

# AUSTRALIA Reader's Digest

**RD  
TALKS**  
OUR STORIES  
AS PODCASTS

[Rafieenglishclinic.com](http://Rafieenglishclinic.com)

## INTO THE UNKNOWN

*Solo Antarctic Explorer  
Geoff Wilson*

PAGE 82

**COVID-19**  
and the Kindness  
of Neighbours

PAGE 40

**11 PAINS**  
You Should  
Never Ignore

PAGE 54

**'WHY I FORGAVE  
My Bully'**

PAGE 68

**DRAMA IN REAL LIFE**  
Trapped Six Days  
in a Car Wreck

PAGE 74

SEPTEMBER 2020 \$6.50



GES  
20  
19





# GUT HEALTH

## MICROBIOME SUPPORT

### BLOATING OR CONSTIPATED?

### INDIGESTION AND HEARTBURN?

### FOOD INTOLERANCE? FODMAP?



If you suffer from any of these issues, you'd obviously be seeking an Australian natural product that nourishes the full length of the colon, including the hind gut.

Derived from sugarcane using a chemical free processing method to remove the sucrose, Kfibre™ is a 100% natural prebiotic with no flavours or additives. Kfibre is university-proven to contain the highest quality prebiotics and fibre that support your gut bacteria and your body with antioxidants, short-chain fatty acids and micronutrients.

If you want to target bloating, heartburn, constipation, manage weight, manage blood glucose levels and improve overall intestinal and digestive health, naturally the answer is Kfibre™.

[www.Kfibre.com](http://www.Kfibre.com)

f kfibre @kfibre

RESEARCHED  
BY AUSTRALIAN  
UNIVERSITIES.

Made in Australia  
from 100% Australian  
Ingredients



GO  
VITA

Proud stockists of Kfibre™ at  
selected stores near you. To find  
your local store visit [govita.com.au](http://govita.com.au)

48



# CONTENTS

SEPTEMBER 2020

## Features

28

**MEDICAL DRAMA**

### Struck Down by a Killer Bacteria

Within hours of leaving the gym, a young father suffers a life-threatening infection. HELEN SIGNY

34

**PERSPECTIVE**

### Sea Glass

Blamed for the attacks on September 11, 2001, a woman tries to reclaim her life.

VIRGINIA BUCKINGHAM

AS TOLD TO JEN BABAKHAN

40

**COMMUNITY**

### Kindness of Neighbours

Local initiatives are matching people who need support with others willing to help.

NEXTDOR AND

READER'S DIGEST EDITORS

48

**FOOD ON YOUR TABLE**

### Tea: Soothing and Full of Ancient Flavour

Making a cup of tea is relaxing in itself.

DIANE GODLEY

54

**HEALTH**

### 11 Pains You Must Never Ignore

When not to worry about a symptom, and when to seek treatment at once.

JEN BABAKHAN AND

TRACY MIDDLETON

FROM THE HEALTHY.COM

68

**ART OF LIVING**

### Sympathy for My Bully

Tormented through childhood, the writer wonders whether empathy for bullies is possible.

GERALDINE DERUITER

FROM THE WASHINGTON POST

74

**DRAMA IN REAL LIFE**

### Help! Can Anyone Hear Me?

Trapped in her vehicle for days, a mother begins to lose hope.

LISA FITTERMAN

82

**ADVENTURE**

### The Man Who Conquered Antarctica With a Tent and a Kite

What drives an Australian veterinarian to try and break a polar record in extreme conditions?

CATH JOHNSEN



COVER PHOTO: COURTESY DR GEOFF WILSON

ON THE COVER: THE MAN WHO CONQUERED ANTARCTICA - PAGE 82



# CONTENTS

SEPTEMBER 2020



15

90

**FIRST PERSON**

## The Hairbrush

A daughter struggles to come to terms with her father's new life.

LISANNE VAN SALEDHOFF  
FROM THE BOOK *YOU ARE  
YOUNG AND YOU MOURN*

98

**LANGUAGE**

## The Origins of 'Let the Cat Out of the Bag'

Tracking down the source of everyday expressions requires feline cunning.

MEGHAN JONES

102

**HUMOUR**

## Daddy Issues

Breaking news about fatherhood that every Dad will find apt.

FROM THE ONION



FOLLOW US

@ReadersDigestAustralia

112

**FIRST PERSON**

## A Steely Determination

Growing up in China during the late 1950s calls on a young boy to be resourceful.

ANDREW KWONG  
FROM THE BOOK  
*ONE BRIGHT MOON*

122

**TRAVEL**

## Where the World is Your Oyster

Island charm and a feast of seafood makes for the best kind of holiday.

JANIE ALLEN

130

**BONUS READ**

## The Long Road to Freedom

Discover the stories of courageous men and women who stood up for equal rights.

PAUL ROBERT

**THE DIGEST**

18 Pets

21 Health

26 News From the  
World of Medicine

141 RD Recommends

**REGULARS**

4 Editor's Note

6 Letters

10 News Worth  
Sharing

12 My Story

15 Smart Animals

64 Look Twice

96 Quotable Quotes

101 That's Outrageous

106 Health: Computer  
Vision Syndrome

118 13 Things: Home

**HUMOUR**

46 Life's Like That

72 Laughter, the  
Best Medicine

110 All in a Day's Work

**THE GENIUS SECTION**

148 In Praise of Guilty  
Pleasures

151 Trivia

152 Puzzles

155 Word Power



# We've missed you!



**WINNER**  
Best Deluxe  
Accommodation  
in Australia\*

## AFTER 3 MONTHS OF 'QUIET TIME', CAN YOU DEAL WITH EATING AND SLEEPING WITH 200 ANIMALS?

**Jamala Wildlife Lodge** has re-opened! Situated in the grounds of the National Zoo and Aquarium in Canberra, Jamala Wildlife Lodge overcomes the problem of not being able to travel to Africa to see rhinos, giraffes, zebras, lions, leopards, to other continents to see tigers, sun bears, monkeys, otters, giant snakes and lizards or to dive the oceans and rivers to see sharks, fish and eels.

Jamala Wildlife Lodge offers a variety of opulent safari style suites and bungalows that not only boast sublime African art and décor, but are also surrounded by some of the world's most magnificent and endangered animals.

\*2017 Australian Hotels Association Awards for Excellence



@jamalalodge



@jamalawildlifelodge

**Book online or phone Jamala on  
02 6287 8444**

[www.jamalawildlifelodge.com.au](http://www.jamalawildlifelodge.com.au)



Canberra

## EDITOR'S NOTE

# *Community Spirit*

**OUR SEPTEMBER ISSUE** brings together stories that demonstrate that individuals have the power to turn tough times into better days. Being part of a community builds confidence, self-worth and wellbeing. In 'Kindness of Neighbours' (page 40) we share the experiences of users of Nextdoor, a digital app that helps neighbours connect and engage and, for many, this has had life-changing results.

The Black Lives Matter movement has made us all consider the injustice of racism. In 'A Long Road to Freedom' (page 130), Paul Robert from our Dutch edition travels to Alabama and Mississippi to visit lynching memorials and civil rights museums, where he meets with inspirational leaders of the 1960s Freedom Riders movement. Their stories are a testament to the fight for equality and deserve to be shared.

Then, as accessing our doctors is less straightforward because of COVID-19 protocols, '11 Pains You Should Never Ignore' (page 54), offers a guide on an array of seemingly innocuous aches and pains – and what might be symptoms of something more serious. We hope you enjoy the stories in this month's issue. Happy reading!



LOUISE WATERSON  
Editor-in-Chief





# AUSTRALIA Reader's Digest

Vol. 199  
No. 1184  
September 2020

## EDITORIAL

**Editor-in-Chief** Louise Waterson  
**Managing Editor** Zoë Meunier  
**Chief Subeditor** Melanie Egan  
**Art Director** Hugh Hanson  
**Senior Art Designer** Adele Burley  
**Art Designer** Annie Li  
**Senior Editor** Diane Godley  
**Associate Editor** Victoria Polzot

## DIGITAL

**Head of Digital Content** Greg Barton

## ADVERTISING

**Group Advertising  
& Retail Sales Director** Sheron White  
**Account Manager** Darlene Delaney  
**Advertising Support Manager** Rebecca Zhang

## Advertising Inquiries

Sheron White  
**Mobile Phone** 0421 897 140  
**Phone** 02 9004 4407  
**Email** sheron.white@readersdigest.com.au

## PUBLISHED UNDER LICENCE BY DIRECT PUBLISHING PTY LTD

## CUSTOMER INQUIRIES

**Online** www.readersdigest.com.au.  
**Phone** 1300 300 030 Fax (02) 9004 4830  
**Email** sales@readersdigest.com.au  
**Mail** Reader's Digest Magazine, PO Box 6458,  
Frenchs Forest, NSW 2086

**MOVING?** Please notify us of your change of address six weeks before you move.

**MAIL PREFERENCE** We value you as a customer and trust that you enjoy our products. Occasionally, we make our mailing list available to carefully screened companies whose products we believe may be of interest to you. If you prefer not to receive these mailings, please write to: Privacy Officer, Direct Publishing Pty Ltd, PO Box 6458, Frenchs Forest, NSW 2086



READER'S DIGEST IS PRINTED ON PEFC-CERTIFIED PAPER. THIS PROVIDES AN ASSURANCE THAT THE PAPER IS PRODUCED FROM SUSTAINABLY MANAGED FOREST AND CONTROLLED SOURCES.

PRINTED BY OVATO LIMITED, 8 PRIDDLE ST, WARWICK FARM, NSW 2170, FOR DIRECT PUBLISHING PTY LTD, 431 WARRINGAH ROAD, FRENCHS FOREST, NSW 2086. © 2020 DIRECT PUBLISHING PTY LTD (ABN 81000565471). ALL RIGHTS RESERVED THROUGHOUT THE WORLD. REPRODUCTION IN ANY MANNER IN WHOLE OR PART IN ENGLISH OR OTHER LANGUAGES PROHIBITED



## Great Father's Day Gift Idea

SUBSCRIBE TO THE WORLD'S BEST LOVED  
MAGAZINE FOR YOUR CHANCE TO WIN

# \$125,000\*



## PLUS

**+ SPECIAL FREE GIFT  
+ FREE DELIVERY**

**TO SUBSCRIBE OR ORDER  
YOUR GIFT SUBSCRIPTION  
CALL 1300 300 030  
OR VISIT readersdigest.  
com.au/subscribe**

**CALL CENTRE HOURS:  
MONDAY-FRIDAY 6AM-8PM  
SATURDAY-SUNDAY 6AM-6PM (AEST)**

\*See our website [www.innovations.com.au](http://www.innovations.com.au)  
for all terms and conditions

**LETTERS**

*Reader's Comments And Opinions*

**Lasting Overture**

I was 16 years old and living in Suva, Fiji, in the early 1950s when the von Trapps ('The Story Behind the Songs', July) visited. They sang at our local town hall and also at Mass. I will never forget their rosy cheeks and Austrian costumes – and the singing was incredible to hear.

This was, of course, long before *The Sound of Music* and the film portrayal did little



**Baroness Maria von Trapp and her children singing, circa 1950**

justice to the family's quite magnificent music. They were simply unique.

JIM LITCHFIELD

**Simple Medicine**

I really loved the two articles about the basics of health, 'Got an Ear Full?' and 'What Causes Dry Eye?' (Health, June). Both perfectly debunked myths and explained solutions to maintaining good ears and eyes. I appreciate the language you use to convey medicine to ordinary people.

AHSAN LATIF

**Quitting for a Lifetime**

I have been a reader of the Digest for over 60 years but this is the first letter I've written. I would like to share that it was the article 'I Am Joe's Lung' that prompted me to give up smoking at the age of 25 (about 54 years ago), and I haven't had a cigarette since. Thank you for a great magazine.

PETER HUNDT

Let us know if you are moved – or provoked – by any item in the magazine, share your thoughts. See page 8 for how to join the discussion.





### Sensitive ‘Superdogs’

I am hearing-impaired, as are my two children. Almost as soon as our ‘superdog’, Skippy, came to live with us, she seemed to sense that we could not hear (‘A Friend Called Pip’, July). When someone comes to the door, Skippy nudges me until I follow her. She barks only when my husband, who has perfect hearing, is at home.

BECKY MEYERS

Our dog Missy was so smart, I was able to teach her to read (‘What Pets Want You to Know’, June). I made five posters, each with the name of one of her favourite toys. I would hold the poster and name the toy, then ask her to go and get it. After several weeks, I stopped naming the toy and just said, “Go get it!” It took a while, but with

### WIN A PILOT CAPLESS FOUNTAIN PEN

The best letter each month will win a Pilot Capless Fountain Pen, valued at over \$200. The Capless is the perfect combination of luxury and ingenious technology, featuring a one-of-a-kind retractable fountain pen nib, durable metal body, beautiful rhodium accents and a 14K gold nib. Congratulations to this month’s winner, Jim Litchfield.



### GOING DOWNHILL FAST

We asked you to think up a funny caption for this photo.

Happy Sleet!

MERRAN TOONE

This is going to break an Olympic record in the feather-weight category.

LOH KOK HOONG

Waddle they think of next!

JOSEPH BAKER

The great emperor penguin, Julius Skisar. JEFF TOONE

Congratulations to this month’s winner, Jeff Toone.



### CAPTION CONTEST

Come up with the funniest caption for the above photo and you could win

\$100. To enter, email

[editor@readersdigest.com.au](mailto:editor@readersdigest.com.au)

or see details on page 8.

## READER'S DIGEST

practise, she would bring the right toy 100 per cent of the time.

MAGGIE ROTH

### Making Friends

'Faithful Friends' (June) is a magnificent story about two young people who were able to become friends despite their different backgrounds. The world could follow their example and secure peace.

CAROLE GLENN

### Walking Encourages Talking

One of the most overlooked benefits of walking is that it is good for your social life ('The Walking Cure', June). I have had meaningful conversations with my wife on many issues while walking with her in a leisurely manner, issues that if we were sat in a room could erupt into an argument. Let's all go for a walk today!

LIM WING HOOI

### Fearing Clusters of Holes

Thank you for your article on tryphobia ('Holey Terrifying' July). It was great to read that the uncomfortable feeling I get looking at some images is a recognised reaction. I have always wondered why I feel this way with some images. I've looked at an image before realising it makes me uncomfortable and then I almost have a compulsion to look at it again even though I don't really want to.

JANET GORDON



### READER'S DIGEST SHOP

For quality products, book sales and more, call **1300 300 030** or head to **Readersdigest.com.au/shop**

### CONTRIBUTE



READERSDIGESTAUSTRALIA

#### Anecdotes and Jokes **\$50-\$100**

Send in your real-life laugh for Life's Like That or All in a Day's Work. Got a joke? Send it in for Laughter Is the Best Medicine!

#### Smart Animals **Up to \$100**

Share antics of unique pets or wildlife in up to 300 words.

#### Reminisce **Up to \$150**

Share tales of generosity or an event from your past that made a huge impact in 100-500 words.

#### My Story **\$400**

Got an inspiring or life-changing tale? Submissions must be true, original, unpublished and 800-1000 words.

### Letters to the Editor and Reader Submissions

**Online** Follow the 'Contribute' link at **readersdigest.com.au**

**Email** [editor@readersdigest.com.au](mailto:editor@readersdigest.com.au)

**Mail** Reader's Digest Magazine,  
PO Box 6458, Frenchs Forest, NSW 2086

Include your name, address, phone number and email.

**Letters:** We may edit letters and use them in all print and electronic media.

**Submissions:** All submissions become our property on payment and subsequent publication in the magazine. We may edit and fact-check submissions. For terms and conditions, go to [www.readersdigest.com.au/terms-and-conditions/submission-guidelines](http://www.readersdigest.com.au/terms-and-conditions/submission-guidelines). We cannot return or acknowledge material not accepted for publication.

#### OUR PRIVACY STATEMENT

Direct Publishing Pty Ltd collects your information to provide our products and services and may also use your information for the marketing purposes of RD and/or selected corporate partners. If the information is not provided you will be unable to access our products or services. Our Privacy Policy at [readersdigest.com.au/privacy-policy](http://readersdigest.com.au/privacy-policy) contains full details on how your information is used (including how we may share your information with our affiliate companies in the US or other overseas entities), how you may access or correct information held and our privacy complaints process.





# stay active

Make the right choice for your bones.  
Self assess your bone health now!

[www.knowyourbones.org.au](http://www.knowyourbones.org.au)

know your  
bones

bone health assessment tool



Garvan Institute  
of Medical Research



osteoporosis australia

A JOINT INITIATIVE FOR FRACTURE PREVENTION

## NEWS WORTH SHARING

### Bionic Implant Revolutionises Vision Loss

**R**obotics engineers have developed a bionic eye that could restore sight to millions of people. The EC-EYE (ElectroChemical EYE) is inspired by the human retina and could eventually surpass the abilities of the normal human eye.

Developed by engineers from Hong Kong and the US, the visual prosthetic offers hope to people who have lost their sight due to macular degeneration.

As one of our most sensitive tissues, the retina provides up to 80 per cent of information about our surroundings. The bionic eye mimics the dome-shape of the human retina, which sharpens the focus and reduces the spread of light as it passes through millions of

photoreceptive cells.

The engineers also developed a high-density array of photoreceptors placed inside pores of aluminium oxide, a mineral as hard as diamonds, that would mimic the retina.

Further mimicking biology, nerve-like electrical wires formed from liquid metal are sealed inside rubber

tubes, which run to the external circuitry of the bionic eye for image processing. The retina technology is placed inside a silicon eyeball, and the space in between is filled with ionic liquid to simulate the biological gel that forms a buffer between the lens and the retina.

It is hoped the EC-EYE will be available in five years.



COMPILED BY VICTORIA POLZOT



## Defending Koalas

**W**hen a nine-year-old koala suffering from severe conjunctivitis (a disease that can lead to blindness in koalas) wandered onto the Oakey Army Aviation Base in Queensland in May, Australian Army Captain Lawrence Griffiths knew it needed immediate help.

The unusually large koala, who was named 'Lawrence' after his rescuer, was treated by the RSPCA. After being given a clean bill of health, the 'whopping' nine kilogram marsupial was released back into bushland near the base – with Captain Griffiths watching on.

Oakey Base, which is predator-proof and home to a large number of koala-feed trees, provides a safe haven for koalas like Lawrence and other wildlife in times of need.



PHOTO (KOALA): COURTESY JUDITH GRAY



## The Art of Conversation Lives On

**B**efore the COVID-19 lockdown, 26-year-old Adrià Ballester would set up two foldaway chairs and a sign that said 'Free conversations!' in Barcelona. Anyone was welcome to stop, sit and chat with Ballester about anything in Spanish, English or Catalan. The idea was just to talk freely for a while, said the writer and storyteller. "We live in a world where it's often easier to send a message to someone from another country than to say good morning to our neighbours," he says.

Ballester posts photos of himself and those who choose to chat on social media, along with their reflections and sometimes startling revelations. At times he feels like a therapist. "You hear positive stories and really tough ones," he says. "A lot of people will tell you about a tricky episode in their life, maybe heartbreak or a job loss." A 70-year-old Lithuanian woman even talked about the years she spent in a Russian concentration camp. Since the coronavirus pandemic, Ballester has taken his conversations online.

MY STORY

# Cooking My Way Through Lockdown

*In what was a confusing and fearful time, trying out recipes brought memories and good times into my home*

BY Reem Khokhar

**A**lthough an avid baker, I'm terrified of working with dough. It's sensitive and moody – a heavy hand or a timid knead can result in catastrophic failure. Having gained some courage while cooking regularly during lockdown, I decided to abandon my fear and bake a quiche. Usually my mother would send over the short-crust pastry to fill and bake, but it was time to let go of her apron strings. When my spinach and mushroom quiche emerged, the pastry was knobbly, but its taste evoked decades-old memories of sneaking into the fridge to break off slabs of buttery crust, residual crumbs

sprinkling on the floor and a frameless pie betraying my attempt to look innocent the next morning. It made me realise how the value of cooking resonates beyond mere sustenance during troubled times.

Amid social distancing and self-isolation, cooking has connected us with the community at large with its spirited rally around food. This community comes to the rescue for many of us who are new to daily cooking as we burn or misshape things, make the billowy collapse or alarmingly inflate what should be straight. A message from a friend, with whom I shared a vegan





banana ice cream recipe, induced much laughter, “How do I get the skin off these bananas? My hands are freezing and the skins are stuck!” I specified that they had to be skinned in advance, a lesson I learnt the hard way a week earlier.

---

Reem Khokhar is a writer based in New Delhi, India. Writing on travel, culture and social issues and trends, she contributes to publications like *The Times of India*, *National Geographic Traveller India* and more.

There is also a collective pride as we master recipes and cheer each other along the way.

Putting the finishing touches on lunch – *palak rice and dahi bhindi* – (rice spinach and okra with yoghurt gravy) I realise it’s taken me almost three hours to prepare what a seasoned cook would have done in half the time. The effort, creativity and skill involved in preparing nourishing and flavourful routine meals is often taken for



## READER'S DIGEST

granted, reflected in our often-unappreciative attitude towards homemakers.

Cooking for pleasure is indulgent, but cook every day and you realise the organisation, preparation and efficiency required. From laboriously cooking one item at a time, I have advanced with varying degrees of success to multitasking. I was delighted to stretch a bunch of fenugreek leaves in different dishes for variety.

Fenugreek, also known as methi, is one of the most used vegetables in Indian cuisine. It made its way into a dough, a vegetable dish with potatoes, an ambitious *dhansak* (curry) and the last few leaves peppered an omelette.

My sister-in-law recently wrote a post on the source of each of her lunch ingredients. They were from nine different countries and she expressed gratitude for this collective effort by so many people across the world to nourish her. While looking through my kitchen cupboards I discovered several supplies in excess, because I rarely check. A couple of weeks in and I find myself more in control, mindful and less wasteful.

To create with our hands is deeply satisfying. It's simple to microwave or order in with a click of a button. But to buy your ingredients, store



## EACH PART OF THE PROCESS IS A LESSON IN PATIENCE

them, cut and chop, knead and stir – each part of the process is an exercise in patience, in intuition and creativity as a recipe can only guide you so far. It is a glorious moment when your curry takes on that perfect texture or your banana bread brims just right and golden in the loaf tin.

There is comfort and nostalgia in my choice of culinary experiments. A quiche or a simple *khichri* (rice and lentils) reminds me of family; a stuffed crepe or a hearty *dhansak* brings memories of a holiday or a meal with friends. In anxious and unstable times, cooking reminds us of when things weren't so uncertain.

---

**Do you have a tale to tell? We'll pay cash for any original and unpublished story we print. See page 8 for details on how to contribute.**



# SMART ANIMALS

*Wild and domestic, animals look out for each other*



## Diligent Dad

ROBIN KEOWN

We live on a bush-clad rural property on the northern tip of the South Island of New Zealand. Native birds, such as the weka, tui, bellbirds, fantails, kereru and quail, are numerous and flit in and out of the bush. Weka especially have wheedled their way into our affections although some people resent the cheeky, inquisitive creatures as they raid vegetable gardens and orchards. Seven or eight years ago the local weka population declined dramatically because of a disease, but the tenacious creatures have returned in big numbers, and my husband and I like to aid and

abet the process by feeding them scraps. One day I threw some meat leftovers onto the lawn and watched from the deck as a large male weka emerged from the bush to recover the delicacies. Weka are great parents, and will load up their sharp beaks and race back to the nest to feed the babies before they partake themselves.

This dad returned several times, running across the big lawn, over the bridge, and into the orchard at break-neck speed. After a short >>

---

**You could earn cash by telling us about the antics of unique pets or wildlife. Turn to page 8 for details on how to contribute.**



## READER'S DIGEST

pause in proceedings, the mother weka and her five little fluffy chicks appeared, tearing into the yard to join the feast for themselves.

### A Friend in Need

SHARYN JONES

Keg, a lazy, white house cat, and Bluey, a busy sheep dog, had spent several years living on the same farm but moving in such different circles that their paths rarely crossed. They were aware of each other's existence but each simply ignored the other.

In 2001, when Keg was four, he arrived home with a huge gaping wound on his upper back that exposed his spine and several vertebrae. We figured he'd been hit by a car.

With no vet nearby and not enough skin left to make stitching possible, I rang a neighbour who arrived with a rifle and a penicillin needle. We chose the needle and crossed our fingers. Afterwards, Keg limped to the doorway, before collapsing and spending a few weeks laying down, as we stepped over him in between popping morsels of food and spoonfuls of water into his mouth. I'd hold him over a litter tray while he did his business. Eventually, he hobbled outside into the sunshine. When Bluey saw him, he wandered over and sat beside Keg, licking the wound that poor Keg couldn't quite reach for himself.



This went on for weeks. Every day Keg would quietly sit while Bluey licked his back. Eventually it healed, no doubt due to Bluey's ministrations, although that whole area remained bald forever.

Within a week of fully healing, Keg marched across the paddock, returning some time later dragging a freshly killed rabbit, which he laid at the dog's feet. This continued for years. Almost every day Keg would go out hunting and return to present Bluey with his gift of a fresh rabbit.

They remained best friends and, as age caught up, they would doze together on the verandah through lazy summer afternoons, enjoying each other's company.

brought to you by



House of Pets

[www.houseofpets.com.au](http://www.houseofpets.com.au)





# FRONTLINE®

PET CARE YOU CAN TRUST

## FRONTLINE PLUS.

- ✓ Kills all 4 stages of the flea life cycle
- ✓ Controls Paralysis ticks on dogs\*
- ✓ Controls Brown dog ticks on dogs\*
- ✓ Controls and treats flea allergy dermatitis
- ✓ Controls Biting lice
- ✓ Aids in the control of Sarcoptic mange on dogs
- ✓ Water fast
- ✓ For Paralysis tick control on cats use Frontline Spray\*



For more information visit [www.frontlineplus.com.au](http://www.frontlineplus.com.au)

**PETS**

# Coping with Losing a Pet

*How to guide children through the grieving process*

BY *Dr Katrina Warren*



**Our regular pet columnist, Dr Katrina Warren, is an established and trusted animal expert.**

**PETS HAVE AN IMPORTANT ROLE** in teaching life skills to children, and help prepare kids for real-life situations. For many young children, the loss of a pet is likely to be their first experience of death and dying. Veterinarian Dr Katrina Warren shares her expert knowledge and advice about helping children deal with the death of a beloved pet.

**BE HONEST** Kids inherently sense when changes occur in their environment, so it's best to be direct and honest. If your pet is euthanised, avoid telling children she was 'put to sleep', as they might wonder when their pet will wake up. Avoid telling kids their pet has run away, as they may wonder why it left and end up feeling abandoned. Speak plainly and truthfully, and use language such as 'our pet is very sick and will not get better' or simply tell them that 'our pet has died'. Then use language appropriate to your beliefs about what happens after death.

**BE READY TO ANSWER QUESTIONS** Kids under the age of eight generally do not understand the permanency of death. They will sometimes ask the same questions repeatedly. Answer them as honestly and as directly as you can and go into as much detail as you feel comfortable. Equip them with the knowledge

PHOTOS: GETTY IMAGES

that all living things must die, and that death is part of the cycle of life.

**BEING THERE FOR THEM**

Parents know their children best and should make a considered decision as to whether it is appropriate for children to be present when saying goodbye to a pet or whether to allow them to see the pet after death. Keeping children well informed of what is happening before, during and after the pet's death can be beneficial. It can help them to understand that death is not scary and recognise that it's a natural part of life.

**MANAGING GRIEF** Children grieve but they don't always express their grief in the way adults do.



**Consider holding a ceremony to help your kids cope with loss**

Allow them to see your own grief and sadness and explain why you are sad. This will give them permission to show their own feelings and to talk about it. Consider holding some sort of small ceremony or ritual involving the whole family to help cope with the loss.

**GETTING A NEW PET** There is no right or wrong answer about new pets but be prepared to explain to children why it might be better to wait than to rush in with a new pet. Explain you need some time to adjust to life without your pet and to grieve them. When the time is right, involve your children in the selection and care of their new pet. Animals are one of the greatest healers of grieving hearts.

**TIPS FOR CEREMONIES**

- Hold a ceremony where each family member can express their loss and love for the pet in his or her own way.
- Encourage kids to be actively involved in

- the funeral or memorial ceremony, to dress for it, or to decorate the grave.
- Allow kids to invite their friends or others who may have known their pet.

- Place a symbolic stone in the garden as a place kids can visit their pet and talk to them if they feel the need.
- Kids might like to draw a picture or write a poem.



# Are you ready Australia?!

Boost NAD<sup>+</sup> with  
TRU NIAGEN and support  
energy levels, tissue  
repair and regeneration



Discover what  
all the fuss is about



[www.truniagen.com.au](http://www.truniagen.com.au)

1300 809 038

Always read the label.  
Follow the directions for use.

Advertising approval no. CHPAUS 31099-0320C



**HEALTH**



# Say What?

## Minimising hearing loss

*Concerned that your hearing isn't quite what it used to be? Here's what you need to know about hearing protection*

**W**hile genetics, head injury, illnesses and ageing can all cause hearing loss, noise damage is the leading culprit. About 23 per cent of adults have some hearing loss, and 60 per cent of those are men. Why? They tend to have louder hobbies than women, and often have noisier jobs. The good

news is noise-induced hearing loss is preventable.

**LOSING YOUR HEARING** When exposed to loud noises, especially for a long time, you lose the sensory cells in your ears that transmit information to the brain.

