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AUSTRALIA Reader's Digest

**RD
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AS PODCASTS

EXCLUSIVE INTERVIEW

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of Honesty*

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EDITOR'S NOTE

It's a Surprising World

IT'S NO SECRET THAT CRIME SELLS. We love to watch it on stage, on small and big screens, as well as read crime novels and listen to true crime podcasts. Murders, robberies and intriguing million-dollar diamond and art heists are always popular. Less common are crimes against science. This month's Bonus Read is about a very unusual crime involving a young talented music student, not a typical criminal profile. 'The Case of the Broken Window' (page 124) tells the story of how this untypical thief committed a grave crime against the calm, studious and inoffensive world of zoology.

Not straying too far from the amazing and often-unbelievable zoological world is this month's Drama in Real Life, 'Marlin Attack!' (page 40). When three men headed out on a spearfishing trip, nothing, not even the weeks of careful planning, could have prepared them for the unexpected and random attack they encountered during a beautiful morning in the waters of the Pacific Ocean.

Staying on the subject of the unpredictable, in 'If You Don't Like It, Turn Over' (page 32), celebrity chef Gordon Ramsay, known round the world for his honesty, and rugged approach to life, shares his perspective on the success he's had in front of the camera and his need to make kitchens run smoothly, despite the chaos.

These stories, and much more, are in this month's edition.

Happy reading,

Louise

LOUISE WATERSON
Editor-in-Chief



AUSTRALIA Reader's Digest

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LETTERS

Reader's Comments And Opinions

A New Kind of Carer

I loved 'Say Hello to Your New Carer' by Susannah Hickling (July). I learned a lot about how seniors interacted with Zora the robot – exercising, singing, dancing, reading books and being entertained. Children with autism worked with a robot named Pepper that helped them with school work. Articles such as this show people how important robots can be.

JACOB VERMETTE



Friendship, Faith and Tragedy

'Faithful Friends' (June) was a heart-breaking story. I couldn't control my tears as I read it. I had heard about the incident but didn't know the details. Finding out about people who have seen the worst of life but are trying to respond by spreading happiness is very encouraging.

FAIZA JAFFAR

Quality Content

Forty years ago, aged nine and an avid reader, I devoured my grandparents' Reader's Digest 'library'. Now, living in New Zealand for the past 27 years, I asked for a Digest subscription for my birthday. The quality and content is still spot on and a treat I look forward to each month.

LORAIN MILNE

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.

The Sound of Music

My husband and I had the privilege of visiting Stowe, Vermont ('The Story Behind the Songs', July). It is such a peaceful place and scenically beautiful. It probably would have reminded the Von Trapps of Austria. We were shown a film of Maria and her children and their life in the US. Walking around the gardens of the chalet, we came across the final resting places of the Captain, Maria and some of her children. I purchased a book about the family's story and had it signed by a granddaughter. Your article revived a beautiful memory. Thank you.

YVETTE FARIA-PRONK

Getting Reacquainted

My response to 'Farewell, My Responsibility' (My Story, July)



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PEDAL PUSHER

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

Don't interrupt my sleep cycle!

MERRAN TOONE

I'll be there soon.

I'm flat out on the bike.

GEOFF BARBY

We are riding through a different world.

ROSS KING

I feel like I'm getting nowhere and it is making me feel flat.

JOSEPH BAKER

Congratulations to this month's winner, Merran 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

or see details on page 8.

READER'S DIGEST

was that Tricia Fiddymment could have been writing about me. I was forced into retirement earlier than planned and although the idea of catching up on a lifetime of reading, going for leisurely walks and meeting up with long-lost friends seems exciting when you're working, the reality is that you don't need to be retired to enjoy these things. Winding down is difficult, not having a purpose is very confronting and you really do need to get to know yourself all over again.

MAUREEN LANE

From the Editor

Heart Numbers: Thank you to Christian Nisen who brought to our attention that in 'Heart Numbers You Should Know' (July) we used the US blood glucose level of mg/dL.

If measured in the standard of Mmol/L, a normal blood sugar level would be between 4.0 to 5.4 Mmol/L when fasting.

Correction to Trivia Answer: We have to award ourselves the wooden spoon for printing the incorrect answer of 1870 to Question 1 in September's Trivia: In which year did explorer James Cook draw the first chart of the coastline of New Zealand? The correct answer is 1770. Our sincere apologies to all our trivia pundits.



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“I suddenly realised I didn’t have tinnitus anymore!”

*Kelvin Fleming,
panel beater*



Effective Tinnitus Relief – at last!

Every year millions of people visit their doctors complaining of tinnitus (ringing in the ears), and most are told that they just have to learn to live with it. Affecting approximately 20% of the population, tinnitus is a stressful condition that can cause sleeplessness, anxiety and social isolation. It is often accompanied by dizziness, sound sensitivity, blocked-ear or hearing loss.

Now there is a home-based treatment which comes from new research on the ear and brain. It uses high frequency stimulation, through music, to re-build and organise brain connections. The result, for most listeners, is relief or reduction of tinnitus and related conditions.

Benefits can also include better sleep, clearer hearing, better memory, relief of dizziness and vertigo and a general feeling that the brain is sharper and communication is easier.

For a free DVD and information pack call the Sound Therapy national enquiry line on 1300 55 77 96.

MY STORY



ODE
TO MY
Fountain Pen

A cherished companion on a journey through life

BY Sue Thompson

OH, FOUNTAIN PEN, my old fountain pen. She is such a good friend. I recently discussed her in much detail with the owner of one of Sydney's elegant pen shops in the stunning Queen Victoria Building. I have written with a fountain pen since 1971, when I was 14. When others had

seriously adopted ballpoints I had the joy of my first cartridge fountain pen. The rest is history.

I used my fountain pen in the School Certificate and Higher School Certificate in the 1970s, then all through university where I completed degrees in Arts and Law. For my 21st birthday, my mother bought me a lovely brushed

PHOTOS: GETTY IMAGES

stainless steel Sheaffer fountain pen with solid gold nib. She and I were inseparable until I left her on a table during a concert soon after I started my new job working at New South Wales Police Headquarters. I remember the moment clearly – Deborah Cheetham, Australia’s wonderful soprano opera singer, sang *Lakmé*. It was 1990 and I’m certain it was the beauty of the music and Deborah’s exquisite voice that left me momentarily overwhelmed and distracted as I turned away from my dear companion. Alas someone kidnapped her, despite her having my name engraved.

Mum, always so kind but never into spoiling, went halves with me (or maybe thirds) so I could buy a replacement Sheaffer Targa for my birthday a few months later. This time it was in a matte black finish with gold trim. Again, I took it in to the Dymocks Building upstairs, to those secret rooms, to Sydney’s best engravers, to have my name etched upon her. She is still with me.

How many word kilometres have we written together? I have written poems, stories, countless researched

policy documents, government reports and submissions, family histories, government initiatives and social milestones, letters, legal documents (oh, far too many of them), minutes in meetings, love letters, speeches for myself and others, obituaries, decades of cards to dear friends and family, a funny book about princesses, a series of short whimsical stories of the metaphor of life and our journeys. I have drawn pictures. The list is endless.

Now, I mostly type since two car accidents left me with incomplete quadriplegia. Fortunately, I can use my limbs, though I have many limitations. Reluctantly, and of necessity, my pen is now relegated to occasional use, small daily tasks, cards to friends, shopping lists, projects to attend to or quick inspirational thoughts or ideas.

She still sits beside me when I’m at my desk, always in her place of honour, but now I use Voice Recognition software for larger jobs. It is a fast-winged beast, that modern voice recognition software, mine is called Dragon and although it surely flies and recognises my voice nuances well, it is definitely not a cherished companion.

My pen, that black and gold Sheaffer Targa with her solid gold 14k nib, writes like butter. She is truly delightful. Recently she was not herself – randomly discharging

Sue Thompson is an ex-lawyer and government policy adviser from Sydney. Her favourite hobbies are meditating, snorkelling, tai chi, being in Mother Nature, smelling the roses and the occasional fight for justice.

her ink. But we carried on, adjusting to her age as we all do. Then she simply refused to write anymore. Nothing. No words.

But, thanks to Google, I found the newest incarnation of that old institution, a fountain pen shop, in the Queen Victoria Building. We headed in to visit, my pen and I and my driver/carer.

I took her out of her case. The pen professor wanted to send her away for a service – *no!* I believed that a new piston vacuum mechanism would fix her up nicely. He commented on her nib being a little twisted.

He didn't believe the piston would fix her. I did. Her ailments made sense to me in a way they didn't fully to him. Such is the bond of deep friendship. Although he was certainly the pen professor, and with that came a vast amount of pen knowledge, he could read me well enough to know what pen I might abandon my old companion for, if I was so inclined. But I am the pen mistress!

Our serious pen discussions led him to soon figure out that I was a lawyer. Apparently lawyers, psychologists and doctors are some of his most passionate clients, as opposed to people making a statement about wealth or brands,

which led him to say, "You are clearly a writer and love to write."

With that, I decided to leave her with the pen professor for a full service.

SHE STOOD HER GROUND, WROTE HERSELF PROUD. WE ARE STILL TOGETHER

"If, afterwards, she writes, I will take her home and we will go on together as we have for the past 29 years," I told him.

Well, I think you can probably guess the outcome.

She stood her ground, wrote herself proud. We are still together and to paraphrase the poet Robert Frost, 'We have miles to go before we sleep'.

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.



A Running Joke

Jogging is very beneficial. It's good for your legs and your feet.

It's also very good for the ground. It makes it feel needed.

CHARLES M. SCHULZ

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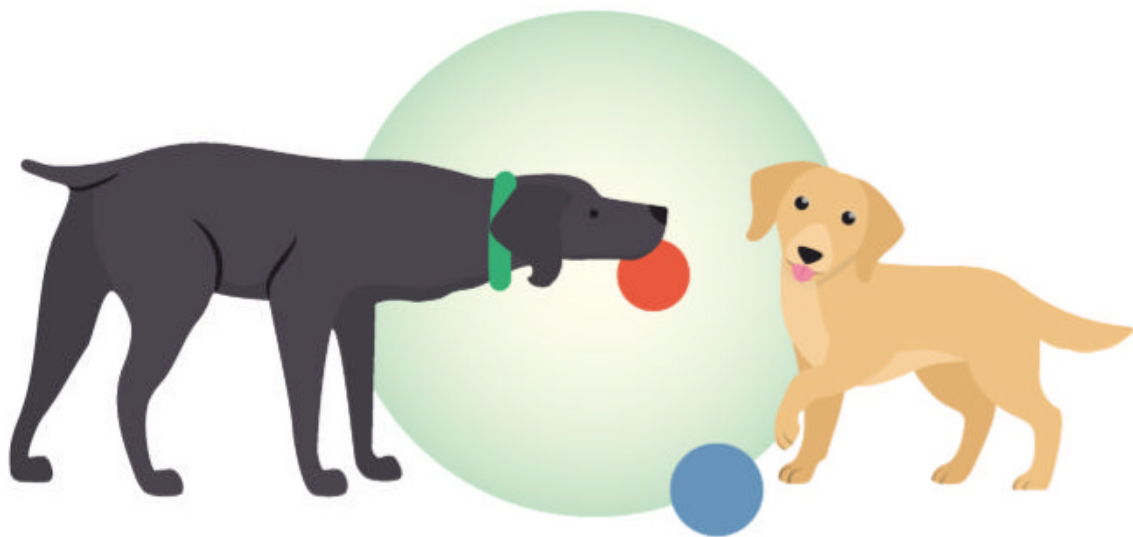
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A JOINT INITIATIVE FOR FRACTURE PREVENTION

SMART ANIMALS

The antics of four-legged creatures never cease to astound us



True Love

CYNTHIA BURNETT

My beautiful golden retriever, Gypsy, was a highly sociable girl with many doggie friends. Most afternoons, a handsome grey Weimaraner, named Kaiser, walked past our place with his owner on their way to the dog park. There, he would chase a ball in preference to socialising with other dogs. Indeed, his owner said he had no interest in other dogs.

However, Kaiser would always pause at our fence to greet Gypsy, an action that left his owner shaking his head in disbelief. One afternoon, I invited them in for a visit. After that, at least twice a week his owner would leave him with us for an hour.

I played with them by throwing a ball for each of them but in opposite directions. Kaiser waited for Gypsy to choose which ball she wanted to follow, then fetched his own.

When she needed to search for her ball under a bush or in a flowerbed, a devoted Kaiser would rush to assist her. She allowed this gentlemanly gesture, waiting for him to drop the ball at her feet before he hurried off to fetch his. Gypsy was Kaiser's one true love and he was her hero.

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.



Possum Magic

DONNA GLIDEYE

When my daughter Lily was two and her brother four, we moved into a new house – or an old house, as Lily would say. It had belonged to a hoarder and it took a lot of work just getting it to a state that was liveable. However, the location was perfect, in a leafy area of Sydney that backed onto a bush reserve. As we discovered pretty soon, possums, both brushtails and ringtails, had been calling this place home for a long time.

A few weeks after moving in, I woke to the sound of someone in our living room. I shook my husband awake and whispered, “I think someone is in the house.” We crept out but all was quiet. The next day I found every piece of fruit in the fruit bowl had a little bite taken out of it.

Many nights we were woken in the

wee hours of the morning when our resident possum would come home drunk on blossom nectar. Crashing into anything and everything lying about, he would fumble his way into the cavity between the ceiling and floorboards of the double storey. And if another possum decided to move in, which they did on a regular basis, all hell would break loose; screaming and chasing each other under the floorboards of our bedroom until the intruder fled.

But the funniest night was when a brushtail climbed through the kids’ bedroom window, waking my daughter, who, although she’d had a fright, was more amused than scared. We ran into the kids’ room, but the possum escaped through our legs into the room next door. It saw a window and decided it could leap through. However, it hadn’t reckoned on the toilet seat being up, and it landed in the bowl with a splash. The poor possum was frantic. We were rolling about with laughter. Dripping wet it ran and hid. To lure it outside, we left a banana and peanut butter by the back door. The next morning the food and possum were gone.

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The Adoption Option

What to know before bringing a rescue dog home

BY *Dr Katrina Warren*



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

THERE ARE MANY WONDERFUL PETS looking for new homes, and adoption provides a pet that second chance. Veterinarian Dr Katrina Warren shares her advice about introducing a rescue dog into your life.

CHOOSE WISELY It's important for prospective owners to remember they are looking for a dog that will suit their lifestyle and not cause issues or heartache. No matter how cute a dog is, when choosing a rescue dog it's important not to let the heart rule the head. People naturally love puppies, but mature dogs are a great choice for many people. Not starting from scratch helps avoid much of the craziness and mess associated with puppies. And what you see is what you get – the dog's personality and size are usually apparent, so there should be no surprises.

WHAT TO EXPECT Just because a dog is available for adoption doesn't mean they are automatically a problem dog. Many rescue dogs are well trained and well behaved. However, some may exhibit unruly behaviour due to a lack of training – so it's important not to confuse a lack of training with more serious behavioural issues. Good shelters and rescue groups will have every dog assessed by a qualified behavioural trainer to identify potential problem behaviours.



COMMON PROBLEMS AND SPECIAL BEHAVIOURS

Common annoying behaviours for rescue dogs are the same as for many dogs – jumping up, nipping, barking, pulling on the lead, not coming when called or destructive behaviour. Some dogs may not be great with kids or other animals. Rescue dogs can also come with their own special set of behaviours, due largely to the circumstances in which they've been living or due to their abandonment. These behaviours can vary in seriousness and might include anxious behaviour, separation anxiety, phobias, aggression, distraction, food guarding, escaping and fearful behaviour. As with the more common problems, most of these issues can be overcome with good management and training.

Friendly dogs will usually come to greet you with relaxed bodies and tails wagging

COMING HOME Arriving in a new home can be stressful for an adult dog. For many dogs you will have to take a trial and error approach to understanding what they like, what makes them feel secure and what they fear. It's a good idea to take a few days off work when the dog first arrives so they have company and can be supervised in the early stages.

TOP TRAINING TIPS FOR ADOPTED DOGS

NAMES Your dog may now have a new name. Teach it to them by speaking their name or calling them and rewarding their acknowledgement with a treat.

OFF LEASH Be sure to keep your dog on the lead until you've established that they will always come back when called, and they behave well with other dogs.

SOCIALISING You should gradually expose your rescue dog to a range of different experiences and other dogs to gauge and manage their behaviour appropriately.

Sleep better. Live longer.

Fixing poor quality sleep doesn't just give you a better life, it may give you a longer one.

The essential elements of life are pretty straightforward. We can count them on one hand with a finger to spare: Food, water, shelter and rest.

With 99.8% of TV shows devoted to cooking or home renovations, and with the sales of sugary drinks declining as fast as sales of bottled water are increasing, we seem to have the first three covered. The one that still needs some attention is rest.

Many Australians aren't getting enough sleep. Not the good stuff anyway. They are sufferers of sleep apnoea. Basically, it's a closing of the airway during sleep where breathing stops (a mini choke) which then partially and briefly wakes them. As this can happen more than 50 times during the night, they never reach a normal level of sleep.

Describing apnoea-affected sleep as 'not the good stuff' is an understatement. It's more accurately down-right harmful. There are serious, potentially fatal implications. It sounds dramatic, but poor sleep means less oxygenated blood, and it's blood that serves every organ of the body, including the brain.

Apart from regaining a vitality during the day, treating sleep apnoea can improve your health in the following crucial ways¹:

Reduced Stroke & Heart Disease

Hypertension is almost three times higher in those with apnoea sleep disturbances, with stroke incidence over four times as likely.

Reduced Risk of Depression

The rate of depression is more than doubled for those with severe sleep disturbances.

Lower Risk of Mortality

The risk of dying from any comorbidities is three times higher in those with severe sleep apnoea.

Lower Risk of Cancer

Sufferers have a higher rate of cancer, most commonly colorectal, prostate, lung and breast.

So who is the 'they' who aren't getting what their body needs? Given multiple studies report sleep apnoea affects approximately 10-12% of the population (around 2M Australians), if you've been told you snore or you don't feel refreshed and recharged in the morning, there's a good chance the 'they' includes you.

Please talk to your doctor about your sleep concerns.

¹ Sources

The Wisconsin Sleep Cohort Study (WSCH)
The American Journal of Respiratory and Critical Care Medicine
The Lancet August 2019



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HEALTH



Overeating

How to Get Over It

As a nation we're getting bigger and munching more. But there are effective ways to curb your appetite and eat only as much as you need

BY *Suzannah Hickling*

BEGONE, LOW-NUTRITION SNACKS! That means ice cream, sweets, chips, biscuits, cakes and any other salty or sugary snacks you graze on between meals. Although we have a tendency to eat them compulsively, you can learn to live without these unhealthy – and fattening – additions to your diet. Try to make it a habit to eat them only when offered at social events or as a special treat.

PHOTO: GETTY IMAGES

SHELL OUT ON NUTS The fact of the matter is that compulsive eating is often about boredom, stress and other issues. But nuts in their shells require you to crack them open and extract the contents, making it a therapeutic and distracting activity. What's more, they're healthy. Invest in a good nutcracker and go for plain walnuts, almonds, pecans, Brazils or hazelnuts.

NEVER STOP AT A SHOP TO BUY A SNACK Get out of the habit of popping into the baker for a pastry, forget buying a chocolate bar at the newsagent's when you're there for a paper, resist that ice cream while shopping in the mall. This kind of impulsive, unhealthy eating is a big contributor to your waistline.

BE A PICKY EATER Being fussy was the pet hate of parents when we were children, but as an adult it's good to be a little finicky. If it doesn't look good, don't eat it, and forego the unappetising leftovers.

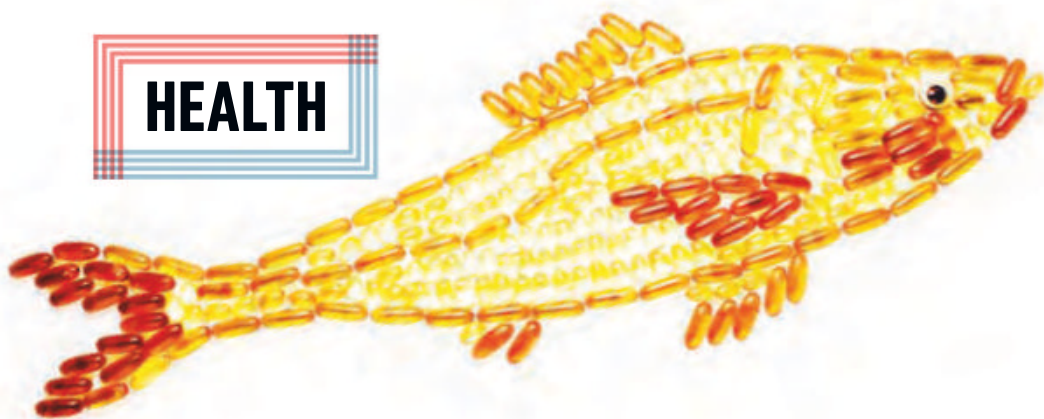
LEAVE HALF AN HOUR BETWEEN MAIN COURSE AND DESSERT Having a break between courses gives your brain time to receive the fullness signal and make you more likely to refuse the sweet stuff. And, in fact, as soon as you feel the first signs of satiety, remove your plate from the table. That will tell your brain that food time is over.

