a partial knee replacement.

Thankfully, hers wasn't as bad as mine, and cleared up in a month.

She'd had chickenpox as well as the chickenpox vaccine as a child.

My mum also had shingles on her scalp, but no pain at all. Studies have found it can run in families.

Today, a year on, I've got some feeling back in my arm and I've gone back to work part-time.

My advice to others is to go to your doctor straight away if you think you have it. Caught early enough, anti-viral medication should

stop it in its tracks.

Next year, I plan to retire and go travelling around Australia in my campervan.

Hopefully, I'll make a full recovery and will be able to do just that. ●

## SHINGLES

- Is a viral infection caused by the varicella zoster virus, the same one that causes chickenpox. It is most common in people over 50.
  - Over time, our immune systems weaken, which may allow the virus to reactivate years later.
  - Typically, it causes a painful rash on one side of the face or the body that often blisters and scabs over in 10 to 15 days.
  - Symptoms include itching, burning, numbness and tingling. It can also cause nerve pain that can last months or even years.
  - A zoster vaccine reduces the risk of getting shingles.
  - Shingles isn't contagious, but if an unvaccinated person comes into direct contact with the blisters, they may get the virus.
- For more information, visit [knowshingles.com.au](http://knowshingles.com.au)



The blisters and rash were very itchy



I hope to make a full recovery



My skin was very sensitive



# FASHION finds

Paige McMillan FASHION EDITOR



**Top** \$52  
sizes 8-18 Next  
[next.com.au](http://next.com.au)



**Pants** \$62.50  
sizes 6-24 Marks & Spencer  
[marksandspencer.com/au](http://marksandspencer.com/au)



**Dress** \$54  
sizes 8-18 Next  
[next.com.au](http://next.com.au)



**Dress** \$49.99  
sizes XS-XL  
[H&M hm.com/au](http://H&M hm.com/au)

**Simple style**

For an easy spring outfit, style a pair of printed pants with a plain coloured top and sandals.

**ANIMAL**

# Print PE

Four trending patterns to put a spring into your step



**Camila Morrone**



**Dress** \$42.50  
sizes 6-24 Marks and Spencer  
[marksandspencer.com/au](http://marksandspencer.com/au)



**Pants** \$60  
sizes 4-16 Pretty Little Thing  
[prettylittlething.com.au](http://prettylittlething.com.au)

**Top** \$50  
sizes 8-22 Millers  
[millers.com.au](http://millers.com.au)



**Jumpsuit** \$69  
sizes 8-16 Next  
[next.com.au](http://next.com.au)

**SPOTS**



# STRIPES



**Dress** \$30.95  
sizes XS-XL Shein  
[au.shein.com](http://au.shein.com)



**Dress** \$44  
sizes 6-22 Next  
[next.com.au](http://next.com.au)



**Pants** \$45.99  
sizes XS-XXL Pomelo  
[pomelofashion.com/au](http://pomelofashion.com/au)



**Skirt** \$39.95  
sizes XS-XXL Pomelo  
[pomelofashion.com/au](http://pomelofashion.com/au)



**Julianne Moore**

# REFLECT



**Dress** \$27.95  
sizes XS-XL Shein  
[au.shein.com](http://au.shein.com)



**Blouse** \$24.99  
sizes 4-18 H&M  
[hm.com/au](http://hm.com/au)



**Top** \$79.99  
sizes 14-26 BeMe  
[beme.com.au](http://beme.com.au)



**Skirt** \$25  
sizes 8-16 Boohoo  
[au.boohoo.com](http://au.boohoo.com)

# FLORAL

## Sun smart

For the ultimate sun-safe coverage, opt for a light floral midi or maxi dress with long sleeves, like Julianne.



# It's **GIFT** time!

with Steph De Nobile



Heart Therapeutics Herbal Tea Range from \$10  
hearttherapeutics.com.au



A signature scent with fresh and floral notes, this fragrance is an ideal gift for any perfume lover.