“Once the cells are damaged, you can't grow them back or restore

ILLUSTRATION: GETTY IMAGES

hearing,” says otolaryngologist Alan Micco. Listening to blaring music when younger can come back to haunt anyone. “One of our biggest worries is increased hearing loss in younger people,” says Prudence Allen, an expert on auditory processing disorders. “You can suffer a lot of damage before you notice. It’s cumulative, so the damage you do at concerts may be temporary, but it can become permanent.”

The first sign is often the loss of high-frequency hearing, making it harder to hear women’s and children’s voices. If your partner thinks you mumble or needs to turn up the TV’s volume, he or she may have some loss. Tinnitus, an intermittent or constant ringing, buzzing or clicking in the ears, is another cause. Around one in three people in Australia will experience tinnitus sometime throughout their lives, with one in six Australians having constant symptoms.

**TEETH CONNECTION** The more teeth you keep as you age, it seems, the better your hearing will remain, too. That’s what researchers found when they compared dental health and hearing loss in more than 1000 people. Apparently, every tooth lost more than doubles the risk of hearing loss. Scientists aren’t sure why, but

suspect it has something to do with the changes in the position of the jaw or maybe lack of muscle activity that affects the auditory tube.

**MINIMISE HEARING LOSS**

Hearing loss can be minimised by protecting ears from noise and other risk factors. Here’s what you can do:

**COVER UP:** Use earmuffs or earplugs when exposed to loud noises such as a lawnmower or drill.

**TUNE OUT:** Wear ‘active reduction’ earphones designed to cancel out background noise, so that at places like the gym there’s no need to drown it out with a blaring headset.

**USE EARMUFFS OR EARPLUGS WHEN EXPOSED TO LOUD NOISES**

**STOP SMOKING:**

Smoking and exposure to second-hand smoke increases the risk of hearing loss, possibly by disrupting blood flow to vessels in the ear.

**TURN IT DOWN:** Listening to music apps for five minutes a day at maximum volume may increase the risk. If you can’t hear someone speaking within a metre of you, or the person next to you can hear your music blasting, lower the volume.

**GET HELP:** If you suspect that you have hearing loss, you can get checked by an audiologist at a hearing centre. Also, the look of a hearing aid needn’t be a concern: “Today’s are slick and less obvious than past ones,” says Allen.



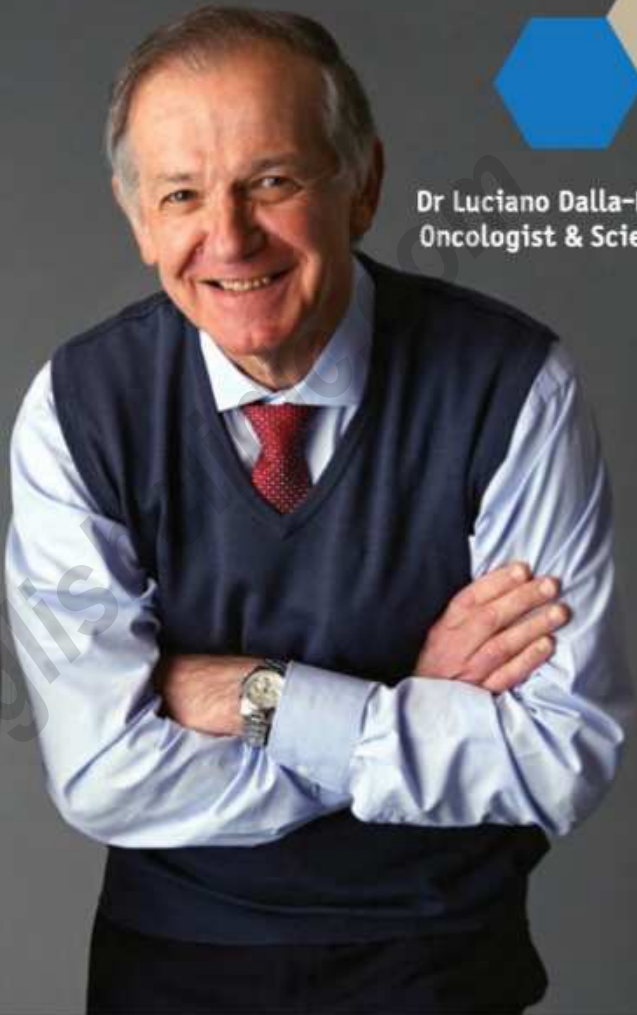


# "To help a kid like me, help a scientist like him."

Alec, age 10,  
cancer survivor



Dr Luciano Dalla-Pozza  
Oncologist & Scientist



Every year, almost a thousand children are diagnosed with cancer in this country. We fund the bold science that will find better treatments and ultimately a cure for childhood cancer.

**Donate today**  
[thekidscancerproject.org.au](http://thekidscancerproject.org.au)



**THE KIDS'  
CANCER  
PROJECT**

Science. Solutions. Survival.

**HEALTH**

# Hay Fever Fixes

*These treatments can help to relieve symptoms*

**1** To soothe red, itchy, swollen eyes, simply dampen a face washer with cool water and place it over your eyes as often as needed. Always use a clean face washer each time to avoid the possibility of introducing infection into your eyes.

**2** Saline nasal sprays have long been used to clear nasal mucus and can also help keep your nasal passages moisturised. But be careful not to overuse medicated nasal sprays as they can actually damage the cells of your sinuses. If you need to take a break, try dissolving half a teaspoon of salt in 250 ml of warm water. Fill a bulb syringe, lean over the sink and gently squirt the saline into your nose.

**3** A simple way to relieve pain and encourage drainage of mucus is by applying a hot compress to your sinuses or having a steam

bath. Eucalyptus, tea-tree and peppermint essential oils all help to clear congestion and have antiseptic and antiviral properties into the bargain. Add two to five drops of the essential oil into a bowl of steaming hot water, tent your head with a towel and inhale the vapour.

**4** Nettle, a herb, contains a substance that works as a natural antihistamine. Capsules of the freeze-dried leaf are available from health food shops and online. Take the capsules according to the manufacturer's instructions.

**5** If you or a family suffers from severe hay fever or allergies, consider purchasing an air purifier to create an allergy-free zone in your home. These filter pollen and other allergens such as pet dander and dust mites.



# SUFFERING FROM HAY FEVER AND ALLERGIES?

*We have the solution with an  
unmatched 30-year track record.*

GET RELIEF TODAY WITH CLINICALLY PROVEN, MILITARY  
GRADE, PREMIUM SEGMENT AUSTIN AIR PURIFIERS.



## Features

- Unmatched reliability
- 24-gauge steel construction
- Four stages of filter media
- 5-year manufacture warranty

## Benefits

- Hay fever and allergy relief
- Asthma relief
- Chemical removal
- VOC removal
- Absorbs moulds, mould spores, dander, viruses and more...
- Finally get a good night's sleep
- Breathe easier
- Boost your immune system

**AUSTIN AIR PURIFIERS — WE CHANGE LIVES.**

Please call **1300 270 233**

or email [customerservice@austinairpurifiers.com.au](mailto:customerservice@austinairpurifiers.com.au)  
for further information.

**austinair**  
— PURIFIERS —





## WORLD OF MEDICINE

### CAN'T STAND BITTER VEGGIES? IT MIGHT BE GENETIC

Compounds found in certain vegetables taste exceptionally harsh and bitter to people with particular gene variants. The same people, an estimated 15 to 25 per cent of the population, also sometimes dislike coffee or dark chocolate. In a US study, the participants with variants were likely to consume fewer veggies, according to a US study. "The problem vegetables tend to be in the cruciferous family: broccoli and Brussels sprouts, among others," says study author Jennifer L. Smith. Instead of missing out on the health benefits of vegetables, try sweeter ones such as carrots and beetroot.

### WELLNESS AND THE ARTS

Artistic activities are making inroads as treatments for medical conditions - including tango for Parkinson's and choral singing for lung conditions. A WHO review found the arts can reduce risks *and* improve conditions, they also help with complex problems

such as obesity and mental illness. Participating in the arts promotes wellness on several fronts at once, including social support, cognitive stimulation and stress reduction.

### RHEUMATOID ARTHRITIS LINKED TO OTHER CONDITIONS

Rheumatoid arthritis (RA) causes chronic inflammation in the joints but sometimes also in other parts of the body, including the blood vessels. Because of this, the likelihood of heart attack and stroke are roughly doubled for sufferers, a fact recently confirmed by a Mayo Clinic study. The RA patients also ran a higher risk of blood clots before and after their diagnoses, suggesting that the inflammation may actually start before the arthritis becomes apparent. Symptoms of a clot may include pain, redness and warmth in a leg, arm or the

groin. If it travels to your lungs, you could notice sudden unexplained shortness of breath. Blood clots are medical emergencies, and people with RA should keep an extra-vigilant eye out for them.



CALL FOR MANUSCRIPTS



# Looking for a Publisher?



The Melbourne-based Sid Harta Team appreciates that it is a brave step to hand over one's work to a stranger. Our editors bear this in mind with an assessment that is sensitive while critical, encouraging, and realistic. Sid Harta Publishers is offering writers the opportunity to receive specialised editorial advice on their manuscripts with a view to having their stories published.

**Visit our websites for submission requirements & further supportive information:**

**Sid Harta Publishers:** <http://sidharta.com.au>

**Send us your manuscript:** Submission details:  
<http://publisher-guidelines.com>

**Sid Harta Book Launch and Reviews:**  
<http://on.fb.me/sidhartapub>

Sid Harta Publishers specialises in new and emerging authors, and offers a full range of publishing options.

**We publish:**

- print editions & print-on-demand via Amazon / Lightning Source
- ebooks for all platforms.

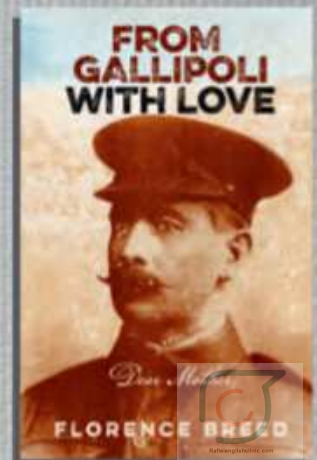
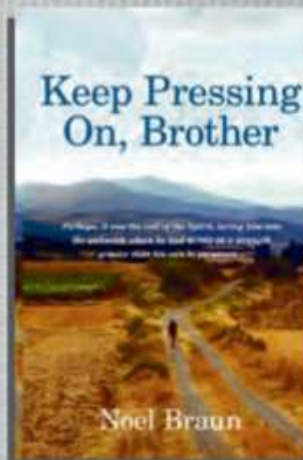
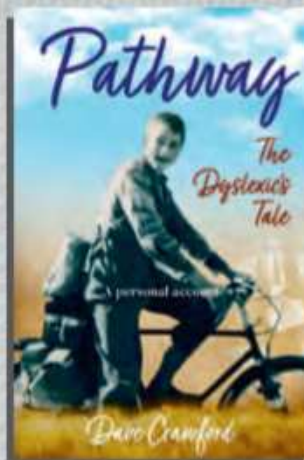
**CALL US TO DISCUSS  
OUR SERVICE.**

Contact SHP at: [author@sidharta.com.au](mailto:author@sidharta.com.au)

Phone: (03) 9560 9920 Mobile: 0408 537 792 Web: [sidharta.com.au](http://sidharta.com.au)

SID HARTA PUBLISHERS: 17 Coleman Parade, Glen Waverley Vic 3150

## RECENT TITLES...





Rafieenulshclinic.com







# Struck Down by a Killer Bacteria

*What started as a minor cut, in a matter of a few days had turned one keen runner's life completely upside down*

BY Helen Signy

---

**C**hris Moriarty clambered onto the rowing machine and continued his workout. It was barely 5am but he loved the challenge of his early morning gym sessions. As he pulled the rubber handle, he shaved the top off a tiny pimple on his knee,

just below the kneecap. *I'll wash it when I get to the shower*, he thought to himself.

A 41-year-old IT professional who had recently emigrated to Sydney with his family from Cape Town, Chris's life was a fast-paced juggling act with young children and a new high-level job. He was focused and

determined, constantly pushing himself physically and setting himself challenges which he would achieve, then surpass. Up until recently, he'd never run before, even so he completed his first half-marathon in one hour, 49 minutes. The next time, he reduced that by ten minutes. He cycled whenever he could and woke up regularly in the small hours to make it to the gym before work.

He seldom got sick, but when he did his motto was to tough it out. He didn't like to waste the doctor's time or his own money. Like many men, by the time his wife, Pamela, managed to persuade him to seek medical attention, invariably the illness would have passed. Except for the time when he'd had a sore under his arm. "It feels like an elastic band," he'd told the doctor. He'd developed an abscess.

But when Chris arrived at work later that day, he knew something was wrong. His knee was badly inflamed and red; he could feel the heat through his trousers. At lunch-time, he told his manager he should probably go to the doctor and get antibiotics. His GP had retired so he saw someone new. *It'll be fine now*, he thought to himself after he'd got the

script. *I'll just ride it out*. The next day he stayed at home. His leg was swollen and he thought it best to keep his weight off it. Sure enough, the swelling improved and he decided to go to work the following day.

But the soreness returned. His leg was bothering him all morning. It was hot and swollen, radiating with pain. He pulled up his trouser leg to inspect it; the skin looked like jelly,

red and puffy. When he pressed it, the indent stayed deep into his flesh.

"You have cellulitis," the doctor told him that afternoon. "It can be life threatening. You need to go to the emergency department straight away."



*Now the urgency was not only to treat the leg, but the MRSA infection as well*

**FROM THERE**, things became surreal. Chris was seen quickly and an IV inserted into his arm to pump antibiotics into him to fight the infection. A doctor needed to take a sample by squeezing the wound. "I was in so much pain," says Chris, "It was a ten out of ten."

The next morning, he was transferred to a ward where he received intravenous antibiotics every six hours. His doctors were worried. "We don't want this getting to the bone," one told him. Despite the treatment, the leg grew larger and



larger. It was oozing fluid. “This is something that medicine can’t treat anymore,” they told him.

There was only one option: surgery. In a lifetime of broken bones and torn muscles, Chris had never submitted to the surgeon’s knife, and he was afraid. *So much could go wrong*, he thought. *What if they severed a nerve? What would the recovery be like? And what if I never run again?*

*And what if I lost my leg?* The surgeon was reassuring, but the doubt niggled in Chris’s mind. Nevertheless, he signed the consent papers.

He was wheeled into surgery the next afternoon, hoping to have a local anaesthetic, but the infection was too widespread. He shut his eyes and let the general anaesthetic take him off to sleep.

When he awoke, his leg was strapped in a brace to keep it straight. The pain was indescribable, but the surgery had gone well. He was allowed to take a look two days later. Below his kneecap was a gaping hole; through the empty cavern that was once his knee, he could see right down to the bone.

Then came another blow. “You have MRSA,” the doctors told him. MRSA, or methicillin-resistant *Staphylococcus aureus*, is a type of bacteria that can cause serious infections and even death – a so-called ‘superbug’ that often can’t be treated with antibiotics. While Chris couldn’t be certain how he acquired it, MRSA



**Extremely fit, Chris Moriarty had competed in several half-marathons**

is typically associated with hospitals and surgery. Now the urgency was not only to treat the leg, but the MRSA as well. His skin felt like it was crawling with lice.

For six days he lay in isolation in hospital, powerful medicine dripping into his arm intravenously, his leg strapped straight with two metal bars on each side and one underneath to give the skin time to heal. He tried to stand, but it was too painful.

Even after his discharge from hospital, the rehabilitation took several weeks. He had to keep his leg straight and make sure the wound was clean, visiting a fracture clinic every week to check on his progress. He needed to take antibiotics for several weeks and was unable to drive or go to work



## READER'S DIGEST



**After the surgery, Chris's leg was strapped into a brace for six weeks to allow healing**

for two months. His recovery to full strength took even longer.

**NOW THE BIZARRE EXPERIENCE** is behind him, Chris has learned some lessons. During the two months that he could not exercise, he spent more

time with his children. He slowed down and started to appreciate that what was important in life was his family rather than achieving endless goals.

"It's changed my whole perspective," he says. "I was just thinking about work and getting forward in life. While I was going to the gym and training and cycling and running, my life was passing me by. Now I realise there are more important things than having the greatest body or being the fastest runner."

He's also realised how important it is for men to take their health seriously. As a fit young man, he never realised how fragile good health is: that a tiny injury on a routine visit to the gym could result in a life-threatening experience. But if he'd stuck to a motto of riding it out, he could have lost his leg, or worse. "No matter how small it is or how silly you think it might be, you need to have it checked out," he says. "Don't be a warrior." **R**

## WHAT IS CELLULITIS?

**USUALLY** starting as a small, swollen and painful area, cellulitis rapidly spreads along the skin and the tissues just beneath the skin. It often happens because bacteria get into a scrape, cut or insect bite.

**THE SYMPTOMS** are skin that is red, painful, swollen, tender and warm. It can also make you feel generally unwell, with fever, chills, sweating and nausea.

**THE BACTERIA** can enter the bloodstream and cause sepsis, which can be fatal. You can go downhill quickly, so it's very important to see a doctor if you think you may have cellulitis.



# Having Difficulty on the Stairs?

Maintain your independence, let Acorn Stairlifts keep you safe to enjoy your freedom!



- The only company to supply and install our own stairlifts
- For straight or curved staircases
- Indoor and outdoor lifts
- Free home assessment
- Fast installation
- Safe and reliable



**ACORN**  
STAIRLIFTS

**FREEPHONE**

**1800 142 882**

for your FREE Survey & Quote

[www.acornstairlifts.com.au](http://www.acornstairlifts.com.au)



# SEA GLASS



shclinic.com

September







PERSPECTIVE



*You've heard a whole host of stories about  
the terrorist attacks on 9/11, but you  
probably haven't heard this one*

---

BY *Virginia Buckingham*  
AS TOLD TO *Jen Babakhan*

**SEPTEMBER 11, 2001, IS A DAY I'LL NEVER FORGET**, like anyone else who lived through it. It was a day on which many innocent lives were lost, and it was also the day my life was hijacked by a national narrative I couldn't control. I was the CEO of the Massachusetts Port Authority at the time, and in the aftermath, I was personally blamed for the attacks – a burden that proved to be almost too much to bear. I lost my job, my colleagues, and the respect of my nation. I've decided to tell my story now because it's one of redemption against all odds, and if redemption is possible for me, then really it is possible for anyone.

**O**n the morning of September 11th, I was a working mother with a two-year-old son, and I was five weeks pregnant with my daughter. I was 36 at the time and had been appointed the CEO of the Massachusetts Port Authority, and had been head of Logan International Airport for two years. The position was a politically appointed one, and I had already served as Chief of Staff to two Massachusetts governors. It was going well, up until that day. We had been working on getting support to build a new runway, and we were making good progress.

That Tuesday morning, I was actually on my way to Logan to catch a flight to Washington DC. I was scheduled to meet with the Federal Aviation

Administration (FAA). I was listening to the radio when I heard the report of the plane hitting the North Tower of the World Trade Center in New York. I thought it must have been an accident like a lot of people did, and then, I listened live as they reported the second plane hitting the South Tower. Then I knew it was terrorism. A staff member called me and said the six words that still haunt me to this day: "Two planes are off the radar." Those two planes had been hijacked and were the ones that had hit the towers – and they were from Logan. I wanted to weep as I heard the reports coming out of New York, but I knew I couldn't freeze in the face of the horror that was happening. I could not scream. I could not cry. I had to do my job, and I had to lead Logan through this.

No one knew at the time how the hijackers could have passed through



**Virginia Buckingham today**

**“I kept wondering:  
Could I have  
prevented this?  
Were the deaths  
of all those people  
my fault?”**

security. We know now that they carried small knives or box cutters through that went undiscovered. (Blades ten centimetres or smaller were permitted on flights at the time.) This sparked a lot of anger, most of it directed at me. Suddenly, I found myself in the middle of a media firestorm. Story after story, and columnist

after columnist, said I had no business running Logan. Some even went so far as to say that Logan was targeted because of me. Other airports had been compromised, too, but mine was the one whose planes took the towers down.

## **THE LONG WAY DOWN**

It just got worse from there. The governor at the time, Jane Swift, forced me to resign six weeks later. It was either that or she was going to fire me. Then, the family of one of the victims sued me for wrongful death. That was absolutely shattering, to think that a widow and the mother of two children held me personally responsible for the death of her husband.

Nights were filled with horrifying dreams that I tossed and turned my way through. Peaceful sleep was a thing of the past. I feared that my name would forever be linked to that disastrous day, instead of what it used to be: a good, hard-working person – someone who would never dream of hurting someone else. And I kept wondering: *could I have prevented this? Were the deaths of all those people my fault?*

While those around me urged me to move on, to put it behind me, I wondered how moving on from something so horrific as 9/11 was even possible. I didn't know if I would ever find an answer to the question that haunted me endlessly: *was I to blame for this?* The idea that I could end the pain



## READER'S DIGEST

was a powerful one. So much so that one evening, I entertained the idea of suicide. But instead, I listened to the voice within that told me to hang on. It was incredibly difficult to do.

Ultimately, the wrongful death case was dropped, but the lawsuit against Logan lasted ten years. It was a long time, and I felt every bit of it.

### QUEST FOR REDEMPTION

When the 9/11 Commission Report was compiled, I testified before the investigators. I said, "If you find that Logan security was no different than any other airport that day, please say that. Say it for all of us feeling this burden." It was their first footnote on the report - that Logan International Airport security had been no different than any other airport that day. Still, it wasn't enough to help me move forward. I wanted some form of external exoneration, like for the US President or someone else to say something about it. I wanted to know that others finally saw that I wasn't to blame and that there was nothing I could have done to stop those planes from hitting the towers.

The only thing that saved me was listening to myself. I had to listen to the belief I held within that I could not have done anything else. The security at Logan on 9/11 was exactly the same as it was at every other airport in the US that day. None of us could have foreseen that planes themselves would have ever been used as weapons.



**“I often think of sea glass. It begins with a bottle broken by waves but eventually turns into something beautiful”**

---

This entire experience has shown me that when terrible things happen, it's scary. We want to blame someone for it - it makes us feel safer somehow. But that's really no different than blaming a [sexual] crime victim by saying she wore the wrong thing and that it wouldn't have happened if she didn't. I have also realised that it's so hard - especially as a woman - to be your own hero. We tend to want someone else to come in and be the hero for us. But we can be the hero we need and save ourselves - we have it within us.

## MOVING ON

I had my daughter the spring after I resigned, and about a year later, I began looking for work again. I've always defined myself by my work, but I needed to find a new career path. I have always loved writing – getting paid to choose the correct words is such a joy – and I couldn't believe it when I got a job writing for the *Boston Herald*. Unfortunately, that became controversial because of my political past. Several writers there signed a petition for my termination, but I ended up working there for four years until I made the move to the private sector, working in public affairs.

Over that period of time, I just felt a sense of failure. I was failing to heal emotionally and mentally. I realised that our cultural definition of resilience isn't a good fit for everyone. There's this idea that you can bounce back better than ever, like the trauma never happened, but

that isn't true for all of us. It certainly isn't true for me.

I wrote the book *On My Watch* to give meaning to it all. If one person finds that it helps them through a difficult time, then writing it was worth it. In terms of getting through trauma and ultimately healing, I often think of sea glass. It begins with a bottle broken by waves but eventually turns into something beautiful. I felt very broken for a long time, but I am still able to bring beauty to this life I live. I want people to know that in order to really get through something, you have to accept that you are forever changed. But you also need to know that you can carry joy right next to your pain and still have a wonderful life. **R**

*If you or someone you know has had thoughts of self-harm or suicide, visit [lifecycle.org.au](http://lifecycle.org.au) or call their hotline on 13 11 14.*

---

### A World of Difference

The only difference between 'mostly sunny' and 'partly cloudy' is my weather commentator's outlook on life.

MOTODRIVEBY ON REDDIT.COM

The difference between a bland tomato and a great one is immense, much like the difference between a standard, sliced white bread and a crusty, aromatic sourdough.

YOTAM OTTOLENGHI, CHEF



COMMUNITY

# *Kindness of Neighbours*

*There's never been a better time to spread goodwill through your community. Here, neighbours on social network Nextdoor share acts of kindness that have brightened their neighbourhoods*

---

COMPILED BY *Nextdoor* and  
*Reader's Digest Editors*





## **LOOKING AFTER OUR HEALTH CARE STAFF**

I recently heard about adopting a health worker. So when I visited my doctor of eight years, I asked her if there was anything I could do to help her out – make a meal, or assist with groceries or errands. She looked a little surprised but said she was fine.

When I thought about it afterwards, I realised she probably wouldn't take food from patients at this time. I also knew that business at the café next door to the medical centre had slowed down.

So, I went into the café and paid for \$100 worth of coffees for the staff at the medical centre. Then I popped back to the surgery and told the receptionist, who thanked me. "It's the community that should be thanking you all for working, so this is a small token of my appreciation," I replied.

The following day, I received an email from the medical centre's CEO extending a big thank you. I felt really special that the CEO had taken time to write to me, when I'm sure she had other things to do. I was only sorry that I hadn't put \$200 on the tab!

**Julie Richards, South Kingsville, Victoria**



## ***FIXING A LEAKY ROOF***

The roof of my converted caravan home had been leaking for around ten months. Although I have sons who could have fixed it, they live far away and hadn't been able to visit. So I decided to ask around my neighbourhood to see whether anyone could help. Though only 69, I have arthritis and a troublesome back, and after one hip and two knee replacements, I wasn't able to climb an extension ladder.

I sat down and composed a short post on Nextdoor to see if anyone could help. To my delight, a lovely person, Gary, from a local group called Earth Angels, responded soon after. He popped around, sealed the roof and sorted out another problem I was having with one of my windows.

After Gary left, I thought back to when I was a teenager. It was a time when many neighbours would be around to help out with problems like these. A little kindness goes such a long way. I am so very appreciative to Gary and Nextdoor for bringing this neighbourhood concept to our area. I'm sure people like Gary don't fully realise their value to a person like myself.

Many elderly people, who live independently, need quick, small jobs done around their houses that they cannot do themselves. Yet, soon after a loved one dies the whole family congregates for a working bee so they can get the best price for the property. Wouldn't it be nice to have that working bee before Gran or Grandpa died so that they could enjoy the benefits?

**Ellen Bucello, Erina, NSW**

## HOME-COOKED MEALS

I live alone with my red kelpie dog, Fred. I also live with Complex PTSD. At times, my condition makes it tricky to leave my house and, as a result, I have been unable to work for the past five years. In the last month or so, the generous and kind couple, Kellie and Jeremy, who live next door, have been randomly popping over with beautiful home-cooked meals that are frozen and are ready to go after a quick reheat.

Today, Kellie rocked up at my door with two serves of braised steak and onions, a big bag of homemade pies (savoury and sweet) and some homemade cupcakes (complete with a little container of cream). I show my thanks by sharing the lovely magnolia flowers from my tree when it is in bloom.

Julian Tregenza, Port Adelaide, SA



## A WALK ON THE WILD SIDE

Physical distancing is difficult for many people with the isolation affecting us in many ways. I had, however, assumed that my chickens would be immune to any concerns about the current situation and just continue with their usual routines. Ethel, an Isa Brown, is clearly more sensitive than her sisters. Ethel escaped from the chicken run at the top of the garden the other day. I saw her make a dash for freedom as I shut the gate. I thought it would not matter if I left her to scratch around in the back garden for an hour or two as a change from the run she shares with the other nine chickens.

But, when I went to return her to the chicken run, Ethel was nowhere to be found. I looked under bushes, behind the water tanks and at the side of the deck. No Ethel. Foxes





regularly and once took one of my chickens. So, I was worried as the day progressed that, with fewer people around, the local foxes would be bold enough to leave their lairs and come out during daylight hours.

Fearing Ethel had flown over the fence, I went and visited the neighbours to check to see if she was in their respective backyards. I knew some of my neighbours, but not all. This led me to meet a couple of neighbours for the first time. But still no Ethel. After a few hours wandering around the garden and street, I prepared a flyer:

*Chook Missing.  
Ethel has gone wandering.  
Please call if you find her.*

I posted the flyer on lamp posts up and down the street. Nothing happened. Dinnertime came and went. I put the other chickens in their coop for the night, settled down to watch TV and decided I had lost Ethel. Then, at 9.30pm, the phone rang and a male voice said, "I have Ethel." He was very excited. When he got home his mother had told him there had been a chicken in their backyard all day. I thought the young man had seen my flyer but he hadn't. He had posted a photo of Ethel on the Nextdoor app, which I hadn't known existed. An evening jogger had seen my flyer. When he looked at the app later

that evening, he had seen the photo of Ethel. He posted on the app saying there was a flyer in a local street about a missing chicken. The young man went to look at the flyer and then rang me.

I went around to collect Ethel with some toilet rolls as a thank-you gift. They seemed more relevant currency than chocolates or flowers. I thanked him profusely, returned Ethel to her flock, and went to bed relieved that she was now home safe and sound.

I was left thinking about the events of the day. The melding of old and new technology - putting up a flyer and posting on an app. But mostly I was left thinking how kind and helpful people are - especially to lost chickens.