MAKE YOURS A SMALL HELPING Put an end to super-sized portions. You won't be missing out – today's small was the medium or large of a few decades ago. Select or serve yourself a modest portion and eat or sip slowly, savouring the flavours. Before you know it, small will feel just right. What's more, ordering the smaller size leads to wearing the smaller size.

DISTRACT YOURSELF When you find yourself hunting down food, even though you're not even peckish, do something else for 20 minutes. Drink a large glass of water as thirst is often confused with food cravings. Opt for something that engages your brain as well as your hands, such as writing a letter or listening to a podcast. You could also go for a short walk or do something that you enjoy. If you think you really are hungry, set an alarm for 20 minutes' time and if you still want to eat when it rings, fine. If not, the urge will have passed.

KEEP YOUR APPETITE IN CHECK Have something healthy about an hour before dinner to stop you pigging out when it arrives. Nibble on a handful of almonds, a piece of fruit, a small chunk of cheese, or a few spoonfuls of yoghurt. Do the same when you're going out to eat, so that you resist the temptation of the bread basket while you are waiting for your food to be served.

HEALTH



Omega-3: A Superstar for Healthy Ageing

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As we get older, good nutrition is as important as ever for optimum health and wellbeing. But, when every year a new 'superfood' is touted as the next best thing, where do you turn? To a centuries' old tradition: cod liver oil.

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With a higher ratio of the beneficial fatty acid DHA to EPA than other cod liver oils on the market, Arctic cod liver oil is considered particularly beneficial. Derived from fish caught in the wild by local fishers in the icy regions of the North Pole, Arctic cod liver oil is fished sustainably and comes from some of the cleanest waters on the planet – with independent lab tests for heavy metals, dioxins and PCBs (highly toxic industrial compounds) guaranteeing its purity, freshness and quality.

Promoting heart and brain health, Arctic cod liver oil also supports healthy ageing by strengthening the immune system, eyes, skin and bones. In fact, omega-3 is essential to the proper functioning of every cell in our bodies. Discuss your suitability of taking omega-3 with your GP.

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News From the

WORLD OF MEDICINE



HEALTHIER MOUTH, HEALTHIER BODY

In a recent study of more than 185,000 people from Korea, tooth brushing at least three times per day was associated with a lower risk of developing diabetes. This could be more than a coincidence, since gum disease involves long-term inflammation, which is known to increase insulin resistance. Previous studies have connected poor dental health to other inflammation-related problems, including heart attack and stroke.

DERMATOLOGICAL CONDITIONS NOT JUST SKIN DEEP

Psychological support isn't usually part of caring for skin problems such as acne or vitiligo, but it should be, according to a recent survey of British dermatologists. "Skin conditions can be burdensome for a number of reasons, such as the pain they cause or the long-term treatment regimens they require," says Andrew Thompson, a professor of clinical psychology. Psychological treatment can address

emotional and behavioural reactions and sometimes related skin conditions, such as stress or scratching. "It can also improve

quality of life, for example, by building confidence to return to previously avoided activities or work," he says.

LIGHT SMOKING, NOT-SO-LIGHT CONSEQUENCES

On average, today's smokers light up less often than in years past. Unfortunately, a light smoking habit tends to be only a bit less harmful than a heavier one. In a US study with more than 25,000 participants, smoking fewer than five cigarettes a day was associated with lung-function decline at 68 per cent of the rate measured among subjects smoking 30 per day or more. In other words, a light smoker could lose about as much lung function in a year as a heavy smoker could lose in nine months. This suggests that all smokers, even 'social' ones, suffer a lot less pulmonary damage by quitting altogether.

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

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Koh's Project

DIGNITY



MAKING A DIFFERENCE



Social entrepreneur Koh Seng Choon has shown that restoring a person's dignity starts with having a job, and being part of a community

BY *Lam Lye Ching*

In the early hours of a cold morning in 1985, Koh Seng Choon sat in a large delivery truck as its driver steered the heavy load along the dark roads of South Yorkshire, home to the region's famous coal mines. These mines had employed generations of men over hundreds of years. On board the truck was a pile of heavy steel railway tracks headed for one of the mines that had laid off a large part of its mining workforce.

The sun was just rising as they pulled up outside the gates of the colliery, where large groups of

unemployed protesting coal miners had been camped outside for months. England was in the midst of an angry coalminers' strike that raged for a year from March 1984-March 1985. Their loud cries of protest over the lost jobs rang out across the valley. Over the noise, he looked up to the top of the valley to the anxious wives, mothers and children looking down at their protesting men.

For 24-year-old Koh from Singapore, the job at William Cook had been his big break. It would help fund the degree in mechanical

engineering that he'd started the previous year at the University of Sheffield. With little financial support, he also worked part-time at a cemetery and local cinema to support himself. Like many self-funding students, money was tight. Over that period, he slept in his girlfriend's car at night, eating and showering in the company's workers' quarters during the day. After finishing his first degree, Koh worked at William Cook as a trainee manager to fund a Masters degree.

While he understood the financial difficulties the coal miners were going through, what hit him most about the protesters' struggles were their families. "When a person loses his job, he's fighting for his own dignity, but also the dignity of his family," he says. "That had a big impact on me."

IN 1994, KOH returned to Singapore and straight into a steady job with a global management firm. But he could not forget the despair he witnessed back in Sheffield and was determined to do something for others facing employment uncertainty. Starting small, Koh decided to set aside one day a month to do social good. In his diary and calendar, it

became known as 'Dignity Day'. "The first 'Dignity Day' was easy," he explains. "I approached some elderly folk who were sitting around idle in the void deck areas of the ground floor of the Spottiswoode Park Estate public housing."

With his parents' assistance, he befriended many of the elderly residents, and later organised visits to food factories and other places that interested his new friends. What started with just eight people soon grew to two busloads ferrying around 80 people once the community came to know and trust Koh.

These regular 'Dignity Days' continued for another six years, before Koh moved out of the estate and started to widen his volunteering to include prisons and drug rehabilitation centres. During these visits, Koh would teach and give talks on life-skills and personal decision-making, topics

that would help encourage them to make a success of their lives after leaving prison.

Over time, he met more people living on the fringe of society and gradually the prisoners began to confide in him. Their biggest worry was the difficulty they faced getting jobs after their sentences were served. "I

**"AT ITS HEART,
PROJECT
DIGNITY IS A
JOB CREATOR
AND HAVING
A JOB GIVES
A PERSON
DIGNITY"**

have to do something bigger," he told himself, and with the knowledge and experience he'd learned from years of volunteering, in 2006, Koh launched Project Dignity.

The project provides training in food stall management to Singapore's marginalised, including the disabled and mentally disadvantaged. After completing training, the participants are given Project Dignity-owned food stalls to manage and earn an income of their own.

The social enterprise concept was still very new in 2006, but his experiences living on a tight budget as a student, and his professional management skills, certainly helped.

KOH'S ENGINEERING BACKGROUND has also helped him to solve unexpected problems. Such as the time he had a trainee who wanted to learn and manage a noodle shop, but because of cerebral palsy, could only use one hand. "I did a method study and analysed the work steps involved in producing a bowl of noodles," he explains. "I then figured out the only complicated part of the process is the blanching of the noodles." So Koh

went searching for a machine to do the blanching and found one at an exhibition in Taiwan, which was designed for blanching Japanese udon (rice noodles).

But at US\$8000, it was out of his budget. Undeterred, Koh presented his problem to a food machinery engineering company in Malacca, Malaysia. He carefully described what he needed, and the machine was delivered to him in four weeks for less than S\$2000.

Like any start-up, Koh struggled with funding. He initially raised S\$200,000 by re-mortgaging a property. When the number of



The Dignity Kitchen food court in Singapore offers delicious meals and takeaway bento boxes

trainees grew and he needed a bigger place, he borrowed again. He borrowed S\$500,000 but it was still not enough. With no more property left to re-mortgage, nor banks or friends to loan from, he used his mother's money. "It was the saddest moment," says Koh. "On one hand to carry on and on the other hand to use the bequest of my late mother - I cried at her epitaph."

As well as looking at the broader picture, Koh also focuses on individual participants. After a training orientation, one mentally challenged

READER'S DIGEST

trainee started hugging and licking the trainers and the elderly who were attending their charity lunch. "Initially it was not worrying but when he started hugging and licking complete strangers, I quickly became concerned," he says.

Koh called the boy's school. The boy's teacher explained that he did it out of affection and insecurity in being in an unfamiliar place and meeting strangers. "Eventually we com-

promised; he was not allowed to hug or lick anyone but he can lean his head on their shoulder," said Koh.

IN THE FUTURE, Koh hopes Project Dignity will eventually be owned by the people, for the people. He believes the best way for this to happen

is by offering the social enterprise as an Initial Public Offering. Expansion is also taking place, with a Dignity Kitchen set up in Hong Kong in 2019. Dignity Kitchen Hong Kong offers

culinary courses and delivers tasty hawker meals for the elderly and the disadvantaged.

Koh hopes to set up Projects in Thailand to help prostitutes, in Indonesia to help orphans, and in Malaysia to ease poverty, in Britain to help the home-

less and also in the United States to help war veterans. "Then there is India and China," he says, with a smile.

"At its heart, Project Dignity is a job creator and having a job gives a person dignity, and this is the solution for every country's disabled and disadvantaged people." **R**



Skills training and job placement is at the heart of Project Dignity's mission



Town Covered in Chocolate

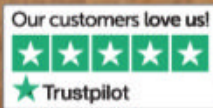
Residents of the Swiss town of Olten reported snow-like cocoa powder in the air, covering vehicles and the ground near a Lindt & Spruengli factory. The chocolate rain was the result of a ventilation system malfunction during the production of a line of roasted cocoa nibs, fragments of crushed cocoa beans. If chocolate was ever going to fall from the sky anywhere in the world, it would be in Switzerland. The European country is known for making perhaps the best chocolate in the world. UPI

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GORDON RAMSAY:

“If You Don’t Like It, Turn Over”

Why is celebrity chef Gordon Ramsay’s approach to his craft, his business and life itself confrontational and committed, yet utterly compelling?

BY Paul Dargan

Read up on the great philosophers, or listen to one of our astute thinkers of the modern era, and most will tell you that arrogance is a shield to a lack of knowledge and some very deep-seated insecurities.

That makes understanding Gordon Ramsay something of a conundrum. Even the chef and restaurateur’s greatest admirers recognise a sense of haughtiness in the make-up of someone who has persistently hunted down the next challenge.

The most decorated chefs are





Boxer Evander Holyfield, Gordon Ramsay and boxer Oscar De La Hoya on *Celebrity Masterchef*; (below) The Gordon Ramsay Steak restaurant in Paris Las Vegas



PHOTOS: EVERETT COLLECTION INC / YAACOV DAGAN / ALAMY STOCK PHOTO

where they are because of their ability to perform, manage and excel in one of the most stressful work environments imaginable.

“I’m the same as anyone else,” says Ramsay. “I’m the product of discipline, bloody-mindedness, passion, being organised, being clear in my goal, and perhaps even a bit of selfishness. You know, success won’t just fall onto your lap – you’re going to have to work ***** hard for it; but I will guarantee you that with the right amount of effort and a basic requirement that you’re not an idiot, you can get somewhere... anyone can.”

Of course, the Gordon Ramsay we encounter away from the pressured atmosphere of the restaurant is very different to that bullish, bulldozing, bombastic character who stomps, swears and curses his way through various globally distributed television series and concepts.

Not for a moment suggesting the 53-year-old Scot is softening in his middle years, however in conversation he is reflective, grateful for what he has, loving and funny... although still unapologetically brash.

“My advice on this one has always been the same,” he says, addressing his love of an expletive. “If you don’t like it, turn over. You

have to appreciate the pressures of the kitchen and that environment. It looks like a lovely serene, woolly, fluffy place front-of-house and that’s the whole point – you wouldn’t want to keep turning up for meals where the staff were ripping shreds off one another; but it needs to be high pressure out the back. And only when you’ve seen that situation do you really appreciate what it is we go through.

“It’s stress – pure, unadulterated stress. It’s not pleasant for anyone, and someone being offended by an expletive is really going to be the least of my ***** worries!”

**“YOU
HAVE TO
APPRECIATE THE
PRESSURES OF
THE KITCHEN
AND THAT
ENVIRONMENT”**

THROUGH ALL HIS crudeness, in 2020 Gordon Ramsay’s eponymous empire is a meticulously

curated, globally renowned brand. Much of that is down to its founder’s measured pursuit of what he is good at – never allowing the lure of expansion to divert him into areas outside his comfort zone, he’s always acted quickly when challenges approached. And never was critical action more required than earlier this year when the coronavirus pandemic struck.

As expected, some sections of the press leapt on his furloughing of an estimated 500 members of staff, but the blanket shutdown of hospitality



Gordon Ramsay in *Hell's Kitchen*

across almost the entirety of his global portfolio – that’s an empire of 34 restaurants and bars, 16 of which are in London – has provided the greatest commercial challenge in his two decades in business.

“We have to imagine these as new openings,” he told the press in June. “Forget the salt and pepper, it’s hand sanitiser. Forget the long-winded descriptions, forget table sides. Temperature checks – all these things are going to come into play.”

Tough times are to follow, undoubtedly. “There will be substantial losses next year, there’s no two ways about that,” he says, predicting too that the restaurant business will not return to any semblance of normality until Christmas, and even

then won’t be functioning at full capacity until 2021.

Coronavirus has provided Ramsay with a battle for survival even more profound than the one he faced back in 2008 when the global financial crisis saw a near 40 per cent dip in trade. The chef’s geographical strength – premium restaurants, many in London’s financial district – is also his main weakness... not that he would ever let the fear show.

“We are going to come back stronger; it will be treated as a new start, a new opening... something better than we were doing before we closed. That’s how we survive.”

While Ramsay may begin to feel encouraged by the slow emergence of a ‘new normal’ in the industry,

he'll take confidence too from the steely successes that have patterned so much of his past.

FROM HIS FIRST PROJECT, Restaurant Gordon Ramsay, established in London's Chelsea in 1998, to the 16 Michelin stars acquired over the years, to the exporting of his own unique brand to foreign shores, including the US and the Middle East, Ramsay has always come through. Perhaps it's the thrill of the chase – even at the peak of his powers with terrestrial shows *Ramsay's Kitchen Nightmares*, *Hell's Kitchen* and *The F-Word* engaging TV viewers in the concept of food celebrity for the first time, the now father of five uprooted for the US and the potential of an expansive new market.

What helps too is the realisation that the UK is producing some of the best food experts in the world. Acknowledging the French and Italians at the industry's top table, he adds, "We have joined them there by virtue of our diversity and ability to draw in, celebrate, style and reimagine traditional global cuisine. It has taken us to the next level.

"The French won't do that – they want to be the French, and they're bloody good at it. The Italians have

probably got the best food staples you could ever wish for, yet the UK and the US have always been a melting pot, and our dinner plates have a strength and a versatility that others just can't get near. It's exciting times," he says. It all adds up to a passion, a determination and almost child-like giddiness that will always keep Ramsay at the top. For all his impassioned speeches, rants and dressing downs when in the kitchens of others

in his reality shows, when it comes to gauging his own survival prospects, the chef is self-assured in his poise.

"I have always had confidence in myself when it comes to work, largely because I've achieved everything I've set out to. I can't afford to worry," he says.

"When [wife] Tana and I sold our first home to raise the money for my breakthrough restaurant, it was a nervy time. We were back in rented accommodation in London with no guarantee whatsoever that things would work out the way we hoped. But that fear was the absolute driver in terms of pushing forward and ensuring that every last ounce of effort was invested in the brand and the business.

"As you get older and become wealthier, you have more to fall back



"FEAR OF FAILURE, COMBINED WITH MOTIVATION FOR THE NEXT 'THING', IS WHAT GALVANISES ME"

READER'S DIGEST

on, but still it amounts to the same thing whether it's a big investment or a small one – you don't want to fail, and that fear of failure, combined with the motivation for the next 'thing', is what galvanises me more than anything else. I love the feeling.”

The ability to read an audience – or spar with it, in Ramsay's case where his live cooking demos are concerned – certainly helps. Those same audiences have always embraced the somewhat voyeuristic appeal of a man who's battling with his temper, so it's little wonder Ramsay really is the reality king of the kitchen.

“A temper? Me?” he chips back, with a wry smile. “I think the big thing is wanting a job to get to the point where you sit back and savour it. And the fact is, if you have some idiot stood in your way, preventing that, then of course you're going to get mad.

“You must remember too that the kitchen is a pressured environment. It's hot, it's smelly, it's unwelcoming and it's the place where the demands on you are incessant, and where absolutely everything you produce will be scrutinised to the hilt.”

Moving forward into the front-line that is front-of-house has

been a progression that's great for TV, though for someone driven to cook, who was trained, enriched and inspired in the kitchens of Pierre Koffmann and Marco Pierre White, one of Ramsay's tutors, it's clear Ramsay misses the cut and thrust.

AS A CULTURAL MAINSTAY who has been on TV screens now for two decades, Ramsay's tone and temperament appeal to perhaps the widest possible demographic. Whether tuning in for the passion, the politics or simply to find out how to boil a quail's egg, the food industry would be a much diluted place without his presence. What he gives to those who watch him is a route to achieve greatness – his is a brief to be followed, and stray from that at your peril. But buried beneath the bluster and bloody-mindedness is someone who has battled hard to get to where he is.

And the 'arrogant' tag? Well, Marco Pierre White, famously stated that, “success was born out of arrogance”.

“Listen, I worked under Marco and learned so much from him. Angry, brutal, exacting and hard as nails.” He pauses, “I don't think too much of him rubbed off on me...” **R**



If Kids Named Things

My son calls dessert his 'bonus round' and I think we should
all follow his lead. @VALEGRRL



*Australia's most trusted cheese brand as voted by Australians in the 2020 Readers Digest Most Trusted Survey

*Australia's most trusted cheese brand as voted by Australians in the 2019 Readers Digest Most Trusted Survey

MARLIN ATTACK!

*As they pulled on their wetsuits, these
spearfishermen had no idea they were about
to endure an unforgettable fishing tale*

BY Diane Godley

ILLUSTRATION Marcelo Baez



DRAMA IN REAL LIFE



Quintin Peck had kept a keen eye on the weather forecast in the days leading up to his fishing trip, wary the unpredictable late autumn weather had every chance of turning bad. But as the time drew closer, and the conditions promised to be perfect, he knew the short break with his brother, Nathan, and their friend Andy Sprott was going to be a good one.

On Tuesday morning, May 21, 2019, 46-year-old Quentin packed his car with a wetsuit, fins, mask, spearguns and everything else he needed for the trip to the north coast of New South Wales, pulling out of the driveway of his home on Sydney's northern beaches mid-morning. After picking up Andy, 46, and all his gear, the pair drove north for three-and-a-half hours to Nathan's home at Old Bar, on the mid-north coast. When they arrived, the three experienced recreational spearfishermen prepared Nathan's boat with child-like enthusiasm. The sooner they could get on the water the better - so they wanted the boat ready for an early start in the morning.

The next day was glorious. The sun was just peeking over the horizon when the trio piled into Nathan's Ford Ranger ute. Towing his five-metre inflatable powerboat behind, it was another three-and-a-half hours' drive north to Wooli, a

town 100 kilometres north of Coffs Coast on the Pacific Ocean. They drove straight to the Wooli boat ramp, arriving around 10am.

BY THIS TIME the autumn sun was high in the clear blue sky, gently warming the trio as they pulled on their wetsuits and launched the boat into the calm, sparkling ocean waters. They couldn't have asked for better diving conditions.

With excitement mounting, 48-year-old Nathan started the boat's engine and, standing shoulder to shoulder at the helm, the three raced out to sea, enjoying the wind and water spray as it brushed against their faces.

The first stop that morning was about 40 minutes north of the boat ramp, in the Solitary Islands Marine Reserve, an area where the East Australian Current flows south from far north Queensland, bringing a mix of tropical and subtropical waters, that

overlaps with a cold current flowing north from Tasmania. The result is a mix of warm-water and cold-water marine species. The marine reserve is home to 90 species of corals, more than 280 species of fish, as well as marine reptiles and mammals, and sea and shore birds. Threatened species include the humpback and southern right whales, marine turtles, grey nurse sharks, great white sharks, little tern and wandering albatross.

As well as reef fish, the Solitary Islands is home to larger predator species such as kingfish, Spanish mackerel and tunas, which the men were hoping to catch.

Quentin and Andy went in the water first, leaving Nathan as the spotter. His job was to watch out for any vessels that might get too close to the divers and to collect any fish they speared before sharks could take them. Quentin maintains that the sharks are more interested in what the fishermen catch than in causing them any harm.

The water was warm and the sun penetrated the ocean's surface lighting up the depths below. But there was one problem. Although there were plenty of small reef fish, the large predators were nowhere to be

seen. So, after a short time, Quentin and Andy hauled themselves back on board the boat and the trio headed further out to sea, about 20 kilometres off shore.

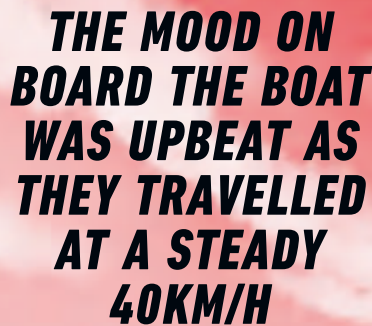
Again, Nathan was at the helm and they were standing shoulder to shoulder at the front of the boat, looking ahead at the big, blue expanse of the Pacific Ocean. The

mood on board the boat was upbeat as they travelled at a steady 40 kilometres per hour. The waters around them were calm.