Vera Wang Eau De Parfum 100ml \$24.99  
amazon.com.au



Leopard Print Trim Wide Brim Hat \$9  
kmart.com.au



# Gifts for Her

We've rounded up the best festive buys for the ladies in your life

Basil Bangs Weekend tote \$40  
basilbangs.com



Comb \$14.95  
seedheritage.com.au



Palm Beach Coconut & Lime Reed Diffuser \$42.95  
palmbeachcollection.com.au

Elizabeth Arden NEW YORK

Eight Hour® Cream Intensive Lip Repair Balm

Elizabeth Arden Eight Hour Cream Intensive Lip Repair Balm \$30 myer.com.au

Lush Dreaming of Christmas Gift Set \$31.50  
lush.com.au



Valquer Exotic Blueberry and Avocado Extract Shampoo Bar \$14.95 amazon.com.au



Bar None Repairing Shampoo and Conditioner \$18 each  
bar-none.co

Drift into a luxurious slumber with this plush sleep mask. Made from silk, it's gentle on skin and the perfect companion for a divine beauty sleep!  
Ivy's Selection Silk Sleep Mask \$30.95  
amazon.com.au

This faux leather crossbody wallet contains multiple card compartments, a note slot and a phone pocket – the perfect gift for any busy bee!  
Marikai Phone Crossbody Wallet \$29.99,  
strandbags.com.au

Rimmel Cracker Gift Set \$19.95  
bigw.com.au

Bliss Bay Australia Body Lotion Body Wash and Lip Balm Gift Set \$44  
amazon.com.au

Relax your face with this roller, made with jade stone, and gua sha massager – tools designed to help rejuvenate skin and reduce wrinkles.  
Jade Face Roller Gua Sha Massage Tool Set \$16.99  
amazon.com.au

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Beaded Bracelet Set \$24.95  
seedheritage.com.au

Burt's Bees Self Care Trio Gift Set \$19.95  
davidjones.com

These faux fur slippers are ultra chic and cosy – plus they're made from recycled materials!  
Faux Fur Slippers \$25  
next.com.au

Elevate: The Essence of Zen \$9  
kmart.com.au

Essano Vitamin C Brightening Pack \$20  
essano.com.au



# that's an idea!

A WEEK'S WORTH OF THINGS TO BUY AND DO

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This is general information only. Consider the PDS and TMD available at [seniors.com.au](http://seniors.com.au). Insurance is issued by Hannover Life Re of Australasia Ltd ABN 37 062 395 484. Terms and conditions apply.



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Tim Johnson, 54, was just in his teens when he discovered his special abilities

**P**laying hide-and-seek at my cousin's house, the lights suddenly went out. Aged nine, I was startled and screamed.

'It's okay, we're all here,' my cousin, Paul, 14, said, comforting me.

Even though he was older, Paul always included me in sports or board games.

Four years later, I was on a school camping trip – my first holiday away from home.

On the seventh night, I was sleeping in the tent with a few friends when I heard someone whisper in my ears, jolting me awake.

Sitting up, I saw Paul standing near the doorway.

'What are you doing here?' I asked, rubbing my eyes, but he didn't answer.

*Am I dreaming?* I wondered.

Glancing at my watch, I saw it was 2am.

'How did you get here? Is everything okay?' I quizzed him, puzzled.