Carolyn Worth, Brighton East, Victoria



### **CONNECTING WITH THE NEIGHBOURHOOD**

My landlord is a complete stranger who I have never met, as the property I rent is managed by a real estate

agent. Yet, at the start of the shutdown period, my landlord instructed the real estate agent to halve my rent – the reduced rent was totally waived, and not required to be repaid. They had just done a complete renovation of the bathroom at considerable expense, after I had noted that the place needed a good clean when moving in.

After separating from my partner of over 30 years, I have found the isolation of the past few months particularly difficult. The kindness my landlord showed me encouraged me to lend a hand to others. So I decided to connect with people in my local area through Nextdoor – it's helped me stay sane. I kept busy and engaged by offering to help people in the neighbourhood, those less mobile than me.

On one occasion, I did the grocery shopping for a family who were in self-isolation after returning from overseas. Afterwards, they sent me

photos of the meals they'd made – that made me feel so happy. Through Nextdoor I have also helped others to fix bicycles and restore furniture. The app has also helped me to reinvent my tourism business model, which prior to COVID-19 had targeted international visitors to take personal guided bicycle tours.

Graeme Dodd, Mosman, NSW 

### WHAT IS NEXTDOOR?



Nextdoor is a neighbourhood hub for connections and the exchange of helpful information, goods and services. Nextdoor's aim is to cultivate a kinder world where everyone has a neighbourhood they can rely on. Visit [Nextdoor.com.au](https://www.nextdoor.com.au) or download the Nextdoor app in the iOS app store or Google Play.

---

### Caterpillar Keeper

Most people would be bugged to find a caterpillar in their supermarket broccoli, but not Sam Darlaston. Instead, the British radio host decided to raise it to maturity. Shocked at first, his feelings soon turned to joy when he realised he had a pet to enjoy during lockdown in his London home. He gave his new companion the name of Cedric. It was soon followed by Broc, Olly, Carlos, Croc, Janine and Slim Eric. The supermarket gave him refunds on the broccoli, which he used to purchase more vegetables to feed his growing brood. [WWW.HUFFINGTONPOST.COM.AU](https://www.huffingtonpost.com.au)

## LIFE'S LIKE THAT

### *Seeing the Funny Side*



#### **Age Gap**

When the new activities director for the recreation centre walked in, all of us retirees took notice. She was 20-something and very attractive.

My buddy whispered, "She makes me wish I was 30 years older."

"Don't you mean 30 years younger?" I asked.

"No. If I were 30 years younger, I'd still never have a chance with a woman like that. If I were 30 years older, it wouldn't bother me so much." SUBMITTED BY JOHN BERTSCHLER

#### **Pillow Talk**

My husband talks in his sleep. Unfortunately, he also snores, so I sometimes give him the wifely elbow.

"What?!" he demanded one night, still mostly asleep.

"Turn over - you're snoring," I told him.

He did as instructed and while doing so muttered grumpily, "That's nothing; you should hear my wife snore."

SUBMITTED BY KAREN BRUNGARDT



## All the Answers

My 85-year-old grandfather was rushed to the hospital with a possible concussion. The doctor asked him a series of questions:

“Do you know where you are?”

“I’m at City Hospital.”

“Do you know who I am?”

“Dr Hamilton.”

My grandfather then turned to the nurse and said, “I hope he doesn’t ask me any more questions.”

“Why?” she asked.

“Because all of those answers were on his badge.”

SUBMITTED BY WEBB SMITH

## Perils of Drinking

We were discussing the dangers of drinking and driving when my five-year-old granddaughter threw in her two cents worth.

“I can see why it would be dangerous to drink and drive,” she said. “The straw could go up your nose.”

SUBMITTED BY MARLENE L. BANWART

## WHAT HE REALLY WANTS

**While my mother was pregnant with me, my parents warned my three-year-old brother not to set his heart on either a brother or a sister, as they didn’t know what I would be. He seemed to understand but added this caveat: “Well, if it’s a dog, I hope it’s a boxer.”**

SUBMITTED BY KATHLEEN O’HAGAN



## THE GREAT TWEET OFF: FATHERS EDITION

**Dads are a constant source of wisdom and, of course, Dad jokes.**

Get your dad what he really wants this Father’s Day by turning off the lights when you leave a room.

@PRIMAWESOME

A dad’s favourite part of a holiday is acting like he’s better than everyone else because he woke up the earliest.

@SIMONCHOLLAND

Dad at a restaurant looking at the bill: “What’s the damage?”

@SWEATYHAIRY

**Dad:** “Tall latte, please.”

**Barista:** “Sure thing.

Can I get a name?”

**Dad:** “What, your parents didn’t give you one?”

\*All the other dads give him high fives\*

@HOME\_HALFWAY

**Dad:** “Your grandpa used to cut the grass before he died, but now he’s ...”

**Son:** “Dad, please don’t...”

**Dad:** “Lawn gone.”

@PRO\_JONES\_



A black tea scoop is shown pouring a stream of dried tea leaves into a glass teapot. The teapot is partially filled with tea leaves and contains a small amount of amber-colored tea. The background is white.

*I Am the*  
**FOOD ON  
YOUR TABLE**

# *I Am Tea...* Soothing and Full of Ancient Flavour

BY Diane Godley

Whether it's a steaming cup of Earl Grey, a *chawan* of matcha, a mug of spicy chai, or an ice-cold bubble tea, today many people around the world wake each morning to a cup of me, thanks to a chance discovery 4000 years ago.

According to legend, Chinese Emperor Nun Shen was out with his servants when they stopped to boil water by one of my trees. A gentle breeze blew a leaf into their pot, which released a pleasing aroma. The Emperor tasted the water and was immediately taken by my flavour. From that day on my popularity spread and before long I became China's national drink. In Japan, an artform when they turned the making of me into a ceremony.

>>






# Dilmah

*For lovers of tea*

## Where does your tea come from?

Dilmah is single origin, handpicked and packed with kindness where it's grown.

Do try it!

 [dilmah.com.au](https://dilmah.com.au)





I wasn't introduced to Europe until the 16th century and, boy oh boy, did they lap me up! I became so popular in the United Kingdom that I have become something of an institution. In fact, that country has electricity surges at the end of every episode of the soap opera *EastEnders*, when viewers collectively get off their couches to put the kettle on to make a cup of me.

For centuries China enjoyed the lofty position of being the world's sole manufacturer of me. By the mid-1700s, England was purchasing millions of pounds of me every year from China, having financed my purchase through the illegal opium trade - which sparked the Opium Wars. I was also imported in large amounts by the Dutch, and by 1770, they were importing two-thirds as much as England.

Neither country could get enough of me to satisfy their citizens, nor could they sustain the expense of importing, so they decided to cultivate me in their colonies: Indonesia for the Netherlands and India for England. The East India Company, which had profited substantially as a middleman in my trade between China and England, sent Scottish gardener and industrial spy Robert Fortune on a clandestine trip to the Chinese interior - territory forbidden to foreigners - to steal my closely guarded secrets.

By the 1880s, I was thriving in India, which soon unseated Chinese me as the number one tea sold in

Britain. Today, I am the world's most popular beverage and am still grown in China and India, as well as Kenya, Sri Lanka and Vietnam. Regardless of my colour (green, black or white), I come from the same plant species: *Camellia sinensis*.

## HERBAL AND MEDICINAL TEAS

Although my name is used in the herbal drink, herbal tea is really a distant relative - several times removed. As I mentioned before, my leaves come from the *Camellia sinensis* plant, where herbal teas come from dried herbs, spices, fruit and flowers. But since herbal teas have been around for centuries, who am I to mince words?

Herbal teas have been used as natural remedies to treat a variety of ailments for hundreds of years. Evidence is slowly mounting that supports why some people are firm believers in my herbal friends. Some of these are:

**Chamomile tea**, which is known for its calming effects and used as a sleep aid. As is **Passionflower tea**.

**Peppermint tea**, one of the most widely used herbal teas in the world, supports digestive tract health.

**Ginger tea** is a spicy drink packed with antioxidants that help fight inflammation and stimulate the immune system.

**Rose hip tea**, made from the fruit of the rose plant, is high in vitamin C and is said to have anti-inflammatory properties.



# LOSE WEIGHT & BOOST YOUR ENERGY

*Plus, help your immune system, bones & muscles!*

**F**or a healthier life good nutrition is vital. So an Australian dietician developed low GI **Revitalise**; a unique, delicious tasting multivitamin health shake. It is very low calorie and contains protein, prebiotic fibre and amino acids.

## **Weight loss and weight management made easy**

**Revitalise's** healthier carbohydrates release energy slowly, helping you feel fuller for longer. The combination of low GI, protein and fibre means *Revitalise stops you from snacking.*

**Revitalise is not a meal replacement.** When part of a healthy eating diet

and exercise, **Revitalise** helps you to lose weight and *keep it off.* It's perfect to drink as a snack or with a light meal like a green salad or banana.

**Boosts your energy** **Revitalise** gives you sustained energy. It's enriched with vitamins B1, B2 and B3 for normal energy metabolism.

**Immune system** **Revitalise** contains prebiotic fibre, which feed the good bacteria in your gut. This helps to strengthen your immune system.

## **Muscles and bones**

**Revitalise's** protein helps the growth and maintenance of your muscles; Calcium and Vitamin D enhances bone mineral density.



Available in vanilla, chocolate and coffee. RRP \$32.95. **Revitalise** gives you 14 serves (2 weeks supply).

Available from selected pharmacies. Visit [bodycarenutrition.com.au/stockists](http://bodycarenutrition.com.au/stockists) for details.

**MADE IN AUSTRALIA**

**FREE DELIVERY OFFER FOR ONLINE ORDERS**

[bodycarenutrition.com.au](http://bodycarenutrition.com.au)

Insert Coupon Code **goodhealth2020rd** into the shopping cart. Offer expires 30/9/20.

Revitalise is a formulated supplementary food, which can be of assistance when dietary intakes of energy and nutrients are inadequate. © Copyright 2020



**ME-TIME!** My name is also synonymous with the best time of the day, tea... or dinner, as it's now more widely called. The concept of afternoon tea (also known as low tea) served around 5pm, was introduced to wealthy English households by Anna Maria Russell, the Seventh Duchess of Bedford, in the mid-1840s, because she became peckish before dinner.

The practice trickled down to the working class who worked long hours and found a snack between their mid-day and evening meal helped boost their energy. This eventually evolved with the lower classes calling their evening meal 'tea', while the upper classes referred to the evening meal as 'dinner'.

**Milk or me first?** Pouring me into the cup first, followed by milk, is also

something handed down by the upper classes: only rich folk had fine china cups that could withstand my boiling liquid. The lower classes added the milk first so their cheap porcelain cups wouldn't break. Which method actually tastes better is still a matter of hot debate among tea drinkers.

Today, I'm worth my weight in gold, with a global market estimated to be worth US\$52.1 billion. Growing numbers of people swear by my myriad health benefits. But perhaps my true worth lies in my special charm of bringing people together. Whether it's to catch up with a friend, to welcome a guest, or to provide comfort to someone in distress, every day people from around the world delight in me-drinking rituals (cup of tea and a biscuit?) for a social get-together. **R**



### TEA-POACHED PEARS

- ◆ Add 2 Earl Grey tea bags to 500ml boiling water in a saucepan and steep until you have a strong cup of tea.
- ◆ Discard tea bags.
- ◆ Simmer liquid and stir in 150g sugar until dissolved.
- ◆ Add a long strip of orange zest (peel), a pinch of

saffron and four cardamom pods.

- ◆ Add 4 pears, peeled, and simmer for 15-20 minutes.
- ◆ Remove pears and strain liquid into a jug.
- ◆ Pour sauce over poached pears.
- ◆ Serve with whipped cream or ice cream.



# WE'RE NOT TRADITIONAL. BUT, NEITHER ARE YOU.



## END OF LIFE PLANNING, ON YOUR TERMS.

Prepay online from **\$1399.**

Tradition is outdated and we want to 'go our own way', according to a recent study that found 80% of Australians don't want a traditional funeral.

Some don't want to go out in a funeral parlour full of distant relatives in black suits. Others don't want to burden their family with the expense of a traditional funeral, which can cost upwards of \$10,000. And some just want the freedom to go their own way - whatever that is. We built Bare for them.

Bare is Australia's most affordable - and least traditional - funeral provider.

Prepaying online or over the phone can save you thousands and give you the freedom to go your own way - whether that's a backyard barbecue, an ashes scattering ceremony at your local beach, or a few beers at the pub.

**Leave life the way you lived it, with Bare.**

# BARE.

Learn more at  
[barecremation.com.au](http://barecremation.com.au) or call 1800 202 901





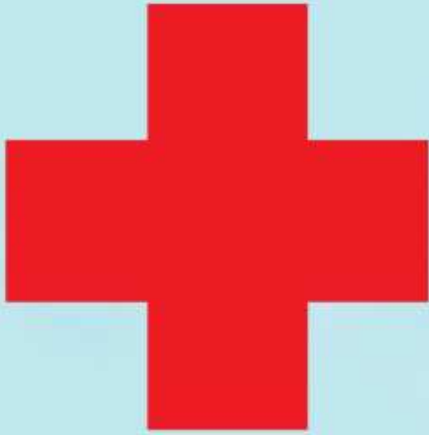
**11**  
**PAINS**  
**YOU MUST**  
**NEVER**  
**IGNORE**

*We all feel a twinge once in a while. When is it nothing, and when is it a sign that something needs attention – now?*

BY *Jen Babakhan* AND *Tracy Middleton*

FROM **THEHEALTHY.COM**





Maybe your feet have started to tingle every so often or you've developed a mild fever. Nothing to worry about, right?

Maybe. But given the coronavirus (COVID-19) pandemic, you don't have to be a hypochondriac to think hard about whether a niggling symptom is a clue that something more serious is happening in your body. How can you tell when not to worry – and when to panic? These stories feature people who faced that quandary and discovered that their discomfort emanated from conditions far different from what they had suspected. The welcome result: after a proper diagnosis, they all got the treatment they needed. Consider their journeys to be a guide for all of us.



**ABDOMINAL PAIN**

**“The Burning Sensation Turned Out to Be Bowel Cancer”**

When Amy Driben-Salcedo felt a burning sensation in her abdomen in 2017, she ignored it for four or five months. “I have three kids and was just busy with life,” says the high school careers advisor, who was 47 at the time.

After the pain moved to her back, “I googled my symptoms and decided it must be an ulcer, so I changed my diet to bland foods,” she recalls. Then she began rapidly losing weight.

Further googling showed that her abdominal pain and weight loss were both classic signs of colorectal cancer (commonly referred to as bowel cancer), but Driben-Salcedo dismissed the possibility because she felt she was too young. By the time she made it to a medical centre, she had dropped 12 kilograms. She had her blood tested and X-rays done, but everything came back normal. Her doctor prescribed medication for irritable bowel syndrome. After taking it for a few weeks with no relief, Driben-Salcedo called the doctor again. “On the way to the CT scan he ordered, I told my husband, ‘This must be what cancer feels like. I’m in so much pain.’” The scan showed a shadow on her liver.

A follow-up colonoscopy revealed

**+ BOWEL CANCER**

Most cases affect those over 50, but it is increasingly appearing in younger people.



the truth - she did indeed have colorectal cancer. Driben-Salcedo had three days of chemotherapy every other week for a year. The treatment caused brutal side effects, including sleepless nights, and weakness and numbness in her hands and feet. But it was worth it; the treatment wiped out her tumour.

Unfortunately, Driben-Salcedo is now battling a new tumour in her liver. Still, having beat cancer once, she is optimistic that she can do it again. “I’m now vigilant about listening to my body and taking care of myself.”

**● WHAT ELSE COULD IT BE?**

We all have tummy troubles now and again, but belly pains sometimes signal serious conditions. A sharp pain in the lower right side of the abdomen



could spell appendicitis; in the lower left, diverticulitis; in the middle to upper right, gallstones; and closer to the pelvis, ovarian cysts or a urinary tract infection. Dull or burning pain or cramping is sometimes caused by an ulcer, irritable bowel syndrome (IBS), or an inflammatory bowel disease such as Crohn's or ulcerative colitis. Stomach aches accompanied by fever could be viral gastroenteritis.

### **MOUTH PROBLEMS**

#### **“My Insatiable Thirst Turned Out to Be Diabetes”**

Carol Gee stood at the airport car-rental desk after a long flight and began to tell the agent her last name. That's when she noticed her mouth had gone completely dry. Finding it hard to speak, she finished the paperwork and handed her husband the keys.

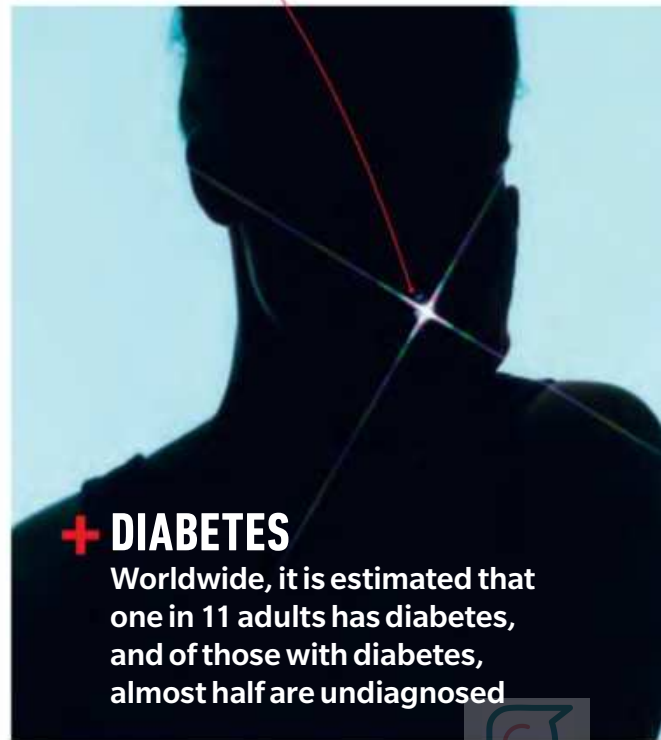
Gee, 59 at the time, says she tried not to panic. “It was the weirdest feeling I've ever had. There was no moisture in my mouth whatsoever.” She attributed it to the long flight she had just taken, though the dry mouth became a feeling of endless thirst. “Water wasn't helping at all. I drank and drank. That led to me using the bathroom constantly. I was miserable the whole day.”

A few months earlier, she'd had a check-up with her doctor, who had noted that Gee's blood glucose level

was higher than usual. “Since she didn't offer medication, I assumed it wasn't a big deal,” says Gee.

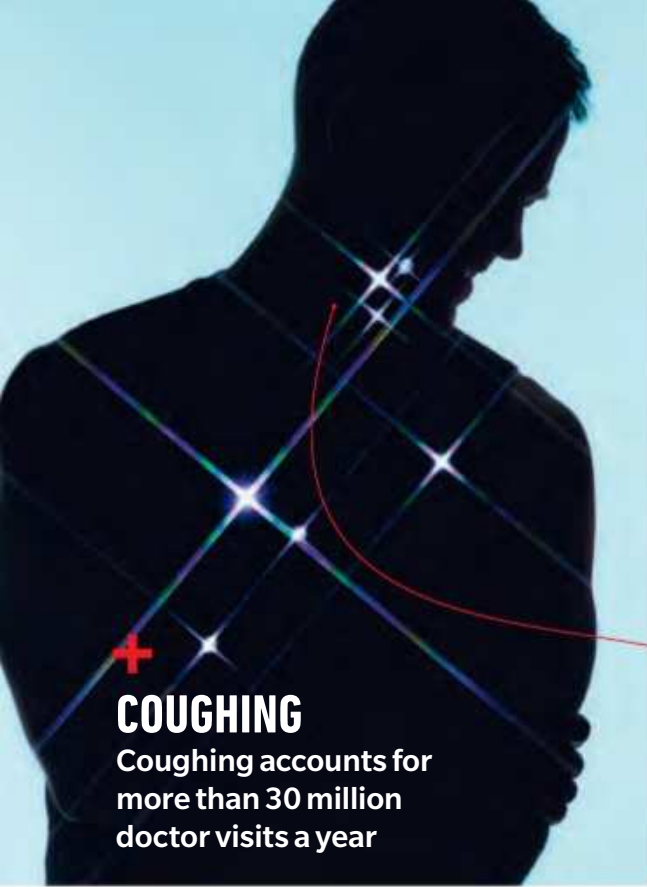
Although she did her best to enjoy her holiday, Gee remembers the fatigue that hit her on the way home. “Walking from the airport to our car, it took every bit of strength I had to roll my carry-on luggage. It was so hard to put one foot in front of the other.”

The next day, she called her doctor, who recommended a trip to the emergency department. “When they tested my blood glucose, the doctor said, ‘You have type 2 diabetes, and you're in bad shape. Your glucose level is so high, it's a wonder you're not in a diabetic coma or worse.’ That's when it hit me how serious it was.” When Gee was admitted, her blood



#### **+ DIABETES**

Worldwide, it is estimated that one in 11 adults has diabetes, and of those with diabetes, almost half are undiagnosed



## COUGHING

Coughing accounts for more than 30 million doctor visits a year

glucose was 900 mg/dl, a long way from a normal result of less than 140 mg/dl.

Now 70, Gee says she's obsessive about taking her insulin and testing her blood. "I wish I had been more proactive and asked my doctor about my high glucose level when she first found it. I would have said no to that cake, my blood sugar wouldn't have got that high, and this wouldn't have been such a surprise," she says.

### ● WHAT ELSE COULD IT BE?

Smell something funky when you open your mouth? If you also have white spots on your tongue, it could be an oral yeast infection – or a tumour. If your breath smells like sour milk, you might be lactose intolerant;

like nail polish remover, you're probably eating too much protein. Red lesions on the tongue, loose teeth, cancer sores (painful shallow wounds inside the mouth), or red or white patches inside the mouth that last longer than two weeks could signal cancer. White, yellow or brown spots on your teeth might indicate coeliac disease. A glossy red tongue is a sign of a possible vitamin B12 deficiency.

## COUGHING

### “My Cold Turned Out to Be COVID-19”

Earlier this year, 20-year-old Jonah Stillman, an author and a public speaker, travelled to several countries including Thailand, South Korea and England. On the flight home, he says he had a minor sore throat and cough.

News about the spread of COVID-19 was just breaking then, but at the time it seemed to be affecting mostly older people, so he didn't think that was what he had. "I don't get sick often, I work out six days a week, and I have a very clean diet," he explains. Still, because he has family members with underlying conditions that he'd heard could raise the risk of complications or death from the virus, he called his doctor the next day.

Once they'd heard all the countries he had visited, the doctors "definitely wanted to test me," Stillman says. "They met me at the back door of the office in full personal protective





equipment and led me to a room. The entire process took about 15 minutes. That was on a Wednesday.”

That Saturday, he received the news that he had tested positive for COVID-19. “It was shocking because it was still relatively new. It still seemed like a foreign issue,” he says. By Sunday, his sore throat had become considerably worse, his violent coughs wouldn’t stop, and his fever spiked to 39.5°C. “The body aches were unlike anything I’ve experienced. I could barely move.”

Among the most disturbing symptoms was his lack of taste and smell. “I couldn’t differentiate between cake and pizza. The texture was the same, and there was absolutely no taste. I had to force myself to eat because

my gag reflex was so strong. I didn’t attribute this to COVID-19 originally, but now I see that it’s one of the defining symptoms,” Stillman says.

His recovery took two full weeks, and Stillman started to tell his story as a way of urging other young people to take the disease and social distancing seriously. “Even if you don’t have symptoms, this impacts other families and individuals,” he says now.

### ● WHAT ELSE COULD IT BE?

Coughs can linger for a long time, but if yours persists without other cold symptoms, you might have acid reflux, chronic bronchitis, heart failure, pneumonia, or lung or throat cancer. ACE inhibitors and beta-blockers taken for high blood pressure can also cause a cough. Generally, if you’re coughing up blood or green or yellow phlegm, let your doctor know.

### NUMBNESS AND TINGLING

#### “My Numb Feet Turned Out to Be MS”

Cathy Chester was fresh out of university and making a name for herself. When she noticed numbness and tingling in her feet, she attributed it to stress and walking long distances in cold weather. “I chose to ignore the symptoms, and they grew incrementally worse,” she says. When the numbness began to move



### + MULTIPLE SCLEROSIS

MS is most commonly diagnosed in people between the ages 20 and 50. Women comprise 75 per cent of patients

up to her lower legs, Chester decided to get some medical advice. The doctor told her that her shoes were too tight.

She bought larger shoes, but deep down she knew that he was wrong. The numbness progressed towards her knees and thighs, causing her to stumble. A few times she was even accused of being drunk. Along with weakness, fatigue often overtook her. "I figured I was exhausted from living on my own and trying to keep up in a competitive job market. It felt like I had the flu, but a thousand times worse," recalls Chester.

One evening, on her way to catch the bus home, she looked down and saw that one of her high heels had come off three metres behind her. "I didn't even notice it because my feet were so numb. That was a real wake-up call."

After a neurologist ordered a spinal tap, a CT scan and an MRI, she finally discovered what plagued her: multiple sclerosis (MS), a disease of the central nervous system that disrupts the flow of information to the brain. Chester had endured five years of numbness, weakness and fatigue. Still, she says, "I was one of the lucky ones who got an immediate diagnosis from the scans. My test results were very clear. That brought a sense of relief because I finally knew what to do to help myself."

Today, Chester, 61, says, "I never got the feeling back in my right leg,

even after therapy, and the fatigue is awful – I have to take a nap every day at two, no matter what."

### ● WHAT ELSE COULD IT BE?

A pins-and-needles or numb feeling is often just a sign that a part of your body has 'gone to sleep'. But if the feeling lingers, it could be a blood clot, a pinched nerve, or peripheral neuropathy (itself often caused by diabetes). If you also have trouble seeing, speaking, or understanding words, you may be having a stroke. A feeling of numbness in the chest that has lasted longer than 30 minutes could be a heart attack, especially if accompanied by dizziness or nausea.

## HEADACHES

### "My Nagging Headache Turned Out to Be a Stroke"

In 2013, Latarsha Jones got a terrible headache. Jones, a mother of three, assumed that her busy schedule and long hours working as an assistant principal of a primary school were just taking their toll.

The aching persisted for several weeks and was often so bad that Jones had to hold her head when she coughed or sneezed. One afternoon, the pain suddenly intensified. "I felt like everything was going in slow motion. I couldn't get words out, and my speech slurred. I was numb on the left side."



When paramedics arrived, Jones was unable to lift her left arm or say her ABCs, two tests used to determine whether a patient has suffered a stroke. At the hospital, an MRI revealed she had indeed experienced an ischaemic stroke, which occurs when a vessel supplying blood to the brain becomes blocked.

“Doctors are still looking into factors that may have caused it, because my blood pressure was not extremely high and the other tests were borderline. I believe my obesity was the main factor,” Jones says.

In response to her terrifying ordeal, Jones has stepped up her activity and cleaned up her diet. Today, the 47 year old is a volunteer for a health organisation. She is still recovering from her stroke and takes medication daily to prevent another.

### ● WHAT ELSE COULD IT BE?

Nearly everyone gets skull-throbbers. Dehydration, poor posture, certain foods and stress are common causes, but some head pain indicates a bigger issue.

If a headache wakes you up in the morning or doesn't get better with medication, it might be a brain tumour. And if it's coupled with a high fever and a stiff neck, you might have meningitis.

Headache accompanied by blurry vision or trouble focusing could be an aneurysm.



### STROKE

A stroke cuts off blood to only part of the brain, so symptoms often appear on only one side of the body







## 6 More Symptoms to Get Checked

### BACK PAIN

Dehydration, stress, inactivity, a poor diet, or the wrong wardrobe (high heels or too-tight outfits) could be to blame for backaches. If your back hurts when you first get out of bed in the morning, the pain may be from osteoarthritis. Pain in the lower and upper back, on your side, or in your groin can be a sign of a urinary tract infection that has spread to the kidneys. A herniated disk can hit the nerves in your spinal cord, causing pain.

### CHEST PAIN

Chest pain can be a scary red flag for a heart attack – and you should call paramedics if you think you're in cardiac arrest, or if you are also experiencing shortness of breath, cold sweats, nausea, light-headedness, overwhelming fatigue, and/or a feeling of doom. But those pangs in your chest could also be a sign of anaemia, shingles, pancreatitis, a stomach ulcer, a panic attack or lung cancer.



### HERNIATED DISK

Herniated disks are twice as common in men as in women

### FEVER

A body temperature of 40°C or above is normally a sign that your immune system is working to fight off an infection, such as strep throat, influenza or COVID-19. But if you also have abdominal pain, you might have appendicitis; tenderness and swelling in your legs, deep vein thrombosis; skin that is red and painful to the touch, cellulitis; a cough or shortness of breath, pneumonia; or bloody urine or pain when you urinate, a urinary tract infection.

### NAUSEA AND VOMITING

Feeling queasy is often a side effect of motion sickness, pregnancy or gastroenteritis. But heart attack symptoms can also mimic stomach problems such as nausea, vomiting



## 11 Pains You Must Never Ignore

or overall gastrointestinal upset – especially in women. If nausea is accompanied by pain in the upper right side of the abdomen, you may have had a gallbladder attack. If you have back pain and a fever along with nausea, chances are a urinary tract infection has morphed into a full-blown kidney infection. Stomach ulcers and pancreatic cancer can also cause nausea.

### BREAST PAIN

“The vast majority of women who come in with breast pain do not have cancer,” says Dr Diana Ramos, co-chair of the US National Preconception Health and Health Care Initiative. Other culprits could be pregnancy or an infection. Men who feel breast pain might have testicular cancer.