Then, without warning, a huge marlin jumped out of the water directly in front of the small boat. At any other

time, this would have been a sight to behold, but the men didn't have time to be awestruck as the massive 100-kilogram fish flew straight at them.

BOTH BLACK AND STRIPED marlin frequent these waters. Juvenile blacks are known for 'free jumping' when chasing smaller fish that are swimming near the surface, although fully grown fish weighing 500 kilograms or more are less likely to free jump. Neither species is known to be aggressive. According to Scott Thomas, editor of *Fishing World*,



**THE MOOD ON
BOARD THE BOAT
WAS UPBEAT AS
THEY TRAVELLED
AT A STEADY
40KM/H**

there are a lot of fish around Wooli in May because the water is so warm. "It's a bit like a fish highway," he says.

IN A SPLIT SECOND, the trio's jocular mood had turned to terror.

With the fish's long, spiny bill pointing directly at him, Quentin tried to duck out of its way as best he could. All Nathan had time to do was quickly lift his arm to protect his head. It wasn't enough. The marlin's razor-sharp bill rammed into Nathan's exposed armpit, tearing through his upper body before exiting out at the back of his shoulder, the impact slamming him heavily to the floor of the boat.

Quentin fared even worse. Despite twisting as he ducked to try and avoid being in the enormous fish's direct path, the powerful marlin sheared Quentin's right arm with its open lower jaw, tearing open the flesh and ripping apart the tendons. The force of its scaly wet body flying over the boat sent Quentin hurtling to the back of the boat "like a bowling ball". He landed in front of the speargun rack, which stopped him catapulting out of the boat. And with that, the fish returned back to the water - never once landing in the boat.

Winded and lying in a foetal position between the motor well and the gun rack, Quentin was in shock and gasping for breath. He lay there stunned, everything hurting, and not able to breathe for what felt like an eternity. By ducking when he did, Quentin had avoided the fish hitting him in the head, but the rest of him had felt the full force of its flank and body. Three of his ribs were broken.

Nathan, who had also been knocked to the floor of the boat, was dazed, and it took him a few

minutes to get his senses back. When he did, he saw his brother lying at the back of the boat, his face ghost white and blood splattered everywhere. He also realised that his brother's right arm was broken and had a large gash.

Andy took control of the boat and headed straight for shore. Nathan saw Quentin was struggling to breathe so grabbed his mobile phone and rang emergency services to relay the bizarre events to an initially sceptical paramedic. The paramedic calmly told Nathan to apply steady pressure to Quentin's arm with a towel if the bleeding became worse. An ambulance would be waiting at the boat ramp at Wooli to take over when they arrived.

**THE MARLIN'S
RAZOR-SHARP
BILL RAMMED
INTO NATHAN'S
ARMPIT, TEARING
HIS UPPER BODY**



Nathan Peck (left) and younger brother Quentin on an earlier trip. The experienced spearfishermen have been out to sea many times

It was not quite midday. Since hopping in the boat only a couple of hours earlier, the wind had picked up. Andy tried to drive the boat as fast as he could through the chop, but the waves pounded the boat and Nathan cried out in pain from being banged around. To make the trip smoother, Andy drove across the swell, rather than into it, zigzagging all the way back to shore in what was an excruciating 30-minute trip.

WHEN THE MEN reached Woolli boat ramp, they were relieved to see two State Emergency Services officers waiting for them, which was soon followed by an ambulance and Care-flight helicopter crew. Quentin was put on a stretcher and medicated for his pain while his brother's shoulder was stitched up. Then, Quentin said

goodbye to his fishing buddies and was airlifted to the nearby Coffs Harbour Base Hospital.

Doctors at the regional hospital realised pretty quickly that they were not equipped to deal with the extent of Quentin's injuries. The decision was made to transport him to Sydney for specialist microsurgery to reconnect the severed tendons in his arm. So, less than 36 hours after packing up his car in Sydney for his north coast fishing adventure, Quentin was heading back, this time in a medivac ambulance plane. Equipped like an emergency department treatment room, the plane carried, besides himself and the pilot, two nurses, and all the medical gear they might need during the one-and-a-half hour flight.

Quentin would undergo two operations: one immediately, and another

READER'S DIGEST

six months later. The first operation was to deconstruct his arm and pressure wash the wound for infection. The tendons and muscles had been severely lacerated from the elbow to the wrist, and surgeons had to cut the tendons from the elbow to prevent infection. They then repaired the broken radius bone in his arm with a plate and stitched him up. Just before Christmas, when the bone had healed, he would have the second operation to reattach the tendons.

THE ONE-IN-A-MILLION encounter with a marlin took only a few

seconds, but for Quentin the accident was life changing. He lost 60 per cent of the movement in his wrist, half the right arm's muscle

mass, and much of its strength. But neither his damaged arm nor the freak accident has stopped him, Nathan or Andy from spearfishing. "It hasn't put us off," he laughs.

Quentin always hoped to see marlin jumping out of the water while fishing.

Now, he hopes never to see one that close again. Fortunately, according to Scott Thomas, the probability of that happening is akin to being struck by lightning twice. **R**

**QUENTIN ALWAYS
HOPE TO SEE
MARLIN JUMPING
OUT OF THE
WATER WHILE
FISHING**



Sky High

The mother of a baby born on a plane that was taking her to hospital in Anchorage, Alaska, has named her son Sky. Chrystal Hicks gave birth to Sky Airon Hicks after boarding an aeroplane to be flown from the small community of Glennallen to a hospital on August 5. AP

Taking living to new heights is Bruce Campbell, now 70, who has lived in the middle of a forest since 1999 in a Boeing 727-200 that he purchased for US\$100,000. However, it did take another \$100,000 to haul the 47-metre plane into a wood in Oregon, US, and another \$15,000 to refurbish it with a dining room, kitchen and sleeping quarters. The cockpit is an entertainment room where he likes watching movies from the pilot's seat. RIPLEYS.COM

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LIFE'S LIKE THAT

Seeing the Funny Side



Proud Relative

At a baby shower for my first child, my 13-year-old brother let the excitement of the moment get the better of his emotions, and he giddily announced to the guests, "I can't wait till the baby is born so I can find out if I'm an uncle or an aunt!" **SUBMITTED BY TRINA BAMBERG**

Grate Style

Kids mispronouncing things is super adorable, but at some point I

will have to tell my daughter we don't put 'Farmer John cheese' on spaghetti. **@simoncholland**

The Long Sufferer

Ours was a family of eight children, but only one boy. One day when we were young, I was complaining to my brother about having six annoying sisters. He wasn't having it. "What are you griping about?" he said. "I have seven!"

SUBMITTED BY DONNA AYER

Time is a Construct

I hate it when I'm 20 minutes into my run on the treadmill and I look down and the timer says 43 seconds. @PiperSmith8

"Wouldn't it be awesome if kids woke up on the weekend at 5am instead of 6am?" – The genius who invented daylight savings time. @explodingunicorn

Giving Him Space

FIRST DATE: Small talk, getting to know each other.

SECOND DATE: I explain why I don't think outer space is real.

There's no third date, usually.

MARY BETH BARONE, COMEDIAN

Good Medicine

During difficult times, humour can create a sense of social belonging. Since the coronavirus outbreak, my 47-year-old son has been washing his hands religiously. In fact, he said, "I've been washing my hands so much, I found the answers to an old mathematics test from when I was at school."

SUBMITTED BY SUSAN FREEMAN

PREDICTION: There will be a minor baby boom in nine months and one day in 2033, we shall witness the rise of the QUARANTEENS.

mustbethedragon on imgur.com

Now I know why dogs get so excited to go for walks. @jordandnixon



THE GREAT TWEET OFF: HALLOWEEN EDITION

On October 31, the ghosts and goblins of Twitter come out to frighten us.

It's October. For everyone's safety, keep your blond-haired children away from all corn mazes. Do not let them congregate.

@XLISERX

How about a horror game show called *The Price Is Right Behind You!*

@MARCONI82930

I know blood in horror movies is just corn syrup, but it's still terrifying because at this point, that's basically all my blood is.

@BRIDGER_W

I would die first in a horror movie because I refuse to spend the last few minutes of my life running.

@ATWISTEDIARA

Any ghost sophisticated enough to haunt a hotel is going to find the 13th floor, whether you have a lift button for it or not.

@CONTWIXT

Every movie is a horror movie when the characters don't use coasters.

@DAVEDITTELL



How to **BAKE** *Absolutely* **Anything**

*If I could overcome my first run-in with yeast –
and the lopsided result – anyone can*

BY *Jeanne Sidner*

My introduction to baking started with the home-kitchen classic that cracks open the oven door for so many – chocolate chip cookies. It was the 1970s, and most of the mothers in my largely Catholic neighbourhood were busy raising big families. For the girls

in my house, that meant our mother made sure we knew our way around the kitchen. At the flour-dusted table, she taught eight-year-old me how to make the cookies perfectly chewy with a crispy exterior. The big secret was to always chill your dough.

We crafted them by the dozen, measuring ingredients from yellow



READER'S DIGEST

Tupperware containers and mixing everything in my mother's aqua butterprint Pyrex bowl, part of a set she'd received as a wedding gift in 1963. Friends who grew up in 'fresh-fruit-is-dessert' households could not get enough when they visited. And if they happened to come over when the cookie jar was empty, they were not shy about sharing their disappointment.

So from a young age, I was crystal clear on the power of baked-to-perfection cookies to make people happy. Baking cookies – then brownies, cakes and pies – became my hobby and a tasty form of social currency. First, I used my skills with

butter and sugar to impress a series of teenage boyfriends. In time, the fresh goodies were left on doorsteps to welcome new neighbours and set out in the tea room for colleagues. Baking was my superpower.

A few years ago, I became content director for *Taste of Home*, the Reader's Digest website and sister magazine in the US that celebrates the treasured recipes of home cooks. I'd never been more excited for a new job, but privately I worried that my baking skills wouldn't measure up. Why? I had a secret as dark as an oven with a burned-out light bulb: while I had baked sweets my whole life, I'd never made a yeast bread from scratch.

Tips From My Trials and Errors

1 READ THE WHOLE RECIPE BEFORE YOU START

We've all got half-way through a recipe only to find we don't have one of the ingredients. Plus, a quick read can help you prepare for what's ahead, particularly if there are any techniques with which you're not familiar.

2 USE BUTTER AT THE RIGHT TEMPERATURE

Most cake, cookie and biscuit recipes call for

softened butter, which is the right consistency for creaming with sugar. Pie pastry recipes call for ice-cold butter in order to create the flakiest layers. If your butter isn't the correct temperature, your bakes won't mix up the way they should.

3 WEIGH ALL YOUR INGREDIENTS

When it comes to baking, it's always preferable to measure your ingredients by weight rather than volume. This ensures



PHOTO: GETTY IMAGES

Mum couldn't help me with this one. For her, frozen dough from the supermarket was her go-to when she needed 'from scratch' bread. I understand why: bread dough provides so many opportunities to fail. Cookies are forgiving. You can be a little off in your measurements, and, trust me, those cookies still disappear from the office tea room. Not the case with yeast breads. Most recipes recommend weighing ingredients carefully, down to the gram.

Then there's the yeast. Yeast is

fussy, the Goldilocks of ingredients. Mix it in water too cool and it won't activate; too hot, and it dies. Yes, yeast is a living, one-celled member

of the fungus family. Because it is alive, I could, of course, kill it – and unfortunately rather easily.

And don't forget that other potential failure point: the kneading. Too little kneading and

the bread will be flat. But don't overdo it! Knead it too much, and the loaf will be tough and chewy.

Still, this was no time for excuses. I was a baker, now one with *Taste of*

BECAUSE YEAST IS ALIVE, I COULD KILL IT - AND RATHER EASILY

you get exactly the right proportions. It may not be critical for something simple like a tray of jam drops or scones, but it's important with fussier baked items, such as macarons.

4 CHILL COOKIE AND BISCUIT DOUGH

We know how tempting it is to get your cookies or biscuits in the oven the second you're done mixing up your dough. However, chilling the dough can help develop flavours and prevent

cookies or biscuits from spreading too much. Do not skip this step!

5 COAT MIX-INS WITH FLOUR

When a recipe calls for add-ins (dried fruit, chocolate chips, nuts), you'll often see instructions to toss them in a bit of flour before adding to the batter. You might think that's a waste – after all, there's flour in the batter. But coating these heavy mix-ins helps prevent them from sinking to the

bottom of the pan. The extra step gives you even distribution and a prettier result.

6 COOL CAKES COMPLETELY BEFORE ICING

Always let your cakes and cupcakes cool completely before icing them. If they are too warm, the icing will slide right off the top of your cake or melt and soak in. Cooling it on wire cake racks or even in the fridge speeds up the process.

Home attached to my name. I may have been intimidated by bread, but it was time. I wanted in.

Getting started, I found Instagram to be a friend. A basic no-knead bread was the one I was seeing online overlaid with dreamy filters. People described it as easy, and to be honest, the thought of removing even one intimidating variable – kneading – was enough to get me to buy 2.5 kilograms of bread flour and dive in.

I gathered everything I needed – ‘be prepared’ is the first rule of any baking, including my mother’s trusty Pyrex. It had seen me through my first days as a baker, so I was counting on it to work its magic. I had an easy *Taste of Home* recipe all set on my iPad. I mixed the flour, salt and yeast and made sure the water temperature was just right – 37 to 46°C – before pouring it in. And then it happened – or didn’t happen.

I followed the instructions to the letter, but my dough didn’t rise. Somehow, impossibly, it looked smaller. Sludgy, gooey, wet with a few bubbles. Sad.

The Pyrex bowl didn’t save me, so I had to figure out how to do it myself. Frantically googling ‘bread dough didn’t rise’ yielded a likely answer – the room was too cold. But I found some solutions, too. I put the disappointing dough in the oven with the

light on, a trick that provides just a bit of gentle heat, to let it try again.

Three hours later, after I’d resisted the urge to keep checking on it like a nervous mum with a newborn, a puffy dough filled the bowl. I hadn’t killed it; it was just ... sleeping. A quick fold, a second rise, and then my bread went into my Dutch oven and off to bake.

Thirty minutes later, I took it out. Sure, it was slightly misshapen, but in my eyes, it was golden-brown, crusty perfection, right down to the yeasty-sweet hit of steam coming from its top.

Naturally, the first thing I did was grab my phone and hop on Instagram, positioning my beautiful bread just

so in a shining stream of daylight on a wooden cutting board. No one needed to know it was my first yeast bread ever – or how close it came to getting scraped into the bin.

The online reactions started almost immediately – heart emojis and comments such as “This looks DELISH!” from my friends. They couldn’t taste it, but virtual sharing yields its own rewards.

Finally, I cut into that lovely brown crust and doled out slices to my husband and kids. Those slices led to seconds, then thirds, each piece slathered with softened butter and a little sprinkle of coarse salt.

**SURE, IT
WAS SLIGHTLY
MISSHAPEN, BUT
IN MY EYES, IT
WAS PERFECTION**

I made my family perhaps happier with slices of warm buttered homemade bread than I had with all the sweets combined. They were used to the cookies and brownies; this was something totally new and equally as delicious. Soon enough, I was left with a butter-smearred knife, a few lonely crumbs on the cutting board, and, of course, my post on Instagram as the only evidence of its existence.

At last, I was a bread baker – despite

yeast's best attempts to intimidate me on this first try. No more feeling inferior or afraid. Now I make bread and homemade pizza bases regularly. Yeast and I have such a good relationship that I'm done buying the little packs – I buy it in large enough quantities to fill its own Tupperware container. And I have enough confidence to start thinking (and stressing!) about my next difficult baking challenge: homemade croissants. **R**



Treasure Troves

From gold bars to Winston Churchill's top hat and cigar, there have been some very unusual treasures discovered over the last decade or so. These have included:

- In 2010, a hoard of 52,503 silver and bronze Roman coins found in a pot in a field in Somerset, England.
- An old flower trough in Dorset, England, that turned out to be an ancient Roman stone sarcophagus from the 2nd century. The sarcophagus sold at auction for \$115,000.
- A collection of Spanish gold coins worth US\$4.5 million off Florida's Atlantic coast.
- In 2016, a man inherited a house in Normandy, France, and found gold coins and bars tucked away all over his new home, with some gold stuffed in furniture and even in a whiskey bottle. In total there was around 100kg of gold.
- Personal effects including a top hat and cigar case belonging to British wartime prime minister Winston Churchill were discovered by a refuse worker who couldn't quite believe what he had found in a dump. [MSN.COM](https://www.msn.com)



I Am the
**FOOD
ON YOUR
PLATE**

I Am Soybeans ... **Bursting with Protein**

BY *Diane Godley*

I may be a humble legume, but I am one of the world's most versatile crops. I was part of diets in China as early as 7000 BCE, in Japan around 5000 BCE, and Korea circa 1000 BCE. Around the 13th century, I was introduced into South East Asia, and travelled to Europe and the Americas in the 18th century, and to Africa in the 19th century. My first foray into Australia was in 1804, when I was sold in Sydney as Fine India Soy Sauce, and I then ventured to New Zealand in 1842 when my sauce was sold in Wellington. In 1879, my cultivars were gifted to Australia by Japan's Minister of the Interior.

Today, I am enjoyed by millions right around the globe. However, my presence on tables in Europe was almost eliminated due to my exploitation during the Second World War. As basic foodstuffs became hard to come by, my flour was substituted for meat, milk, eggs and wheat flour in foods such as sausages, spaghetti and bread.

PHOTOS: GETTY IMAGES

When meat became really scarce, my flour was overused to bulk out items such as sausages, which resulted in lots of a poor quality of me and practically no beef or pork being added to this dinner favourite. This left my image tarnished to such a degree that my popularity was set back two decades.

MY MANY GUISES

Originally, I was eaten whole, but around 200 BCE, some clever folk in China discovered that if they soaked me, then ground me with water, I'd make a lovely drink – enter soy milk. Some 200 years later, my milk was carefully coagulated and turned into bean curd – although you probably know me better as tofu, which literally means 'curdled bean'. Around this time salt had become expensive so to make it stretch further, I was pickled into a dark liquid that was added to cooking to make it tastier. This guise of me was called soy sauce.

Today, ancient recipes that transformed me into curd, milk and sauce varieties are still enjoyed, as are fermented variants, such as miso, natto and tempeh, as well as dairy alternatives such as soy ice cream, yoghurt and cheese.

I can also be eaten whole. However, to be easily digested, my beans should be harvested before they ripen and turn hard. You may know me in my immature form as edamame. Coloured a fresh-looking green, I prefer this hue to the boring beige

of my more mature self. My young self is usually sold still sheathed in my pod (which, by the way, you are not supposed to eat), but can also be bought pre-shelled frozen or in cans. My immature self has a mild, buttery flavour and is traditionally added to soups, stews, salads and noodle dishes. I can also be boiled and served in place of green peas, or steamed and sprinkled with salt and eaten straight from the pod.

Low in kilojoules and naturally gluten and cholesterol free, as edamame I am an excellent source of protein, iron and calcium, and am becoming a popular healthy alternative to snack foods in many countries.

A GOOD CHOICE

Talking of healthy, I haven't told you the half of it about the whole of me. Fat-free, I am the dieter's BFF, as I contain significant amounts of healthy dietary minerals and B vitamins, am high in fibre, and am among the best plant-based whole protein source there is. So naturally, I am also the principal ingredient in many vegan and vegetarian diets.

A recent study in the *British Medical Journal* has even linked eating my fermented self with living longer. Looking at the diets of nearly 100,000 men and women in Japan between the ages of 45 and 74 over a period of 15 years, researchers found that those who ate me regularly in the form of miso, tempeh, soy sauce and

READER'S DIGEST

natto, benefited from lower risks of mortality. Although the authors couldn't pinpoint why I helped prolong life, they suggested it could be because of my high fibre content and my rich abundance of potassium.

Unlike other plant-based proteins, I provide you humans with all the essential amino acids your body needs – although (dare I admit it?) my quality of essential amino acids isn't as high as animal protein. Just so you are clear, essential amino acids can't

be made by your bodies and have to be sourced from your diet.

While you're on a health kick, why not boot the caffeine habit by turning to a coffee-alternative made, you guessed it, from me! Once roasted and ground, I can be filtered or used like instant coffee. Highly nourishing and easy to make – although a little more time consuming than opening a jar – my coffee alternative has a nutty aroma and a taste that will surprise many staunch coffee addicts.

TOFU SOUP WITH SPINACH AND CINNAMON

MAKES: 4 SERVINGS

Heat a large pot over medium-high heat.

Add **1 tbsp canola** and **1 tsp sesame oil**, then add **4 spring onions**, chopped.

When slightly softened, add **3 cloves garlic**, finely chopped, and **2 cm ginger**, grated, and cook until aromatic (about 1 minute). Add **8 cups water**, **½ cup soy sauce** and bring to a boil. Add **450 g tofu**, cut in cubes, and **1 stick cinnamon**.

Return to a boil,

reduce heat, cover and simmer gently for 15 minutes. Break **85 g rice vermicelli noodles** in half and stir into the pot.

Cover and simmer until noodles are just tender. Turn off heat and stir in **4 cups chopped spinach** and **1 tbsp hot sauce**.

Switch it up by adding **1 cup thinly sliced mushrooms** with the noodles and **½ cup corn kernels** or **shelled edamame** along with the spinach.



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SEE THE WORLD...