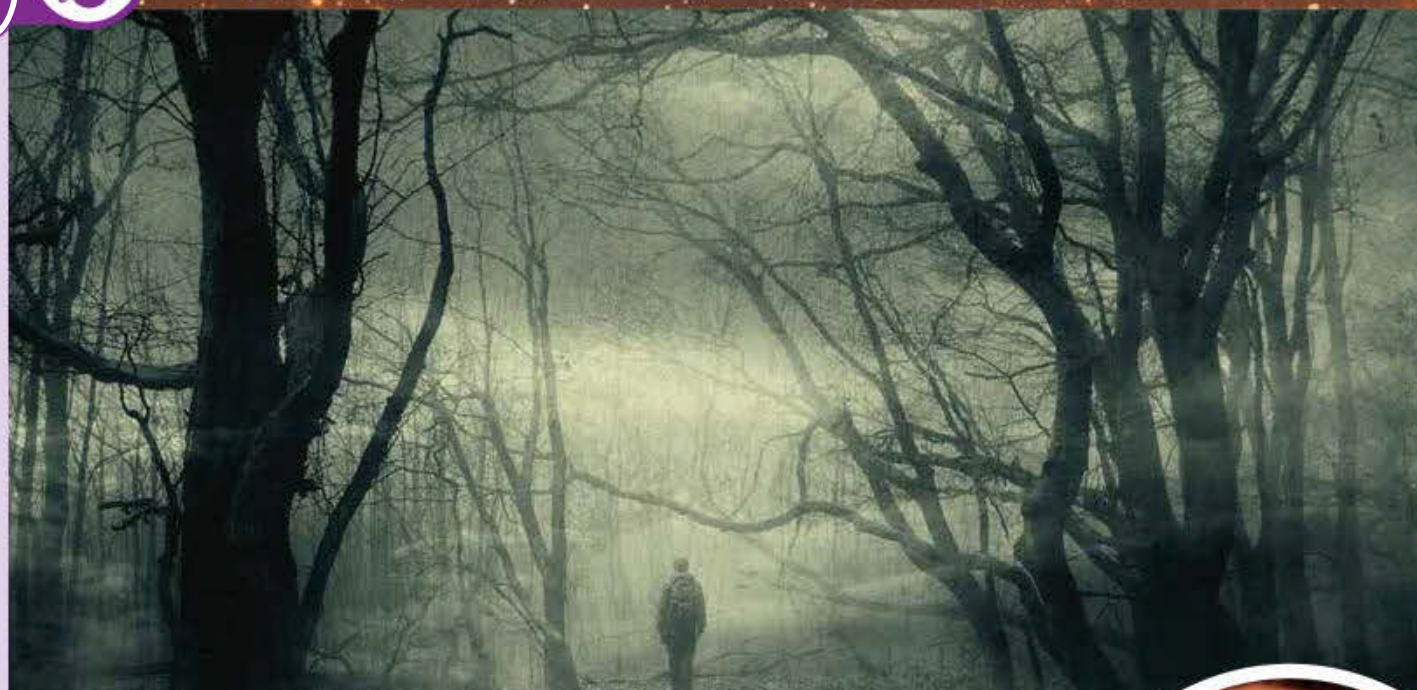
'Don't worry, everything will be fine,' Paul replied.

Then he turned around and left, and I fell back asleep.

When I woke later, my friend Jimmy asked me who I'd been talking to in the night.

'I was dreaming about my cousin Paul,' I explained.

Back home



## THE WRAITH in the woods



My eyes were opened to the spirit world

three days later, my mum, Joan, asked me to sit down.

'There is bad news, darling,' she said. 'Paul passed away while you were gone.'

He was only 18.

Mum explained he'd died in hospital at 2am, three nights earlier, due to pneumonia.

It gave me goosebumps. I'd talked to him at 2am – the exact time of his death. I was devastated, like

the rest of our family, but his last words kept echoing in my ears.

Telling Jimmy what had happened, he was shocked. Life went on

and my interest in the paranormal grew stronger.

One day, a decade later, I was visiting my sister, Carol, 34. She'd just bought a

used caravan and invited friends and family to celebrate.

Together with a few of the others, I walked to a nearby wooded area.

A few minutes later, I noticed a man near a tree, staring back at me.

He was wearing a black jacket and boots, and I realised it was John, the son of Mum's friend Tara.

We stared at each other for a few moments before he disappeared.

Telling the others what I'd seen, they were bewildered.

'He's 300 kilometres away,' someone said, explaining he'd recently moved with his girlfriend, as they were

expecting their first child.

Two hours later, though, when we headed back to the caravan, we saw a police car parked outside. They were looking for Tara.

John had died after falling off a bridge hours earlier.

I was shocked – it was at the exact time he'd appeared to me in the woods.

I immediately thought back to the time I'd seen Paul as a teenager.

Though I hadn't realised it then, both of them had come to me in spirit form after their passing – known in the paranormal world as a wraith – to let me know that they were okay.

*They must have trusted me,* I realised, keeping John's last message to myself.

I'm so grateful I got to see him and Paul one last time.

It's what inspired me to become a paranormal investigator, and explore things I never knew existed before my eyes were opened to the spiritual world. ●

We stared at each other... before he disappeared





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## Aries Mar 21 – Apr 20

Your mind is in a spin for all the right reasons. Love flows, life is good – and last year's concerns have dissipated. If a holiday house isn't available or medical procedure is delayed, it's probably for the best.

**LUCKY NUMBERS 17, 23, 40**



## Taurus Apr 21 – May 21

What would it take for you to jump into this new opportunity pulling at your creativity? Carefully consider what's holding you back – none of your excuses look feasible. Focus on the fun, not your fears, on Friday.

**LUCKY NUMBERS 30, 35, 39**



## Gemini May 22 – Jun 21

Just like that, Gemini, an abundance booster lands in your lap. Whatever wealth means to you – major money, finding love or a more enriched existence – it gets a big tick. Saturday is swimming with social interaction.