### NAIL PROBLEMS

When your nail bed is concave, or spoon-shaped, you have a condition known as koilonychia, which is usually caused by anaemia. Skin that becomes swollen near the cuticles and nails that are bulbous can be a sign of lung disease. Tiny little dents along the surface of the nail are associated with psoriasis or alopecia areata. Nails that are white with a

pink or brown band at the tip are associated with kidney, liver or heart problems. Melanoma can appear under your nails as a black spot on the nail bed or a dark-coloured line. Brittle nails that peel or split can be caused by an underactive thyroid. Ridges in nails can also signal that you’re not making enough stomach acid. **R**

ADDITIONAL REPORTING: CHARLOTTE HILTON ANDERSEN, ALYSSA JUNG, MARISSA LALIBERTE, KARYN REPINSKI, JENN SINRICH, LINDSAY TIGAR

### + KIDNEY DISEASE

In one study, 36 per cent of patients with chronic kidney disease had half-white, half-brown nails











**SEE THE WORLD...**

Turn the page »











## ...DIFFERENTLY

**To highlight** how the natural world is affected by humanity's massive output of waste, Portuguese artist Bordalo II creates animal sculptures around the world – constructed solely from garbage. Sadly, this Dublin sculpture of a giant squirrel made from damaged car parts, old TVs and bike frames has already been consigned to the waste bin again – to make way for a new hotel.

PHOTOS: IMAGO/ZUMA PRESS/  
ARTUR WIDAK





*One survivor now wonders  
whether abusers like hers deserve the  
harsh comeuppance they often get*

# *Sympathy For My Bully*

BY *Geraldine DeRuiter*

FROM THE WASHINGTON POST

ILLUSTRATION: SHOUT



**A**s a child, I was an easy target for playground torments: smart, insufferably rule-abiding, decidedly unpretty. The tormentor I remember most distinctly was not my first bully, nor my last, but his attacks would turn others into footnotes.

He was in my class for years. In class photos, his face is round and almost cherubic, but I remember it contorted in anger as he spat insults at me, telling me to shut up, flailing his hands against his chest and moaning – an approximation of what he said I sounded like. We were seated next to each other year after year, and when I finally complained about this arrangement, one of my teachers said that maybe I'd be “a good influence on him”.

It didn't work. His mum was also my softball coach, driving me to and from practice when my single mother could not. Sitting in the back of his mother's van after my team lost a softball game, he snapped, “It smells in here.” When his mother climbed into the driver's seat, oblivious to what had happened, he was still doubled over with laughter. I was ten.

When I would return home after one of my bully's taunts, tearful and

broken down, I'd comfort myself with the idea that one day I would be happy and successful and my bully would not. I internalised the cliché used to soothe all bullied children of my generation – the universe would mete out some sort of karmic justice.

This idea is everywhere: bully Biff Tannen waxes George McFly's car at the end of *Back to the Future*, having been beaten into submission (literally) years earlier. In *A Christmas Story*, Ralphie finally snaps after years of torment and attacks Farkus, who is left tearful and bleeding. Regina George – the Machiavellian queen bee in *Mean Girls* – eventually relinquishes her bullying crown, but only after she's publicly shamed twice and flattened by a bus.

Even today, the internet is rife with stories of bullies getting their comeuppance, from viral videos of little kids fighting back to Reddit threads describing justice doled out against an antagonist.

“It's an age-old story – the idea of bullies getting theirs,” says Meghan Leahy, a school counsellor and parenting coach. “It's a very human part of us that likes revenge.”

That seems only fair, right? After all, the bullies are the bad guys. According to a 2014 study that gathered data from more than 234,000

teenagers and children, victims of bullying are more than twice as likely to contemplate killing themselves as their non-bullied peers. Other studies have shown that people who are bullied are more likely to experience low self-esteem and anxiety, more inclined to abuse alcohol and drugs, and more likely to suffer from a host of physical ailments, such as headaches and sleep disturbances.

**DURING THE PERIOD** when I was being bullied, my mother was dealing with her own abuse at the hands

bruised face was a result of “walking into a door”.

As the years passed, those promises of karmic justice given to me in childhood came true. I went to university on a full scholarship. I graduated with honours and became a professional writer. My mother finally extricated herself from her abusive relationship. Determined not to follow in her footsteps, I sought out soft-spoken men who never yelled. I met and married someone wonderful. Everything turned out better than I could have dared hope.

## *I told myself that **one day I'd be happy and successful** and my bully would not*

of a man with whom she'd been romantically involved for several years. He fluctuated between charming and volatile. He would yell, throw furniture and other objects, punch holes in the walls of our home, and tear doors off their hinges.

At the time, I'd never seen my mother's boyfriend hit her, but my bully, who lived nearby, had seen him pull my mother from her vehicle and throw her to the ground. The next day at school, my bully told everyone within earshot the story. He laughed through his impersonation of her lying on the ground whimpering.

Until that moment, I'd believed my mother when she told me that her

I occasionally searched for my bully online, determined to see my story to its promised end, to relish all the ways my life was better than his. In 2010, after years of finding nothing, I learned from a friend that my bully had been murdered in his home, not far from where we grew up. Consumed by the story, I pored over every news article I could find. He had been dealing pot and was killed in a robbery gone wrong. One of the murderers had been his childhood friend.

I read that he had anticipated an attack. His friends said he was so terrified in the weeks leading up to his murder that he'd slept with a hammer under his pillow. I was haunted by what I imagined his final moments



were like, by how scared he must have been. I cried for the boy who had made me so miserable.

Now I had to wonder: what kind of fate would I have considered sufficient retribution? Would I have been satisfied if he had become merely unsuccessful or unhappy? What sentence are we comfortable bestowing upon an eleven year old for his crimes? What's the statute of limitations for revenge?


I wanted my bully's life to turn out rotten, but when it actually happened, it didn't feel like justice had been served. It felt like I'd simply watched a building collapse in slow motion. The cracks in the foundation had started long ago.

**IN THE PAST FEW YEARS**, our culture has started to see bullying as a serious problem, one whose victims need help, support and protection. But if right-thinking people want to care about bullying as a social problem, we need to see some nuance. Look at every bully and his or her victim and you'll often find two kids who need help, not just one.

As they grow up, bullies tend to have trouble keeping jobs, often have problems with alcohol and drugs, and are more likely to have criminal records. A large number of bullies are also victims of bullying.

The idea that bullies themselves might be more than one-dimensional villains is hard to swallow, especially for those of us who've dealt with them. I never could have imagined feeling empathy for the boy who made my life hell, or for any bully.

My bully ridiculed me for having a mother who was a victim of domestic violence. He was dead at 25. I think of his anger, his struggles in school, his unhinged rage, all at the tender age of 11. I look at the narrative we are so often told as children – that our lives will be wonderful and our bullies' lives will not – and I see the error in thinking that a troubled child somehow deserves a terrible fate.

“Ignore him, and he'll go away,” adults told me. In the end, they were right. 

WASHINGTON POST (FEBRUARY 22, 2018),  
© 2018 BY WASHINGTON POST,  
WASHINGTONPOST.COM



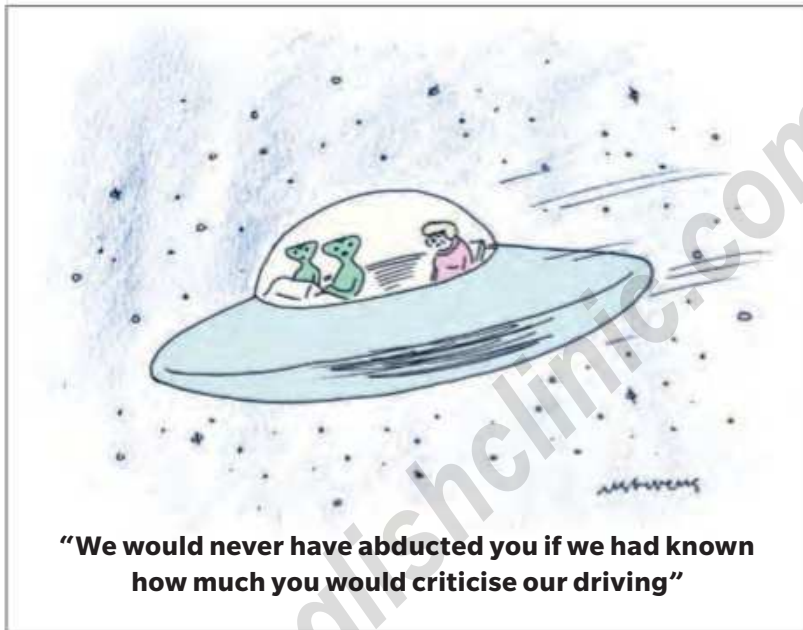
### Rare Book Rescued From Bin

A first-edition Harry Potter book has sold for \$60,600 at auction – after being found in a skip bin. The rare hardback copy of *Harry Potter and the Philosopher's Stone* was salvaged from a bin at a British school, and was sold with four other novels from the series that were also discovered dumped. [BBC.COM](http://BBC.COM)



# LAUGHTER

## *The Best Medicine*



### **Career Changers**

Could a ...

... librarian be called a bookkeeper?

... referee be a game warden?

... dairyman be a cowboy?

... cabinetmaker be the prime minister?

SUBMITTED BY J. LEE

### **Quite a Show**

A Hollywood producer calls his friend, another Hollywood producer, on the phone.

"Hey, how are you doing?" he asks.

"Well!" responds the friend.

"I just sold a screenplay for \$200,000.

I also wrote a novel and got a \$50,000 advance from the publisher. I have a new TV series airing next week, and everyone says it's going to be a hit. I'm doing great! How are you?"

"OK," says the first producer.

"I'll call back when you're alone."

JIM PIETSCH IN *THE NEW YORK CITY CAB*

*DRIVER'S JOKE BOOK*

### **Tooth Hurt-y**

A man is playing around one Saturday morning and chips a tooth, so he goes to a dentist to get it fixed. After waiting quite a while, he gets



in and has his tooth fixed. When the dentist is almost done, he asks the man, “Would you do me a favour, please? I’ll take \$20 off your bill if you do.”

The man shrugs and figures why not.

The dentist says “Just scream like you’re in extreme pain?”

The man is a little confused, and asks “Sure, but why, my appointment wasn’t that bad?”

The dentist says “There are still ten people in the waiting room and I don’t want to miss the big game at 2.30 this afternoon.”

JOKESOFTHE DAY.NET

### Shipped Out

My grandfather warned people the *Titanic* would sink...

No one listened, but he kept warning them until they got sick of him and kicked him out of the cinema.

STUFFANDTHINGSYTP



### Dead Men Tell No Bad Jokes, Matey!

*September 19 is International Talk Like a Pirate Day. Here are gags to tell as you’re walking the plank:*

- What did the pirate say when he became an octogenarian?  
*Aye matey years old!*
- How much did the pirate pay for his peg and hook? *An arm and a leg.*
- Why don’t pirates take a shower before they walk the plank?  
*They just wash up on shore.*
- How do you make a pirate furious?  
*Take away the ‘p’.*
- How much does it cost for a pirate to get his ears pierced? *A buccaneer.*

### True Story

Mind-blowing literary fact: all non-fiction books take place in the same shared universe.

@OSUTEIN

### Dream Big

A girl in the coffee shop I’m working in just said to her friend, “Imagine a hot veggie smoothie,” and I’m wondering how to break it to her that soup exists.

@DAYNAMCALPINE\_





DRAMA IN REAL LIFE

# **HELP!** **CAN ANYONE** **HEAR ME?**

*Trapped in her car down an embankment,  
Corine began to lose hope of being found*

---

BY *Lisa Fitterman*

ILLUSTRATIONS BY *Steven P. Hughes*



eienglishcl



**C**orine Bastide gently locks the door to her boyfriend's apartment, not wanting to wake him. It is 11pm on July 23, 2019, still humid after a day that reached 31°C.

Restless after an argument earlier with her ex-husband about their three sons, there's no way she will be able to sleep. So, she has decided to drive home, an easy 36-kilometre trip along the motorway from Liège to her place in the Belgium village of Wanze.

As she gets into her car, she tucks a strand of long auburn hair behind an ear and absently smooths her colourful green-patterned dress. Rivulets of sweat run down her neck.

There is little traffic. Corine grips the steering wheel as she concentrates on both the road and thoughts of her boys, who live with her half the time: Hadrien, 18, a track and field fan, who is determined to help victims of crime as his life's work; Audric, 16, a champion high-jumper; and Dorian, 12, her 'Dodo' and a budding athlete in his own right.

*Without them, I'd be nothing.*

Lost in her thoughts, she only notices the car vibrating after she has been driving for about 20 minutes.

I told you to have the brakes serviced, she imagines David Bartholomé, her boyfriend of five months, telling her. There is so much

going on in her life – a divorce and caring for the boys while working in a local cafeteria – that getting the car checked wasn't a priority. Until now.

She decides to get off the motorway as the slower the car is going, the easier it will be to stop. The sign for the exit to the town of Saint-Georges-Sir-Meuse is right up ahead. She guides the car into the exit lane and starts to pump the brakes. Gently at first, then hard, harder. Nothing's working!

Her little grey Fiat Bravo hatchback keeps picking up speed, careening as she tries to steer. She hits something. The car is in the air, then sliding down a slope that feels steep as a cliff, studded with jagged rocks, thick tree trunks and overhanging branches. It takes seconds, minutes, forever. Then a terrible crunching noise, metal folding in on metal, and the sound of smashing glass.

Corine lies on her back, disoriented. She doesn't realise the car has flipped over. Somehow, she has managed to undo her seatbelt. There is the sound of breathing, shallow, fast and loud. *Is that me?* It must be nearing midnight. She should have been home by now. Somewhere in the car, her mobile phone rings. Thoughts are jumbled together: *Am I alive? Please help me! Did anyone see me go over?*

And yet, there is one thought that is the clear and constant chorus to the clamour of the others.

*My boys are my lifeline.*

Then she passes out.



## DAY ONE

The sound of the mobile phone jars Corine awake. Unthinking, she reaches out for it, casting blindly. All of a sudden, reality hits. She is lying on the inside of her car's roof, the driver's seat suspended above her. A branch sticks through the gap that was the front windshield. Silently, she recites, as if to pin herself in time, her name, the date, her sons' names. There was an accident. I am alive.

Shards of exploded glass glitter throughout; the contents of her handbag are strewn everywhere.

She grunts, trying to shift. But

loses count. For sure, David is trying to reach her. And maybe Hadrien, with whom she speaks or exchanges messages nearly every day.

After about two hours, the phone stops for good, its battery dead.

She lies there, waiting for someone to find her. By now it is past noon.

David must think I'm angry with him. And he must have phoned Hadrien. What do they think has happened to me?

She drifts off in the early evening. As she sleeps, David, who has tried Corine's mobile repeatedly, calls Hadrien.

**IN BLINDING PAIN, CORINE SHIFTS HER BODY. IT TAKES 15 MINUTES TO MOVE TWO CENTIMETRES**

she can't because her left leg and her back are embedded on the bits of glass. *Oh, the pain!* Although she doesn't realise it then, her back is broken in several places, and her entire left side is paralysed.

*Someone has to see me*, she thinks. The traffic is so close. She can hear it. "Help me!" she cries, loud as she can. "I'm down here!"

She calls out until her voice can call no more. No one hears her. Although she has not fallen far – maybe two metres at most – the traffic is too loud and the car is too well hidden by the woods. In the meantime, her mobile phone rings again and again; she

"Have you heard from your mum?"

"No," comes the reply. "Is something wrong?"

## DAY TWO

It dawns even hotter, the hottest day of the week so far. Corine stirs, her limbs numb but feeling new resolve. Today, she is going to help herself. She is a runner. She knows what it is to hit the wall and move through it. The car is her wall, and the brambles and the embankment. To get out of the car, struggle up the embankment and wave down a passer-by.

"Please call the father of my children," she imagines telling her

rescuer. "They need to know I'm OK."

That's how she thinks of Stéphane. The father of her children. The man she was with for 23 years after moving to Belgium from Mauritius more than a quarter century ago.

It's strange, but she doesn't feel hungry or thirsty. She looks around for a way out of the car. With the bent and twisted chassis, it's not obvious but - there! Yes. She will use the seat-belt looped above her like a rope to pull herself through the jagged gap in the front. Gritting her teeth amid blinding pain, she shifts her body; with every movement the shards of

reach the ground, which is covered in gnarled roots and sharp rocks.

*Launching myself out headfirst could end with me breaking my neck.*

Disheartened, she lies there, gathering what strength she has to shift back into the car. By the time she is settled, the sky is starting to change colour.

*Sleep, she tells herself, exhausted. There's always tomorrow.*

**IN THE MEANTIME**, Hadrien and David are calling everyone they know. But no one has heard anything from Corine.

## **DESPERATE, CORINE BRACES HERSELF AND TRIES TO KICK OPEN A CAR DOOR. IT DOESN'T BUDGE**

glass in her back and legs cut deeper. It takes about 15 minutes to advance just a centimetre or two.

Hadrien, Auric and Dorian. They are her mantra.

"Come on, you can do it," she says out loud, imagining that Hadrien is speaking to her.

The sun is high in the sky when she finally pokes her head outside. Gazing up, she sees snippets of blue sky through the canopy of broken branches.

Turning her head and glancing down, she cries out in frustration: the car is perched on a small ledge and there is a drop of half a metre to

"There isn't even anything on Facebook," Hadrien says. "If a morning goes by without a post from her, something is very wrong. It's time to call the police."

By the end of the second day, Hadrien and David have learned that the last location for Corine's mobile phone signal was in the region of Saint-Georges-sur-Meuse. But there are so many farms and little communities there, and the small population is spread out over 20 square kilometres, much of it covered in dense forest. By now, she could be anywhere. She could be kidnapped. Or dead.



### DAY THREE

The weather is the same, hot and sticky, with not a cloud in the sky. This morning, Corine, desperate and determined, shifts her body to brace her shoulders and arms against one door in an attempt to kick open the other one.

Again and again, she tries, grunting with effort. But she is weak and the doors are so damaged, they do not budge.

What next? Corine looks around. Her gaze lands on the back door, which the crash left partially open. What if she tries to squeeze through feet first? But does she have the strength?

*Tomorrow*, she thinks.

### DAY FOUR

Corine awakens to wetness. It's raining on and off, the water coming in through the broken windshield to soak her dress, which is already damp from her urine. Time is reduced to light and dark, day and night, the difference between living and dying. All she can do is lie here, listening to the traffic, the rain and the whistle of the wind.

On Facebook, Hadrien begs for anyone who has information to please call either him or the police, and the family puts together a poster to be put up everywhere over the next few days.

"We will find you," he vows. "We need you."



## DAY FIVE

A torrential downpour turns the car into a makeshift bathtub so that Corine is half-submerged, her long hair floating around her. If only she could sink under and have it all go away.

*Hadrien, Audric and Dorian.*

"You are going to see your boys again," she says aloud. "Live."

She tries to collect water from the downpour, first in an empty chewing gum container but the cardboard simply absorbs it. She looks again at the branch sticking into the car, its leaves now dripping.

Carefully, she lifts her head and

Without thinking, she tears her dress in a frenzy, crying out as the material takes pieces of her skin with it. Then she lies still, realising she has to get a grip – fast. "You can't sleep because if you do, you will die from the cold," she says aloud to herself. "Please, find me soon. I don't know how much longer I have."

## DAY SIX

It is sunny again, with a light breeze. Perfect for a run or attending the boys' many athletic competitions. But not for this ordeal. At the end of her tether, Corine, an observant

**"YOU CAN'T SLEEP BECAUSE IF YOU DO, YOU WILL DIE FROM THE COLD," SHE SAYS TO HERSELF**

guides the branch down to her open mouth with her right hand. She sucks like a baby, coaxing enough water from the branch to moisten her mouth.

Her dress has ridden up in the water and her thighs are exposed and burning from their myriad cuts. She is shivering uncontrollably, partly because the temperature has dropped and her wet dress is freezing.

With nothing to eat for five days and only the rainwater to slake her thirst, she is becoming hypothermic; as her body starves it starts to consume its own fat cells to keep her going.

Catholic all her life, has a conversation with God.

"Lord, if you can see anything I haven't tried, help me find a solution," she says. "Because I can't do any more on my own."

In the meantime, the parents of a friend of Hadrien, Laurence Lardinois and her husband, Olivier Lechantre, are out that afternoon doing errands. Corine is on their minds. Earlier that day Olivier had helped his son put up 'missing' posters in their area.

They are driving slowly on the exit to Saint-Georges-sur-Meuse when Laurence, in the passenger seat, spots

what looks like an overturned car to the right, at the bottom of the embankment, so covered in vegetation and mud, it looks as though it was abandoned a long time ago.

“But it could be Corine,” she says. “Let’s go check it out.”

They park and carefully descend, Olivier leading the way because there are so many stones, branches and roots to trip over. Suddenly, they hear a faint voice.

“Help me,” Corine calls. “I’m down here!”

“Are you Corine?”

“Yes! How do you know my name?”

“A lot of people have been looking for you! It’s a miracle,” comes the answer. “It’s a miracle!”

Laurence phones the police, and about ten minutes later, an ambulance arrives and a helicopter lands in the adjoining field to take Corine to hospital in Liege. Workers have to cut through branches and then pry off the car door to get her out safely.

At the hospital, doctors diagnose



**Corine with Audric (left), Dorian and Hadrien, Christmas 2019**

multiple fractures in her spine, a severe weakness in her left side, a collapsed lung and hypothermia. When she comes out of surgery, David and her sons are there.

“You scared us,” David tells her.

Her neck and spine supported by a brace, her body torn and battered, she cries. “You thought I’d abandoned you?” she says.

Then she turns her head to the boys, who are standing there, awkward. They want to hug her hard and never let her go – but they can’t.

“It was thoughts of you that got me through,” she tells them. **R**

---

### **Dull, Boring and Bland**

**Boring, Oregon, and Dull, Scotland, have been sister cities since 2012. In 2013, they added Bland Shire, Australia, to their ‘League of Extraordinary Communities’.** MENTAL FLOSS





ADVENTURE

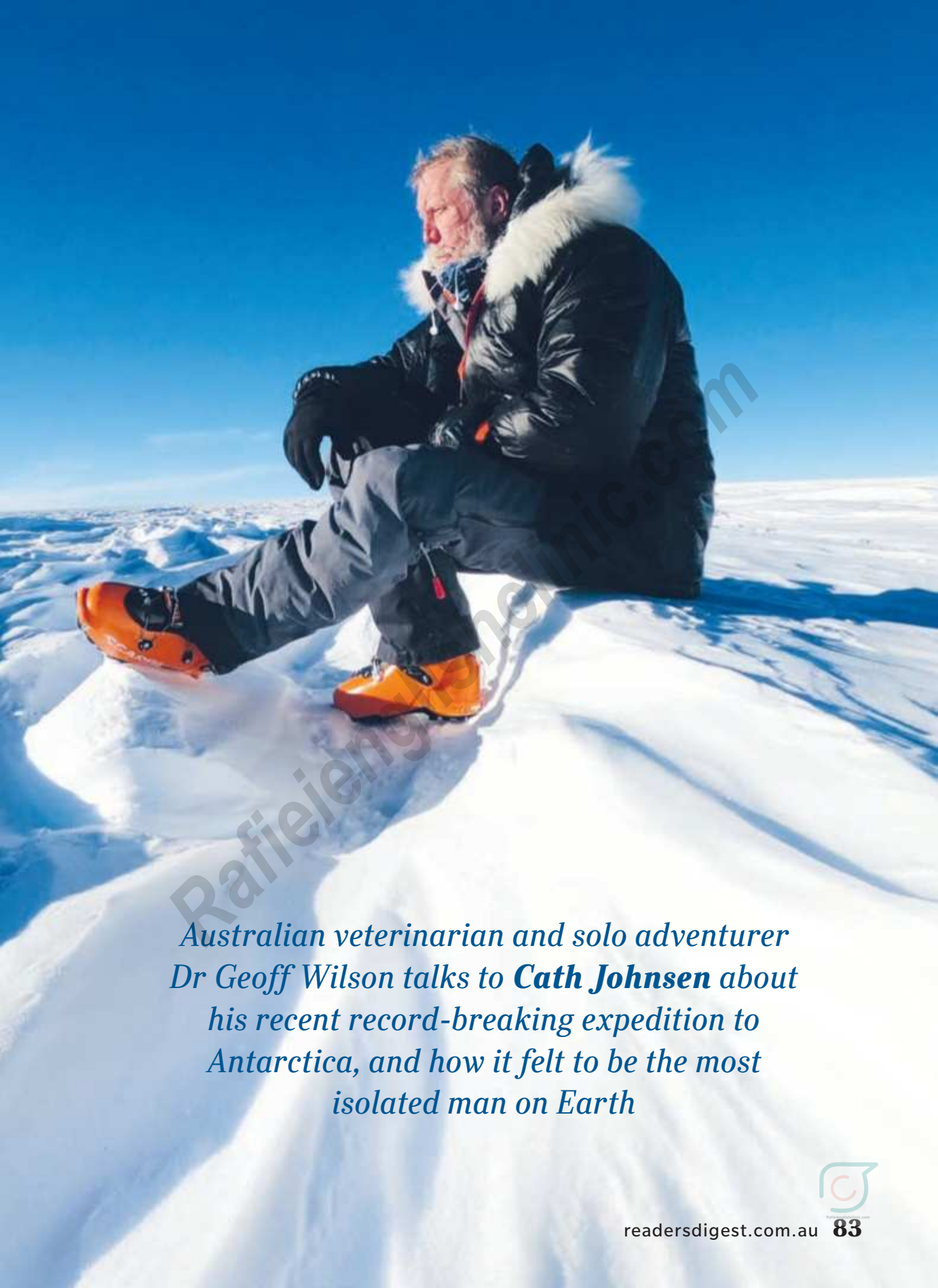
# THE MAN WHO CONQUERED ANTARCTICA WITH A TENT AND A KITE

Rafiey.com

ALL PHOTOS: COURTESY OF DR GEOFF WILSON







*Australian veterinarian and solo adventurer  
Dr Geoff Wilson talks to **Cath Johnsen** about  
his recent record-breaking expedition to  
Antarctica, and how it felt to be the most  
isolated man on Earth*



**S**till gloved and gowned after finishing emergency surgery on a border collie that had been run over earlier, Dr Geoff Wilson emerges from his veterinary operating theatre. Fortunately for the dog, its owners had brought it straight to Geoff's clinic, at Nobby Beach on Queensland's Gold Coast.

"It was a bit of a love job," say Geoff, as he looks at the unfortunate puppy's X-rays. "His owners have been hit hard financially by the coronavirus, but we didn't want to put him to sleep. He's in recovery now."

A fourth-generation vet, 49-year-old Geoff is the founder of the VetLove chain of practices that has 11 clinics across Queensland and northern New South Wales. But he's also a professional adventurer. Earlier this year, he spent 58 days alone in Antarctica, sleeping in a tent and travelling 5306 kilometres in a sled pulled along by a kite. It was his second solo kite-flying expedition, and third visit to Antarctica. His passion for solo kite-flying has also seen him travel to the Sahara Desert, Greenland and Norway, among other places.

Having two intense, yet completely different focuses in his life has proved the perfect blend. "I think people that are just full-time adventuring sacrifice family and friends for the adventure lifestyle," he explains. "But being a vet has really

been part of the success I think."

His veterinary life involves constant problem solving as well as logical planning and implementation to diagnose each animal and help heal it. This is very similar to the cognitive abilities he needed to navigate across Antarctica.

Successfully performing delicate surgery on a dog's crushed legs a few months after spending over eight weeks alone on the Earth's coldest, driest, windiest and iciest continent with two severely frostbitten

**Solo expeditions carry high risks – from crevasses to wind kites losing control**



## The Man Who Conquered Antarctica

**Geoff hopes to inspire others to “move more, dream more and wonder more”**





fingers, is nothing short of amazing.

"These two fingers should have been chopped off," he says, gesturing to his left index and middle fingers that were badly frostbitten on the trip. Despite wearing four pairs of gloves, Geoff's fingers suffered badly in the below-freezing temperatures, with two developing frostbite at the end of the second week. Fortunately, the tissue regrew. "I've never heard of anybody regrowing frostbitten tissue, but two new fingertips grew underneath the black caps," he explains. "Then the caps fell off and now I've got full feeling and full function."

It's just one of many challenges

he overcame to claim the title of the longest, solo, unsupported polar journey in human history; a quest that led him into temperatures as low as  $-46^{\circ}\text{C}$  and with wind chill as low as  $-80^{\circ}\text{C}$ .

**He powered up the kite and hit the crevasses at 90 degrees, going as fast as he could**

And going it alone meant that, according to statistics, Geoff was eight times more likely to die compared to dual or group expeditions. Going solo carries high risks - from difficult-to-see crevasses to kites that can easily lose control, knock over and drag a

person along.

The real risk point descends between day ten and 14. "There's a high chance of failure at that point," says Geoff. "Things that go wrong in that

**Geoff's powerful wind kite propelled him on skis while hauling a laden sled**

## The Man Who Conquered Antarctica



period tend to get amplified in your mind, because you're lacking the human contact."