Turn the page »

...DIFFERENTLY

A flying piece of art. This hot air balloon floated over the city of Melbourne in the lead up to the King Valley Balloon Festival in June 2019. The design of the head is based on a real work of art, namely Vincent Van Gogh's famous 1887 painting *Self-Portrait with Grey Felt Hat*, and faithfully reproduces his brushstrokes. The 30-metre high balloon had its debut in the Netherlands in 2003 to commemorate the Dutch post-impressionist painter's 150th birthday, but has since travelled to many countries.

PHOTOS: GETTY IMAGES;
ACTION PRESS

See the World



An illustration of a person's head and shoulders, seen from the side, resting on a white pillow. The person is looking out a window with multiple panes, through which a bright yellow light is visible. The background is a solid blue color.

Leap OF Faith

With less than a ten per cent chance of survival, Verna Marzo agreed to extreme medical measures that were her only hope of beating the odds

BY *Bruce Grierson*

ILLUSTRATION BY *Steven P. Hughes*



MEDICAL DRAMA

On March 18, 2017, Verna Marzo awoke at 4am in her apartment with crushing abdominal pain. Her roommates took her to the nearest emergency department.

The 44 year old from Calgary, Canada, had been living for a year with a cyst that doctors had discovered pressed up against an ovary. It was likely benign and would shrink on its own, she was told. But at the hospital, tests revealed that the cyst had grown to the size of a grapefruit. Worse, Verna's pain and fever suggested it might have ruptured. Knowing she would need emergency surgery, doctors ordered her to be transferred to the Foothills Medical Centre by ambulance.

The chief doctor on call that night recommended a full hysterectomy. Verna, who wanted the ordeal to end, consented.

But by morning, with the surgery completed, something was still wrong. Verna had a raging fever and her abdomen was distended. When ICU doctor Dr Paul McBeth arrived for his shift at 8am, he scrutinised her file. Taking out a cyst is a fairly straightforward operation, he surmised, but she was clearly in shock.

"We're missing something," he told his residents.

Verna's sister Debie gasped when she parted the curtain to visit that

morning. Verna had ballooned overnight due to fluid leaking from her blood vessels.

Meanwhile, Verna's blood pressure had crashed, her tissues were oxygen-starved and she was breathing with the help of a ventilator. Doctors put her into a coma so her body wouldn't have to work so hard, and gave her high doses of broad-spectrum antibiotics to combat infection.

Verna's body was in shock, but there are many different kinds of shock. The doctors went into detective mode. Dr McBeth peppered Debie with questions. Had her sister

"I'm afraid it's hour-to-hour now," Dr McBeth told Verna's family and friends

been travelling? Did she have any allergies? Could she have overdosed? What was the family history?

VERNA HAD NEVER BEEN LESS than a storm surge of energy. As a young girl in the Philippines, she had loved sport – running and surfing especially – and her playful high jinks were contagious. She is the second-oldest among four siblings in a fun-loving family.

At 28, Verna decided to leave a marketing job in the Philippines and seek employment abroad. That quest

led her to Calgary in 2001, where she worked as a nanny and then started her own cleaning and interior-design business.

Verna found a church community full of kindred spirits, one that her sisters Debie and Luella joined when they followed her to Calgary several years later. Things went smoothly in her new home – until they didn't.

Some 18 hours after Verna arrived at Foothills Hospital, Dr McBeth's initial fears were confirmed: Verna had sepsis, a massive inflammation that was triggered by *E. coli* in her bloodstream. Exactly how the bacteria got into her system – whether from inside the hospital or elsewhere – will never be known.

Septic shock can overwhelm a body in 12 hours. Only about half of those who contract it survive.

The doctors had a near-impossible balancing act on their hands. One symptom of the condition is runaway blood clotting, so blood thinners were issued. But those can trigger internal bleeding and lower a patient's blood pressure. The drugs used to counteract that effect starve the tissues of oxygen. Meanwhile, Verna needed to be kept in a coma, but sedation could drive her blood pressure even lower. Cardiac arrest was a real threat.

Sure enough, she flatlined – twice within a couple of hours. Dr McBeth and a colleague took turns resuscitating Verna with intravenous doses of epinephrine.

Leap of Faith



Verna enjoying cycling Alberta's Legacy Trail in July 2016

"We need to be prepared for the worst," Dr McBeth told Debie and some close friends who had gathered in the waiting room. Verna's kidneys had shut down. There were blood clots in her lungs and capillaries. Dr McBeth hardly left her bedside the entire night.

In the morning, Dr McBeth met again with Verna's circle of support. "The likelihood of survival in the next hour is very, very low," he told them. When pressed, he guessed Verna had less than a ten per cent chance of survival.

Debie texted loved ones asking

READER'S DIGEST

for their prayers. In the Philippines, Verna's mother applied for an emergency travel visa.

If a person's odds of surviving are linked at all to their passion for this world, then the doctors had underestimated Verna's chances.

At age six, she experienced her first great thrill, jumping from a bridge into the local river. Thirteen years after arriving in Canada, she took a much bigger jump – this time tethered to a skydiving instructor.

Then, one day five years ago, Verna found a companion for such exploits: Leah Escabillas, a young woman who showed up at Verna's church. Leah had emigrated from Saudi Arabia. In Leah, Verna sensed a fellow traveller, someone whose hunger for adventure matched her own.

The two started planning trips together, which grew into a series of ongoing experiments in endurance and adrenaline. They went on snowshoeing and hiking expeditions. They cage-dived with great white sharks off Cape Town in South Africa.

Then, in 2016 they decided to bungee jump from Victoria Falls Bridge, on the border of Zimbabwe and Zambia. As Verna stood more than 100 metres above the Zambezi River, with Leah close behind, it was clear



Verna bungee jumping from Victoria Falls Bridge in Africa

that she'd found someone to share her mission to live on the edge.

"Five, four, three, two, one, bungee!"

Verna didn't die the day after her emergency surgery, or the one after that. But on day five, her family received more bad news. Her arms and legs were ischaemic: oxygen-starved. The resulting dead tissue could spark a release of toxins throughout her body that would kill her unless something radical was done.

She was eased off her cocktail of sedatives, paralytic medications and anti-anxiety drugs, and quickly surfaced from the coma. The next day, Dr McBeth laid out her options.

"Your best chance of survival is with amputations," he said.

It was her call, he emphasised, but if she opted to go ahead, there was no time to waste. In every limb, the ischaemia was quickly spreading

towards the joint, so any delay meant potentially losing a chance at prosthetics.

If ever a moment called for Verna to be decisive, this was it. She was on life support, with a breathing tube, but she could still nod and shake her head.

Five, four, three, two, one.

She gave the doctor the go-ahead.

ON APRIL 4, ONE DAY AFTER two rounds of amputations, Verna slowly came to. Alone in her hospital room, she looked down and saw her bandaged and shorter right arm. No left arm. Lower down, there was the disorienting outline of her diminished legs under a cream-coloured blanket.

“When caregivers come to treat Verna, they see her as a thriver – not someone to pity”

For the first time she felt a darkness engulfing her. As a person of faith who has always found guidance in prayer, she made a request to God: *I’m sure there is another person here in this hospital who is not long for this world but wants desperately to live*, Verna said. *I’m asking you to let them live and take me instead.*

But as the days passed, it occurred to Verna that perhaps she had found

a new life purpose: to not give up. *OK*, she thought, *let’s do this.*

A name was coined for the growing group of frontline support gathered in her corner: Team Verna. Beyond her close friends, including Leah, and family, it also included a physiotherapist and a social worker. Someone was always around to sing to Verna, tell a joke or gently lay a hand on her in prayer. Anchoring Team Verna was her mother, who had arrived at her daughter’s bedside on April 1.

Leah and others had adorned the walls of Verna’s hospital room with photographs of her dangling over some precipice or free-falling from the sky. They were for her caregivers. “When they come to treat this person, they see her as a survivor, a thriver – not someone who elicits pity,” says friend and psychologist, Charles Coleman.

Little by little, Verna’s body started repairing itself. She’d lost her hair and eyelashes; they grew back. Blood clots had riddled her body and her brain; they dissolved. “She probably has some element of permanent kidney damage, but her kidneys function. Her liver functions,” says Dr McBeth.

When performing an amputation a surgeon will try to save as much of a limb as possible. Sometimes they will leave it a little long, then go back, if necessary, and take more. “We need to salvage enough tissue to ensure we can close the wound site to provide

a functional limb," Dr McBeth says.

Discouragingly, Dr Rick Buckley, the orthopaedic surgeon who performed the amputations, had to operate four more times during the second week of that May – ultimately reducing Verna's left arm to no more than a stub and, devastatingly, cleaving off the right leg above the knee.

To live and function in her new body, Verna had to relearn how to eat, go to the bathroom and even sleep. "It's like being a baby all over again," she says.

Around that time, Verna's prosthetic legs arrived at the hospital. Walking on them required her full concentration – and it took training. "There's a lot to think about just to stand," she says.

***"I can rob a bank,"
said Verna, when
she tried her right-
arm prosthesis.
"No fingerprints!"***

She was the most ferociously committed rehab patient her physiotherapist, Erin McDiarmid, has ever seen. "Verna out-planks everyone," she says. "And out-crunches the trainers." Determined to be ready for hiking by the summer, Verna insisted on practising over uneven ground.

In August, Verna's fibreglass right arm was ready; it fit to her stump by

suction. Impulses from forearm-muscle contractions are conveyed to hydraulics in the five-fingered hand so that she can signal it to open or close simply by thinking those words.

"I can eat!" she proclaimed the first time she tried it. "I can brush my teeth!"

And then, after that: "I can rob a bank! No fingerprints!"

ON DECEMBER 7, 2017, after 263 days in hospital, Verna was transferred to a long-term-care facility. *Here are the amputees*, she thought.

Verna found the mood inside sombre. Ambitions were banked, and most of the patients were relying on the aides for everything.

There was a gym in the facility, but few went. As Verna performed her exercises with focus and dedication, her effort became an inspiration. Other residents started showing up, and before long, the gym was full and, among residents, workout time became known as 'happy hour'.

At the end of March 2018, Verna decided to enter a five-kilometre race taking place in Calgary that summer. But the day before the event, she received a new prosthesis for her right leg, and, no matter how Debie attached it, the pain was unbearable. Verna was incandescent with frustration. "I can't do this," she told Debie. "I'm pulling out of the race."

"OK," Debie replied. "But why don't you just go anyway? We'll bring your

chair. I can always push you.” Verna let a long silence hang in the air after her sister’s offer. Then she asked: “Where are you planning on eating after?”

ON JULY 21, VERNA didn’t need the wheelchair. She walked the entire five kilometres and approached the finish line to cheers and the promise of a victory burger and milkshake as Debie’s treat. After she crossed the line, Leah enveloped her in her arms – and planted a tantalising idea. The Honolulu Marathon takes place the second Sunday in December each year. “Let’s do it together,” she said.

In the ensuing months, Verna spent as much time as she could on the treadmill to build up her aerobic base. Periodically, she landed back in hospital with bowel obstructions – fallout from the scar tissue – but after each complication, she focused again on her goal.

Then fate dealt yet another blow. On August 18, 2018, Verna learned that Leah had been hiking on a high ridge in Banff, when she slipped and fell. She was pronounced dead on arrival at hospital.

For Verna, the news was devastating. Leah had never given up on their adventures, even arriving one day to go snowshoeing, carrying a sled on which to pull her friend. Now she was gone.

In the days that followed, Verna realised she didn’t want their Honolulu



Verna celebrates her first 5K after her amputations, with sister Debie and godchild Maximus Macatula

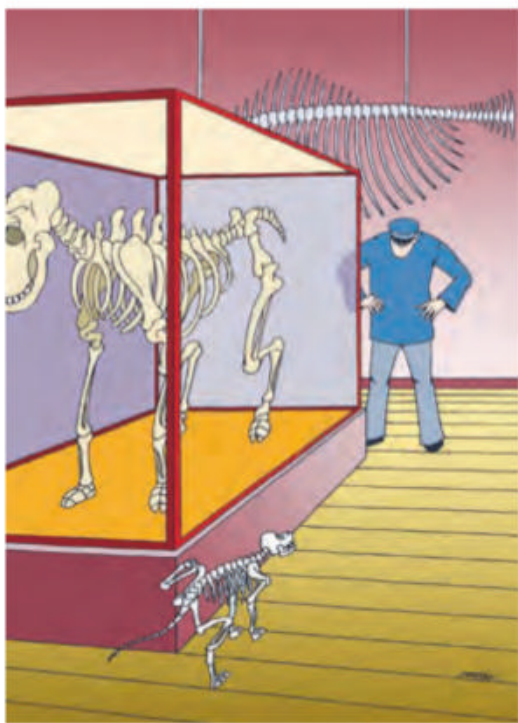
dream to die. She now aims to do it in December 2020. If running a marathon is a feat more of heart than head, more of soul than body, then it will be no problem. And Leah will be right there with her still. They’ll do it together.

“Team Leah,” says Verna, raising her right arm in salute. **R**

A decision will be made in November whether the marathon is cancelled due to the COVID-19 pandemic.

LAUGHTER

The Best Medicine



It's a Material World

Walking up to a department store's fabric counter, a young woman asked, "I want to buy this material for a new dress. How much does it cost?"

"Only one kiss per metre," replied the smirking male assistant.

"That's fine," replied the young woman. "I'll take ten metres."

With expectation and anticipation written all over his face, the shop assistant hurriedly measured and wrapped up the cloth, then held it out teasingly.

The young woman snapped up the package and pointed to a little old man standing beside her. "Grandpa will pay the bill," she smiled. Reddit.com

Losing Out

While on a school field trip to an amusement park, a teacher lost his wallet. Gathering the group together, he told the kids, "There was \$300 in my wallet. I will give a \$20 reward to anyone who finds it."

A voice from the back of the group chimed in, "And I'll give \$25!"

From the internet

Bring into Question

A market researcher approached me and said, "Can I ask you ten questions?"

"Go on," I said.

"Question number one: Have you ever blacked out?"

"No."

"And finally, question number ten."

LEE MACK, COMEDIAN

Pocket Sized

Why do baby clothes have pockets? Are people really going up to babies and saying, “Hey, can you hold this for a second?”

@Y2SHAF

Communication is Key

Any time I update my mobile phone or computer, it feels like we’re on a couples’ retreat and have to relearn how to love each other again.

APARNA NANCHERLA, COMEDIAN

Got His Measure

A husband stepped on one of those measuring scales that tell you your fortune and weight and dropped in a coin.

“Look at this,” he said to his wife, showing her a small, white printout. “It says I’m energetic, bright, resourceful and a great lover.”

“Yeah,” his wife nodded. “And it has your weight wrong, too.”

www.stmichaelkeshena.org



ILLUSTRATIONS: GETTY IMAGES



JAW-SOME JOKES

Sink your teeth into these shark jokes and puns:

Interesting fact: a shark will only attack you if you’re wet.

SEAN LOCK, COMEDIAN

Q: What do sharks do when they have a big choice to make?

A: Chews wisely.

Last night I thought I was being chased by a shark.

This morning, I realised it was just a bream.

Punsandoneliners.com

Q: What do you call an acrobat in shark-infested waters?

A: A balanced breakfast.

Upjoke.com

Q: Why did the shark cross the Great Barrier Reef?

A: To get to the other tide.

2jokes.com

HEALTH



Benefits of Probiotics

Gut-friendly bacteria soothe digestive ills as well as providing a whole host of other health benefits

BY Tina Donvito

Not all probiotics are the same. In fact, there are plenty of different strains, and some may have different potential health benefits than others. Although not a cure-all, there is good reason to consider adding probiotics to your diet, either in food or supplement form.

A HEALTHIER HEART Probiotics are live micro-organisms, gut-friendly bacteria that are found in yoghurt, fermented foods, aged cheeses and supplements. A 2017 review of 15 studies published in *PLoS One* found that taking the probiotic *Lactobacillus* could reduce LDL or ‘bad’ cholesterol. One way the bacteria can reduce blood lipids is through an enzyme, bile salt hydrolase, according to Professor Mary Ellen Sanders, executive science officer of the International Scientific Association for Probiotics and Prebiotics. “Bile salts are precursors to cholesterol, and gut microbiota can impact bile salt levels,” she says.

Dietitian Tanya Zuckerbrot, best-selling author and founder of *The F-Factor Diet*, says the bacteria utilise cholesterol as they grow in the gut. “The more bacterial cells that grow and divide, the more cholesterol is required to stabilise their cell membranes, which can contribute to an overall cholesterol-lowering effect,” she says.

LESS ANXIETY Good bacteria may be among the most trusted home remedies for natural anxiety relief. In a meta-analysis of ten controlled trials published in *Neuropsychiatry*, researchers found that probiotics decrease the symptoms of anxiety and stress in people with anxiety compared with control groups.

“Many neurotransmitters that regulate mood, like serotonin, are located in the gut,” says Dr Frank Lipman, bestselling author of *How to*

SEVENTY PER CENT OF OUR IMMUNE SYSTEM IS HOUSED IN OUR GUT

Be Well. “If your gut is healthy it can help keep anxiety at bay.” The gut is connected directly to the brain via the vagus nerve, Professor Sanders explains, so what goes on in the gut can be transmitted to the brain.

HEALTHIER TEETH A 2017 review of research on probiotics and oral health suggested they could be beneficial for maintaining oral health, but more research is needed to find the dosage and specific bacterial strains that work. Some previous research found that *Lactobacillus* and *Bifidobacterium* can reduce some strains of harmful bacteria that cause gum disease.

They may also “decrease cavities in kids, especially in ages three to four,” says family doctor Dr Angela U. Tucker.

Other research from the American Society of Microbiology found that good bacteria help neutralise enamel-destroying acid in your mouth.

FEWER COLDS AND COUGHS

Yoghurt – or the probiotics it contains – is one of the immunity-boosting foods that may help fight off colds and flu. Dr Lipman says that 70 per cent of our immune system is housed in our gut, which is why it’s so important for overall health. According to Zuckerbrot, beneficial bacteria create an acidic environment that’s inhospitable to harmful bacteria. In addition, good bacteria can have a major impact on the lymphatic system, an important part of our immune function.

“Certain [good bacteria] can help to stabilise the lining of the gut where the lymph tissue resides and prevent harmful substances from being absorbed,” Dr Tucker says.

REDUCING ALLERGIES AND ECZEMA

The gut may also influence other inflammatory, autoimmune or allergic reactions, including eczema. “Most of the data concerning prevention of allergic conditions have been found for infants and children,” Dr Tucker

READER'S DIGEST

says. "Studies showed decreased chances of eczema in children born to breastfeeding mums who received probiotics for the last four weeks of pregnancy and through the first three months of life."

Another 2017 study in the *American Journal of Clinical Nutrition* found that a certain bacterial combination reduced seasonal allergies, however the "mechanism to show how they curb allergy symptoms has yet to be determined," Zuckerbrot says.

In general, Dr Lipman says good gut bacteria can help your body manage its immune responses. "When your immune system is working properly it helps create proper checks and balances against perceived threats," he says. "If your gut – and therefore your immune system – is out of balance, it may mistakenly overreact to things like food and the environment. Keeping your gut healthy will support proper checks and balances."

COMBATING THE EFFECTS OF ANTIBIOTICS Do you really need to take a probiotic after antibiotics? Antibiotics can wipe out the good bacteria as well as the bad, wreaking havoc on your gut.

A review found that using probiotics helped reduce the risk of antibiotic-associated diarrhoea by 51 per cent. "Taking antibiotics can disrupt the normal protective

microbiome, and it typically takes six to eight weeks for normal microbiota to recover after antibiotic exposure," Zuckerbrot says. "*S. boulardii* acts as temporary protective microflora until full recovery of the microbiome is achieved."

"WHEN YOUR IMMUNE SYSTEM IS WORKING PROPERLY, IT CREATES CHECKS AND BALANCES"

PREVENTING VAGINAL INFECTIONS As many as 30 per cent of women may experience an infection called bacterial vaginosis (BV) at some point in their lives and they may not even know it. Bacterial vaginosis happens when the vagina's special mix of healthy bacteria is disrupted. "Bacterial vaginosis can be treated by oral or vaginal application of probiotics," Dr Tucker says. "The *Lactobacilli* increased microflora's return to normal, resolving the BV. Although not as effective as an antibiotic, they're still found to be better than acetic acid or placebo."

But, their effectiveness in treating yeast infections is limited. "It can be considered though for people who have recurrent yeast infections or those unable to take first-line therapies," she says.

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A DEVIL'S HEAVEN

It's a paradise for devils. And a haven

BY *David Levell*

PHOTOGRAPHY *David Stowe*

High in the remote forested hills of Barrington Tops, New South Wales, 1500 kilometres from their island home of Tasmania, the 200 or so lucky Tasmanian devils of Aussie Ark are also a long way from the deadly disease threatening their species' survival.



**Roughly the size of
a big domestic cat,
Tasmanian devils are
carnivorous marsupials**

Loping from grassy undergrowth beneath tall eucalypts, half a dozen devils look rumped and raffish with their white-collared black coats and reddish ears that top outsized button-eyed heads. Guzzling carrion meat tied to a pole in a tight devil scrum, they ignore their human observers, busy being the wild creatures Aussie Ark lets them be.

An innovative and wildly successful conservation project, Aussie Ark has spent the last decade creating a healthy mainland population of the endangered Tasmanian icon, mainly by letting them act naturally in a large-scale, feral-free bush sanctuary.