**LUCKY NUMBERS 42, 44, 45**



## Cancer Jun 22 – Jul 23

Juggling jobs, family obligations and social activities is made easier through me-time and a more satisfying love life. The chance of recovering old photos, files or messages is slim but well worth the effort, Cancer.

**LUCKY NUMBERS 1, 19, 24**



## Leo Jul 24 – Aug 23

Inspired by a loved one's courage makes asking your spouse or love interest the hard questions a picnic. Supporting your local community or a long-distance connection should not involve money.

**LUCKY NUMBERS 4, 27, 29**



## Virgo Aug 24 – Sep 23

It's not true for everyone, Virgo. What you have to offer is yours and nobody else's – don't let anyone quash your uniqueness. Reconnecting with your soulmate or connecting with a potential partner is Saturday's must-do.

**LUCKY NUMBERS 15, 18, 22**



## Libra Sep 24 – Oct 23

Too much on your plate to see someone who needs you or rocks your world? Make space before blocking begins. Networking a nuisance? Pull out your dormant mixer-and-mingler self, Libra, to draw in the dollars.

**LUCKY NUMBERS 27, 31, 34**



## Scorpio Oct 24 – Nov 22

As much as you wish you were with a certain person, Scorpio, time apart could give the relationship a lovely lift. A relative should be accountable for their silly scams or hideous hobbies – because they are affecting others!

**LUCKY NUMBERS 6, 9, 12**



## Sagittarius Nov 23 – Dec 21

Worrying about things that may never happen isn't normally your style. Bring on Sunday. With unpredictable visitors or risk-taking teens in the picture, be afraid – be very afraid! Work your magic on a nice newcomer.

**LUCKY NUMBERS 3, 5, 41**



## Capricorn Dec 22 – Jan 20

Co-operation comes calling, Capricorn. On a traditional note, everything should fall neatly into place for the main event. But what if someone prefers to do things a little left-field? Stay on top of messages for romantic reasons.

**LUCKY NUMBERS 10, 14, 35**



## Aquarius Jan 21 – Feb 19

Be grateful, Aquarius. With an influx of people who are more than willing to help you achieve your goals, get fired up for progress. You know what is required to make a relationship sensational, so why the hesitation?

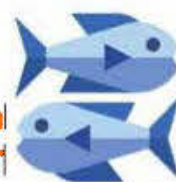
**LUCKY NUMBERS 7, 16, 20**



## Pisces Feb 20 – Mar 20

Why sabotage your forever home? It's a minor intrusion to show your card, sign your name or flash that symbol. Considering the lack of experience a senior or toddler has, confusion is to be expected. They'll get there eventually.

**LUCKY NUMBERS 13, 26, 36**







## Teen millionaires!

Carpooling on their way to work, best friends Wyatt Close, 19, and Brandon Thompson, 19, decided to split the cost of a couple of lottery tickets when they stopped to get petrol. Spending \$30 on the scratch-n-win style tickets, the duo quickly discovered that the first was a dud. But they were soon lost for words when they scratched the second and saw what was behind the panel. Revealing a cash prize of \$3 million, the teenagers couldn't believe they'd become millionaires on their way to work! Splitting the winnings, the lucky friends are both looking to save, invest and buy a home in the future.

## ADOPT A BEAR

Volunteering for her local charity shop, Charlotte Liebling realised the pile of once cherished soft toys were ending up as chew toys for furry friends or in landfill. 'I witnessed how the love and the life and the stories were lost and forgotten, just like that,' she wrote on her website. Starting a soft toy adoption agency called Loved Before, she washes and repairs the soft toys and puts them up for adoption. 'We can show that instead of losing value, a toy once loved is made even more valuable by the love and life it has already experienced,' Charlotte said.



# THE Warm FUZZIES

Little stories to make you smile

If you see someone without a smile, give them one of yours

- singer Dolly Parton

## The dog league

Animal shelters in Romania have teamed up with the Professional Football League to help promote a dog rescue program. Before each soccer match, the players enter the field with a dog available for adoption in their arms. The stray pups each have a name tag and bandana, and viewers can search for their new best mate on the shelter's website and apply to adopt. With overcrowded shelters and growing numbers of stray dogs, this has already seen an increase in those finding a forever home. Go team!