Crevasses are deep fractures in the ice sheet that can spell almost certain death if a person slips into one. Aware of the risk of the ice breaking and cracking if it moves too fast, Geoff carefully examined aerial photos and studied the velocity of the ice to predict the speed that the ice was moving. Despite designing a route that would stay away from the fragile crevasse ice, on Day 56, fatigued and only days away from the finishing point, Geoff came dangerously close to losing everything.

"I'd been pushed off-course and made a navigational error that put me into about a 15-kilometre-wide section of terribly broken ice."

Geoff considered his choices. He could: stop and set up a tent; ring his

Rafieenglish.com





**Geoff at the Pole of Inaccessibility, next to a statue of Vladimir Lenin. In 1958, the statue was affixed to the top of a former Soviet research station, now almost buried by snow**

support team in Australia and see if they could help him navigate a way out through satellite technology; or push on, working by instinct. He chose to continue.

“I could see Thor’s Hammer [a natural landmark near his endpoint], I just felt like I had to get out of there,” he says. “So for the next two hours I negotiated a way out, but it meant that I had to cross 42 crevasses.”

He powered up the kite and hit the crevasses at 90 degrees, going as fast as he could to ensure the sled was on

the ice for only the shortest amount of time possible. Despite having faced numerous life-threatening situations in his lifetime – like dodging

land mines in the Sahara Desert to claim the title of the first and only wind-assisted (kite) crossing in 2009, or kiting his way to the fastest, unsupported crossing of Greenland from south to north in 2017, this was one of

the most frightening moments he’d ever faced.

“I just had this eerie feeling that one of the ice sheets was going to go,”

**“I just had this eerie feeling that one of the ice sheets was going to go”**



## The Man Who Conquered Antarctica


he recounts. “Twice, I went too hard and the skis hit the oncoming lip, and I came out of the skis.” On one occasion, as he went to retrieve the skis, Geoff’s boots poked through the icy ground straight into blue ice to reveal a gaping open space beneath. “It was very, very stressful.”

Remarkably, just two days later, Geoff safely kited up to the Russian Novolazarevskaya Research Station – his final destination. The journey marked a new world record. Heavily bearded and weighing 17 kilograms less than when he began, Geoff was thankful to be alive. After calling his wife, Sarah, he indulged in the pleasure of deep slumber in a warm and comfortable bed.

Back at home on the warm shores of the Gold Coast, happily reunited with his wife, three much-loved children and their menagerie of animals,

including five horses, three dogs, two cats and whatever waif or stray is being treated at the time, Geoff admits he’s still hungry for adventure.

“Even before the end of the journey, you’re already starting to think about the next dream,” he admits. “It’s that freshness that comes into life through your dream-life with which I just wish I could infect people,” he says.

“Pioneering has lost its way a little bit in the past 50 years. We need to get the wonder back. Get the dreaming back. Get the pioneering back. That’s my passion for the rest of my adventure days: to try to tell stories and inspire people to move more, dream more and wonder more.” 

**To read more about Geoff’s amazing expedition through Antarctica, visit [www.drgeoffwilson.com](http://www.drgeoffwilson.com).**



### Super Fast Delivery

A woman’s front door security camera shows footage of a fleet-footed delivery driver complying with her son’s odd ‘additional instructions’. Lynn Staffieri’s 13-year-old son, Jacob, ordered a package and left a special message for the driver: “Knock on the door three times and scream ‘abracadabra’ as loud as you can and run super fast away,” the boy wrote. The security camera verifies the driver took the ‘additional instructions’ seriously. [UPI.COM](https://www.upi.com)

**Not so fast is the longest time between a letter being posted and its delivery – 89 years. In 2008, Janet Barrett, from Dorset, UK, received a letter posted in November, 1919.**

[GUINNESSWORLDRECORDS.COM](https://www.guinnessworldrecords.com)



FIRST PERSON

# The Hairbrush

*My Mum had wanted Dad to find new love.  
I was the one having trouble with it*

BY *Lisanne van Sadelhoff*

FROM THE BOOK **YOU ARE YOUNG AND YOU MOURN**

**90** SEPTEMBER 2020

ILLUSTRATIONS BY MEREDITH SADLER





Rafielenglish.com





## *It had been my mum, Paola,*

who pushed my dad to find a new lover. She had just turned 56 and had been sick with bowel cancer for six months.

“Anton?” she had asked her love of 40 years.

“Yes, dear.”

“Don’t stay alone too long, after I’m gone.”

“But you won’t be gone for a long time.”

“But I will, one day, and then you need to get on a dating site. Lisanne will help you. Go find a nice woman, OK?”

Search, find and love. Dad locked this advice away in the back of his mind and it didn’t resurface until over a year after my mother died. That first year had been pitch black, for all of us – I didn’t know what pitch black meant before that year.

In a practical sense, Dad managed. He had always been able to fry his own eggs. He went back to work, walked the dog, picked up his tennis lessons and every week he placed fresh purple tulips next to a photo of his wife – red lipstick, huge smile, blue, blue eyes, glass of wine.

After that first year, things brightened up a bit. “Is it me, or is it a bit sunnier?” Dad had asked one day. It wasn’t climate change, or even the weather. It was him, and a new stage of mourning. I had felt it myself, the transition from pitch black to grey.

Even then he wanted it. New love. He wasn’t so much ready for it as

eager to find out if he could still love. And he really didn’t want to spend the rest of his life by himself. My brother and I had left home years before – for study, work, love. Dad was alone, day in, day out. At night, before he went to bed, he switched on the television so as not to hear the silence.

“If I don’t do it now, I may never,” he told us. He had spoken to fellow widowers who had remained single forever. And it wasn’t even that bad. But they were sad and alone. For it is a painful fact that not all the people who say “I’ll stop by soon” after the funeral actually come by.

We got it, we cheered him on, quietly convinced that he wouldn’t.

But he did. Dad was very clear: “If I don’t look for love now, I may end up sad forever.”

So, we signed him up on a dating site as a remedy for eternal heartache.

**DAD WAS VERY CLEAR: “IF I DON'T LOOK FOR LOVE NOW, I MAY END UP SAD FOREVER”**



Dad may kill me for writing this, but he thought it necessary to lie, and take three years off his age. And the photo he uploaded to his profile was one in which he had cropped out my mother. If you looked closely, you could see a couple of her strands of wild blonde hair near his face. It made me laugh, because I knew my mum would have.

**H**is first dates were futile, even hilarious at times. At one point Dad texted my brother and me to ask if it was “very rude to leave after the appetizer”. That’s when I taught him the first rule of dating: never have dinner on a first date. Drinks are safer.

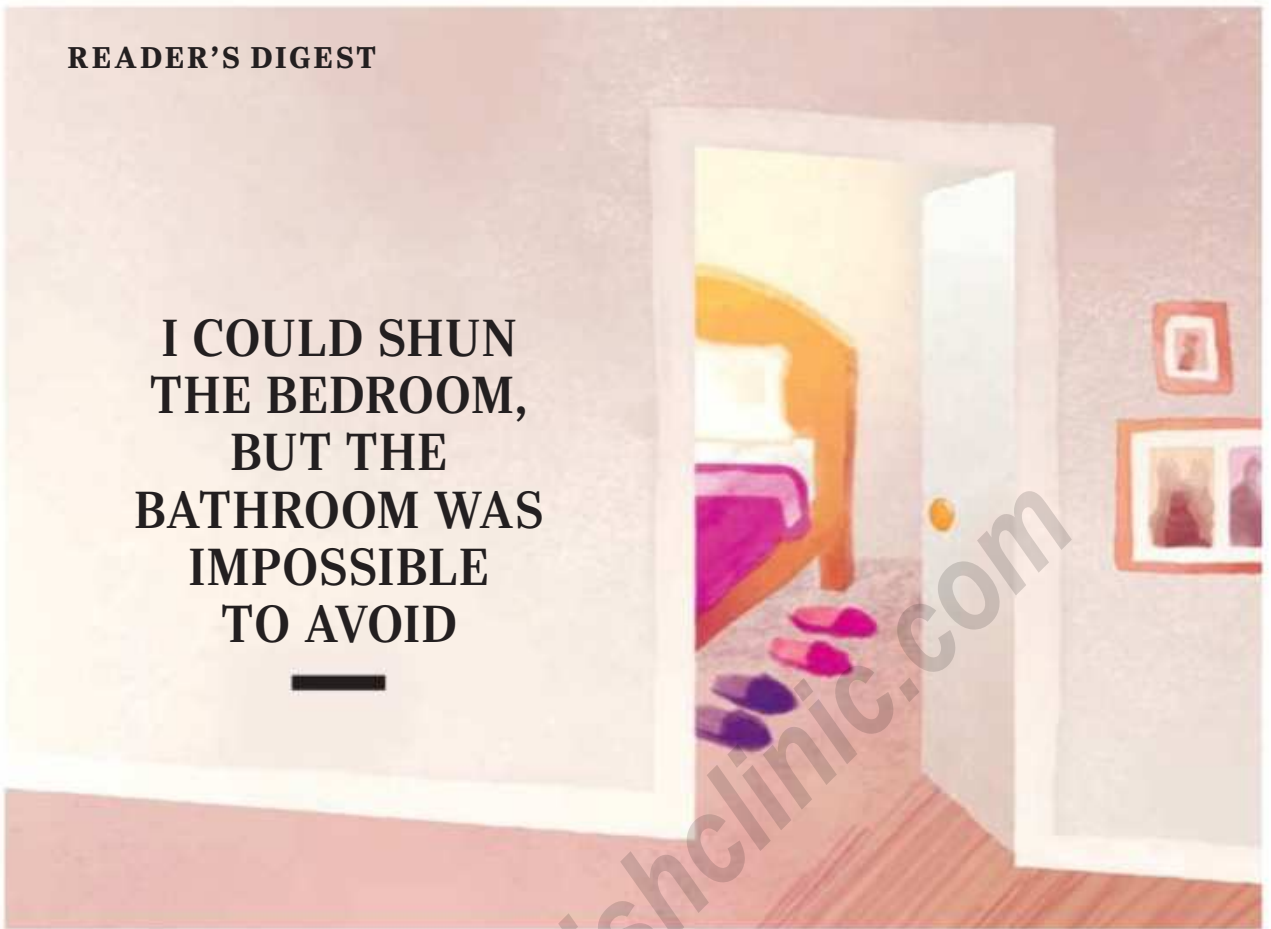
And then Moniek came along, and it was the appetizer, the entrée and even dessert. She was sweet, caring, blonde (like Mum), a teacher (like Mum), loved purple (like Mum), dressed cool (like Mum) and Dad seemed happy with her (as he had been with Mum).

I told him I was happy for him, because I felt that I should. Friends and relatives said, “Gee, isn’t that nice for your dad?” But I wasn’t at all sure about how nice I thought it was. I wasn’t sure if I could handle seeing another woman by his side. I wasn’t even used to the emptiness my mum had left there.

As Dad fell in love with Moniek, my animosity grew. For weeks

**I COULD SHUN  
THE BEDROOM,  
BUT THE  
BATHROOM WAS  
IMPOSSIBLE  
TO AVOID**

---



I postponed the moment that I would have to meet her.

Dad pushed me to come, more than once. He wanted to share his happiness with us and wanted to know what we thought of her.

"It matters how you feel," he told me. I understood. I had always needed my dad's approval for my boyfriends.

So, my brother and I gave in. I wanted to ask Dad not to get attached to her, but didn't. I didn't want to begrudge him his happiness.

They clung to one another as I would have with a new boyfriend. But I was young and Dad was 62 (or 59 as his online profile had said).

Moniek was sweet, she had brought us presents, she was interested, but she wasn't Mum.

It was difficult. But there was a bright side. Since Mum died, I had spent one day every weekend with my father. And now Moniek was there. And I wasn't, which was fine. I had full weekends again.

But having her in our house was the thing that bugged me the most. In our house. In my parents' bed – the bed where I had been conceived 30 years ago. The bed where my brother and I had escaped the spiders in our rooms or the monsters in our heads.

That bed was now Dad's and Moniek's, and I shunned the bedroom as



if it was infected. What had once been the most secure place in the house was no longer mine. I told Dad how I felt.

“I understand,” he said. “Do you want me to ask Moniek not to stay over this often?”

*Yes, please,* I thought.

“No, of course not,” I said.

I could shun the bedroom, but other places were impossible to avoid. Like the bathroom. I was terrified of going in there, but it was impossible not to.

The first time I went into the bathroom since Moniek started spending her weekends with Dad, I found her jar of moisturiser on the blue stone shelf over the sink.

It made me furious.

Really furious.

That was where my mother’s moisturiser should be! And only hers. What was she thinking? That she

could take over? And where were my mother’s things?

Did she throw them away?

My stomach turned, my breath stopped, my lips were glued together. I yanked open the top drawer of the dresser where my mother had always kept her hairbrush – where it had been, untouched, until now.

I looked down.

There it was. Not one brush, but two. Moniek’s and Mum’s. Like sisters, side by side.

My dad and Moniek are still together, and we see each other regularly. It is still uneasy at times, but we talk about it.

There is now room for our grief over Paola, and room for Moniek’s love for my father. **R**

FROM THE BOOK *YOU ARE YOUNG AND YOU MOURN*  
BY LISANNE VAN SADELHOFF. © 2020 LISANNE VAN  
SADELHOFF, DAS MAG UITGEVERS, DASMAG.NL  
ADAPTATION BY THE AUTHOR.

---



### Robot Rounds Up Sheep

A New Zealand software company and a US engineering firm are testing out a metal robotic dog’s abilities to emulate its biological counterparts with a traditional canine task: herding sheep.

Robotics company Rocos is using Spot, a robotic dog developed by Boston Dynamics, to herd sheep on New Zealand farms.

Rocos said its software allows Spot to be controlled remotely as it herds the sheep through sometimes difficult and mountainous terrain. Some farmers are unconvinced, citing the intelligence of dogs in independently rounding up sheep, which goes beyond the handler. [CNET.COM](http://CNET.COM)



QUOTABLE QUOTES



*I don't forgive people because I am weak. I forgive them because I am strong enough to know that people make mistakes.*

MARILYN MONROE, ACTRESS



WE HAVE TO WALK IN A WAY THAT WE ONLY PRINT PEACE AND SERENITY ON THE EARTH. WALK AS IF YOU ARE KISSING THE EARTH WITH YOUR FEET.

THICH NHAT HANH, BUDDHIST MONK

Continuous effort - not strength or intelligence - is the key to unlocking our potential.

WINSTON CHURCHILL, STATESMAN

Success is a lousy teacher. It seduces smart people into thinking they can't lose.

BILL GATES, ENTREPRENEUR



THOUGHT IS AN IDEA IN TRANSIT.

PYTHAGORAS, MATHEMATICIAN

Everybody always says that I'm the girl next door, which makes me think that y'all must have a lot of weird next-door neighbours.

KELLY CLARKSON, SINGER AND TV HOST



# Never use **Toilet Paper** again!



**Install a Fully Functional**

# **BIDET**

On your toilet ... it only  
takes minutes



- ✓ Warm water wash
- ✓ Warm air dryer
- ✓ Soft closing lid
- ✓ Heated seat



**Limited  
Stock  
Call Now!**



\*Additional backflow may be required

**The  
BIDET  
SHOP**

# **1300 138 365**

[www.thebidetshop.com.au](http://www.thebidetshop.com.au)







*The Origins of*  
**'LET THE  
CAT OUT OF  
THE BAG'**

## Why was the cat in a bag in the first place?

BY Meghan Jones

One of the most curious and funny aspects of language is the use of idioms. These expressions use words in a non-literal way to mean something other than the actual meaning of the individual words – and they’re often quirky and funny.

And, notably, a lot of them involve animals, from ‘straight from the horse’s mouth’ to ‘let the cat out of the bag’. When we say ‘let the cat out of the bag’, we’re not actually talking about a feline that was in a bag but about a secret or surprise that was revealed.

Where did this phrase come from?

Well, first, let’s consider the first recorded use of the phrase. In a 1760 book review in the *London Magazine*, the reviewer complained that he “wished that the author had not let the cat out of the bag,” presumably referring to some kind of plot point.

But while the first recorded use of the phrase is pretty straightforward, its origin is not. Unfortunately, it’s

hard to pin down a precise origin for many idioms like these, simply because of the way language evolves. People start using phrases gradually, over time, and there’s no concrete historical record of how they came up with that phrase. This is especially the case with figurative expressions, which, by definition, don’t literally mean what they say.

So there’s no definitive consensus as to where it comes from, but there is an explanation that most linguists consider at least somewhat likely. And it actually, literally, involves cats in bags!

### The medieval scam explanation

The most popular explanation for why we say ‘let the cat out of the bag’ dates back to the Middle Ages. As the story goes, shady livestock vendors in medieval marketplaces sought to swindle their buyers. When someone would purchase a pig, the vendor would sneak a cat into the bag instead, cheating the buyer out of the

higher price for a pig. It wasn't until the buyer arrived home and, literally, let the cat out of the bag that they'd realise they'd been scammed, hence the phrase's association with revealing a secret. English has no shortage of idioms for telling a secret – here's why we also call it 'spilling the beans'.

This explanation is not outright proven – and neither, in fact, is the tale that medieval vendors even regularly did such a switcheroo. Would the weight difference between a pig and a cat not clue buyers in?


But this explanation does have some things going for it. For one thing, per Phrases.org, both the Dutch and German versions of this phrase translate to 'to buy a cat in a bag', which alludes a little more directly to a deceitful purchase. And the Spanish translation means 'to give a cat for a hare', suggesting (somewhat more plausibly) that it would be rabbits, not pigs, that vendors would switch with the cats.

But, then again, the expression 'pig in a poke', which dates back to the 16th century, also refers to making a

deal or purchasing something without fully validating it. And a "poke" is an old-timey word for a bag.

### The nautical punishment explanation

There's another theory about the origins of this expression, and it's a good deal darker. This explanation claims that the 'cat' the expression refers to is not a feline but the 'cat o' nine tails', a whip made from nine intertwined cords that was used as a form of punishment in the British Royal Navy and in prisons until as late as the 1840s. It was called a 'cat' because the marks it left on its victims resembled scratches. In fact, it's also a likely candidate for the origin of 'cat got your tongue'.

But there are a few details that diminish this explanation's likelihood. For one thing, there are no records of the actual phrase, 'let the cat out of the bag', being used in reference to nautical exploits. Not to mention that the cat o' nine tails punishment, while certainly notorious and unpleasant, wasn't really a secret, per se. 



### Snoring More?

People worldwide may be snoring more due to the effects of the COVID-19 lockdowns and restrictions, which may make people "feel trapped and congested", according to leading osteopath Stephen Makinde. He suggests that this may "potentially manifest itself as a restriction or obstruction of their airways because their subconscious is telling them to restrict themselves". [MSN.COM](https://www.msn.com)





# THAT'S OUTRAGEOUS!

BY *Megan Murphy*

**FINDERS KEEPERS** What would you do if you stumbled upon a bag of money on the street? That's what happened at least 13 times in the last six years to residents of Blackhall Colliery, England. Someone was leaving bags of £2000 in cash around the village. Most remarkably, honest citizens kept turning in the bounty. After two weeks, if the money wasn't claimed, the person who found the money got to keep it. Police finally discovered that a pair of good Samaritans were leaving the mystery cash. The duo, who wanted to remain anonymous, were doing it as a way to 'give back' to vulnerable people in the community. So, for all of the 13 citizens who became £2000 richer, honesty really did pay off.

**PRICE OF STAYING** Once travel bans are lifted, if you're hoping to visit Fukuoka, Japan, on a budget, there's a hotel that has you covered: you can stay for a paltry 100 yen a night (about a dollar a night). The catch? Visitors must agree to let the hotel live-stream their stay on

its YouTube channel. So far, more than half a million viewers have tuned in to watch strangers sip tea, read and, once, watch a guest attempt to play Twister by himself. Don't worry, the bathroom is private.

**TENSE FENCES** A couple from Wales, Barry and Hellynne Lee, both in their 70s, were charged with assault. Their crime? Spraying their neighbour, Harold Burrows, with a garden hose over their shared fence. The neighbours had been squabbling for years, but things escalated one day while the Lees hosed down their driveway. When Burrows confronted the Lees about yard waste the stream was pushing onto his lot, they turned their hose on him. Burrows, who recorded his surprise shower, later presented the footage as evidence to a judge. In November last year, the court imposed a two-year

restraining order, and the Lees decided to look for a new place to live. Hopefully, with some time and space, the debacle is now water under the fence.





# Daddy Issues

*Important breaking news about fathers  
through the eyes of their offspring*

FROM THE ONION

## 1 Reality of Fatherhood Never Truly Dawned on Man Until He Held Newborn Son's Hospital Bill

Describing how he found himself overwhelmed by a flood of intense emotions, Mike Bentzen told reporters the reality of fatherhood didn't truly set in for him until the moment he held his newborn son's hospital bill.

"Wow, this is going to totally change my life," said Bentzen as tears welled up in his eyes, adding that he was left completely speechless by the little bundle of papers and that it would probably take some time before the magnitude of what had just happened fully sank in. "I've had friends tell me about their

experience, but you can't understand what it feels like until you're looking down at it in your own hands. It's hard to even put into words. Whatever my world was like before, I just know things are going to be very different from this day forward."

Bentzen reportedly started weeping softly as he sat down with his son's medical bill in his lap and began imagining how he would deal with this for the next 18 years.

## 2 Four Year Old Convinced Father Is a Moron After 45th Consecutive Hide-and-Seek Victory

Expressing embarrassment over being the son of such a loser, four-year-old



## READER'S DIGEST

Connor Heyward was convinced Friday that his father, Craig Heyward, was a moron after losing 45 consecutive games of hide-and-seek.

“Jeez, this is bad. I’ve hidden behind that bush a dozen times, and this dope still can’t find me,” said Connor, confessing that after finding his father crouched behind a chair half his size, he had started to worry he might grow up to be a “complete imbecile” just like his dad.

“At first, I thought I might be really good at this game, but after about an hour hiding underneath a laundry basket with visible holes, I realised he’s completely out to lunch. It’d be one thing if he were only bad at seeking, but so far, his best hiding spot was behind the back door. Who hides

## HE STARTED TO WORRY HE MIGHT GROW UP TO BE JUST LIKE HIS DAD

behind a door? There’s no strategy to it whatsoever. One time, I went out to find him and he was just standing behind a kitchen stool – he wasn’t even crouched behind it or anything.”

At the time of going to print, Connor had emerged from his hiding spot to help his father search for his two-year-old brother.



### 3 Baby Distracted by Father. Now Fears He Left Home Without Oversize Multicoloured Plastic Keys

Eight-month-old Joshua McManus was reportedly overcome by a sharp sinking feeling upon realising he had left home without his oversize multi-coloured plastic keys.

*Oh no – you have got to be kidding me, Joshua thought, his stomach dropping as he wondered how he could possibly make it through the day without his large ring of blue, pink, yellow and green keys.*

*Ah, for crying out loud. I got so wrapped up in that game of peeka-boo with Dad before heading out that I must have totally forgotten to grab them. I bet they’re still sitting there on the activity table right next to my phone on wheels.*

*I’m such an idiot.*

R

THE ONION IS A SATIRICAL NEWSPAPER AND WEBSITE, PARODYING THE TONE OF TRADITIONAL NEWS STORIES.





# KEEP SAFE

The World's Smallest -  
Smartest Fall Detection  
& Medical Pendant

safeTwear



## Australia Wide Coverage

No longer be restricted to 'at home' use, safeTwear goes with you – everywhere! GPS/Satellite Tracking Technology so smart, yet simple to use.



## 2 Way Voice Communication

Speak & hear directly through the pendant.



## Medical Alert Button

Traditional button push for help as well as fall detection.



## Automatic Fall Detection

A detected fall automatically connects to the safeTcare 24/7 response & monitoring centre.

Now in **4G** with voice instruction.  
AVAILABLE IN AGED CARE PACKAGE

To Find Out More **Call**  
**1800 954 600**

Proudly Distributed and Monitored by:



**EMERGENCY MEDICAL SERVICES PTY LTD**

care@emsas.com.au  
www.emsas.com.au

## Limited Seniors Only Offer!



Over 65? Call 1800 954 600

You may qualify for a Free safeTwear pendant & KeySafe.

Valued at over \$500  
While stock lasts.

# THE Eye CONCERN

*No One's  
Talking About*

*Computer vision syndrome can compromise work productivity and eyesight. Here's what you need to know to reduce digital eye strain*

BY *Brooke Nelson*

FROM **THEHEALTHY.COM**



## WHAT IS COMPUTER VISION SYNDROME (CVS)?

Blurry vision? Tired eyes? Strained neck? Headaches? If you're experiencing any or all of the above symptoms, you might have computer vision syndrome (CVS). Yes, it's a real thing. When you stare at computers or smartphones for too long, the muscles in your eyes have to work overtime. And "like any

PHOTO: GETTY IMAGES







muscle, if you're constantly using it, it can break down," says eye health expert Professor James Stringham. In fact, CVS - also called digital eye strain - affects around 60 million people around the world. And in this day and age, many jobs involve at least some computer work. What to do? Luckily, research shows that changing just a few daily habits can reduce your risk for CVS.

## EAT LEAFY GREENS

Eating leafy greens like spinach, kale and broccoli may reduce your risk for digital eye strain. Researchers found that special nutrients in leafy green vegetables, also called lutein and zeaxanthin, not only have exceptional antioxidant powers, but they are also found in high concentrations at the backs of our eyes, protecting

them from glare including from digital screens.

### CONSIDER A SUPPLEMENT

Can't get enough leafy greens in your everyday diet? In that case, supplements are a viable option. Professor Stringham recommends getting 20 to 25 mg per day of both lutein and zeaxanthin, which is a difficult ratio to find outside of nature, like in vegetables.

### FOLLOW THE 20-20 RULE

While a simple solution to CVS might be to reduce the amount of time we spend looking at digital screens, "that's not an option for most of us when our jobs and our productivity is depending on being on a computer," Professor Stringham says. Instead, if your eyes start feeling strained while you're staring at your computer screen, try the 20-20 rule: for every 20 minutes that you spend concentrating on a screen, take a break to look out into the distance for about 20 seconds. Doing so helps to relax the eyes, cuts down on digital eye strain, and prevents headaches.

### LIMIT YOUR BLUE LIGHT EXPOSURE

Diet aside, changing your daily habits could be a simple (and quick) fix to reducing your risk for CVS. Professor Stringham recommends imposing a limit on the recreational time you

spend on the computer or any device with a screen. Doing so can protect you from the short wavelength of energy coming off your screen called 'blue light,' which irritates your eyes and causes you to squint unconsciously, leading to headaches and neck strain. Limiting the amount of time spent on electronics is especially vital for adults over the age of 40, whose eyes are already beginning to strain due to age. Just listen to your body's cues, Professor Stringham advises; if you start to feel strain or fatigue in your eyes, back off from the electronic devices.

### WEAR READING GLASSES

Over-the-counter reading glasses aren't just for older people. In fact, they relieve quite a bit of strain on your eyes, regardless of your age. Reading glasses can bring the computer screen sharply in focus, which also reduces the amount of straining your eyes have to do.

### TRY BLUE LIGHT GLASSES, CONTACT LENSES OR SCREEN OVERLAYS

To keep the blue light from reaching your eyes to begin with, it might be time to invest in some blue light-blocking glasses or contact lenses with a yellow tint, which block the blue light that comes from digital screens. But buyer beware: these products can also change the colours on your screen's display.



ONLINE

FIND THESE UNIQUE READS AT

*ReadersDigest.com.au*



**CULTURE**

## 8 secrets your body language reveals about you

Find out what your gestures and movements are saying.

**ENVIRONMENT**

## 11 crazy ideas that just might save our oceans

Seas are acidifying, warming and losing oxygen. These odd solutions might help.



12

**PETS**

## CAT BREEDS THAT GET ALONG WITH DOGS

Certain cat breeds are more sociable. These friendly felines love dogs as much as you do!

PHOTOS: GETTY IMAGES



ReadersDigestAustralia

**PLUS** SIGN UP TO OUR FREE NEWSLETTER FOR MORE HOT OFFERS, TOP STORIES AND PRIZES!





# ALL IN A DAY'S WORK

## *Humour on the Job*



their computer and ask, "What's that?" I would answer honestly, "It's a box!"

SUBMITTED BY PETER BOWMAN

### **Clean Sweep**

I grew up above my father's tavern. When we were children, we would race each other down the stairs every morning to sweep up the bar and find the change customers had dropped during the night. Years later, as an adult, I found out that my father would throw a few coins over the bar for us to find in the morning. It cost him only a dollar a day to have us fight to be the first one to clean the bar.

SUBMITTED BY ROD MOHAN

### **Literal Delivery**

I used to work as a courier in a large city. I had a small designated route and was expected to deliver a package every five minutes. Sometimes, when I was running behind, I would rush in carrying a box for delivery to a customer, who would look up slowly from

### **The Stages of Working From Home**

- 1) Yay, I get to work from home.
- 2) It would be nice to talk to people.
- 3) I hope that pigeon sits in the window today.

@MarkAgee





## THE VIDEO MEETING WILL COME TO DISORDER!

- I'm in a work-from-home meeting, and my Google Home just answered a question someone on the video call asked.

@missalwayswrite

- Not muting your mic is the new reply all.

@daniburgz

- My husband's working from home and just shouted, "I'm going into a video meeting ..."

So I jokingly shouted back, "I guess I should put a shirt on?"

And then he finished his sentence: "... and they can hear you."