About the size of a big domestic cat, the Tasmanian devil is the world's largest living marsupial carnivore. Its bigger cousin, the Tasmanian tiger, died out in 1936. Devil numbers were stable until 1996, when a bizarre epidemic suddenly began devastating devil populations across Tasmania. Devil facial tumour disease (DFTD), fatal within a few months, is a contagious cancer spread by bites during scuffles over food and mates. There's still no cure despite a quarter-century of dedicated research, and devils have suffered an 80-90 per cent decline. A second type of DFTD, just as deadly, was identified in 2014.

After the devil was declared endangered in 2008, increased effort went into establishing isolated DFTD-free insurance populations. Tasmania's offshore Maria Island supports a small introduced colony of healthy devils, and the Forester-Tasman Peninsula has the only disease-free population in its native range, but Aussie Ark has more devils than both these Tasmanian locales and is the biggest and wildest mainland breeding facility. A big part of its success is the suitability of its terrain.

A BIG PART OF AUSSIE ARK'S SUCCESS IS THE SUITABILITY OF ITS TERRAIN

"Barrington Tops is a lot like Tasmania - you could teleport between the two and not know you've moved landscapes," says Tim Faulkner, head of conservation at Aussie Ark

and Australian Reptile Park. The exuberant conservationist and animal expert is also well known for his TV work on *The Wild Life of Tim Faulkner* and *Bondi Vet*.

The Ark's cool-climate, high-altitude (1300m) snow-gum forest has proved very devil-friendly. Launched as Devil Ark in 2011 with 44 DFTD-free specimens, Aussie Ark has bred more than 350 devil joeys - a record outside Tasmania - and holds over half the devils in mainland Australia. Last year, 69 births was a 44 per cent increase on the



The devil's long whiskers help it locate prey when foraging in the dark.
Below: Aussie Ark president, conservationist Tim Faulkner with a devil joey



previous season, and pouch-checking this year promises another bountiful crop.

FIVE YEARS AGO, Aussie Ark released 23 mainland-bred devils in Tasmania's Forestier Peninsula, boosting both numbers and genetic diversity in the depleted but DFTD-free habitat. It's a contribution regular zoos and wildlife parks can't make, because devils raised in such places lose their wild behavioural traits. Research has found that they tend to be more diurnal [active in daylight] and lose their fear of humans over time. "If you're going to keep an animal in a conservation

project to return it to the wild, it needs to behave like its wild counterpart," says Tim. Aussie Ark's solution – to let devils run as free as possible – is also more cost-efficient. The Ark spends about \$2200 per devil per year; the zoo industry average is \$10,000. This is because smaller captive-type environments need to keep devils separated in different enclosures for much of the year, which requires more infrastructure and upkeep. Close captivity also makes breeding difficult. "Devils typically won't breed in a small enclosure but somewhere in between the size of that enclosure and Tasmania they will breed," Tim explains, "and that's how we went in search of the suitable habitat and land for the Ark."

Gaining that Tasmanian-style terrain proved as simple as placing an advertisement in a magazine. A private agricultural family read the advertisement and gifted the land to Aussie Ark. "It's a really nice partnership and an incredible success story," Tim says. Not having the initial overheads of land acquisition has enabled Aussie Ark to concentrate on the conservation side.

A LOT OF WORK WAS NEEDED before Barrington Tops could go to the

devils. First was the removal of feral species – cats, foxes, goats, pigs, horses, rabbits and hares – which took 12 months. Next was fencing – high-grade metal and 1.8 metres high.

Fences are becoming an effective conservation tool in Australia to protect native species from cunning feral predators such as foxes and cats. "Fencing was a dirty word ten years ago, but it's real pioneering conservation and it's now been broadly adopted," says Tim.

The fences have inclined umbrella tops to stop foxes and cats climbing over, and aprons at the bottom with a metre of meshing either side to prevent digging under. Safe from cars, cats and facial cancer, the Ark's devils are free to roam up to 500

SAFE FROM CARS, CATS AND FACIAL CANCER, THE ARK'S DEVILS ARE FREE TO ROAM

hectares of wilderness, their natural traits unaffected. Tim describes the fenced-in areas as "islands of habitat" where native species can thrive. "Our biggest is a ten-kilometre fence. You can get lost in that island very easily for a day or so," he says. Aussie Ark's devils hardly ever see civilisation in their enclosed swathe of pristine forest. The keepers and staff have very little interaction with the couple of hundred devils, who also avoid people. The devils are monitored by camera trap and



While devils are solitary hunters, they have extensive social networks and interact while eating, often sharing food such as carrion

microchip reader and sometimes observed while feeding.

However, one necessary interaction is breeding management. A genetic database is used to prevent inbreeding and optimise genetic diversity. But even this involves minimal contact in conditions as natural as possible. “We have breeding groups of eight devils – four males, four females – in enclosures that are three hectares,” Tim says. “They’re not the wild, but they are incredible natural landscapes.”

Additionally, every year some devil joeys are hand-reared to serve as cuddle-ready ambassadors

for the Ark’s visitor programme. “That’s really great for encouraging people to have a relationship with the devils,” Tim says.

THIS MODEL of species recovery by securing and re-wilding an entire ecosystem has gains extending well beyond the devil. “A 500-hectare, ten-kilometre fenced island can also be home to over 1000 bandicoots, 1000 potoroos, 1000 bet-tongs and lesser numbers of quolls, rock wallabies, koalas and gliders,” says Tim. As well as reintroducing missing native species to the enclosures, lizards, invertebrates and



**Tasmanian devils are nocturnal and thought to be most active at dusk and dawn.
Below: Predator-proof fences surround conservation 'islands of habitat'**

plants benefit, too. “Thousands of endangered species benefit from one island,” Tim says, adding that they plan to fence in another 500 hectares.

A wonderful symmetry is at work. Barrington Tops helps the devils, and the devils help Barrington Tops. So far Aussie Ark has introduced to its island of habitat seven threatened species of wallabies, quolls, bandicoots, bettongs, potoroos and turtles. And Koala Ark is on the way.

Devils are an apex predator and a very important part of their ecosystem. Restoring apex predators back to the wild can help bring around



mammal diversity and balance the ecosystem.

Tasmanian devils have suffered from many misconceptions over the years, from an early false reputation as a sheep killer to lingering notions of a cranky terror with a vicious bite.

They do have the most powerful bite of any carnivorous mammal per kilogram of body mass – they can crunch through metal traps – but in absolute terms big predators such as lions and bears have much stronger jaws. And they're hardly ferocious. "Devils are anything but dangerous to people," Tim says. "If a wildlife worker is bitten [during handling], that's a bad bite, but generally the risk to people is zero."

IT SEEMS UNTHINKABLE that Australia should ever lose these little scrappers with their scruffy teddy-bear charisma. Their devilish charm certainly appealed to movie star Leonardo DiCaprio, who

pledged Aussie Ark \$1 million via his Earth Alliance foundation earlier this year.

And Tim, whose love for all creatures great and small is no secret, admits to a special bond with the compact carnivore his Ark has done so much to protect. "They're real characters – all individuals with lots of characteristics," he says, describing them as a very rewarding species to work with. "Their behavioural traits go from timid to aggressive, from shy and elusive to confrontational and bold," he says. "They're a real treat." **R**

Visit aussieark.org.au for more information.



Travelling Scream

People around the world are finding different ways to relieve stress during the coronavirus pandemic. Some have tried running, gardening, doing puzzles, cooking – but what about screaming? Promote Iceland, which encourages tourism to the country, is encouraging people to scream to relieve pent up frustration. And even if you can't travel to Iceland to do it, you can scream into your device and your voice will be broadcast throughout the empty Icelandic countryside. A website for the ad campaign shows yellow loudspeakers playing the screams of people from around the globe in front of peaceful scenery like glaciers, caves and waterfalls. A button at the top of the website, lookslikeyouneediceland.com, invites users to join in with the phrase, "Tap to scream". It's intended to provide a little light-hearted relief and a reminder what this country has to offer (when it's safe to travel again). CBS

QUOTABLE QUOTES

I HIRED MY EX-HUSBAND TO WORK FOR ME – JUST BECAUSE WE DIDN'T WORK OUT AS HUSBAND AND WIFE DIDN'T MEAN OUR RELATIONSHIP COULDN'T CONTINUE.

JOY MANGANO, INVENTOR

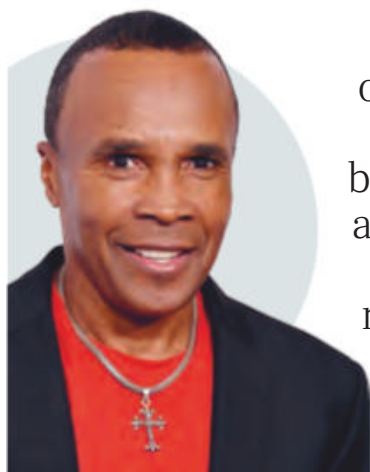


I AM WHAT YOU WOULD CALL A 'PIECE OF WORK' IN PROGRESS.

CYNDI LAUPER, MUSICIAN

It's good to be able to laugh at yourself and the problems you face in life. Sense of humour can save you.

MARGARET CHO, COMEDIAN



I'm one of the most optimistic persons in the world. I always believed that – there's another shot, another chance. In boxing, I never gave up. I kept trying, kept trying.

SUGAR RAY LEONARD, BOXER

Weaselling out of things is important to learn. It's what separates us from the animals! Except the weasels.

HOMER SIMPSON, CARTOON CHARACTER

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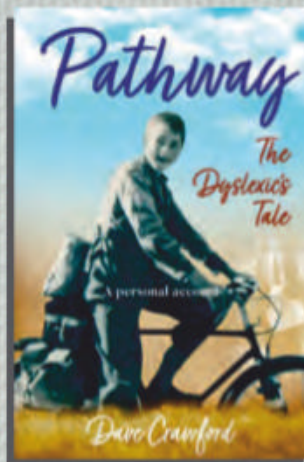
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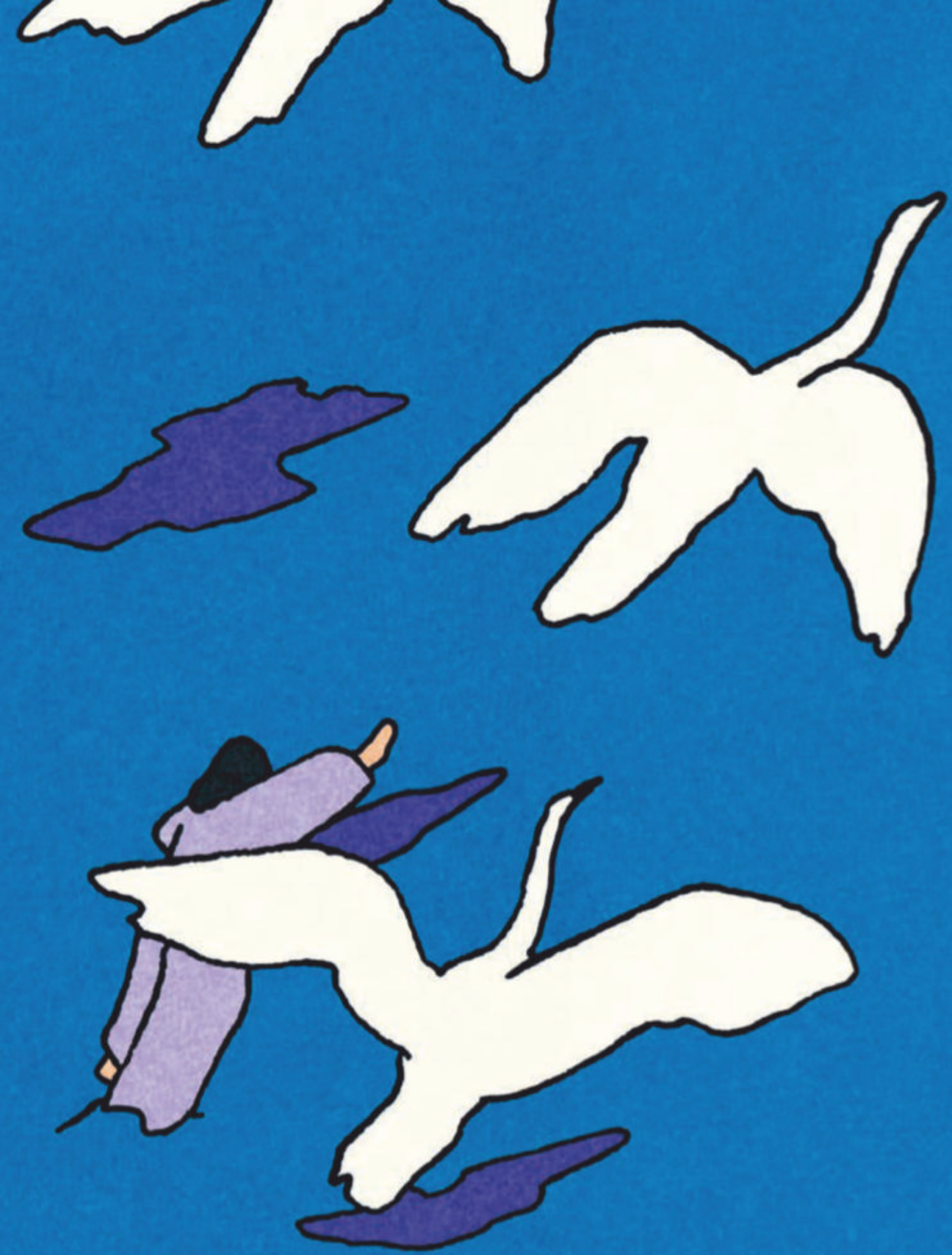
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RECENT TITLES...





BREAK FREE FROM REGRET

*Six steps to turn negative
emotions into action*

BY *Jennifer Taitz*

ADAPTED FROM **THE NEW YORK TIMES**

Have you ever felt like life would be better if you had taken a different path? If only you had pursued that job, ended that relationship sooner or moved to a new city, everything would be perfect.

It's human nature to linger on feelings of regret. Left unchecked, these emotions can become overwhelming sources of stress and anxiety.

But even painful emotions like regret can be powerful sources of inspiration. It's possible to use those "If only I ..." thoughts as a lever to help you move ahead.

Researchers have found that obsessing over regrets has a negative impact on mood and sleep, can increase impulsivity, and can be a risk factor for binge eating and misusing alcohol.

As a clinical psychologist, I help people lead healthy, happy and meaningful lives by teaching them evidence-based strategies to manage their emotions. When people feel stuck in endless 'what ifs', it's possible to recalibrate. Here's how.

1 ACKNOWLEDGE YOUR REGRETS

Many of us try to push pain away. But research has shown that suppressing our emotions can diminish our capacity for joy and potentially manifest as physical pain.

A 2014 study published in *The Journal of General Psychology* found that drowning in regret can compromise our ability to make wise decisions, and focusing on those negative emotions "undermined performance" on simple tasks.

So instead of ignoring your regrets or ruminating about perceived mistakes, acknowledge the experience. Start by slowing down and noticing your thoughts and sensations. Relax your face and hands, and think about accepting how you feel now without worrying you'll feel this way forever.

Researchers also found that when people find a silver lining in their regret, they are able to think more clearly.

"The trick is to avoid obsessing and pull out a lesson that can be applied



in future situations,” says Neal Roese, a professor of marketing, who focuses on the psychology of judgment and decision-making.

Take time to notice how you handled a recent regret. Did you pretend it meant less than it did? Or did you fall into a shame spiral? Once you figure out how you navigate these situations, you can start using your emotions to your advantage.

2 INTERRUPT YOUR OBSESSING

It’s important to learn how to stop a regret spiral from happening, since thinking endlessly about it all but guarantees you’ll feel worse.

You should develop a set of concrete actions that will engage you when you can feel yourself about to fall into a regret spiral. The goal is to stop this type of thinking before it consumes your energy.

You could list your favourite authors in alphabetical order. When your mind is focused on a project, it’s less likely to get derailed. Another idea: if you feel the grip of strong emotions, dip your face in ice water.

“People become believers in this strategy once they get past the idea of plunging forwards into a bowl of ice

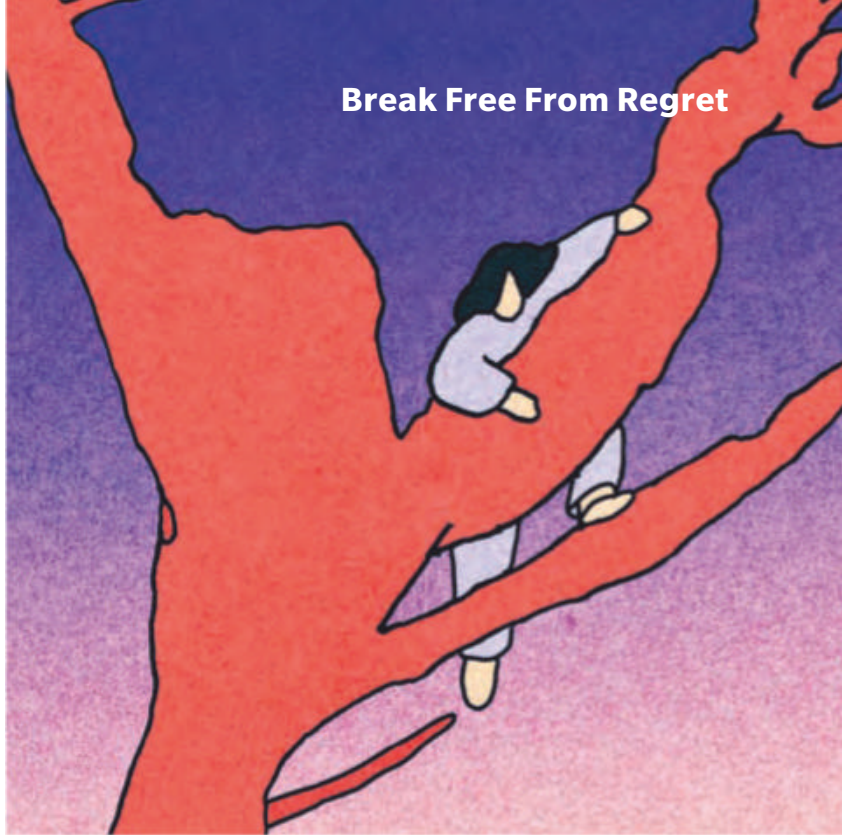
water,” says Dr Kathryn Korslund, an expert in dialectical behaviour therapy, a treatment that teaches people how to manage emotions. She says that it works by lowering your body temperature and heart rate, preventing emotions from intensifying.

If that seems too jarring, pop an ice cube in your mouth and focus on the sensations.

These activities aren’t meant to be a permanent solution. The goal is to regulate your emotions for a few minutes to then approach your situation with a little more clarity.

3 REVISIT YOUR REGRET

In the same study that found regret hinders our ability to solve problems, participants were asked to read the following statements and recall at



least one benefit from a regrettable event:

- Everything can be viewed from a different perspective.
- There is positive value in every experience.

Afterwards, participants showed 'improved subsequent performance' on the same tasks they completed before finding the silver lining.

Focusing on what you gained can help you pivot from the negative impacts of regret. And keep in mind that so much of your regret story is just that: a story. Researchers label regretful 'if only' stories as counterfactual thinking, since it's impossible to know how things would have turned out had you made a different choice.

4 TREAT YOURSELF WITH COMPASSION

Researchers at University of California, Berkeley, asked 400 students to write about their biggest regrets and found that self-compassion, and not beating ourselves up 'spurs positive adjustment in the face of regrets'.

This "self-compassion led to greater personal improvement, in part, through heightened acceptance," the researchers wrote, adding that "forgiveness stems from situating one's shortcomings or failures - such as a regret experience - as a part of the common human experience."

Imagine your mentor talking you down from a spell of regret. Would she focus on everything you did

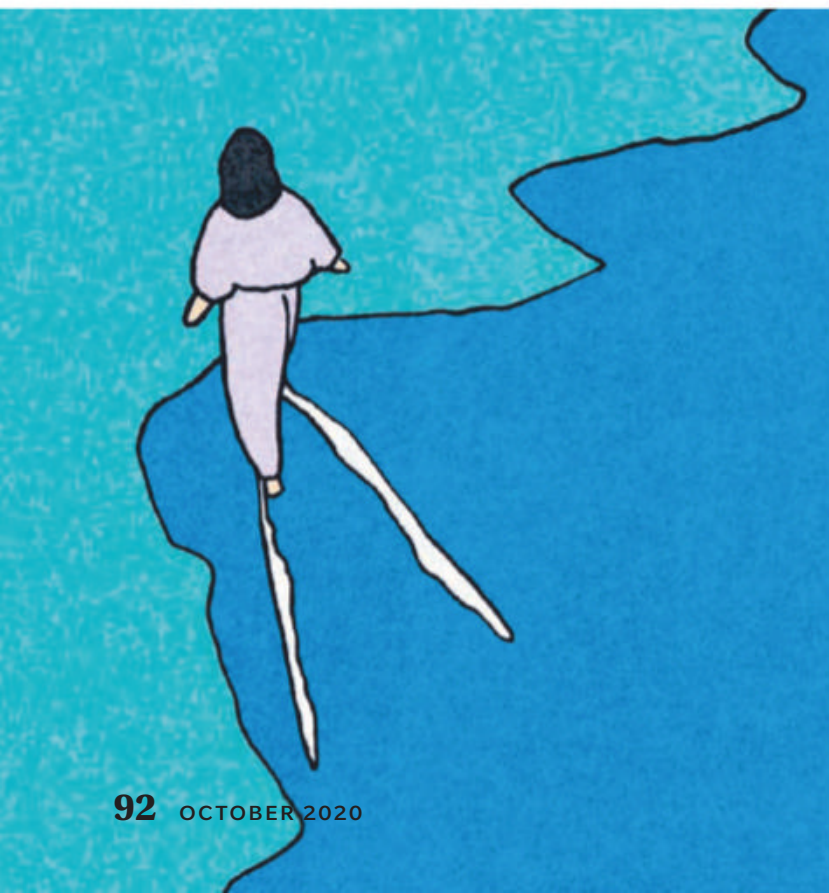
wrong? Or would she encourage you to find the tangible, practical lessons you can learn from the experience?