## PAY IT FORWARD

When a customer went to settle her lunch bill, the manager of the Country Diner, Lorrie Renninger, 57, was left in shock. 'I waited on this lady, and it was time for her to pay her bill, and she came up to the register and said she would like to pay for everyone's bill,' Lorrie told WNEP. In total, she paid around \$480 for the 60 patrons' lunches plus tipped two waitresses over \$130. Lorrie couldn't believe the generosity of the stranger, especially after the restaurant's hardship due to the pandemic. 'Business has been up and down. Even though we're

opening, we still can't get the help, you know. We had to do reduced hours,' Lorrie said. Wishing to remain anonymous, this woman's pay it forward act will not be forgotten.





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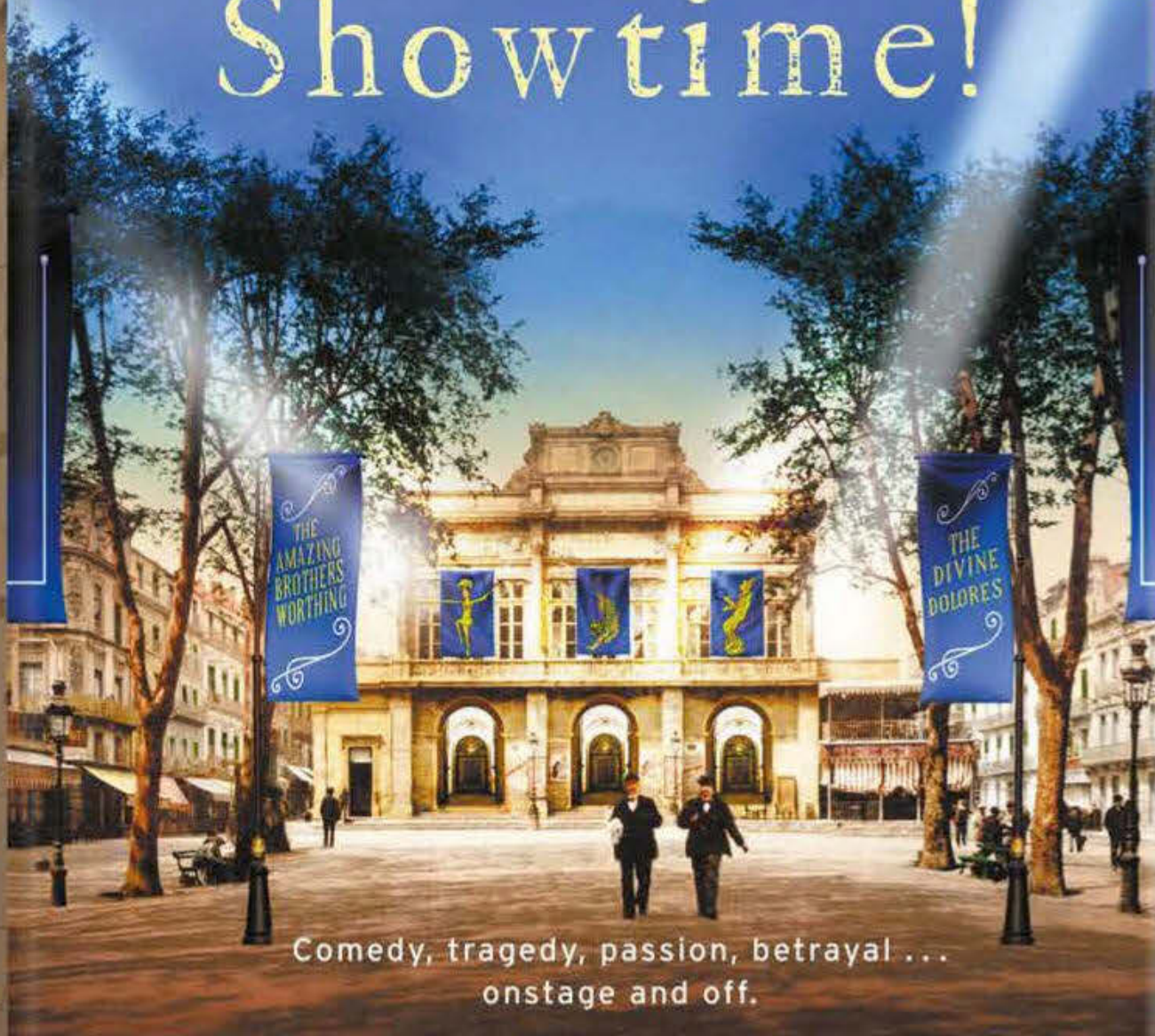
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