@ScrewyDecimal

- Names to use when logging in to Zoom meetings: *Corrine Tean*, *Noah Openstoor*, *Maya Snacksergon*, *Lotta Freatime*

bigdealmle on Reddit.com

- There's nothing like being the first one on a conference call to show everyone who's not boss. **APARNA NANCHERLA**,

COMEDIAN

- There's awkward, and then there's 'the Zoom meeting is over and you and one other person can't work out how to leave the meeting' awkward.

@SnarkyMommy78

- Pets in meetings:
  - Everyone wants to see your cat.
  - No seriously, why are you pushing your cat away?
  - More cat.
  - What if we just did a call with your cat?

@eplerjc

### Sharing is Caring

Marriage vows should be rewritten as "to have and to hold and to listen to stories about your workplace drama until death do us part".

@copymama

### It's Law-gical

What's the difference between a good lawyer and a great lawyer? A good lawyer knows the law. A great lawyer knows the judge.

@gisscontreras



FIRST PERSON



A  
**Steely**  
*Determination*

*As a young boy growing up in  
China during a time of famine  
and fear, the author tried to  
make sense of his world*

---

BY *Andrew Kwong*

FROM THE BOOK **ONE BRIGHT MOON**







*Life along the Pearl River Delta in the late 1950s in the dawning of the 'New China' was full of challenges. For eight-year-old Ah-mun Kwong (aka Andrew) and his siblings, cousins and friends, nothing was more important than helping the 'Great Leap Forward' and earning a 'Red Scarf', the symbol of revolutionary youth worn by members of the Young Pioneers of China – an organisation that selected children in primary school who were seen to be dedicated to the cause. The production of steel was central to the nation's prosperity and the whole country was expected to contribute, by whatever means necessary.*

**A**s well as building roads and dams, the whole population had to participate in the rapid expansion of steel production. Our teacher taught us another slogan to shout: "Beat the British in steel production and catch up with the Americans! If we pull together," she danced around the classroom, beaming, "we can do it."

"Yes, we can!" we yelled, before joining the senior students already hard at work in the school grounds.

No steelmakers lived in Shiqi, but instructions on how to build and operate furnaces soon arrived. A

small furnace was set up in a corner of our school playground and junior students were assigned the important job of finding fuel to keep the furnace burning. We were also ordered to collect anything metallic that could be melted down to make steel.

Soon my schoolbag was bulging with dried leaves and fallen twigs. Fired up with enthusiasm, I sometimes dragged tree branches to school and delivered them to the furnace. I watched the smoke wend its way into the sky and felt the heat radiating from the big mudbrick stove. How I wished that I were in Fourth Class so I could do the night shift guarding the furnace.



Each day moved us closer to when we would beat the British in steel-making – and move me closer to getting a Red Scarf. The smoke from our furnace merged with smoke from the other furnaces in town, forming a cloud that hovered over Shiqi like a huge shawl. It concealed the crisp autumn sky from us, but this didn't matter to me.

When waste metal became hard to find, I began scouring landfills and garbage tips with my friends. Our teachers suggested bringing items from home: bars from windows, old tin buckets, gutters, doorhandles, hinges and brackets. Unfortunately, the tenants at our ancestral home had already taken these items to the furnaces; they had also stripped the wooden panels that had partitioned the large house and taken them to the furnaces, too. Now our home was bare and wide open. Mama and Sixth Aunt weren't pleased, but they dared not say anything to the tenants for fear of being branded counter-revolutionaries.

One day I went home and packed together my father Baba's few tools, tea tins, mugs and old cookware, as well as the knives and forks with ivory handles that Grandfather Young

had brought home from Hawaii before I was born. Mama wasn't happy with my patriotic action, while I was disappointed that she wouldn't let me take the large pair of tailor's scissors that her father had given her on his first trip home in 1934. "They remind me of the father I hardly knew, so you can't melt them," she protested half-pleading and clutching the heavy scissors close to her chest. "Besides, I need them to make or alter clothes for the family and maybe for other uses as well."

Tears welled up in her eyes. So I didn't take her scissors.

My search continued, however. One wintry Sunday in early 1959, my cousin Yiu-hoi, had an idea: there was a half-submerged riverboat wreck by the large lotus pond not far from home, and it

would have tons of big nails and other metal. My neighbour, Ah-dong, Yiu-hoi, my sister, Weng, and I ran off towards the wreck with our hammers and pliers, as another cousin, four-year-old Ah-ki, followed.

The riverboat had been there for a month, and looked bleak in the icy water. There was little to find, because others had already been through the wreck. Balancing with difficulty on the tilted hulk

**OUR TEACHERS  
SUGGESTED  
BRINGING ITEMS  
FROM HOME:  
WINDOW BARS,  
TIN BUCKETS,  
GUTTERS**



searched everywhere in and out of the small cabin. Ah-dong and Yiu-hoi worked hard trying to remove a large rusted nail, and Ah-ki scurried around trying to help. Weng stood by, looking into the deserted pond and daydreaming, as she often did.

It was freezing. I thought of Baba in the deep north enduring snow and ice for eight or more months a year. He would have been the right person to help us remove that big nail.

"Big brother, I've found a..." Ah-ki's voice woke me from daydreaming - just in time to see him slip and tumble into the water.

Yiu-hoi and Ah-dong popped their heads up to check what was happening. Little Ah-ki was struggling like a kitten under the surface of the pond. The world seemed to go into slow motion as we watched him drowning. The silence was eerie.

Weng screamed.

Without thinking, I dived in to reach Ah-ki. I held his face above the surface with one hand and gripped the rough edge of the wreck with the other. The icy water cut like a million shards of glass. It was hard to breathe. But with Yiu-hoi and Ah-dong's help, we pulled Ah-ki out of the arctic pool. Weng

was still screaming and frightened.

The five of us ran home, arriving just before we turned into blocks of ice. Ah-ki's grandmother, who was staying with us, was shocked, mumbling her prayers as she rubbed colour back into him while waiting for the kettle to heat up so that she could give him a warm wash. "Four year olds should never leave the house in winter," she said to us, before giving thanks to God again for our return. We called her the God-believer.

Throughout this ordeal Ah-ki had managed to hold on to his find. Now he could proudly contribute a rusty bracket to the local commune's steelmaking.

For weeks we waited patiently to see the steel we'd been working so hard to make. Finally, in the spring of 1959 the day came. We took Ah-ki

to school to join in the celebration. Drums boomed. Trumpets blasted. There were rounds of singing to congratulate the school on its success. Big red banners and flags fluttered in the tepid breeze. The continuous clapping hurt our hands but also kept us warm.

The moment finally arrived, but only after many speeches. By then our thin legs were buckling from hours of standing, not to mention

**THE WORLD  
SEEMED TO  
GO INTO  
SLOW MOTION  
AS WE  
WATCHED HIM  
DROWNING**

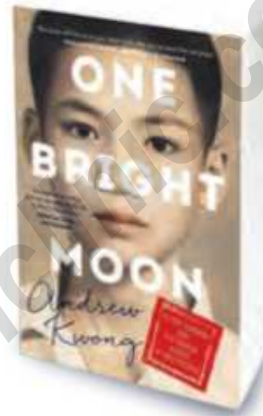
## A Steely Determination

hunger. With immense pride, the school's Party Secretary shouted, "Long live Chairman Mao! Beat the British and catch up with the Americans in steel production!" His enthusiasm reinvigorated us, and we grew even more excited as the teachers opened the door of the furnace.

Our eyes bulged wide and we forgot to blink. There it was: the glowing liquid flowed forward like a grand character entering centre stage at the climax of an opera, unhurried and stately, and filled a rectangular mould set in a hole in the ground. We held our breaths and praised Chairman Mao for his wisdom. We had made steel. We had made history. The adults told us not to touch the molten block. The holy slab, half the size of a ping-pong table, took several

days to cool down before the teachers declared it safe for us to handle. Red ribbons adorned it, turning it into a shrine we had helped create.

We didn't know then that it wasn't steel but low-quality pig iron, and that it would stay there for years to come, rusting away in the typhoons and seasonal floods of subtropical Shiqi. Nobody ever knew what to do with it. **R**



This is an edited extract from *One Bright Moon* by Andrew Kwong, published by HarperCollins. Available from all good bookstores.

---

## Giant Queenslanders

North America had the *Tyrannosaurus rex*, South America had the *Giganotosaurus* and now evidence shows Australia had gigantic predatory dinosaurs. Palaeontologist Dr Anthony Romilio analysed southern Queensland dinosaur footprint fossils dated to the latter part of the Jurassic Period, between 165 and 151 million years ago. "These tracks were made by dinosaurs walking through the swamp forests that once occupied much of the landscape of what is now southern Queensland," he told [sciencedaily.com](http://sciencedaily.com). He said the tracks were made by large-bodied carnivorous dinosaurs, estimated to be up to three metres high at the hips and probably around ten metres long. "To put that into perspective, *T. rex* got to about 3.25 metres at the hips and attained lengths of 12 to 13 metres long, but it didn't appear until 90 million years after our Queensland giants." [SCIENCEDAILY.COM](http://sciencedaily.com)

## 13 THINGS

# Create a Healthier Home

BY Jody L. Rohlena



**MOST OF US HAVE SPENT MORE** time at home recently than we ever imagined possible. Maybe you took the opportunity to clean, or maybe you plan to do it ... tomorrow. These tips can help make your domicile better for your body and your mind.

**1** Think about keeping your home clean the minute you walk in - literally. Take off your shoes at your door. Studies have found that the average shoe harbours nearly 421,000 different bacteria, including *E. coli* and strep. Pesticides, tar, lead,

ILLUSTRATION: SERGE BLOCH



mould and cleaning chemicals can also get tracked into your home via your shoes. Leave a pair of slippers by the front door.

**2** Natural cleaners are great, and they can also be surprising. Can't find bleach? Try vodka. High-alcohol vodka (at least 120 proof) makes an excellent disinfectant. So if you have some vodka you're not planning to drink, mix it with an equal amount of water, put it in a spray bottle, and use it to freshen your sheets and smelly gym clothes.

**3** Even if you think you've disinfected everything, you might have overlooked some germ magnets. One notorious offender: the toothbrush holder. Rinse it daily and run it through the dishwasher regularly. Another culprit: kitchen sponges. They're so unsanitary, they've been banned from restaurant kitchens.

**4** Portable ultraviolet lights are a highly touted germ killer. Hospitals use powerful UVC light to disinfect rooms, as it can kill some viruses. But beware: not all home disinfecting systems use UVC, and some UV lights can quickly burn your skin.

**5** If the walls in your home feel as if they're closing in, maybe it's time to freshen them up with a new coat of paint. Studies have shown that colour can influence your

mood. Researchers at the University of British Columbia found that blue boosts creativity, while red increases attention to detail.

**6** Another mood booster is to work near a window. In a small study, volunteers worked from noon to 8pm in a room lit primarily by daylight or artificial light. By the end of the second day, those who had worked in the sunlit room were less sleepy and performed better on cognitive performance tests.

**7** Don't forget to clean the air in your home too. The gold standard is a high-efficiency particulate air (HEPA) filter. These can remove up to 99.97 per cent of pollutants and particles in the air. Portable HEPA filters can clean a single room or the entire house.

**8** There are cheaper ways to clean the air – start by opening a few windows. Indoor air can have two to five times more pollutants than outdoor air. Cleaning products can produce irritating, even hazardous, chemicals. But if you suffer from seasonal allergies, be mindful of the trade-offs.

**9** Himalayan salt lamps are pretty, but there is no proof that they purify the air by emitting negative ions, as some of these products claim. That said, you can get

## READER'S DIGEST

mood-boosting negative ions via fresh air at the beach, in the mountains or after a rainstorm.

**10** Speaking of salt: it's a surprisingly good cleaning agent. Sprinkle some table salt and bicarbonate of soda on your grimy stove top and wipe with a wet cloth. Use a teaspoonful with some water or a little oil to clean a cast-iron pan. For extra help with copper, slather on a layer of tomato sauce before the salt, then scrub and rinse.

**11** Many viruses don't spread as well in moist air as they do in the cold, dry months. One easy solution for the winter: using a humidifier. The US Centers for Disease Control and Prevention advises against cool-mist humidifiers, which can harbour bacteria if they aren't cleaned regularly. Old-fashioned steam humidifiers are best. But too much humidity

can make respiratory problems worse and encourage the growth of dust mites, mildew and mould. The ideal humidity level, especially for sleeping, is 40 to 60 per cent.

**12** It's important to keep communal areas clean to prevent the spread of germs, particularly if family members are sick. Learn what areas or things people touch the most in your home. Even some personal items like a mobile phone should be cleaned. Don't forget to clean doorknobs, toilet handles, taps and items in the kitchen that everyone tends to grab. Bacteria and viruses can live on surfaces for days and even weeks.

**13** A spring cleaning tip is to change the filters in your air-conditioning unit if needed. You'll get a good jump on the hay fever season. **R**



### The Dad Joke is on Him

For dads that have everything, here are some gifts for Father's Day that are sure to make him smile:

If your dad is a fan of the Netflix documentary *Tiger King*, you can get him a statue of an alligator dressed up like Joe Exotic complete with wig, boots, sunglasses and hat. Dad's reaction to having that in his garden will be worth the money.

Combine your dad's two great loves – barbecuing and pizza – by gifting him with a large pizza spatula made especially for grilling.

Sausage sizzle pizza, anyone? [WWW.HUFFINGTONPOST.COM.AU](http://WWW.HUFFINGTONPOST.COM.AU)



# Snoring? Tired? Or Carrying extra Kgs?

You might have Sleep Apnea which can be serious...



Have a fully

## BULK BILLED SLEEP STUDY

ask us how

Other CPAP suppliers may have closed their doors but  
**we are still open and here for you**



# CPAP DIRECT

Best Prices or

## MASSIVE SAVINGS

on all CPAP machines, masks & accessories



Free after sales support

No hidden fees



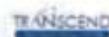
All clinicians are standing by via phone and video chat  
to help all sleep apnea sufferers with support and sales

# CPAP DIRECT

Sleep Apnea Specialists

Yes we are open and now have free home delivery  
or touchless in store collection options for your safety.

[www.cpap.com.au](http://www.cpap.com.au)









TRAVEL

# Where the World is **YOUR OYSTER**

*Canada's Prince Edward Island serves up rural charm and a seafood feast that doesn't end*

BY *Janie Allen*



PHOTOS: © TOURISM PEI / YVONNE DUIVENVOORDEN

**W**e arrived on a wet September day and drove for kilometres past fields and farms to our lodging, a golf resort and spa tucked into western Prince Edward Island (PEI). In the early evening chill, my husband, Glen, and I hurried to the soon-to-close restaurant and ordered seafood chowder.

Generous bowls of steaming, creamy goodness were brought. We inhaled the salt-air aroma and spooned in prawns, clams, haddock, lobster and potatoes. It tasted heavenly – rich and hearty – and we devoured it, all but licking the bowls as we relaxed for the first time that day.

Holidaymakers flock to PEI, Canada's smallest province, for its parks, red-sand beaches and quaint seaside villages. Fans of the red-haired Anne, of the classic children's books, are drawn from far and wide to Green Gables Heritage Place.

But it's the seafood that attracted Glen and me to this 225-kilometre long crescent in the Gulf of St. Lawrence. Canada is a major supplier of seafood to the world; PEI mussels make up 80 per cent of Canada's yield, and PEI lobsters account for one-fifth of the country's production.

We were here for the Fall Flavours Festival. We'd catch a few events, meet locals and explore the island. But after our first night, we added

chowder to our agenda, and looked up the list of 63 restaurants on the 'Chowder Trail'. As the days passed, our affection for the 'garden of the Gulf' grew.

Our first destination the next morning is the biggest tourist attraction in tiny O'Leary: a four-metre fibreglass potato outside the Canadian Potato Museum. In addition to the island's underwater bounty, PEI's rich red soil is also brimming – with spuds. The industry is worth a billion dollars annually to the island's economy.

We eat lunch in the museum's Country Kitchen, and I order lobster-stuffed baked potato. Normally a treat, lobster here is as common as chicken. Over the next few days I see it on menus as an ingredient in pot pie, poutine, lasagne... there's even lobster-stuffed chicken!

By late afternoon we are at Skinners Pond. The year's second lobster season is on, and boats are bringing in their catch. On the wharf, workers at the Royal Star Foods shed are unloading crates of lobsters. They don't seem to notice the wind blasting off the sea, and cheerfully answer our questions.

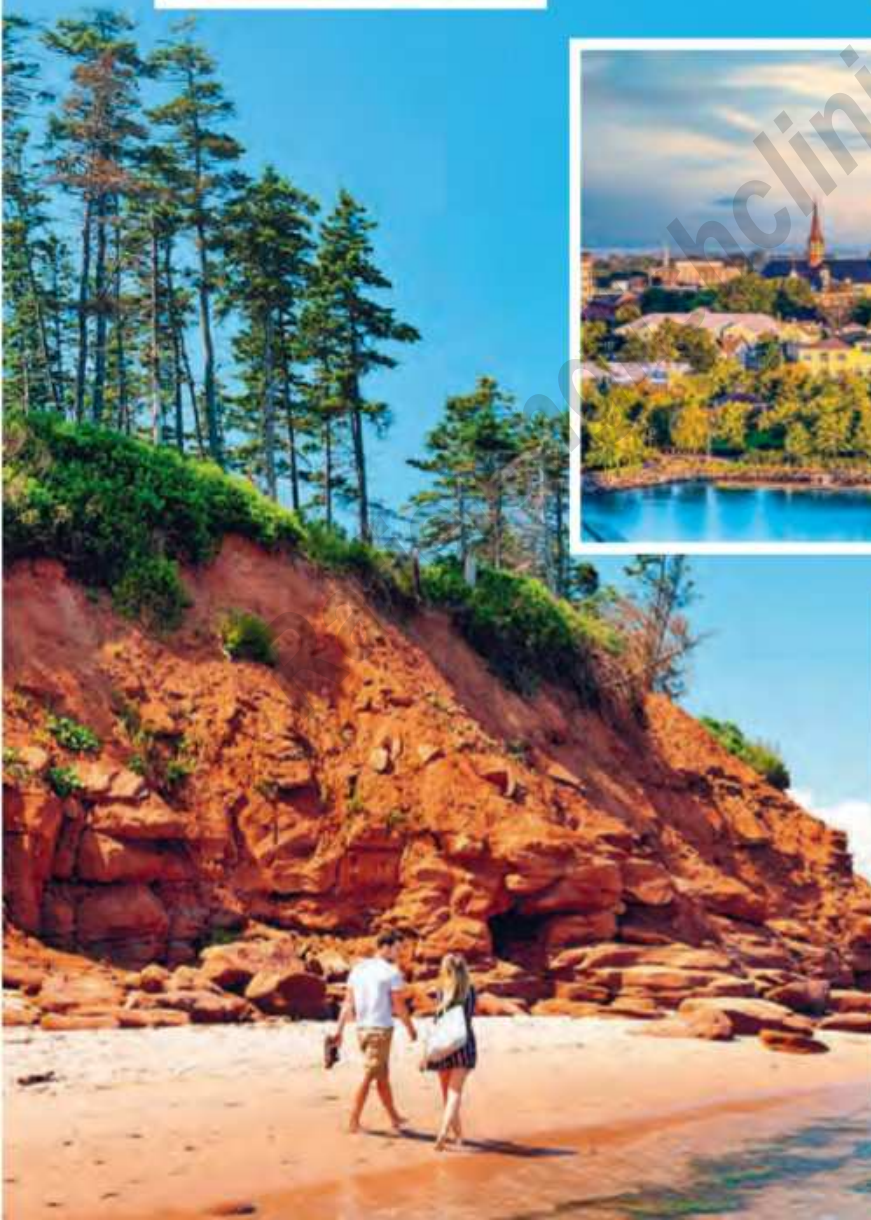
Half of Royal Star's 47 boats here didn't go out today because of the stiff wind, says Chris Hogan, a seasonal worker. Still, some 4500 kilograms have come in. Chris grabs a writhing male as big as two dinner plates to show us. Royal Star ships lobsters as far away as China and Japan.



## Where the World is Your Oyster



**Main photo:  
Basin Head  
Provincial Park,  
at the east end  
of the island.  
Clockwise from  
top left: museum  
at Green Gables;  
cooking lobster  
on the beach;  
Charlottetown;  
clam chowder,  
the ultimate  
comfort food**



Fisherman Blain Gavin, 53, says he brought in 320 kilograms today. A really good day would be up to 900 kilograms. Fishermen get around C\$11 a kilogram, but licences are limited.

"You have to get one from somebody who's getting ready to retire," Gavin says, or buy someone out. Thirty years ago, Gavin paid C\$75,000 for a licence. "Then I bought my father's ten years ago for \$300,000, and my uncle's a year ago for \$1 million."

We end the day's sightseeing at North Cape, the island's picturesque northwestern tip and location of one of PEI's 63 lighthouses. Upstairs in the Wind & Reef Restaurant, seafood chowder packed with clams, scallops and more hits the spot as we look at the view of red sandstone cliffs – PEI's cliffs, soil and beaches get their hue from iron oxide – and a churning, desolate sea. Hogan had told us two men died out there in a lobster boat two years ago. "It hit a rogue wave that almost took the cabin off."

Aquaculture is thriving in PEI's bays and estuaries. Blue mussels are 'rope-grown' inside mesh socks suspended in water, and oysters are either wild or cultured.

Curious, we arrange to meet oyster farmer Adam Buchanan the next morning at his home on the Trout

River in western PEI. When we arrive, the 37 year old is in the yard screening oysters heaped on a tray, part of an order of 80,000 to be picked up by a processor today.

From May through November, he'll market a million oysters from his 13 hectares of leases on the Foxley River. I ask him what it takes to grow them to market size – around eight centimetres – and I get an unexpected answer.

"We're just babysitters," he says. "We provide habitat. They eat algae and plankton that grow in the rivers."

Buchanan's helper, Matthew, shucks two and hands them to us. I take a dripping shell, uncertain. "I've never eaten a raw oyster!" I admit.

"There's no neat way to do it," Buchanan says.

I bite, and it's extremely tender. Scraping it off the shell releases an exquisite burst of briny flavour.

In the afternoon we head to Charlottetown, centrally located on the south coast. Fields yield to rolling spruce-covered hills. We detour to Victoria by the Sea, an arts community, but are disappointed to find it all but deserted on this autumn weekday. The cosy Landmark Oyster House is open, and we enjoy some chowder, with a new appreciation of the oysters in it; salmon,

**THE YEAR'S  
SECOND  
LOBSTER  
SEASON  
IS ON, AND  
BOATS ARE  
BRINGING IN  
THEIR CATCH**



haddock, mussel and bacon add to the bold flavours.

Our server says they'll close soon for the winter. I ask where locals go when they want to eat out at that time of year, and the server replies that only about 40 people stay year-round.

"Forty!" Glen whispers to me after the exchange. "They could all eat together!"

We are taken aback by how few people live on PEI. The population is about 158,000; the capital, Charlottetown, has a mere 36,000, small for a city with a deep-water harbour, university and a spot in history as Canada's birthplace. An 1864 conference here led to Canada's unification.

In Charlottetown we settle into the elegant Great George hotel, on a quiet street behind the 1847 Province House, and walk around the corner to the Brickhouse Kitchen & Bar for chowder. Its bowl was judged best at the 2018 PEI International Shellfish Festival. The broth of milk, lobster sauce and spices is more sophisticated than we've had so far. It's packed with lobster, mussels, haddock and scallops, and splashed with olive oil. Delicious! We're quickly learning that the basic ingredients are similar, but no two chowders are alike.

We've signed up for a half-day cooking class at The Culinary Table Studio, in New London, on the north coast. The former church building is a stylish space with a modern kitchen and big harvest table.



**East Point Lighthouse is still operating more than 150 years after it was built**

Owner Derrick Hoare introduces Chef Taylore Darnel, a Vancouverite with short hair and blue-grey eyes, and confidently announces, "By 12.30 you'll be sitting down to a beautiful lunch." On the menu: lobster risotto, fennel-steamed mussels and a surprise dessert.

We don aprons and each pick up a live lobster. After carefully sliding the rubber bands off the claws, some of us eye the steaming pot with apprehension. "They don't have a central nervous system ... so they don't feel pain," Darnel reassures us. I'm not sure if that's true, but there's nothing for it but to drop the lobster gently in.

Nine minutes later, we take them



out, their dark shells now bright red. Soon we're up to our elbows shelling lobsters; stirring risotto; debearding and washing mussels; and learning knife skills for dicing vegetables.

We feel gratified as we enjoy lunch. The risotto is perfect, "not gloopy, not soupy," as Darnel says. The mussels are delicately flavoured. And we're all wowed by dessert: 'Scallops on the Beach.' The seared scallops garnished with candied lemon peel and crushed shortbread (the beach) are tender and sweet. It'll be a talking point back home: "Scallops! For dessert!"

Our final three days include time at the Culinary Institute of Canada; browsing Charlottetown's shops on Grafton Street; and a walking tour of historic homes. We head to North Rustico one evening for a 'roving feast' in a harbour-side tent, where we devour more oysters, and, another day, we take a boat tour with a fiddle-playing fisherman.

For our final night, we've planned a special dinner at Chef Michael Smith's FireWorks restaurant at The Inn at Bay Fortune. Smith, a TV chef, cookbook author, and the island's official food ambassador, offers an eight-course set menu. His concept is simple, sustainable home cooking, all done over fire.

Much of the food served is raised and grown on FireWorks' biodynamic

farm, and after Kevin Petrie, its manager, leads diners on a garden tour, we head to a firepit where chefs are grilling oysters on the half-shell. "Chef Michael's one rule is that you must chew your oysters!" he says. "You gotta open up the flavours." You don't have to tell Glen and me twice. The oysters, raw but warm, and seasoned with melted lovage-herbed butter, are every bit as good as that first one I tried.

At 7pm we take our seats for the parade of food. The menu is a wonder, from '100-Year-Old Bread' made from heritage flour to a salad of shoots, stems, leaves and flowers. "Everything on your plate is edible," we're told, including the tops of roasted carrots and beets. There's pork belly, and bluefin tuna; the boat captain who

**SOON WE'RE  
UP TO OUR  
ELBOWS  
HELLING  
LOBSTERS,  
STIRRING  
RISOTTO AND  
WASHING  
MUSSELS**

caught it is named on the menu. The chowder is a feast of its own: mussels, bar clams, lobster, scallops, rock crab, seaweed and more. By the end we've lost count of the courses - and the kilojoules.

The end of our trip comes too soon. We loved the green countryside, beautiful coasts, friendly people, and all that fresh food. Did we find our favourite chowder? Actually, it was all good. But we're willing to keep trying. That's plenty of reason to return.

# WIN

**A FUJITSU GENERAL REVERSE  
CYCLE AIR CONDITIONER  
(ASTG09KMTC)**

**VALUED AT SRP \$2,219  
(INCLUDES \$600 TOWARDS INSTALLATION)**



**SLEEK AND MODERN,**  
this wall mounted Fujitsu  
Reverse Cycle Air Conditioner  
provides effective and  
energy-efficient heating  
and cooling, with a 5 Star  
Energy Rating when operated  
in either mode.

AUSTRALIA'S FAVOURITE AIR\* | **FUJITSU**

*For your chance to win, simply tell us in 25 words or less  
why you need a new Fujitsu air conditioner to improve the  
comfort of your home...*

**[www.trustedbrands.com.au](http://www.trustedbrands.com.au)**

\*Full terms and conditions can be found online. Entries close September 30, 2020. The winner will be decided on the 07/10/2020. The prize will be delivered directly to the address nominated by the winner within ten (10) business days of winner determination. Money for installation will be delivered in the form of an EFT transfer. including any costs in excess of \$600.





BONUS READ



# The Long Road

*The past provides meaning for the present in*





# to Freedom

*a journey along the Civil Rights Trail in the US*

TEXT & PHOTOS BY *Paul Robert*

**The National Memorial for  
Peace and Justice in Alabama  
is a memorial to thousands of  
racial lynching victims**

**W**alking down the concrete slope of the 'national lynching memorial', a series of rusted iron columns rise up from the ground around me. Each is marked with a name, a place and a date. As I proceed, hundreds of them rise higher until they're suspended from the ceiling - like the haunting 'strange fruit' Billie Holiday sang about in the late 1930s (*Black bodies swinging in the southern breeze/ Strange fruit hanging from the poplar trees*). On the grass by this morbid passage I see more rusted columns, lined up like coffins awaiting burial. This disturbing artwork commemorates the roughly 6400 victims of lynchings, blacks killed in the United States by white mobs between 1865 and 1950. Visitors around me, white and black, are uncomfortably silent.

Officially known as the National Memorial for Peace and Justice, it was founded by the Equal Justice Initiative in Montgomery, Alabama, and opened in 2018. It is one of the main sites on the Civil Rights Trail, a national network of historic civil rights markers, monuments and museums located mostly in the southern states.

It's June 2019, and I've travelled from Holland to visit a few - and to learn. This is the first day of my road trip through Alabama, Tennessee, and Mississippi, where I'll also be meeting veterans of the 1960s protests and campaigns.

Before my trip, I had been surprised to hear about this network of sites. After all, the south is best known to most outsiders for conservative social policies and accusations of suppressing minorities' voting rights. I had travelled through the region before and enjoyed the hospitality, but when I met locals I had shied away from subjects such as religion and politics. And now the region was promoting its new Civil Rights Trail to visitors. I thought it was a good reason to return, albeit armed with healthy

**BEFORE  
MY TRIP,  
I HAD BEEN  
SURPRISED TO  
HEAR ABOUT  
THIS NETWORK  
OF SITES**

---

scepticism. But that scepticism was the first thing I lost.