When all else fails: just talk to yourself like you'd talk to a friend.

5 CLARIFY WHAT MATTERS

When you feel profound regret, use the emotion as a springboard to examine what truly is important to you.

One of my clients came to see me after feeling guilty about how



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angrily she speaks to people. Together, we utilised her remorse to pinpoint the virtues she most cherishes – “I care about being nice rather than being right” was one – since focusing on the damage already done wouldn’t do her or her relationships any good.

Ask yourself why you feel such profound regret, and work backwards to identify the values that are tied up in your feelings. Then use that as motivation for personal growth.



6 TAKE ACTION

Kintsugi which means ‘golden joinery’, is a Japanese technique of repairing broken pottery derived from Buddhist philosophy. The reparation process highlights an item’s imperfections, which are considered part of its history. Repairing pottery this way can add to its beauty – traditional *kintsugi* often uses gold or silver to fix the cracks.

Make a list of regrets, large and

small, then brainstorm exactly how to take steps to remedy whatever is haunting you. The ultimate cure for anticipating regret isn’t feeling lousy or overthinking. It’s thoughtfully pursuing solutions, and using the wisdom gained through self-reflection to act. **R**

FROM *THE NEW YORK TIMES* (FEBRUARY 7, 2019),
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Winning Friends

A man shared his millions in lottery winnings with a friend because of a promise they made to each other nearly three decades ago.

Friends Tom Cook and Joseph Feeney shook hands in 1992 and promised that if either one of them ever won the Powerball jackpot, they would split the money. That promise came to fruition when

Cook bought the winning ticket for a US\$22 million jackpot in Wisconsin. “Tom called me, and I said, ‘are you jerking my bobber?’”

said Joseph, a keen fisherman. AP



PHOTO FEATURE

GARDENS *OF* INSPIRATION

*The green spaces that provided both
passion and a pastime for some of
the world's greatest artists*

BY *Clare Gogerty* FROM THE BOOK **BEYOND THE FOOTPATH**



PHOTO: GETTY IMAGES

Go on a pilgrimage to a garden made by an artist and you'll get a sense of that person and their inspirations. The choice of plants and landscaping reveals much about their life and what drove their creativity. Gardens like Frida Kahlo's in Mexico are integral to the house, which is as it was when she died and feels like she might open the door and stand beside you at any moment.

CLAUDE MONET

Giverny, France

Monet diverted a stream and dug a pond to create this ethereal landscape of water lilies, weeping willow and wisteria. The scene with its curved Japanese bridge was the subject of some of Monet's best-known and most-loved paintings, and visitors can stand where he once did and try to see it through his eyes. The rest of the garden, the house and studio complete the picture. See Giverny.org



THE BLOOMSBURY GROUP

Charleston, Sussex, England

Many Bloomsbury acolytes visit this farmhouse near Firle to immerse themselves in the artistic household and to see their colourful and exuberant ceramics, textiles and paintings first hand. The cottage garden, created by Vanessa Bell and Duncan Grant, has wide borders filled to the brim with beautiful blooms, interspersed with sculpture, and is equally revealing. See Charleston.org.uk



FRIDA KAHLO

*Caza Azul, Coyoacán,
Mexico City, Mexico*

The central courtyard of the house with its vivid blue walls, where Frida Kahlo was born and where she died, is filled with luxuriant indigenous plants. Cacti, apricot and pomegranate trees, and spiky agave plants sit beside Mexican folk artefacts and an Aztec pyramid designed by her husband Diego Rivera. All of these elements reflect the character and style of this influential and troubled artist. A true place of pilgrimage. See museofridakahlo.org.mx

IAN HAMILTON FINLAY

Little Sparta, Pentland Hills, South Lanarkshire, Scotland

Two hectares of exposed moorland were turned into an outdoor exhibition of 270 artworks by Ian Hamilton Finlay, including his own concrete poetry and work by other artists and craftsmen. He also built two temples from outbuildings and a pool with a fountain. The result is like a physical manifestation of his creative mind. It's best to visit in June, July and August when trees and plants – designed to be integral to the work – look their best. See littlesparta.org.uk



READER'S DIGEST

SALVADOR DALÍ

Dalí Museum-House, Portlligat, Catalonia, Spain

For over 50 years Dalí lived on and off in what had originally been a fishing hut. The house, now a museum, was extended by Dalí into labyrinthine corridors and rooms with windows of all shapes and sizes. The focus of the garden is a penis-shaped pool around which are giant Pirelli-tyre signs, huge stone eggs and a sofa in the shape of a pair of pink lips. Standard surrealist stuff, really. See Salvador-dali.org



This is an edited extract from *Beyond the Footpath* by Clare Gogerty, published by Hachette Australia, 2019. Available now.



GEORGIA O'KEEFFE

O'Keeffe Museum, Abiquiu, Santa Fe, New Mexico, USA

The modernist artist installed large windows into the adobe house where she lived and worked so that she could have a connection with the expansive landscape all around. Beyond the thick terracotta walls of the house, her garden was sparse yet productive: there was an apple tree and a vegetable plot. She said that she was surprised to find “what a warming difference [a garden] can make in one’s life”. See okeeffemuseum.org



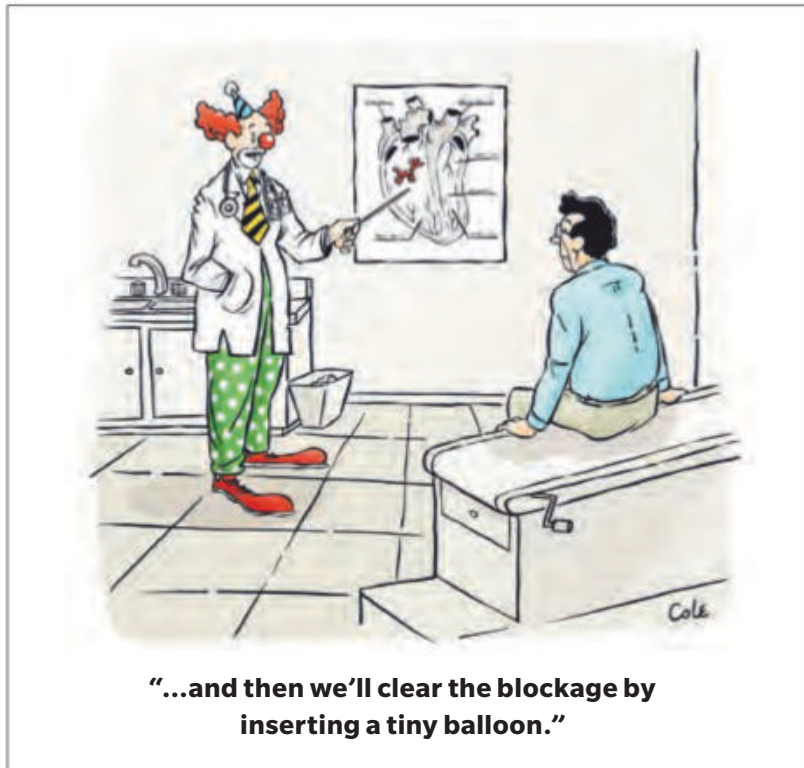
HENRY MOORE

Hoglands, Much Hadham, Hertfordshire, England

The British sculptor lived here with his wife Irina and their daughter from 1940 until his death in 1986. As he grew better known and his work fetched higher prices, he bought more of the land around the house. The resulting 28 hectares provided the perfect setting for some of his iconic bronze sculptures. Smaller pieces are displayed in his former studios. See henry-moore.org

ALL IN A DAY'S WORK

Humour on the Job



Knives Out!

I've spent a lot of time working in kitchens, so I still reflexively say “behind” and “coming around” as a safety precaution when I manoeuvre past people. Which, actually, is not such a bad way to avoid collisions. Less good is the time I let slip a “coming with a knife” while out supermarket shopping. That took some explaining.

SUBMITTED BY A.K.

Watch Your Language

At my old job, Human Resources held a meeting to tell us that there was too much swearing on the sales floor. Someone pointed out that swearing is very common in our industry and that is the way that our customers speak. Human Resources later sent out a memo explaining that swearing should be limited to conversations with clients.

reddit.com

CARTOON: TYSON COLE

Baring One's Teeth

Sadly, female airline pilots are still relatively rare. As a result, I'm often mistaken for a flight attendant, a ticket agent or even a snack bar employee. One day, I was brushing my teeth in the restroom before a flight when a woman walked in.

"My sister would be so proud of you!" she declared.

I figured her sister must also be in the airline business, so I smiled and asked why.

The woman responded, "She's a dentist."

gcf1.net

Claim to Fame

CASHIER: I think I know you from somewhere.

CUSTOMER: I have a big following on Instagram.

CASHIER: Don't you work at the car wash on Third Avenue?

CUSTOMER: Yes. It could also be from there.

@realoverheardla

Meat the Professor

I understand recruiting firms cast a wide net, but I have questions about how I ended up in this LinkedIn search: 'Lowe's Foods has an opening for a Sausage Professor in their town of Mount Pleasant.'

JESSICA MASON, JOURNALIST

Been There, Seen That

Four weeks into a job, you've seen everybody's shirts.

ANNA DREZEN, COMEDIAN

THINKING WAY OUTSIDE THE BOX

Some businesses use weird questions to see how a job candidate might work through an unexpected problem. The job website glassdoor.com collected these questions posed by large companies. How would you answer them?

- My wife and I are going on holiday, where would you recommend?
- If you were shrunk to the size of a pencil and put in a blender, how would you get out?
- How do you make a tuna sandwich?
- How would you move Mount Fuji?
- Would you rather fight one horse-sized duck or 100 duck-sized horses?
- Are your parents disappointed with your career aspirations?
- What do you think of garden gnomes?



KINDNESS OF NEIGHBOURS



Give a Little, Get a Lot

Sharing harvests of fruit and home-cooked meals brings together an entire street

I HAVE LIVED IN MY SUBURB for the past 53 years. I'm one of the oldest residents in our street. At age 83, I've seen many people come and go, from different age groups and different nationalities. My wife, whom I met in Australia, and I were both refugees from Hungary. I escaped in 1956 after the Soviet Union invasion, arriving in Melbourne in 1957. During our

working years when I worked as a diecaster at Joseph Lucas, a motor industry parts manufacturer, the people in our neighbourhood didn't really socialise much, especially the men. Sometimes we met out on the street and exchanged a few words, but that was all. My wife knew more people by name, but we often did not know much about them.

After my wife died four years ago, I took on some charity work, which meant visiting some of my neighbours – whom I got to know and discovered were both generous and kind.

I grow vegetables in my backyard and have a few fruit trees. I share my crop with my neighbours. In return, I receive some of their homegrown fruit and vegetables and meals they've cooked. One family gives me pasta dishes, another gives me spring rolls, and a third family surprised me with a beautiful Easter platter.

Recently, during lockdown, one thing had been bothering me – I hadn't seen my 95-year-old neighbour for a while. Like me, she is one of the four original residents in the street. I wanted to make sure she was alright so I paid her a visit. The door was open so I walked in. It was a relief to find her fast asleep. I tried to wake her, unsuccessfully. Since I was delivering fresh bread to people in the neighbourhood, I left her some rolls.

A couple of days later, another neighbour told me how surprised the lady was that someone had left her some bread. So, I visited her again.

She was in her kitchen happily playing a game on her tablet. When she saw me, she invited me in and we had a long conversation about the days when her husband and

my wife were still alive. During the conversation she asked if I had any fruit on my quince tree. She told me she loved quinces. I told her that unfortunately they were all gone, but I had cooked soup with the last ones only the day before. So I headed home, which is just across the street, and returned with some quince soup and quince cake.

She loved the soup and the cake. In fact, she loved the cake so much she didn't even bother with a knife to cut it, she simply bit into it! That was a very rewarding day for me.

Other ways I keep sane during lockdown is by looking after my little budgie, working in my garden, trying out my wife's cake recipes – which today was a resounding success – and doing a little exercise. In fact, I am in the process of making a movie titled *Keep Fit During Covid*, in which I show off the wetlands at Namatjira Park near where I live.

Julius Toth, Clayton South, Victoria

WHAT IS NEXTDOOR?

nextdoor

Nextdoor is a hub for neighbourhood connections. Its 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 app in the iOS app store or Google Play.



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'Your Opinion Counts'

How do you feel? What do you think?

What should the Government do? What do you need?

We want to hear from you. We'll even reward you for your opinions.

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There's never been a more important time for Australians' opinions to be heard.

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Have you ever seen a story that said *"more than 60% of Australians use a music streaming service"* or *"more than 1.6 million Australians are using Tik Tok"* and wondered where they got that information? By sharing your views you can help ensure such findings accurately reflect what real Australians think and do.

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Thank you

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The Magic of Making Mistakes

*Reminding our kids that failure is just fine
— and is a big part of growth and success —
will teach them a valuable life lesson*

BY *Raageshwari Loomba Swaroop*

FROM THE BOOK **BUILDING A HAPPY FAMILY: 11 PRACTICES OF MINDFUL PARENTING**

While I was growing up, I often heard my teachers say things like, “Oh, Tina is gifted in algebra.” While watching the Olympics I would hear my parents say, “These gymnasts are born with such agility.” When we would pass by a swimming pool, Mum would say, “I have no idea how people swim so well.”

These natural and innocent statements shaped my beliefs about talent. They gave me a fixed mindset. I believed people were born with certain talents and abilities and if they didn't have a particular one at birth,

then they never would. Hence, I rarely focused on algebra because I could see I was not ‘gifted’ in it. I did not even try to be a gymnast because I was ‘not born with that agility’, and I never stepped into the pool because ‘I did not have any idea how people swam.’

Nobody told me when I was a child that algebra always seems difficult at first, but if you keep trying to befriend it, you will have a lifelong friendship with numbers. Nobody told me that gymnasts train all the time to master that agility. Nobody told me that no child is a born swimmer. With dedication and practice, you can master swimming in deep oceans.



Nobody told me that if you keep trying and trying and trying, and have fun, one day a difficult feat will seem easy-peasy. That is a growth mindset, wherein we intrinsically believe that we can be whatever we would like to be. We have to believe that we can master any skill if we make an effort on a daily basis.

GROWTH AND SUCCESS

I learnt about the growth mindset from my young daughter, Samaya, one day at the dinner table. I was finishing some paperwork and I said, "Oh no, how could I have made that mistake!" Samaya instantly said, "Mumma, don't worry. Mistakes make your brain grow bigger." She was unstoppable as she continued, "Ms Sandra tells us the brain gets stronger and smarter if we keep trying. You must keep trying and trying, Mumma."

I found this adorable, but I later realised the deep significance of the statement. As a live performer I knew that even a single mistake could be disastrous. Singers and live performers live with the fear and burden of that mistake creeping in. So I wrote out and framed the quote, "Mumma, don't worry about mistakes. They make your brain grow bigger." And I put it up in my room to see and reflect on daily. A simple statement from a toddler made me realise the unreal benchmarks we set for ourselves. The stress we invite by the idea of 'perfectionism'. The fear of making mistakes

is programmed into us very early on. When we are criticised as children over making mistakes or when we watch parents suffer over their own errors, we observe and imbibe this unhelpful trait for life.

We all need to be reminded that mistakes are just fine and that they are a huge part of growth and success. However, the regular belief is the opposite. We are hardwired to believe that mistakes will translate into a punishment of sorts, mistakes are always bad, and successful people never make mistakes. Adults spend a lifetime not trying something simply because the fear of failing cripples them. Had someone defined 'failure' differently to us, we would all be far more adventurous and far happier.

"The greatest mistake a man can ever make is to be afraid of making one," said the 19th century writer Elbert Hubbard.

Words such as 'failure' and 'mistake' have been defined as 'faulty' to us. We dread failure and pass on our beliefs to our children. The truth is, how can we achieve greatness and a fearless attitude if we fear failing so much?

Failing is as important as success. I guess that's why Einstein and Edison loved their failures. It gave them clarity that a particular tactic or approach would not work, and it was a signal to move on.

Failures and mistakes are like dots in the big scheme of things. They trace the right path for you. Sadly, people

take them so personally and give up their journey, not realising that a failure or mistake is not a cul-de-sac. We must correct this with our children and give them a new perspective. We must encourage them to make mistakes because that means they are trying out new ideas and venturing into new territories. The word 'failure' makes you lose hope. On the contrary, it should give you clarity that if a particular path does not work, you either need to try harder or find another way.

Billionaire Sara Blakely, founder of the revolutionary shapewear business Spanx, has taken many risks in her life and seen many failures. Interestingly, we see only her suc-

cess and have no idea of the decade of failures she went through. She failed as a stand-up comedian and as a lawyer, failing her entrance exams twice. She made a living selling fax machines for seven years.

One day, she came up with the concept of an undergarment for women that would be seamless and a tummy tucker, butt lifter and lifesaver. Knocking on many doors and making a lot of mistakes was a journey she calls educational. Having a growth mindset made her hone her product, her idea and her pitch, and, in turn, her passion kept growing. Needless to say, Spanx became a

path-breaking idea and a household name that made Sara Blakely a billionaire. This was simply because she embraced 'mistakes' and 'failures'.

DO THIS WITH YOUR CHILDREN

As a child, Sara Blakely's father would ask her the same question every weekend. "What did you fail at this week, Sara?"

He did not care what she had accomplished or how high her scores were. He was keener to know what she had tried but failed at. When she told him about her failures and mistakes, he would give her a high five.

Do you realise what he was doing? He was reprogramming her mind to believe that mistakes and failures are fine and a huge part of your journey. Most importantly, he was reminding her that she would still be loved and appreciated in spite of failure. Sara Blakely owes her risk-taking entrepreneurial skills to this simple weekend ritual she had with her father, where she knew her failures and mistakes were being embraced.

So go ahead and ask yourself and your children, "What did we fail at this week?" **R**

*How can we
achieve greatness
and a fearless
attitude if we fear
failing so much?*

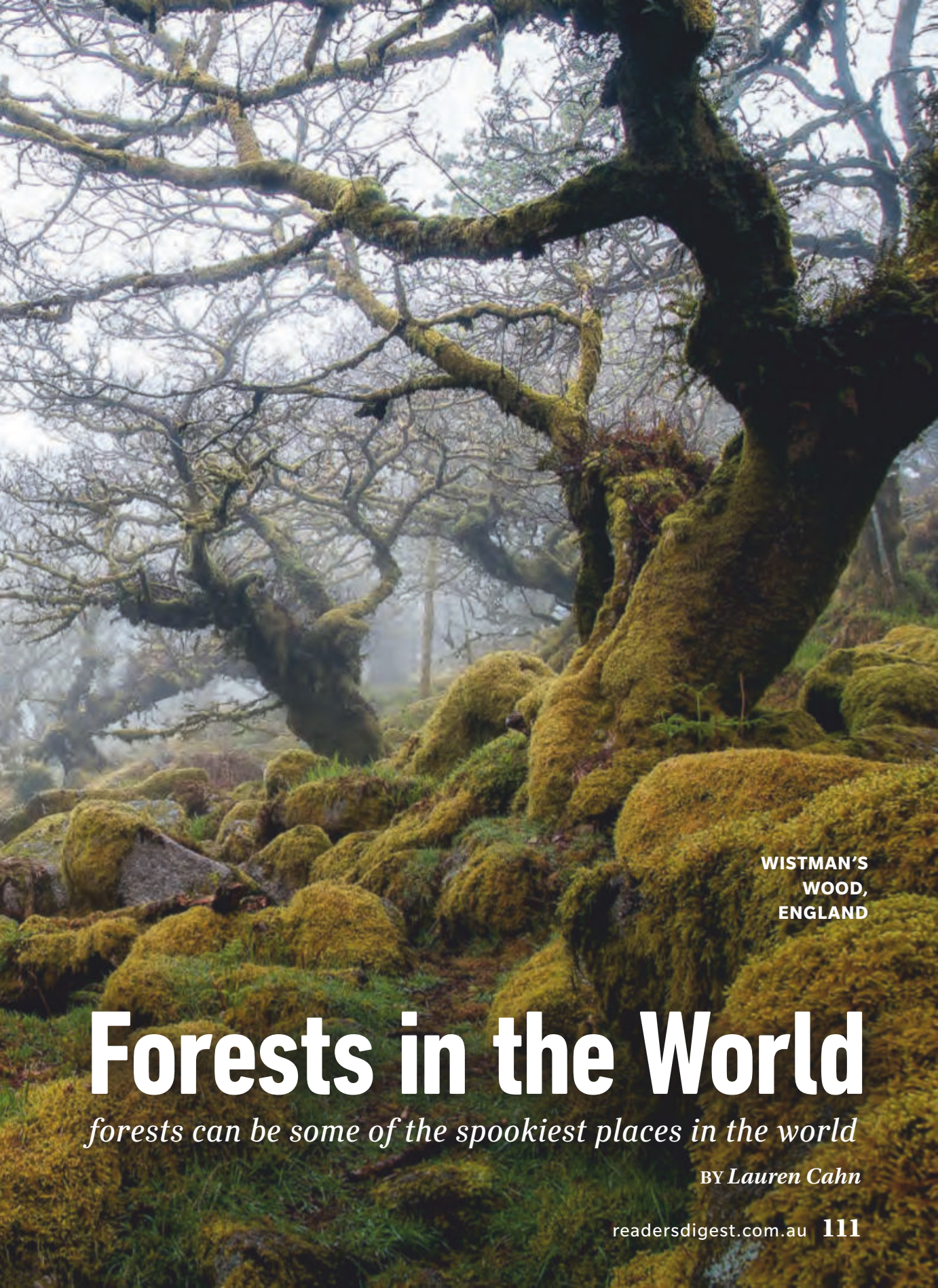
EXCERPT, WITH PERMISSION, FROM BUILDING A HAPPY FAMILY: 11 PRACTICES OF MINDFUL PARENTING BY RAAGESHWARI LOOMBA SWAROOP,



TRAVEL

10 Most Haunted

With large, dark shadows and unidentifiable animal sounds,



WISTMAN'S
WOOD,
ENGLAND

Forests in the World

forests can be some of the spookiest places in the world

BY *Lauren Cahn*

« **Wistman's Wood** ENGLAND

In Wistman's Wood, moss and lichen drip so heavily from the tangled treetops, the sky is nearly obscured, according to Atlas Obscura. And the place is legit haunted, according to those who are familiar with its ancient tales of druids, hellhounds, ghosts and a host of other supernatural creatures, earning it the title of 'the most haunted place in England's Dartmoor National Park'.



The Schwarzwald GERMANY

Named for its almost impenetrable darkness, the *Schwarzwald* (Black Forest) is the site of some of the scariest fairy tales the Brothers Grimm ever wrote. But legend has it the forest is actually haunted by werewolves, witches and the devil himself. The tale of *der Grossmann* (the Slenderman) is that of a tall, horribly disfigured man with bulging eyes and many arms who compelled children to enter the forest, confess their sins, and never emerge again.

The Hoia-Baciu Forest ROMANIA

Located in northwestern Romania, the Hoia-Baciu is known as the 'Bermuda Triangle' of Romania. Strange disappearances are said to have occurred here, like a shepherd who reportedly disappeared with a flock of 200 sheep, and a five-year-old girl who disappeared here only to emerge five years later without having aged. Visitors often "report intense feelings of anxiety and the feeling of being constantly watched", the forest's website warns, and the locals tend to stay away because they fear that if they enter, they will never find their way out.

The Smolensk Forest RUSSIA

In 1943, at the height of World War II, German troops invaded the Smolensk (Katyn) Forest and discovered mass graves containing thousands upon thousands of dead Polish soldiers. Ultimately, it was



Island of the Dolls **MEXICO**

One of the world's scariest places is *La Isla de la Muñecas*, or Island of the Dolls, a small island south of Mexico City, according to Live Science. The island was named for its collection

of dolls, doll heads, and disembodied doll parts that were strung along the jungle trees by a man who was haunted by the sight of a drowned girl whose body washed up on shore more than half

a century ago. The sight of the dolls is terrifying enough, but some say that high above them in the treetops, they've heard the dolls whispering to one another.

determined they'd been massacred on Joseph Stalin's orders. If the presence of about 22,000 lost souls wasn't enough to frighten people away, then it was compounded by the tragic plane crash that took place there in 2010, which killed 96 Polish political, military and business leaders, among them then Polish president Lech Kaczynski.

Long Trail **BENNINGTON, VERMONT, USA**

This 437-kilometre-long hiking trail is believed to be where a college student, Paula Jean Welden, disappeared on December 1, 1946. But she wasn't the only one. Four others disappeared there between 1945 and 1950, with only one body ever being found. Rumours of the

READER'S DIGEST

trail giving off a 'weird haunting energy' continue to this day.

Blairadam Forest

SCOTLAND

Another creepy copse is Scotland's Blairadam Forest, which back in Victorian times had been the home

of a coal mine and a mining town. Visitors to these woods report strange phenomena such as feeling inexplicably agitated and their pets being spooked. Living nearby did not stop the Wilson family from enjoying a hike and a picnic in 2008. But they were stopped cold



Aokigahara JAPAN

In Japanese mythology, Aokigahara, which is also known as the 'Sea of Trees', at the base of Mount Fuji, is said to be haunted by demons. It is also thought that *yūrei* –

trapped, lost, angry or revengeful souls – flit between the twisted trees. According to some local spiritualists, the trees have a malevolent energy accumulated over

centuries. Eerily quiet, the forest is also easy to get lost in, with compasses and mobile phones sometimes not working, possibly because of high iron deposits in the soil.

10 Most Haunted Forests in the World

The Forest of Brocéliande

FRANCE

The *Fôret de Brocéliande*, located in Brittany, France, is said to be the forest of the King Arthur legend and is rumoured to be home to the Tomb of Merlin (pictured). That wouldn't make it spooky, in and of itself, except the *Vals Sans Retour* (Valley of No Return) is said to be where the sorceress Morgan le Fay (King Arthur's half-sister)

imprisoned young unfaithful men. In 1990, the valley was the site of a terrible fire that ravaged the forest. It is

now memorialised by a golden tree at the entrance to the valley that was planted a year later.



after they examined the photos they'd taken of the children in the forest: a sinister-looking Victorian-clothing-clad figure was clearly visible, lurking among the trees.

Tawau Hills Park

MALAYSIA

This beautiful forest park in Tawau, Sabah, is home to the

tallest tree in the world, a yellow meranti, and is frequented by tourists – but mostly during the day. Some local residents believe the forest is haunted, and the spirits that lurk there only come out at night. Go if you dare, but people have disappeared there, particularly near its famous waterfall.



Babies Beat the Odds

Three sisters from Ohio have defied odds of about one in 50 million by giving birth on the same day in the same hospital with the same obstetrician overseeing their deliveries. Daneesha Haynes, Ariel Williams and Ashley Haynes gave birth on July 3 at OhioHealth Mansfield Hospital within a four-and-a-half-hour span. AP



**“SPEAKING A MINORITY
LANGUAGE MAKES ME FEEL PROUD”**

SANJIB CHAUDHARY, NEPAL

PHOTO: PLABAN GANGULY

Preserving **Lost Languages**

When a language dies, a culture goes extinct with it. And while the death of a language can occur naturally, it may also be caused by cultural imposition, prohibition, criminalisation and even pure neglect

BY *Raphael Garcia*



Every two weeks, a language dies. Of the 7000 languages spoken today, around 40 per cent are in danger of extinction in the years to come. In a sometimes desperate race to save these languages, activists from around the world are organising in various ways, often using social media, to preserve – as well as teach – minority languages to the younger generation.

From activists with the agenda of preservation, to simple people singing and speaking in their own language, they rely on social media to ‘go viral’ and connect with their target audience. Even if some of these languages vanish, the internet will keep them alive for future generations – not only to know they exist,

but to experience the way they once sounded.

“Speaking a minority language makes me feel proud. I know the root words which can’t be translated exactly into other languages,” says Sanjib Chaudhary, a social activist from Nepal who works with indigenous development.

APPS SUCH AS DUOLINGO (which offers lessons in languages such as Welsh, Irish Gaelic, Hawaiian and Navajo) or Tusaalanga (which teaches Inuktitut) are of great help for speakers of minority languages. YouTube channels dedicated to preserving and teaching minority languages are also part of a global effort to prevent a mass language extinction in the following years and decades.

Throughout 2019, a rotating roster



A haat (market) in southern Nepal where the minority language of Eastern Tharu is spoken

THERE ARE THOSE WHO SEE NO POINT IN PASSING ON 'USELESS' LANGUAGES

of indigenous digital activists from Latin America, Asia and Africa took control of the @ActLenguas, @DigiAfricanLang and @AsiaLangsOnline Twitter accounts in an effort to provide a space for diverse voices from across the region to tell stories of their experiences with language revitalisation. To support this effort, the UN announced the International Decade of Indigenous Languages 2022-2032, where activities will be planned globally in support of minority languages and communities.

IT'S A TOUGH FIGHT against external and even internal enemies. There

are those who see no point in passing on 'useless' languages that will not help their children and grandchildren to get good jobs. Some young people see no value in the languages of their ancestors in a world where English is the *lingua franca*.

On the other hand, there are many young people who seek to keep their languages alive. They either come from families of activists or simply have a genuine interest in their own culture. That's the case for Sanjib Chaudhary. He's a native Eastern Tharu speaker, a language which is spoken exclusively in southern Nepal by about 1.6 million people.

READER'S DIGEST

Chaudhary, who grew up in the country's capital, Khatmandu, says, "Had it not been that my family used to take me to my homeland every year and used to speak the language, I would have forgotten it completely. It's sad to say that I spoke Nepali with my sisters and brothers as we grew up in Kathmandu. My daughter struggles to understand Eastern Tharu at all."

HÉCTOR FLORES' story couldn't be more different. His grandparents were native speakers of Nawat (also known as Náhuat or Pipil) in El Salvador, but he didn't learn the language until he was in college.

"In 2016 while I was at a diploma course for pedagogy, someone shared the terrible data that according to a population census in El Salvador in 2007, there were only about 200 Nawat speakers. I was saddened to learn that my grandparents' language would soon die and that no one was doing anything to revitalise or document it. So, I began to learn, visiting the community of Santo Domingo de Guzmán, two hours from my place of origin. It took me four years to learn the language fluently."

FLORES AND CHAUDHARY decided to act. "Seeing all this, and being a contributor to the blog, 'Voice of Tharus', I decided to work towards reinstating the interest of the younger generation in this language,"

explained Chaudhary, adding that he has been "gathering proverbs, phrases and idioms, folk stories and folk songs of Eastern Tharu". He says that it is a difficult task since most speakers are either old or live in the villages. "As I live and work in Kathmandu, I can collect them only once or twice a year when I get to the rural villages to talk with old and knowledgeable people." He has formed a group of "young enthusiastic people who want to revive the language" to compile a dictionary of their language and to promote it online.

Flores also had to look for innovative ways to revitalise his language. He coordinated courses at universities and colleges in San Salvador - the capital of the country - to develop the language and decided to create a YouTube channel called *Timumachtikan Nawat*, which means 'let's learn Nawat' to attract the attention of children, young people and adults in order to create a new generation of speakers. He hopes that when there are no more native speakers left, the information that he had been documenting will remain for future generations interested in studying the language.

THE USE OF MINORITY languages in technological contexts can also help fight linguistic prejudice, increase the prestige of a language, and show that all tongues have their place in today's digital world, according to



Héctor Flores (right) champions the endangered language of Nawat in El Salvador

IT'S IMPORTANT FOR MINORITIES TO BE ABLE TO NATURALISE THE INTERNET AS THEIR OWN SPACE

Albert Ventayol-Boada from the University of California, who's a member of the GLiDi (Group of Linguists for Diversity).

Tajëw Beatriz Díaz Robles, an activist for the use of the Mixe language in Mexico, agrees. "You have to be on every platform," she says. "I come from a family of activists for the rights of indigenous peoples. My father was a tireless fighter until his death - his generation believed that the defence of community life was upheld through their own education, the regional economy and, above all, the defence of the territory. Language

was a fundamental element for them," she explains.

She also adds that Mixe activists promote "efforts to disseminate, promote and research their language from an interdisciplinary perspective," and through creating Colmix, the Mixe Collective, with colleagues and other language enthusiasts to promote their language.

Nicki Benson studies indigenous language revitalisation at the University of Victoria in Canada, and is a research assistant for the NETOLNEW ('one mind, one people' in SENCOTEN language) Indigenous



A village shop in Oaxaca, Mexico, where people speak Mixe

“SOCIAL MEDIA IS A GREAT TOOL FOR CREATING AWARENESS OF ENDANGERED LANGUAGES”

Language Research Partnership. For her, recording endangered languages is essential for revitalising and strengthening them. Miguel Angel Ox-laj Cúmez, professor at the Maya Kaq-chikel University, in Guatemala, and promoter of the Festival of Indigenous Languages on the Internet, agrees, but notes that the internet “is a space that is also hegemonised by “dominant” languages, which have “naturalised” it as their own space.

He says that “it is important for the internet to be increasingly diverse and inclusive, and, in this case, multilingual, because that is what the

people who use it are like.” It is important, he adds, that minorities are able to also naturalise the internet as their own space and give prestige to indigenous languages.

“Most minority languages, especially those from the developing countries, are spoken by communities that have access to very little financial, educational or technical resources to develop their own independent media. Social media, on the other hand, provides a great platform for individuals to express themselves in a decentralised manner and makes it easier to reach out

to a wider audience in a short span of time,” says Subhashish Panigrahi, documentary filmmaker and speaker of Baleswari, a dialect “hardly documented and represented in mainstream media” of the Odia language in India.

Even though it is an underrepresented dialect, Odia is far from a minority or endangered language, therefore Panigrahi decided to “work towards contributing to minority languages and underrepresented dialects using digital activism as a tool.”

JEROME HARRERA IS A NATIVE Chabacano speaker from the Philippines, a Spanish-based Creole with some 600,000 to 700,000 speakers particularly in the city of Zamboanga.

“Social media is a great tool for creating awareness of endangered languages as well as preserving them. It helps us to reach a wider audience globally,” he says, adding that in the Chabacano case, it has helped spark a debate among its speakers on several topics such as orthography and the relevance of their language in the present time.

There are several online initiatives which aim to prevent hundreds or even thousands of indigenous tongues from vanishing in the next few years. Some believe it’s impossible to save every language, but the least we could do is try to slow down the death of the most vulnerable and honour the rich cultural history that precedes us. **R**



Five Interesting Linguistic Facts

1. Papua New Guinea has the most spoken languages within a single country, with 841 tongues. Most of them are indigenously spoken, with very little immigrant influence.
2. In Australia, more than 250 indigenous languages, including 800 dialects, were spoken at the time of European settlement in 1788. Today, only 13 are acquired by children. Around 100 are spoken by older generations but are at risk of being lost when Elders pass.
3. The language of La Gomera, spoken off the coast of Spain, consists entirely of whistle sounds.
4. Over 20,000 new French words are coined each year.
5. In New Zealand, the native *te reo Māori* was made an official language in 1987, alongside English.



The Case of the Broken Window

Edwin Rist was a young flautist whose hobby was making fly-fishing lures. **Alfred Russel Wallace** was one of the 19th century's leading naturalists. Their worlds collided when the bird skins from Wallace's valuable **Birds of Paradise** collection were stolen from England's **Natural History Museum**, in the sleepy town of Tring near London.

BY *Kirk Wallace Johnson*

FROM THE BOOK **THE FEATHER THIEF**



n June 24,

2009, the Natural History Museum deputy security guard was halfway through his round when he noticed shards of glass near the base of the building. He scanned the area until his eyes settled on the smashed-out window overhead.

He hurried inside to inform the Tring's curators that there seemed to have been a break-in.

The police arrived and began searching for evidence, examining the bird skin cabinets in the vicinity of the broken window and scanning the ground outside. Mark Adams, the senior curator responsible for the Tring's bird skin collection, raced to the stacks containing the museum's most precious specimens.

He feared the worst as he nervously unlocked the cabinets containing the Tring's treasures: the Galapagos

finches collected by Darwin during the voyage of the *Beagle*, skins and skeletons of extinct birds like the DoDo and the Great Auk, a collection of John James Audubon's birds.

Mercifully, nothing seemed to be missing.

A relieved consensus was forming. It appeared their culprit had poked his head in, looked around and, finding nothing of obvious value, left empty-handed.

And so, no systematic audit of the Tring's collection was ordered. Even if it had been, with a small staff, and over 1500 cabinets housing 750,000 specimens, a complete audit would take weeks.

Dr Robert Prys-Jones, the museum's collections manager, was relieved. A brief police report was written up, and the case of the broken window was considered closed.

THE GLOW OF EDWIN RIST'S successful heist was fleeting. He now had one of the greatest private collections of birds in the world, but he had to keep it a secret.

In the days that followed, he was consumed with paranoia and guilt. He started sensing people were following him. *Were the police already on his trail?*

He considered taking them back. If he deposited them in front of the Tring and slipped off into the night, it would be as if the theft had never happened. Or instead of returning

The Case of the Broken Window

to the scene of the crime, he thought about leaving them on a random street corner and calling the police with an anonymous tip. But both scenarios sparked new fears of getting caught.

And why go to such lengths to take the birds, just to return them a few days later?

Nothing had changed. He wasn't giving up his hobby: the haul made him ache to start tying again, but the rest of his equipment – the vice and bobbins and tinsel and threads – was back in New York.

He still needed a new flute. And the demand for a new supplier of feathers within the fly-tying community, which had recently named Edwin 'Fly Tyer of the Year' in a forum, was intense as ever.

Before long, the fear and guilt receded.

He returned to the plan, beginning with an inventory. He carefully placed each specimen on his desk, unfurling the 60-centimetre-long tails of the Resplendent Quetzals and cradling the King Birds of Paradise as their iridescent jade disc-plumes wobbled

back and forth. He opened up a blank file on his computer and made a tally. He was astounded by the numbers. Had he really grabbed *forty-seven* Indian Crow skins? *Thirty-seven* King Birds of Paradise? *Thirty-nine* Resplendent Quetzals?

By the time he finished, he had logged 299 skins from 16 different species and subspecies. All the obstacles he had faced over the past decade of tying flies – trudging to estate sales and antique shops in the vain hope of finding a bargain, calling zoos in search of moulted feathers – all of it vanished beneath the pile of birds around him.

Edwin had an unrivalled supply of product in a market not dissimilar from the drug trade – crowded with

self-professed feather addicts, white- and blue-collar, young and old, near and far. One of the main goals of the heist was to obtain materials to last him a lifetime of tying.

He decided to sell some individual feathers on the forum and eBay, and at the same time reach out privately to a few people who he knew might be able to afford a full skin.



Edwin Rist was studying the flute at London's Royal Academy of Music



The museum's press release had this photo showing the species stolen from its collection: Red-ruffed Fruitcrow, Resplendent Quetzal, Cotingas, and Birds of Paradise, including species collected by Henry Russel Wallace

Laying out each skin on a dark piece of fabric, he trained his camera on the portions that would be most prized by his fellow tyers, concealing the labels tethered around the birds' legs, the words MUS.BRIT. stamped in the corner.

Using tweezers, he began plucking the rich, orange feathers from the breastplate of an Indian Crow. Once he'd removed the breast feathers and matched them into pairs, he tossed the skin into a large cardboard box by his wardrobe. He started on the next one, and before long he had a small pile of bagged feathers. With only six feathers not much larger than a pinkie fingernail, a single baggie might fetch \$100.

With his departure for summer break imminent, Edwin packed the birds and packets of feathers into a

large cardboard box, scattered moth-balls inside to protect his collection from any interested insects, and stowed it in his wardrobe. Everything he wanted to sell was ready for distribution when he returned. So long as he snipped the tags from the skins before sending them off, no one would connect them to the Tring.

As he boarded his flight home, weeks after the heist, nobody was looking for him. No one at the Tring even realised anything was missing.

"A Very Unusual Crime"

On the morning of July 28, 2009, when Mark Adams showed up for work at the Tring, he had no idea how bad his day was going to get. While guiding a visiting researcher down the fluorescent-lit hallways into the bird collection, Adams pointed out

various avian families and genera along the way. *Pyroderus scutatus* is here, he said, as he opened a cabinet. But when he pulled out a tray of Red-ruffed Fruitcrows, known to fly tyers as Indian Crow, all but one of the skins were gone.

Heart racing, he yanked out another tray. Empty. Another tray. Empty. All that remained of the species was one adult female skin tucked right at the back.

The Tring's staff checked other brightly coloured members of the Cotinga family in nearby cabinets and discovered more empty drawers. Scores of Blue Chatterers were gone. They flung open the cabinet doors to the Trogon family, which includes a Resplendent Quetzal, and found them empty. They expanded their search to include the Birds of Paradise and realised that dozens, including five of Wallace's, had vanished. Only the dull-coloured females were left behind.

They rang the Hertfordshire police to inform them that the case of the broken window needed to be reopened.

Over the next couple of weeks, 1500 cabinets were opened and thousands

of trays pulled out, as the devastated curators took stock of the loss: 299 birds from 16 different species. It became clear that whoever did this was after exotic birds with iridescent plumage.

Who would steal a bunch of dead birds?

At first the question seemed almost comical to Detective Sergeant Adele Hopkin as she headed over to the museum.

Before getting the call, she'd never heard of Alfred Russel Wallace and had little sense of the importance of the Tring's collection. She did, however, understand that the investigation was already hampered by the length of time it had taken for the museum to realise it had been burgled.

CCTV surveillance footage was held for 28 days. It had been 34 since the break-in.

The thief's motive wasn't clear, nor were his methods. Had the birds been taken all in a single night or over several months, or even years? It had been a decade since the last full inventory of the collection. Was it a single perpetrator or more than one?

Adele wondered if it was an inside job, but she quickly ruled out the



**HEART RACING,
HE YANKED OUT
ANOTHER TRAY.
EMPTY. ANOTHER
TRAY. EMPTY**

possibility. Interviews with the museum's staff revealed how crushed they were by the theft.