**I**T'S NO COINCIDENCE that a national lynching memorial would be placed in Montgomery: the Alabama capital has played a central role in the darkest history of the US. In the 19th century it was a major hub for the American trade in humans. In 1861, Montgomery became the first capital of the Confederacy after the Confederate states seceded from the





**Dianne Harris in Selma, Alabama: "We wanted to forget about those days"**

Union, starting the American Civil War. And in the 1950s and '60s it was a centre of resistance against systematic racial segregation.

Around Montgomery's centre, traces of the past are everywhere. I pass the residence of the first Confederate president, Jefferson Davis; the Baptist church on Dexter Avenue where Martin Luther King Jr preached; and the place where Rosa Parks was arrested in 1955 because she refused to give up her seat on the bus for a white passenger.

Also in the city's centre is The Legacy Museum, founded by the Equal Justice Initiative, the not-for-profit organisation behind the lynching memorial. It fights mass incarceration,

which overwhelmingly affects people of colour, and which the organisation directly links to the legacy of slavery. The Legacy Museum is in a former 'warehouse' for slaves. Its display opens with life-sized black-and-white holograms of enslaved people who start to talk when you pass the 19th century holding cells where the holograms are projected. Their stories are based on actual accounts recorded in the early 20th century by former slaves. In one corner a woman's hologram quietly sings a spiritual song, and from another cell come children's voices crying, "Mama, mama." It is chilling.

The museum's next section covers the transatlantic slave trade,



executed by men from England, Spain, France, Portugal and, yes, my native Holland, between the 17th and 19th centuries. It is a dark period that we Europeans so often regard as American history rather than our own.

Near the exit are large photos from the civil rights movement of the 1960s. A photo of white teenagers angrily shouting at a black student entering their school suddenly makes me realise that the discomfort I've felt since I visited the lynching memorial is turning to shame. This is not a scene from distant history. This is my generation, which makes me, a white person, representative of the guilty party. This is the first time I've ever been acutely aware of my race.

If these places are impacting me, I wonder how they must affect African Americans. So I ask an elderly lady standing near me. "It makes me want to cry," she says with a sad smile as her eyes tear up. She tells me that she grew up here in the 1960s and remembers the abuse. She's lived in the north of the US for the past 40 years and is back for the first time, on holiday. She's happy to see that institutions like this exist now and that the south is moving forward. Then, before she walks away, she

says: "Thank you for asking." Those words are strangely comforting.

The next morning, I meet Dianne Harris in Selma, Alabama, 80 kilometres west of Montgomery. Harris was 15 in March 1965 when hundreds of black citizens crossed the local Edmund Pettus Bridge intending to march to Montgomery to demand the right to vote. They were blocked at the other side of that bridge by the sheriff, his deputies, and a posse of white farmers and off-duty state troopers on horses. In a violent crackdown on the marchers, 17 were hospitalised. Photos of 'Bloody Sunday' appeared in newspapers and magazines around the world.

Harris, who sought shelter in a church with her brother, now works as a tour guide in Selma, and she includes a stop at the Selma Interpretive Center located near the bridge. She tells me it worries her that the younger generation of African Americans know so little about what their grandparents went through. It was partly the fault of the school boards that once kept it out of the curriculum, she says, though Alabama's civil rights education has notably improved since Harris's days as a teacher. "But it's also our own fault. We didn't teach them, either. We

**AS A WHITE  
PERSON,  
I AM ACUTELY  
AWARE I'M A  
REPRESENTATIVE  
OF THE  
GUILTY PARTY**

---

wanted to forget about those days." It's the reason why, she says, she is telling the story now, to kids on her educational outreach projects, to her tour guide audiences, and to all who wish to hear.

**L**EAVE SELMA and drive northwest for five hours to Memphis, Tennessee. This is where Martin Luther King Jr was killed in 1968, shot from across the street when he was standing on the balcony of the Lorraine Motel, now a civil rights museum. When I visit, I see an African American family taking pictures, cheerfully posing, thumbs up, under the balcony where King died. It reminds me of a similar kind of disconnect outside Anne Frank House in my hometown of Amsterdam.

My trip takes me south now, towards Jackson. Rather than the direct three-hour route I take a wider, westerly swing through the Mississippi Delta, the flat region between the Mississippi and the Yazoo rivers. The birthplace of the blues – the music of the slaves who toiled here for hundreds of years – the Delta is warm and humid. The young cotton plants stand 20 centimetres high in the endless, treeless fields now worked with massive machines. I pass the Mississippi State



**The motel where Martin Luther King Jr died is now a civil rights museum**

Penitentiary, known as Parchman Farm, the notorious prison farm covering some 120 square kilometres along Highway 49. I see prison barracks to the right. Road signs warn that slowing down or stopping is not allowed here for any reason. Back in the early 1960s more than 300 activists called Freedom Riders were held here. I'll be meeting one of them, Hezekiah Watkins, at the end of my trip.

**“YOU CANNOT BLAME** today’s kids for not being interested,” says Flonzie Brown Wright when I meet her in the small memorial centre she has set up in a former shop in Canton, a sleepy town of 12,000 some 40 kilometres from Jackson. This 78-year-old activist was the first African American election commissioner in Mississippi, in 1968. Now, the African American population of Mississippi has a higher local representation than anywhere in the country, she says. But they have no power. ‘Gerrymandering’ – the targeted redrawing of election districts, ensures that the state is still controlled by conservative white men, she says. “Schools for black children are still inferior,” she says. “The curriculum is decided by the state.” In a history book that most Mississippi school districts use, only five of 100 pages are devoted to civil rights struggles, according to a report published in 2017.

What is needed, says Brown Wright, is a new generation of strong black leaders. And while she supports groups like Black Lives Matter, the now global campaign that was originally started to protest



**Flonzie Brown Wright: “I have to be optimistic”**

**RACE RELATIONS  
ARE ACTUALLY  
BETTER HERE  
THAN IN  
THE NORTH,  
I’M TOLD**

state-sanctioned violence against black people, ideally, she says, this new generation of leaders would include people like Martin Luther King Jr and the kind of people who worked with and supported him. And not the version of King that’s celebrated today – a pacifist dreamer – but the brilliant activist and strategist he actually was, she says. Still, she is optimistic: “I have to be. The slaves never lost hope. They survived on hope.”

As I leave, I ask Brown Wright if she ever considers retiring from the marketing consulting business and scholarship foundation she runs.

“Not until number 45 is gone.” She’s referring to Donald Trump, 45th President of the United States. She refuses to utter his name.

Flonzie Brown Wright takes me to





## The Long Road to Freedom

meet Glen Cotton, grandson of the owner of a so-called 'shotgun house' that served as a safe house for the Freedom Riders in the early '60s. The Freedom Riders were local black activists and white volunteers from the north who tried to force desegregation of the Greyhound bus system by refusing to abide by rules that separated seating by race. Cotton has turned the house into a small private museum dedicated to the Freedom Riders and the history of the local black community. He shows me photos of famous activists who came here, including King and Medgar Evers, the field secretary of the National Association for the Advancement of Colored People (NAACP), who was shot outside his Jackson home in 1963. Then Cotton shows me a portrait of a group of well-dressed businessmen.

"That was the black business association. There's no such thing anymore," he explains.

"We were better off before desegregation," he continues. Seeing the surprise on my face, he describes the lively black business community that existed here until the 1960s, when the black

middle class-owned shops, cinemas, restaurants and funeral parlours, and when black doctors and lawyers served the community. When desegregation came and African Americans gained the right to be served in the better-equipped white establishments, the black business class suffered and many shops went bankrupt.

"But at least," adds Cotton, "race

**Glen Cotton, grandson of the owner of a so-called 'shotgun house'**



## READER'S DIGEST

relations here in the south are better than they are in the north." Now I am really surprised, but he insists, and another African American visitor who has walked in on our conversation agrees. I'll hear more about this on my next and final stop: Jackson.

**A**T THE STATE capital's splendid new civil rights museum, I meet 71-year-old Hezekiah 'Heck' Watkins. In 1961 at age 13 he went with a friend to the Greyhound bus station in Jackson to see the Freedom Riders arrive, not knowing they'd been arrested before the bus got there. His friend suddenly pushed him through the door into the station, where police mistook him for a demonstrator. He was locked up on death row at Parchman Farm. After five days, he was finally released.

We talk for some two hours about his youth in the segregated 1950s and '60s. Watkins grew up on a street that separated a white and a black neighbourhood. "Little kids from both sides of the street played together, but when we turned six, we went to different schools. And when we turned 12 we had to call them 'Mister' and they called us 'Boy'.

In 1955, 14-year-old Emmett Till



**'Heck' Watkins points to his Freedom Rider mug shot**

had been tortured and lynched in Mississippi for allegedly whistling at a white woman, but young Watkins was shielded from such horrors by his mother. All he knew was that he had to lower his eyes when a white person approached, and he couldn't play on the footpath. "My mother warned me never to look at a white woman's butt or eyes," he says with a smile. "But I had no idea why."

After Heck's accidental arrest his naivete was later replaced with a clear view of the harsh racial injustice of the south. It turned him into an activist. Eventually, his mother let him join the Freedom Riders. It led to

another 108 arrests, making him the most-arrested activist in the history of the civil rights movement. "Other people counted that," he says.

In 1965, the struggle seemed to be ending in victory. First the Voting Rights Act was signed into law by the Johnson administration, guaranteeing African Americans in the south the right to vote, and then the Civil Rights Act officially ended segregation. It did not, however, end racism or undo the wealth gap, says Watkins: "What we needed was equality, but what we got was integration."

Still, Watkins confirms what Glen Cotton told me: race relations are better in the south than in the north. Trying to make sense of this, I call Charles 'Chuck' Ross, professor of history and African American studies at the University of Mississippi. Ross grew up in Ohio and now works in the south, so he should know from experience.

The south has been forced to deal with its dark past. "There has been a more profound change here than in some areas in the north," he says. This

echoes what others have shared with me on this journey: that the south is moving forwards by dealing with the past – through activism, memorials and museums – while the north pretends nothing was ever wrong.

On a long, sleepless flight home, I ponder the parallels with the country I'm returning to, where open displays of racism in soccer stadiums are loudly condemned, but where any discussion of our colonial past, including the slave trade, is muted because it undermines our idealised image of the 17th century Dutch 'golden age'. It's also a place where covert racism translates into situations like fewer job and housing opportunities for people of colour. It's something I've always known on an intellectual level, but somehow, that moment of acute awareness of my own race that I experienced in the Montgomery museum has given me a new level of understanding.

This journey is not like other trips I've been on. This one will not be over when I land. **R**

---



### Hotel Bandit

An elusive burglar that repeatedly triggered night security alarms at the Bungalow Hotel in Cairns, Queensland, was finally identified by security cameras as a rare and endangered animal: a northern quoll. The quoll is an tree-climbing marsupial rarely spotted in urban areas. "Clearly, he likes having a drink at the hotel," joked hotel director Stewart Gibson. [MSN.COM](https://www.msn.com)





# YOU WON'T WANT TO MISS A WORD.



## Hidden Truth Naomi Skye

www.xlibris.com.au  
Hardback | Paperback | E-book |  
Audiobook  
\$49.99 | \$29.99 | \$3.99 | \$9.99

Yarra White needs to survive in her new world and use her knowledge and magic to ensure she retains her grasp on freedom.



## Kathleen And The Priests Lord Gittoes

www.xlibris.com.au  
Hardback | Paperback | E-book  
\$49.99 | \$29.99 | \$3.99

Was she a saint or a sinner? A prostitute or a prude? Discover the highs and lows in Kathleen the Waif's story in this historical fiction.



## "Lift Up Your Heart" *Poetry Of Love To Our Heavenly Father* Ram

www.xlibris.com.au  
Hardback | Paperback | E-book  
\$39.99 | \$19.99 | \$3.99

As you read this collection of heartfelt poetry and the accompanying powerful scriptural messages, may God reveal to you that you are far from being alone.



## Modern Catholic Concerns Peter Mazurek

www.xlibris.com.au  
Hardback | Paperback | E-book  
\$60.99 | \$37.99 | \$3.99

*Modern Catholic Concerns* reviews selected evidence for and against the proposition of God's existence and the divinity of Jesus with an assessment of the persuasive value of this evidence.



## The Story Never Ending *Who Me...Who Me? Who's My Guidance* Henni Hidayati Supardi

www.xlibris.co.nz  
Hardback | Paperback | E-book  
\$60.95 | \$42.95 | \$7.95

In this book, the author shares her life experiences. To her, not everyone acknowledges the existence of the supernatural beings and this book will tell you why she does.



## The Story Of Winifred And Desmond Roger Fleming

www.xlibris.com.au  
Hardback | Paperback | E-book  
\$32.99 | \$24.99 | \$9.99

Desmond the dragon thinks he is a lamb, he is well behaved but very shy. Everything changes when a witch named Winifred comes crashing into his life.

## RD RECOMMENDS



### Joy at Work

**Marie Kondo and Scott Sonenshein** HACHETTE

Who doesn't feel drained by disorganised documents, endless emails, wasteful meetings and workplace clutter? According to organising queen Marie Kondo and psychologist Scott Sonenshein, modern-day tasks and busy schedules don't have to drain enjoyment from your work or undermine your wellbeing. In *Joy at Work*, the pair offer stories, studies and strategies to help you overcome the challenges of workplace mess: by making space for what really matters, they claim you will enjoy the productivity, success and happiness that comes from a tidy desk and mind.



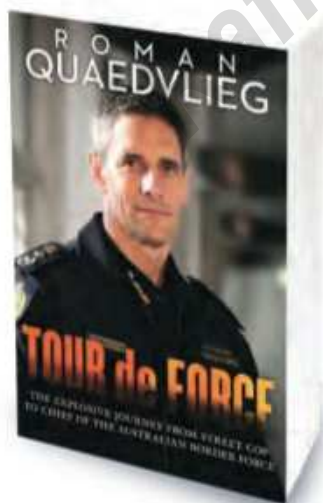
COMPILED BY DIANE GODLEY

## Tour de Force

**Roman Quaedvlieg**

PENGUIN  
RANDOMHOUSE

Lovers of police crime thrillers will enjoy this real-life memoir by one of Australia's most experienced career law enforcement officers. Roman Quaedvlieg's time in policing is a real page turner. From his first job as a young constable in one of the country's meanest city districts all the way up to his time as the head of the Australian Border Force, the stories he reveals – which include the controversies he experienced that ultimately ended his career – make for a fascinating read.



## Stalin's Wine Cellar: A True Story

**John Baker  
and Nick Place**

PENGUIN  
RANDOMHOUSE

A Sydney wine merchant gets a tip off about an antique wine collection gathering dust in a Georgian cellar. He is told it once belonged to the last tsar of Russia, Nicholas II, and then to the Russian Communist leader Joseph Stalin. The next step is to get it out of Georgia without being hauled in front of the law courts – or shot by the Georgian mafia. Part history, part travel, part adventure, this incredible true story will appeal to wine aficionados and history buffs.

## Skin Care: the Ultimate No-Nonsense Guide

**Caroline Hirons**

HARPERCOLLINS

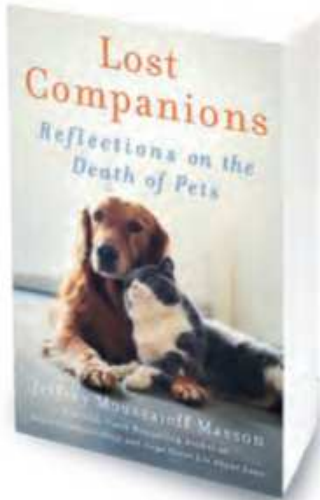
A qualified aesthetician, beauty industry brand consultant and social media influencer, Caroline Hirons is an authority on all things skin care. For the first time, she is sharing her know-how in this 300-page hardback tome suitable for all skin types and all ages. She explains the facts, the myths, and how to make your skin glow on any budget. There is also advice on choosing and applying products suited to your skin type, among many other skin-care essentials.







## Fiction



### Lost Companions: Reflections on the Death of Pets

**Jeffrey Moussaieff  
Masson**

MURDOCH BOOKS

If you've ever loved and lost a pet, you'll understand where this book is coming from. Heartbreak when a beloved furry friend dies is common but an oft-ignored subject, as our society is still learning how to honour the relationship between pet and human with mourning rituals. This book examines the special bond between pets and their owners, and provides poignant stories about dogs, cats, horses, birds and even wombats.

### The Constant Rabbit

**Jasper Fforde**

HACHETTE

It's Not-So-Merry England, 2022, and there are over a million human-sized rabbits who can talk, drive and read. They are crowded into colonies for their own 'protection'. When Mrs Constance Rabbit and her brood move into a cosy village, the human locals are up in arms. A resident and his daughter side with the bunnies, and find the authorities lined up against them in this offbeat comedy with serious themes of discrimination and privilege. *M.Egan*



### Sticks and Stones

**Katherine Firkin**

PENGUIN  
RANDOMHOUSE

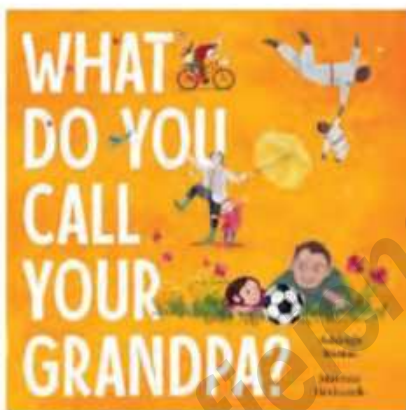
Detective Emmett Corban starts to regret his promotion to the Missing Persons Unit in Melbourne as routine reports pile up on his desk. But when one of the missing persons he is investigating turns up murdered, he is happy that he will now get to work alongside the homicide detectives. However, when one body turns to two and then to three, his investigation turns into a hunt for a serial killer. This book is a suspenseful thriller that will keep you guessing to the very end.

**Looking Glass**

**Christina Henry**

PENGUIN RANDOMHOUSE

This book is a blast – fairy tales for grown-ups. *Looking Glass*, as the name implies, weaves in Alice in Wonderland’s story after she emerged out of the rabbit hole. It is the third book in a collection of four novellas, which includes *Alice* and *The Red Queen*. I hadn’t read the previous stories but was still able to get to grips with this imaginary world where magic runs as freely as secrets and blood. It’s a fascinating read for those who love a bit of fantasy.



**What Do You Call Your Grandpa?**

**Ashleigh Barton and Martina Heiduczek**

HARPERCOLLINS

**Pink**

**Margaret Wild and Judith Rossell**

ABC BOOKS



Here are a couple of picture books that grandchildren will love to have read to them – whether in person or through an online app. Using rhyming verse, *What Do You Call Your Grandpa?* takes the reader and listener around the world to discover all the different names for grandpa. *Pink*, a beautifully illustrated story about a pink dinosaur whose colour makes her different from all others, and how she learns her strengths, will be much appreciated by dinosaur-loving boys and girls.





# WHAT'S NEW IN RD TALKS

*Sit back and enjoy the audio versions of the most engaging stories to have appeared in Reader's Digest magazine.*

READ BY *Zoë Meunier*



## **A GIFT OF HOPE**

In 2015, university student Kris Chung donated part of his liver to save the life of a toddler he'd never met – and gained an unexpected reward for his sacrifice. This selfless act would have life-changing benefits.



## **LETTER IN THE WALLET**

A man's search for the writer of a 60-year-old message leads him on an extraordinary journey. Don't miss this incredible story of love, fate and discovery.



## **A FRIEND CALLED PIP**

A devoted dog is proving to be a blessing for a teenager and her family. A fascinating account of how a determined young girl trained her pet to become a diabetic alert dog.



**TO LISTEN GO TO:**

[www.readersdigest.com.au/podcasts](http://www.readersdigest.com.au/podcasts)







Podcasts



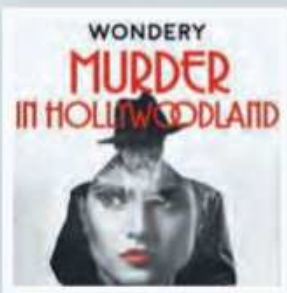
### Survival in the Woods

Preschool teacher Pamela Salant set out for a relaxing weekend camping with her boyfriend when things took a horrible turn. An argument between the pair, a misstep in the darkness, a serious injury, and she found herself in a fight for survival in a dense wood with deep gorges.



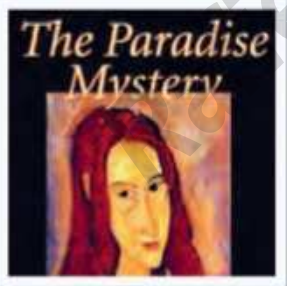
### The Upgrade by Lifehacker

Bettering yourself and upgrading the way you live life has never been so easy. Each week Melissa Kirsch and Alice Bradley bring in experts to discuss really useful stuff such as how to be happier, how to stop procrastinating, how to pandemic-proof your relationship and how to make dinner.



### Murder in Hollywoodland

In 1922, William Desmond Taylor, Hollywood's most famous film director, was murdered. This 'whodunnit' uncovers affairs, backroom deals and drug dens, aiming to finally solve the cold case. But, as the trailer cautions, "this story doesn't have one of those Hollywood happy endings".



### The Paradise Mystery by J.S. Fletcher

If you like listening to audio books, this charmingly old-fashioned and interesting murder mystery is available for free on Apple Podcasts. A quiet cathedral town in England is full of gossips and people who are not quite who they seem to be, with love, greed and revenge as motifs.



**HOW TO GET PODCASTS** **To listen on the web:** Google the website for 'Murder in Hollywoodland', for example, and click on the play button. **To download:** Download an app such as Podcatchers or iTunes on your phone or tablet and simply search by title.

**TO LISTEN TO RD TALKS GO TO**

**[www.readersdigest.com.au/podcasts](http://www.readersdigest.com.au/podcasts)** and click on the play button.



# VICTA®

Available at  
**BUNNINGS**  
warehouse

# GIVE DAD THE GIFT OF TIME.

## THE 18V LITHIUM-ION RANGE - MAKING GARDENING (TOO) EASY.



The Victa 18V range - the hassle free performance partner - helping Dad keep the garden looking its best.

**FIND OUT MORE AT [VICTA.COM.AU](http://VICTA.COM.AU)**

FOLLOW US ON   







# THE GENIUS SECTION

*Sharpen Your  
Mind*



# IN PRAISE OF GUILTY PLEASURES

*Go ahead and binge-watch some more reality TV.  
Our 'lowbrow' indulgences aren't so bad for us after all*

BY *Michaela Marini Higgs*

ADAPTED FROM **THE NEW YORK TIMES**





**W**e all have them: TV shows and movies we love, even though we just know they're bad. Trashy books we simply can't put down.

These are our guilty pleasures – what you might call the junk food in our media diets. Because it's often used in a winking way, the term 'guilty pleasure' feels like a joke we're proving we're in on. But if that joke is about something that brings us genuine joy and isn't harming anyone, then what's the punch line?

"A guilty pleasure is something that we enjoy, but we know we're either not supposed to like it or that liking it says something negative about us," says Professor Sami Schalk, an expert on gender studies. Consider what separates some major TV events from others. The idea of apologising for watching the Oscars or the football grand final sounds silly. So why is *The Bachelor* finale different?

Research shows that our guilty pleasures can actually be good for us. So how do we get to the point where we let ourselves enjoy what we enjoy?

Beyond the fear about how others perceive us, we tend to grapple with a perfectionism that stems from the 'deeply puritanical roots' of our culture, one in which pleasure is seen "as sinful and bad and self-indulgent," says Professor Schalk.

Or, at the very least, we have to earn it. How often do we say to ourselves,

*I've been good all week, so I deserve ice cream or I walked this morning, so I'm going to veg out tonight?* But all this guilt goes against human nature.

"There's a reason why our bodies are wired to feel pleasure," says Adrienne Maree Brown, author of *Pleasure Activism: The Politics of Feeling Good*. For her, pleasure activism – spreading the message that we deserve to enjoy ourselves – is about combating the oppressive idea that pleasure isn't a natural part of life, or that only certain people deserve to enjoy themselves.

She suggests asking, *Why do I feel so much shame around this if it's not causing harm to me or anyone else?*

After all, binge-watching seven episodes of *Real Housewives* or 'wasting' the afternoon watching sport isn't going to melt our brains. In fact, studies suggest that "playing a video game or watching TV can restore some psychological resources," says Professor Robin Nabi, who specialises in the effects of media on emotions.

**THOUGH THE BENEFITS** have yet to be studied long-term and our problems don't magically disappear once we turn off the tube, rest can reduce stress levels. Giving ourselves permission to enjoy some downtime is also a key part of self-compassion, which helps combat anxiety and depression.

"When we rest, we think we're supposed to use that time productively," says Professor Kristin Neff, a

## READER'S DIGEST

self-compassion researcher. While that may be good for survival, she points out, constantly running through hypothetical problems “is not very good for happiness.”

**TAKING A MENTAL BREAK** and enjoying something that doesn't require intense intellectual focus gets us out of problem-solving mode, says Professor Nabi. That is healthy for us on many levels. 'Flow states', such as meditating, playing sports, and, yes, consuming media, can help our brains rest and recover by providing a reprieve from problem-solving mode. Such breaks can also improve our ability to deal with stress and recharge our batteries.

“We have this cultural value of media consumption being edifying, and what we watch should be about growing and achieving,” says Professor Nabi. “We don't focus as much on relaxation and playing and enjoyment and fun, and these are such important aspects of being human.” And feeling guilty about activities we enjoy can detract from the benefits they offer us.

For one thing, if we stigmatise a behaviour and then engage in it, it's easy to go overboard, which can leave us feeling guilty. In one study, dieters who had been coached in self-compassion were less likely to overreact after breaking their diets, while those who simply followed restrictive diets were harsher on themselves.

While guilt can sometimes be a healthy motivator to push us to change behaviours we don't like, its counterpart, shame – the painful feeling that our behaviour makes us horrible people – is never productive. When we disparage our TV viewing habits, for example, we typically aren't describing a behaviour we hope to change, so the negative feelings aren't particularly productive or helpful.

Brown reminds us that it's normal and even healthy to embrace our need for pleasure. She adds one caveat, though: a reminder that too much of a good thing is never a good thing – which is why understanding and accepting what brings us pleasure is crucial to finding the right balance.

Shedding our self-imposed embarrassment about our interests can be empowering, which is why it's time to ditch the term 'guilty pleasure' from our collective vocabulary.

One big reason to do so is that talking about our common interests and pursuits is a way to connect with others. The most important value of a guilty pleasure might just be the bond it can create between people who share it. You'll never find those connections if you don't speak up. So stop apologising. Talk about your pastimes. You might just find that it alleviates any residual guilt and makes it easier to discover more things you enjoy.

THE NEW YORK TIMES (JULY 1, 2019), © 2019 BY NEW YORK TIMES, NYTIMES.COM



# TRIVIA

## Test Your General Knowledge

BY Paul Paquet

- 1.** In which year did explorer James Cook draw the first chart of the coastline of New Zealand?  
a) 1769. b) 1870. c) 1620. **2 points**
- 2.** Among land animals, what species has the largest eyes? **2 points**
- 3.** Humphrey Bogart won his only Oscar for what motion picture?  
**1 point**
- 4.** Which Disney princess had two stepsisters, Anastasia and Drizella?  
**1 point**
- 5.** When you earn or lose money very quickly and easily, you earn or lose it hand over \_\_\_\_\_. What body part completes the idiom? **1 point**
- 6.** Which member of boxing's 'Fabulous Four' was the only one who defeated each of the other three at least once? **3 points**
- 7.** Which of Sri Lanka's official languages also has official status in Singapore and parts of India? **1 point**
- 8.** This oldest city in Malaysia was designated as a UNESCO World Heritage Site on July 7, 2008; which one is it? a) Malacca City. b) Kuala Lumpur. c) Ipoh. **2 points**
- 9.** Flopsy and Mopsy represent what type of animal in the first book by Beatrix Potter? **1 point**
- 10.** Who is currently known as FLOTUS? **1 point**
- 11.** Who invented radium in 1898?  
**1 point**
- 12.** Which continent has hosted both the winter and summer Olympics the most times? **1 point**
- 13.** Short for Baidu, Alibaba and Tencent, the acronym BAT refers to the dominant digital economy companies in which country?  
**1 point**
- 14.** Conditions such as asthma and allergies would be treated by which medical specialist? **1 point**
- 15.** True or false? India is the world's largest producer of bananas.  
**1 point**



PHOTO: GETTY IMAGES

**16-20** Gold medal   **11-15** Silver medal   **6-10** Bronze medal   **0-5** Wooden spoon

**ANSWERS:** 1. b) 1870. 2. The ostrich (*Struthio camelus*). 3. The African Queen. 4. Cinderella. 5. Fish. 6. Sugar Ray Leonard. 7. Tamil. 8. a) Malacca City. 9. Rabbits. 10. Melania Trump. (FLOTUS stands for 'first lady of the United States'). 11. Marie Curie. 12. Europe. 13. China. 14. Immunologist. 15. True.



# PUZZLES

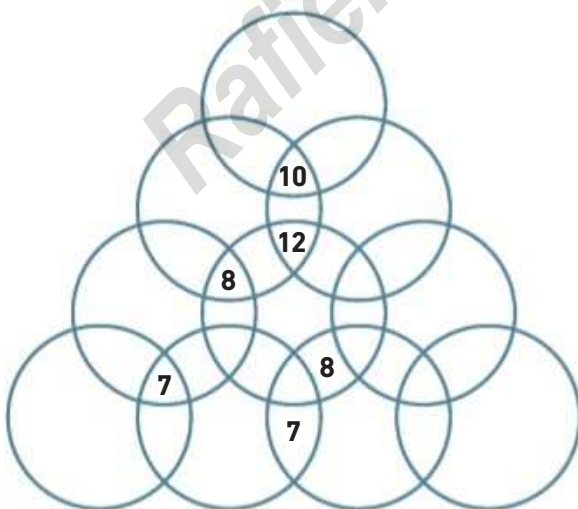
*Challenge yourself by solving these puzzles and mind stretchers, then check your answers on page 154.*

BY *Marcel Danesi*

### Spymaster Difficult

Deduce a secret number made of four different digits from 1 through 9. The chart shows four guesses at the number and a score for each guess, represented by marbles. Any digit that appears in the secret number in the same position as the guess is scored with a black marble. Any digit that appears in the secret number in a different position than in the guess is scored with a white marble. Any digit that does not appear in the secret number doesn't get a marble at all. What's the secret four-digit number?

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



### Bubble Maths Moderately Difficult

Assign a whole number from 1 to 5 to each of the ten bubbles, using each number exactly twice. The sums of some of the numbers are revealed in the areas where their bubbles overlap. No two bubbles with the same number are touching. Can you figure out which number goes in each bubble?

(SPYMASTER) FRASER SIMPSON; (BUBBLE MATH) RODERICK KIMBALL



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

### Sudoku To Solve This Puzzle

Put a number from 1 to 9 in each empty square so that: every horizontal row and vertical column contains all nine numbers (1-9) without repeating any of them; each of the outlined 3 x 3 boxes has all nine numbers, none repeated.



### Speedy Spoilage Easy

You baked a 500-gram loaf of bread, but sadly, it went mouldy before you had the chance to start eating it. Mould colonies grow exponentially: to keep things simple, let's say the amount of mould doubled every three hours. If it finished spoiling your loaf at around 2 pm on Tuesday, 72 hours after you first baked it, when was half of the loaf spoiled?

BRAIN POWER  
brought to you by

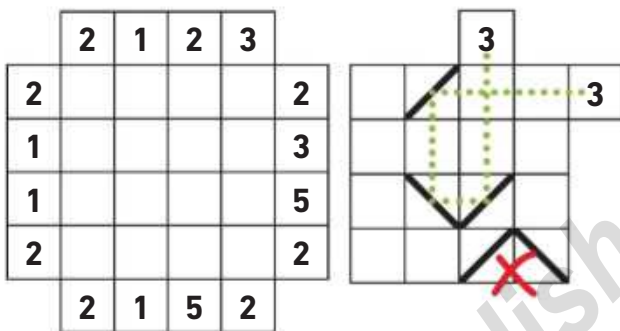


ジュースアップ  
Juice up



### Rubber Room **Difficult**

This otherwise empty room contains an undisclosed number of rubber bumpers that cross some of the squares diagonally from corner to corner. Each of the numbers outside of the grid indicates how many times a ball rolled away from that wall would hit a bumper and change course by 90 degrees before colliding with another wall. The example to the right shows what that could look like. The bumpers do not section the room off into two separate spaces. Where are they located?



0	0	X	0	0	X	X
X	0	0	X	0	X	X
X	X	X	0	X	0	0
0	X	0	X	X	X	0
0	X	0	0	0	X	X
0	0	X	0	0	X	X
0	X	0	X	0	X	0

### Herding Cats **Easy**

There is one three-by-three arrangement of squares in this grid that forms a 'cat's game'; that is, a game of noughts and crosses in which neither X nor O has three in a row. How fast can you find it?

**BUBBLE MATHS**

0	0	X	0	X	0	X	0
X	X	0	0	X	0	0	0
X	X	0	0	X	0	0	0
0	X	X	X	X	X	X	X
0	X	X	X	X	X	X	X
0	X	X	X	X	X	X	X
0	X	X	X	X	X	X	X
0	X	X	X	X	X	X	X

**HERDING CATS**

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

**SUDOKU**

**RUBBER ROOM**

**Puzzle Answers**

HERDING CATS AND RUBBER ROOM) DARREN RIGBY.



## WORD POWER

### *What's Cooking?*

*If you can't stand the heat, stay out of the kitchen.  
But don't shy away from this month's quiz  
on cooking terminology*

BY Rob Lutes

**1. shuck** – A: shake vigorously to mix. B: remove from an outer covering. C: slice into thin strips.

**2. mezzaluna** – A: knife with a curved blade and two handles. B: medium-spicy sausage. C: moon-shaped pasta.

**3. sear** – A: soak in brine. B: heat sugar until it liquifies. C: cook the surface of something quickly with intense heat.

**4. dredge** – A: coat lightly. B: drain liquid. C: break apart by hand.

**5. coulis** – A: soup served chilled. B: cucumber salad. C: sauce made from puréed fruit or vegetables.

**6. knead** – A: work moistened flour into dough. B: grind into fine particles. C: trim fat.

**7. infuse** – A: steep in liquid to extract flavour. B: fill the centre of something. C: cover with glaze.

**8. liaison** – A: sous-chef. B: thickening agent used in soups

and sauces. C: pleasing blend of two disparate tastes.

**9. mince** – A: stir gently. B: cut into very small pieces. C: dehydrate.

**10. tajine** – A: earthenware cooking pot with a conical lid. B: wide spatula. C: yellow citrus fruit mainly used in Asian cuisine.

**11. smidgen** – A: deep-fried onion. B: square skillet. C: small amount.

**12. coddle** – A: cook in liquid just below the boiling point. B: poke tiny holes in meat to tenderise it. C: heat fish with its skin on.

**13. aspic** – A: paring knife with a pointed blade. B: savoury meat-stock jelly. C: snake soup.

**14. confit** – A: cheesecloth used to make yoghurt. B: blend of oats and rice. C: meat cooked and preserved in its own fat.

**15. mandolin** – A: utensil with adjustable blades for slicing. B: fruit salad. C: needle for trussing poultry.

## Answers

- 1. shuck** – B: to remove from an outer covering. There were many campers willing to help shuck the corn that would later be cooked over coals.
- 2. mezzaluna** – A: knife with a curved blade and two handles. Using a mezzaluna, Anwar chopped the parsley in just 15 seconds.
- 3. sear** – C: to cook the surface of something quickly with intense heat. Amira enjoyed the sound of her steak sizzling as she seared it.
- 4. dredge** – A: to coat lightly. Tarick dredged the chicken in flour and breadcrumbs before baking it.
- 5. coulis** – C: sauce made from puréed fruit or vegetables. For added flair, Kylie drizzled every piece of cake with strawberry coulis.
- 6. knead** – A: to work moistened flour into dough. A baker by trade, William joked that he kneaded the dough because he needed the dough.
- 7. infuse** – A: to steep in liquid to extract flavour. Jack infused rosemary in white vinegar to give his salads their signature taste.
- 8. liaison** – B: thickening agent used in soups and sauces. Radley added a liaison of egg yolks and cream to the soup.

- 9. mince** – B: to cut into very small pieces. Audrey minced the garlic, then tossed it into the wok.
- 10. tajine** – A: earthenware cooking pot with a conical lid. Whenever Nahla was homesick for Morocco, she made a traditional meal in a tajine.
- 11. smidgen** – C: small amount. It's an imprecise measurement, but a smidgen is often considered to be around 1/32 of a teaspoon.
- 12. coddle** – A: to cook in liquid just below the boiling point. Harry coddled the eggs for seven minutes, leaving the yolks runny.
- 13. aspic** – B: savoury meat-stock jelly. Corin loathed the jiggly texture of his grandmother's pork aspic.
- 14. confit** – C: meat cooked and preserved in its own fat. Helen's duck confit was lusciously tender.
- 15. mandolin** – A: utensil with adjustable blades for slicing. Leonard used the mandolin to julienne potatoes for french fries.

---

### VOCABULARY RATINGS

**5-8:** Fair

**9-12:** Good

**13-15:** Word Power Wizard



Only  
**\$2**  
Postage

on your entire order! – Quote code **RM09S** when ordering



*EXTRA bright light where you need it most!*

*Adjusts to any angle*

### Specially Designed Floor Lamp

- relieves eyestrain, makes reading a pleasure!

The 68 energy-saving LEDs in this attractive floor lamp emits a cool, clear light that is easy on the eyes. You can also adjust the head to any angle so you can read, write or work on hobbies in greater comfort.

Mains powered using the AC Adaptor (supplied) and easy to assemble, it measures 130 cm tall and stands securely on a 28 x 23 cm base. Great value, it will also look very sleek and stylish next to your armchair or desk.

### Energy Efficient Floor Lamp

• **EEFL \$89 or \$22.25 x 4 mths**



*Stylish in your home*



### Stunning Monet and Van Gogh Mug Sets - enjoy Impressionist art

Here's a beautiful way to enjoy your morning coffee or afternoon tea. Pure white bone china perfectly captures the vibrant colours of these famous paintings and you have two sets of four to choose from – Monet's *Woman with a Parasol*, *The Artist's House at Argenteuil*, *Poppies* and *Water Lilies*, or Van Gogh's *Sunflowers*, *Starry Night*, *Irises* and *Vase with Irises*. 12.5 cm tall with a pretty handle, each mug is individually gift boxed.

Monet • IMPRM0001

Van Gogh • IMPRM0002

**\$39.95 each set**

*Enjoy your favourite hot beverage in a piece of art*



Set of 4

**Monet Impressionist Mug Set**



*Each mug is gift boxed*

**Van Gogh Impressionist Mug Set**

Set of 4



## Decorative Rubber Step Treads - slip-resistant and hard-wearing



**SAVE \$10**  
Buy two for \$49.90  
or \$24.95 x 2 mths

As decorative as they are functional, these easy-to-use treads recreate the look of traditional wrought iron from environmentally-friendly recycled rubber. The attractive openwork design lets water pass straight through and a slip-resistant textured backing provides additional security. Incredibly tough and hard-wearing, they're also very easy to clean – you can simply hose away dirt and grime. 74 x 24 cm to fit most steps and are supplied in a set of three.

**Rubber Stair Tread • RTRED**  
**\$29.95 Set of 3**

Pretty yet functional design

Elegant, durable step treads

Set of 3



## Pretty, Pearly Sandals

- such glamorous comfort!

With their pearly gleam and eye-catching floral decoration, these lovely sandals will take you from morning tea to evening cocktails. They're also comfortable enough to wear all day. The insole is padded and moulded to provide a gentle massaging effect as you walk and the PU upper has a strap with a touch fastener which adjusts for a perfect fit. The hard-wearing sole and flattering 3 cm heel are also designed to provide a secure grip.

Eye-catching floral detail perfect for day or evening

Comfortable 3 cm heel height



Walk comfortably all day!



**Lucy Sandals • LUCA \$29.95**

Euro Sizes	36	37	38	39	40	41
Australian Fractional Sizes	5	6	7	8	9	10

Gabbeni



### ▲ Wasgij

Hilarious puzzle to test even the most skilled puzzler. The picture on the box is only a clue. 1000 pieces 68 x 49 cm.

**Safari Surprise Original 31**

• 64089 \$34.95

### ▼ Big Ben

Situated alongside the beautiful Houses of Parliament, Big Ben is without a doubt, the world's most famous clock and an iconic London landmark. This challenging three-dimensional puzzle from Wrebbit is made from sturdy interlocking pieces that fit together without glue. 890 pieces, 48 x 27 x 73 cm.

• 64143

\$79.00 or

\$19.75 x 4 months



### ▼ Florence Broadhurst Carry-All

A chic Florence Broadhurst design adorns this beautiful but handy carry case with several compartments to organise your knick knacks and notions. Internal elastic compression straps hold larger items in place and a metallic gold zipper closure provides safe, secure storage and easy access. 39 x 24 x 11 cm.

• 63178 \$47.95 or \$23.98 x 2 months

### ▲ Fifty Cards & Envelopes

Fifty pretty pastel 10.5 x 15 cm blank cards made from heavy 220 gsm cardstock, plus 110 gsm envelopes.

• 61970 \$21.95



**Only \$2 Postage** on your entire order! -Quote code RM09S when ordering



## Easy Garden Sweeper

- tidies your lawns and paths

Now you can keep your garden looking immaculate best without petrol or electricity. Simply push this sweeper along and it will whisk leaves, twigs, grass and other garden debris into the roomy collecting bag ready for composting or mulching. Ruggedly made from steel, it measures 72H x 66W x 120L cm and adjusts to three different heights to work efficiently on any lawn, drive or path. Simple assembly.

### Lawn Leaf Sweeper

• LPSWR \$159 or  
\$39.75 x 4 mths



Hopper unclips

Quieter than a leaf blower, easier than a rake!

Adjusts to 3 heights!

Cleans and tidies lawns with no cables!



Reduce the size of your garbage!

Simply pull down the lever to compress the rubbish in your bin

## Hygienic Rubbish Compactor

- create more space in the bin

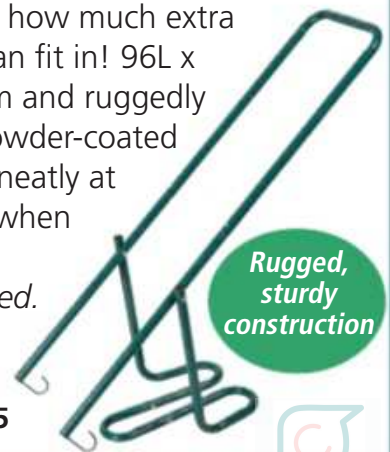
Bins can quickly become overloaded – and it's no fun trying to squeeze down the contents by hand! This compactor makes the job easy and hygienic. Simply fit it on to the open bin, pull down the handle and you'll be amazed by how much extra rubbish you can fit in! 96L x 31W x 30D cm and ruggedly made from powder-coated iron, it hangs neatly at the bin's side when not in use.

Bin not included.

Garbage Bin Press  
• GBBP \$39.95



Neatly store on bin when not in use



Rugged, sturdy construction



### 30 Colour-Changing Solar Lights - eye-catching raindrop design

These elegant raindrop-shaped lights cycle continuously through red, green, blue and purple, creating a mesmerising effect. And, as there are 30 spaced along a 6-metre cord, you have plenty of scope for enjoying them – imagine them strung through the branches of a tree, edging a fence or wound around a column or post. Simply position the solar panel in a sunny spot and they'll glow for up to 8 hours.

#### Colour-Changing Solar Lights

• CCRL \$19.95

The Set



**SAVE \$10**  
Buy two for \$29.90

**\$2**  
Postage  
on your entire  
order!

**Only \$2 Postage!** - Quote code RM09S when ordering

# VERA

Based on the novel by crime writer Ann Cleeves, Vera is a captivating murder-mystery series set against the Northumberland landscape. Brenda Blethyn stars as Chief Inspector Vera Stanhope, a sharp but shambolic detective driven by her own personal demons. **SUBTITLES**

Series 8 (2018) 2 DVDs, 355 mins • MVERM \$29.95

Series 9 (2019) 2 DVDs, 356 mins • MVERP \$29.95



#### Series 1-9 Collection

18 DVDs, 53 hrs • MVERR  
\$119 or \$29.75 x 4 mths



**18** DVD SET





*Easy organic  
compost from  
food scraps  
and garden  
waste*

*Huge 300 litre  
capacity*

## Easy-To-Use Compost Bin


- turn waste into fertiliser

Compost enriches the soil, helps it stay moist – and keeps organic waste out of landfills. This tough plastic bin is easy to assemble and also very easy to use. Simply drop in your vegetable scraps, lawn clippings, shredded paper and more and, when it's ready, take the compost out of the easy-access door at the base. 83H x 61W x 61D cm with a 300-litre capacity, it could make all the difference to your garden.

**Garden**

**Composter**

• FPCM \$99 or  
\$24.75 x 4 mths



*Large opening  
for easy access*

## Traditional Garden Table

- attracts birds all year round

With its pitched roof and natural, wooden construction, this bird house makes a very attractive outdoor feature. You can also attract birds to your garden by placing seed or other food on the platform, where they can eat in safety. Easy to assemble, it measures 117H x 35W x 35D cm and stands securely on hard ground. There are also ground spikes included to hold it firm on grass or earth.

**Bird Feeding Stand**

• WDBHS \$49 or  
\$24.50 x 2 mths





## Tough, Durable, Quality Stainless Steel Garden Hose

- it resists tears, punctures & tangles!

This is one hose the dog won't be able to chew through! As it's made from quality stainless steel it's also resistant to other tears and punctures as well as corrosion and damage from the sun. It's also very lightweight and flexible, won't kink and rolls up easily. It comes with adaptors so it's compatible with standard taps and fittings.

*Lightweight to use and so flexible*



Choose from  
20 or 30 metres  
of stainless steel  
hose

### GREAT FEATURES

- Resists punctures
- Crush proof
- Lightweight and flexible

*Hose nozzle not included.*

### Stainless Steel Garden Hose

- SSGH01 (30m) \$99 or \$24.75 x 4 mths
- SSGH02 (20m) \$79 or \$19.75 x 4 mths



*Kink free and  
easy to coil*

**Only \$2 Postage!** - Quote code RM09S when ordering

**\$2**  
Postage  
on your entire  
order!

## Brolga Dance ▶

You'll love this amazing craft where you can create dazzling designs in no time! Easy, relaxing and super fast, tiny "diamonds" are placed on a pre-printed fabric with adhesive surface, using a special stylus. Your **Diamond Dotz** kit includes quality colour printed fabric, Diamond Dotz sorted by colour, stylus, wax caddy, craft tray and multilingual instructions. 77 x 32 cm.



- 63604 \$42.95 or \$21.48 x 2 months



## ◀ Pansy Pin cushion

A handy pin cushion worked in cross stitch and featuring pretty pansies. Your **Counted Cross Stitch** kit includes 14-count flax Zweigart Aida fabric, Italian wool and acrylic blend thread, filling, needle, chart and instructions. 11 x 8 cm.  
*Pictured contents not included.*

- 63325 \$15.95



## Fantastic Ice Maker



- make your ice cubes fast!

This brilliant freezer creates ice cubes in as little as 8 minutes – imagine that at your next party! Simply fill the water tank and select from three cube sizes; by the time you've poured the drinks your ice could be ready to use!

Ice Maker • ICEML \$199 or \$49.75 x 4 mths

Serve icy drinks in minutes!



### FEATURES:

- Signals when the ice cube container is full or the water tank is empty
- LED displays
- Energy-saving mode with automatic switch off
- Viewing window in the lid
- 2 litre water tank
- Complete with scoop
- 41.5H x 34W x 34.5D cm

Great addition to summer entertaining

Refreshing ice cubes in just 8 minutes!



## A Sudoku-lover's Dream!

Imagine playing Sudoku without the frustration of crossing out smudges and illegible numbers. This natural wood 24 x 24 cm board makes it easy; simply fit one of the 100 printed puzzles beneath the removable grid and use the tiles to work out the solution. A great gift idea!

### Deluxe Sudoku Game Board

• DSUDK  
\$39.95



Lovely wooden board

## Incredibly Realistic Roses

Real roses are very beautiful but, all too soon, their petals start to fall. These are just as lovely yet they can bring years of pleasure! Each petal and leaf has been



Realistic roses to brighten a patio

crafted from polyester to capture their deep pink colour and exquisite shape and they're presented in an attractive ceramic pot. 72 cm tall, they will look stunning indoors or you can use them to brighten a sheltered outdoor area.

Faux Roses in Pot  
• FXROS \$59 or \$29.50 x 2 mths



*Delightful  
by day or  
night!*



## Adorable Twins Garden Ornament - soft glow solar lamp

So cute in their identical tops and engrossed in the same book, these adorable twins clearly share a special bond. And they can even go

on reading after dark thanks to the soft glow of the removable solar lamp!

52H x 25W x 23D cm, the polyresin has been crafted to capture every detail from the pages of the book to the children's dimpled knees.



**Twins Solar Light • FFRSL**  
**\$79 or \$19.75 x 4 mths**

*Perfect detail to  
capture a special  
moment*

**Only \$2 Postage!** - Quote code RM09S when ordering

**\$2**  
**Postage**  
on your entire  
order!

# M\*A\*S\*H

## Complete Collection (1972)

Journey back to that special place where friendships were forged, laughter was found and drinks were served. Relive all of the hilarious pranks and escapades with the doctors and nurses of the 4077th Mobile Army Surgical Hospital working during the Korean War in the 1950s. Includes Seasons 1-11 and original 1970 film.

### SUBTITLES

35 DVDs, 111 hrs

• MMASH

**\$149 or \$37.25 x 4 mths**



**35** DVD  
SET





## Photo Storage Box - safely store your treasured family memories

Keep your favourite photos at your fingertips. This quality polypropylene storage box provides a protective environment - keeping them safe from dust, insects or damage. Each of the six clip-lock cases holds up to 100 15 x 10 cm prints - all fitting neatly in a 14H x 19W x 22D cm outer case. That's up to 600 prints in total and it's much more compact than conventional photo albums.



*Also perfect for sorting craft items*



*Protect and store your precious memories*

### Photo Storage Box

• PHTOS  
\$29.95

**SAVE \$10**  
Buy two for \$49.90  
or \$24.95 x 2 mths

Stores 600  
15x10cm  
photos

## An Easy Inflatable Spare Air Bed In An Instant!

This luxurious queen-size air bed inflates to a height of 47 cm; it provides ease of use and exceptional comfort. For even greater comfort, the velvety flocked surface feels warm to the touch and prevents sheets from slipping. Made from durable vinyl with a coil beam construction, it inflates in 5 minutes using the mains-powered pump provided. It then folds down into a carry bag for easy storage. Perfect for overnight or holiday guests!



*Inflates and deflates in minutes*

**Inflatable Air Bed • HRBD**  
\$149 or \$37.25 x 4 mths



*Fits into an easy to carry bag*



*Self inflates - so easy!*

- Inflates in 5 minutes
- Quick and easy to inflate and deflate with a built-in electric pump
- Standard queen-size
- Flocked surface and pillowed headboard provide added comfort
- Supports up to 250 kgs
- Carry bag





## Natural Bamboo Cheese Board - the drawer holds specialised knives

Natural bamboo is the perfect material for a cheese board. Anti-bacterial, easy to clean and environmentally friendly, it's also versatile enough to look good in any setting, formal or casual. This one measures 2.5H x 40W x 20.5Dcm and has a clever built-in drawer which holds 4 specially-designed knives. Made from rust-resistant steel with bamboo handles, there's one for every cheese from Pecorino to the softest Camembert.

*Beautiful way to serve your cheese platter*

### Bamboo Cheese Board

• BMCC \$49 or  
\$24.50 x 2 mths

*Use also as a chopping board!*

*Convenient in-built drawer - with knives included!*



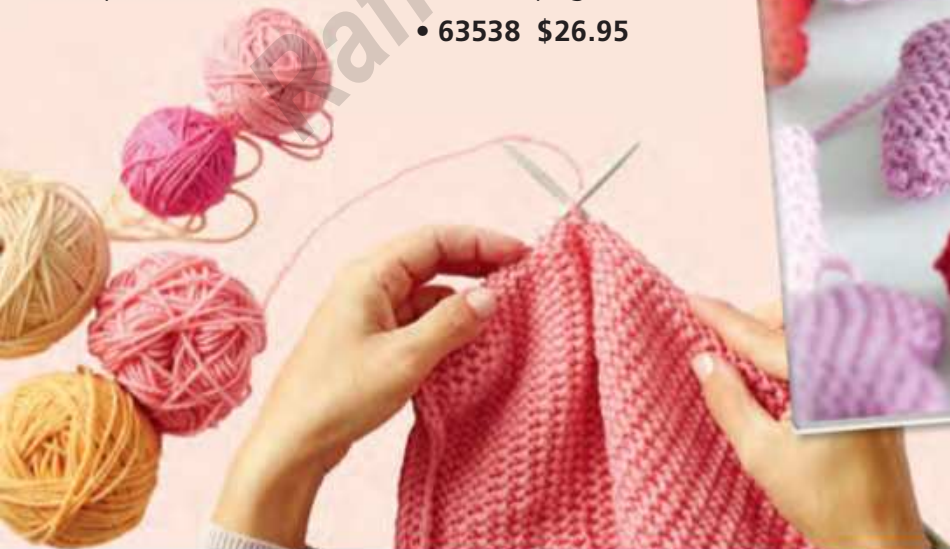
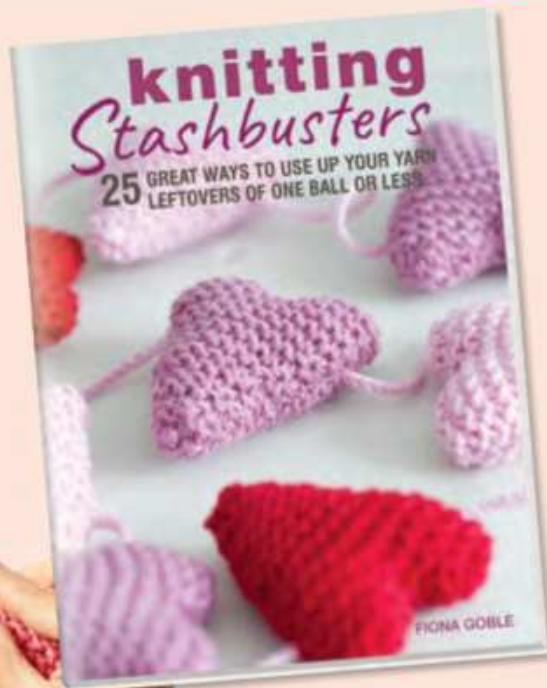
**Only \$2 Postage!** - Quote code RM09S when ordering

**\$2**  
Postage  
on your entire  
order!

## Knitting Stashbusters

Twenty-five patterns especially chosen to help you use up single balls or part balls of yarn from your stash. This book tells you how to substitute yarns and how even the smallest amounts of yarn can come in useful for stripes, decorations and trims. 96 pages.

• 63538 \$26.95



## Adorable Bulldog Bench - part sculpture, part seat!

Welcome this bulldog into your garden and you'll have a striking sculpture as well as a handy place to rest. It's crafted from polyresin for lightness and strength – and you'll love the way it captures every last fold and wrinkle on that impressive head. Who could resist that endearing expression? A generous 76L x 49H x 35W cm and ready to enjoy, it's sure to be a favourite with all ages.

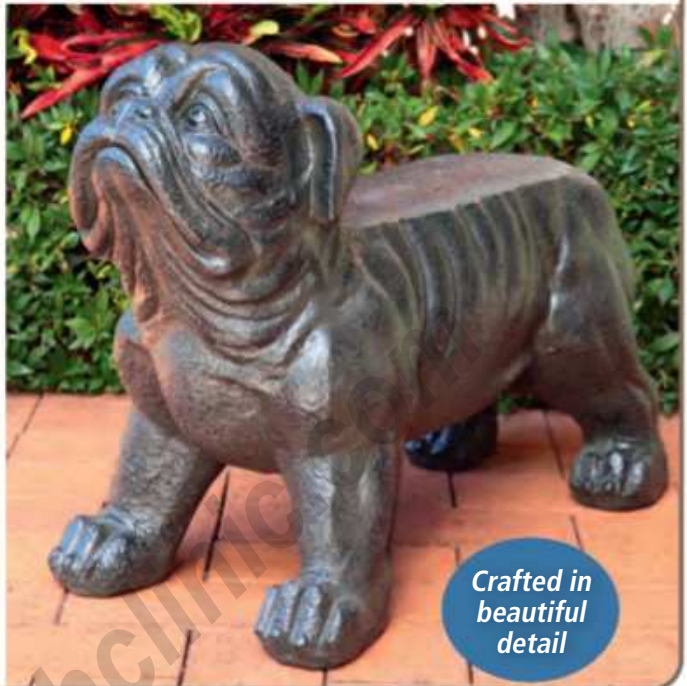
### Bulldog Garden Bench

• DGBCH \$199 or  
\$49.75 x 4 mths

*Cutest garden  
centrepiece!*



*A great place to sit  
or rest your feet*



*Crafted in  
beautiful  
detail*

## Reversible Patio Mat - heavy-duty & weatherproof



*Perfect for  
camping, picnics,  
beaches or  
parks*

*Large Mat  
- 2.74 x 3.66 m*

*Reversible!*



*Small Mat  
- 2.74 x 1.82 m*



*Folds flat*

This attractive outdoor mat will brighten up your patio as it protects your decking or tiles. Made from tough woven polypropylene in striking blue and white, it's weather-resistant, reversible, lightweight and easy to carry. You can use the corner ties to anchor it and, afterwards, simply hose it clean. Perfect for picnics, camping or for outside your caravan. Choose small or large.

### Shell Reversible Patio Mat

• RPMS Small (274 x 182 cm)  
\$49 or \$24.50 x 2 mths

• RPMS Large (274 x 366 cm)  
\$79 or \$19.75 x 4 mths







# Australia's most trusted tyres.

With only one hand print of tread connecting each of your tyres to the road, Australians put their trust in Bridgestone time and time again.

You're in safe hands with Bridgestone.