She asked the museum staff to point out the window that had been broken.

It was about 1.8 metres off the ground. A tall enough person could hoist himself in. Crouching down, amid the broken glass, she found a bit of a latex glove and a glass cutter. On one of the shards, she found a drop of blood. She bagged up the evidence and sent it off to the national forensics laboratory.

The loss of so many irreplaceable skins, which would create a significant gap in the scientific record, was a deeply embarrassing blow. That it had apparently been so easily accomplished made things worse.

Making the theft public would mean risking their reputation, but the museum's directors reasoned that it was worth risking embarrassment to try to recover the skins. Plus, Adele needed leads.

Beyond finding the culprit, she had another urgent mission: it was vital that she recover the birds with their biodata labels intact. Finding them without their tags would create an

impassable void for researchers, as few meaningful inferences could be drawn from a skin without knowing the date and geographic details of its collection.

With Adele's assistance, the museum drafted a press release announcing the theft.

"It is very distressing that we should have been deliberately targeted in this manner," Richard Lane,

the Natural History Museum's director of science, lamented in the release. "Our utmost priority is working with the police to recover these specimens to the natural collections so that they can be used by future generations of scientists."

Adele's supervisor, Detective Inspector Fraser

Wiley, was quoted as saying, "We are appealing for anyone who may have seen any suspicious activity around the museum in the time around when the break-in was, before it or subsequently."

The BBC and the *Telegraph* ran brief articles, and Nature.com and the Association for Academic Museums and Galleries posted about it, but the release found its widest distribution in the various online



**IT WAS VITAL SHE
RECOVER THE
BIRDS WITH
THEIR BIODATA
LABELS INTACT**

fly-tying forums: FlyFisherman.com, FlyTyingForum.com, and Edwin's favourite online haunt, ClassicFlyTying.com.

Hot birds on a cold trail

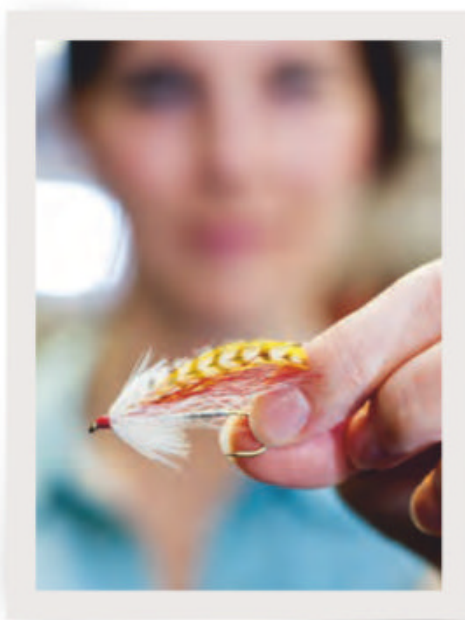
"Somebody stole birds from a museum!" Edwin's brother Anton exclaimed on the other end of the line. "It's on the forum!"

Edwin had just returned to London. He hurried to his computer and found the press release. A statement from Detective Inspector Fraser Wiley caught his eye: "We would ask any collectors of such specimens to keep a watchful eye out in case they are offered anything resembling them."

With a formal investigation under way and a public call for leads, Edwin knew that it was too late to return the birds to the Tring with a simple apology. He considered stowing the birds away for years, selling them only after the police stopped searching. Or he could go ahead with his plan, making sure he supplied a good enough cover story for each sale. *How bright were these people anyhow*, he reasoned,

if it took them a full month to realise they'd been robbed?

In October, shortly after starting his third year at the Royal Academy, Edwin purchased 1100 small Ziploc bags, ideal for sorting individual feathers. He also ordered 500 medium-size bags, for storing patches of feathers sliced from the skin. On November 12, he logged on to Clas-



The more exotic the feathers, the more prized by fly tyers

sicFlyTying.com, navigated to the 'Trading Floor' section, and created a new post: "Indian Crow Feathers for sale, Buying new flute!"

"The time has come for me to upgrade my instrument," he wrote, "and I am selling some crow feathers to help this along." In describing his wares, he used *P.S.* for the Latin binomial *Pyroderus scu-*

tatus: "There are two subspecies, *P.S. Scutatus*, and *P.S. Granadensis*. All are super A quality. I have limited numbers of *Granadensis* so first come, first serve! There is no limit on the number of feathers you can buy at a time." The post included high-resolution photographs of the black-and-orange-tipped feathers.

The response was ravenous. The



The Natural History Museum at Tring was built in 1889 and originally housed the private zoological collection of Lionel Walter Rothschild (1868-1937). He bequeathed the museum to the British Museum in his will

following day he ordered more Ziploc bags, these ones large enough to ship full bird skins. Two days later he logged back in to announce that only a limited number of Indian Crow feathers remained.

On November 28, Edwin uploaded a photo of the small turquoise Blue Chatterer to eBay.co.uk, using an account he'd registered a couple of months prior to his first visit to the Tring: Fluteplayer 1988. When news of the auction hit the forum, there was a surprised reaction.

Angler Andrew: From Britain as well, I've never seen one on eBay from Britain. Anyway there's about 10 mins left and still no bids. Man if I won the lottery!

Monquarter: Hmm the seller

is 'Fluteplayer 1988'. Edwin Rist sold some Indian Crow to pay for a new flute recently. Coincidence? Maybe however I suspect the seller is Mr Rist so it should be good quality and from an honest seller.

mitch: anyway I wish him well and hopefully gets his flute before Christmas. Cheers.

Meanwhile Adele was still waiting for the forensics results from the bit of latex glove, the drop of blood, and the diamond-blade glass cutter. She was sceptical a match would come back. A more experienced burglar, the kind with prints already on file, would have been careful about removing incriminating evidence. She contacted the National Wildlife

Crime Unit, which is charged with enforcing anti-trafficking laws. The police unit specialised in gathering intelligence on wildlife crime, working closely with the UK Border Force, which maintained a team trained in identifying protected species at Heathrow Airport. Adele asked them to be on the lookout: if an agent discovered someone with a bunch of exotic birds, she wanted to be the first to know.

AROUND THIS TIME ‘MORTIMER’, a dentist and avid fly tyer from the US, landed in London from an eight-hour layover on his return from a fishing expedition in Africa. He took a cab to the Jurys Inn, where he found Edwin waiting in the hotel restaurant.

Edwin didn't seem concerned about displaying his wares. He ordered a beer and laid out a handful of species his customer had expressed an interest in by email. As Mortimer inspected the skins, Edwin told him he was helping a pair of aristocratic collectors sell their collection as a way of funding his studies. Mortimer, unsure of their legality, was wary of returning to the airport with the birds, so he put a hold on three of the choicest skins: a Flame Bowerbird,

an Indian Crow, and a Blue Chatterer. He sent Edwin a cheque for \$7000. When the package arrived Mortimer found a US Fish and Wildlife Service inspection sheet inside, which meant either that Edwin had forged documents or that the federal agency had opened it mid-shipment, examined the birds, and waved them along.

Edwin found that his buyers weren't asking questions. He knew that their

addiction to these birds meant they wouldn't ask questions to which they'd rather not know the answers. For those whose consciences demanded it, though, he offered fabricated stories regarding each skin's provenance. Some had been discovered in overlooked corners of antique shops, others

scooped up at a provincial estate sale. His Birds of Paradise had come from a friend in Papua New Guinea as part of a trade.

AS 2010 APPROACHED, the search for the thief was short on leads. The curators had come to the conclusion that the stolen specimens had probably already been broken up and separated from their tags and were no longer of scientific value.



AS 2010 APPROACHED, THE SEARCH FOR THE THIEF WAS SHORT ON LEADS

THE THIEF WAS RIGHT under their noses. One of the working theories was that a fly tyer was behind the theft. Any Web search for the species in question would have yielded a number of hits at ClassicFlyTying.com, including discussions of Edwin's bird skin sales on eBay. His forum posts had used the Latin names for each species, the very names now affixed to empty cabinets at the Tring.

The two previous major thefts at the Tring had been perpetrated by known visitors to the specimen stacks. Had the latest thief also come to the museum prior to robbing it? Around 350 scientific visitors were likely to have entered the vault during the previous calendar year: if their culprit had staked out the museum under false pretences, surely his or her name would be in the visitors' book.

The name Edwin Rist was there, on a page dated November 5, 2008. If they had run an online search for 'Edwin Rist', they would have found a number of websites connecting him to salmon flies and his eBay listings. But six months after the robbery, they were still in the dark.

Adele's day-to-day work – tackling domestic abuse cases, breaking

and entering, and other robberies – continued apace. If the Tring's curators ever turned up a good lead, she'd investigate, but for the time being, the case moved into the unsolved bracket.

AT THE DAWN OF THE NEW YEAR, everything was coming up aces for Edwin. Whenever he needed cash, he'd post some feathers on eBay or

the forum, which would sell in less than a day. A quick trip to the post office, and the money would pour in; repeat as necessary.

On March 6, 2010, he packed a number of skins he was open to selling if the price was right and headed up to the Spring Fly Fishing show in Newark, a few hours north of London.

Dave Carne, who had recently sent Edwin \$3500 for a cape of feathers from a prized subspecies of Indian Crow, was excited to finally meet him in person. Carne had been tying salmon flies since he was 13.

At the show, Carne saw Edwin sell a full Blue Chatterer skin to Jens Pilgaard, a Danish blacksmith. Pilgaard also sold fly-tying materials as the proprietor of Fugl & Fjer Fluebinding – Danish for Bird &



WHENEVER EDWIN NEEDED CASH, HE'D POST SOME FEATHERS ON EBAY

Feather Fly-tying. As the Dane tied a fly in front of a small audience of admirers, Edwin approached him with his skins. "Why are you selling this?!" Pilgaard asked, as he and his audience marvelled at the quality of the feathers. When Edwin replied that he needed money to buy a new flute, the Dane bought a breast patch of Indian Crow, a Flame Bowerbird cut into a few pieces, and a Blue Chatterer skin. The bill came to about \$6000.

Fluteplayer 1988

If there was one specific moment when Edwin's plans began to unravel, it was in late May 2010, at the Dutch Fly Fair outside the city of Zwolle, east of Amsterdam.

The festival was held in crisp white pagoda tents on the shores of the Drontermeer Lake west of the town.

In the main tent, where dozens of tyers from around the world convened to demonstrate their skills on an elevated stage, a Dutch construction engineer named Andy Boekholt was at work on a salmon fly, using hard-to-get feathers.

Also present was a man from Northern Ireland. 'Irish' was two decades into a career in law enforcement. He had operated undercover during the worst years of 'the Troubles', narrowly surviving multiple bombings and shootings. To keep sane in those dark times, he had taught himself to tie, starting with simple shrimp flies used to catch sea

trout. He didn't share the community's obsession with rare birds.

Irish wandered through the tent until he arrived at Boekholt's booth and its Victorian cabinet containing 20 slender trays, originally designed to store antique microscope slides. Boekholt pulled them out one by one, revealing hundreds of flies with many thousands of dollars' worth of rare feathers tied into them.

When Irish and Boekholt started talking about hard-to-get feathers, the Dutchman couldn't resist showing off one of his latest purchases, a flawless full Blue Chatterer skin. To Irish, it didn't look like the birds, with their legs and outstretched wings, that occasionally popped up on eBay after being prised out of a Victorian hat: its eye sockets were stuffed with ancient-looking cotton, and the wings and feet were tied closely to the body.

"Where did you get this?" he asked casually. Nearly a year earlier, he had seen reports about the Tring heist, so when he saw the Dutchman's museum-grade skin, his suspicions flared.

"Some kid in England named Edwin Rist."

When he got home, Irish logged onto ClassicFlyTying.com and began clicking through the items being sold on the Trading Floor. The night before the Dutch Fly Fair, a listing had gone up: "Flame Bowerbird male full skin for sale." The post had already amassed 1118 views. He discovered several other links on

READER'S DIGEST

the forum to eBay listings of Birds of Paradise, in which forum members mentioned that the skins were located in England. Irish found that most of the auctions were posted by the same seller.

He rang the Hertfordshire Constabulary and told them to look into the eBay username 'Fluteplayer 1988'.

The message made its way to Adele, who petitioned eBay for the legal name and address of the person holding the account 'Fluteplayer 1988'.

When the name Edwin Rist came back, she ran him through their system and discovered he was a student at the Royal Academy of Music. When she shared this information

WHO WAS ALFRED RUSSEL WALLACE?

WALLACE (1823-1913) was a geographer, zoologist and natural explorer, whose early work in mapping the origins of species helped form the basis of Charles Darwin's theory of evolution. Wallace was both a close collaborator and highly regarded by Darwin.

Between 1854-1862, Wallace undertook vast explorations across the Malay Archipelago, including Malaysia and Indonesia, where he catalogued over 126,000 insects, butterfly and bird species. These species helped illustrate a theory of natural selection,



using a tree analogy. In 1855, Wallace wrote of 'branching lines of affinity, as intricate as the twigs of a gnarled oak'. This approach was adopted by zoologists to explain genealogical links and relationships between species.

The National History Museum's relationship with Wallace started in 1851, when the

museum purchased items from his Amazon expedition. Regular purchases of specimens were made between 1857 and 1873.

Wallace was a feverish private collector and taxidermist. In 2002 and 2005, the Wallace family donated his remaining collection to the museum. It comprised 6000 books and manuscripts, 639 moth and butterfly specimens and eight mammals and bird skins. Today, the Wallace Bird Collection includes 2500 specimens, across 100 zoological species.

with Mark Adams and Robert Prys-Jones at the Tring, they confirmed that someone by that name had visited the museum eight months prior to the theft.

Adele wasn't easily excited, but this was the best lead she'd had since the case was assigned to her. She dialled the school administrators to locate Edwin but discovered that she had just missed him: he had boarded a plane back to the States for the summer break only two weeks earlier and had moved out of the apartment eBay had on record.

Thirteen months had passed since the burglary. And now they were 14 days too late?

She was concerned about the fate of the skins – the more time passed, the more likely they were to be separated from their tags, rendering them worthless to the Tring.

She would have to wait until Edwin returned on his own and hope he hadn't travelled with the skins.

WHEN THE ROYAL ACADEMY of Music's autumn term commenced on September 13 – the start of Edwin's fourth and final year of study – Adele was still trying to

determine his exact whereabouts. She couldn't get a search warrant authorised without a valid address, and she was still waiting for the school to notify her once Edwin registered his new off-campus address.

Meanwhile Edwin was back and moving product. In an email to his network of customers, he announced his September 2010 offerings, including a Blue Chatterer with 'full plumage' for \$1000, excluding shipping. A few weeks later he was sending messages to Jens Pilgaard, hoping to sell the Dane some Birds of Paradise.

Perhaps in anticipation of a new wave of sales, he logged into eBay and updated his account with his new address.

Shortly thereafter eBay responded to Adele's request for a current address for her suspect: a flat in Willesden Green, an 18-minute ride on the Underground from the Royal Academy.

The last online listing of Edwin's feathers on ClassicFlyTying.com went up on November 11, 2010. 'A Mix pack for sale' was posted, with an image showing nine pairs of feathers neatly arranged on a dark canvas backdrop. Beneath each pair,



**IT WAS THE BEST
LEAD SHE'D HAD
SINCE THE CASE
WAS ASSIGNED
TO HER**

the subspecies and available quantities were typed in a white bold font.

THAT NIGHT, EDWIN and his girlfriend went to bed on the early side – he had a rehearsal the following morning and wanted to be at his best. His dream of playing for the Berlin Philharmonic wasn't far from his reach: he would soon graduate with a degree from one of the world's best conservatories, positioning him for auditions with the finest orchestras. He already had an invitation to audition with the Boston Symphony Orchestra. He had just turned 22.

Early on the morning of November 12, 2010, Adele and two of her colleagues drove down from the Hemel Hempstead police station to London, their GPS set for the address of Fluteplayer 1988. If she had had only his name, she would have been sceptical that Edwin, an American music student without any prior record, was her man. But she had his eBay records, which included listings of exotic birds and purchases of mothballs, Ziploc bags, and a diamond-blade glass cutter. She knew he'd visited the Tring. She was pretty certain.

A little before eight in the morning, Edwin's doorbell rang. He was awake, trying not to disturb his sleeping girlfriend as he got ready for his rehearsal. At first he ignored it. He wasn't expecting any packages and was a bit pressed for time. But now someone was banging on the door.

"Who is it?" he asked.

"It's the police," Adele said. "Open the door."

Five hundred and seven days after he broke into the museum, Edwin opened the door, glanced at Adele, and asked, "Is something wrong?"

Behind Bars

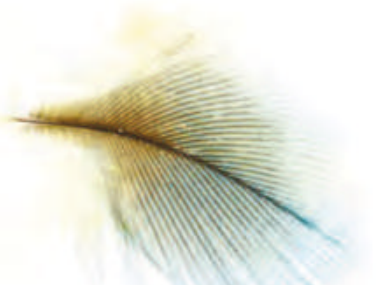
When Adele told him they were there to investigate the Tring robbery and had a warrant to search his apartment,

Edwin confessed immediately. He knew they would find the birds.

He led them to his room. He gestured at the large cardboard boxes containing what remained of the skins.

"I was having some psychological problems," he said. "I was depressed. I regretted it. ... I was going to put the stuff back the next day, and I'm sorry."

Adele's colleagues snapped pictures of all the birds as he had stored them in his apartment, which was now a



EDWIN OPENED THE DOOR, AND ASKED, "IS SOMETHING WRONG?"

The Case of the Broken Window

crime scene. They bagged up all the skins, patches of birds, and packs of feathers. They unplugged his laptop and seized his camera and passport.

In that moment, Edwin finally succumbed to the shock of what was happening. Despite all his planning, he had never imagined this.

Adele called up the Tring to tell the curators the good news. She had come to know the museum's staff well, particularly Dr Prys-Jones, who had introduced her to the world of Alfred Russel Wallace and the scientific importance of the bird skins. The thief was behind bars.

MARK ADAMS ARRIVED and began the work of identifying each skin. Of

the 299 skins that Edwin had taken, 174 intact specimens had been recovered in his apartment. Unfortunately, only 102 skins still retained their labels. **R**



Extracted from *The Feather Thief* by Kirk Wallace Johnson, published in paperback by Windmill Books on 4th April 2019 at \$19.99. Copyright © MJ & KJ Inc. 2018

Puzzle Answers

From pages 152-154

THE WHEEL OF PROFIT

Kiran, although this outcome is not guaranteed.

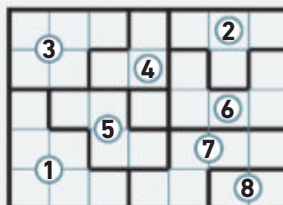
SUDOKU

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

CRISS-CROSS MATHS

5	+	9	-	8	=	6
+		-		+		
7	+	4	-	6	=	5
÷		-		÷		
3	×	1	+	2	=	5
=	4	=	4	=	7	

LIFT SHUFFLE



BEETING TIME

There are several ways to accomplish this. Here's one of them: Place one beetle at each end of the log and let them go. When they meet, turn either beetle around. When it reaches its starting point again, start the faster beetle at one end of the log. Five minutes will have elapsed when it reaches the other end.



BLOCK INTERLOCK

F	J	E	B	H	L
B	C	F	L	K	D
J	G	A	I	D	K
E	A	I	G	H	C

WIN

18V LITHIUM-ION DUAL BATTERY 18" MOWER KIT VALUED AT \$599.00

Includes 2 x 18V (5AH) Batteries & Charger

Powered by Briggs & Stratton®
18V Lithium-Ion Batteries.

Featuring brushless motor technology for longer life, quieter operation and best-in-class performance, the Victa 18V Dual Battery Mower delivers 36V of cutting power, is easy to manoeuvre and suitable for residential yards and lighter garden jobs.

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For your chance to win, simply tell us in 25 words or less why you trust Victa products. To enter, visit the giveaway page at www.homeoftrustedbrands.com.au

*Full terms and conditions can be found online. Entries close October 31, 2020.

RD RECOMMENDS



Non
Fiction



How Zoologists Organize Things: The Art of Classification

David Bainbridge QUARTO PUBLISHING

This magnificent book delves into the history of animal illustrators. From early man's rock paintings, through to the medieval and post-enlightenment periods, illustrators have carefully recorded the delicate details of the living world. Among these talented early zoologists are Charles Darwin and Alfred Russel Wallace, whose zoological classification on geography and history was formed from expeditions to the forests of Malaysia and Indonesia. Wallace's work on the bird species discovered during these expeditions features in this month's book bonus (see page 124).



COMPILED BY DIANE GODLEY

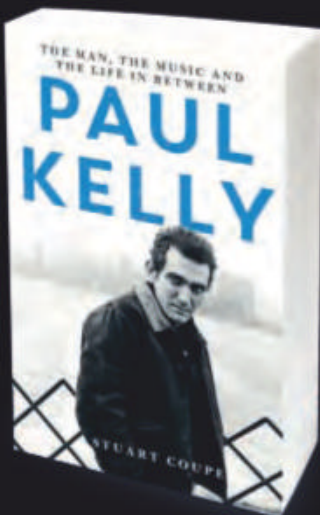
Paul Kelly

Stuart Coupe

HACHETTE

As Australia's best loved singer, songwriter, author and chronicler of our times, Paul Kelly has touched many lives – including other artists whom he bestowed his generosity on.

Paul Kelly: The Man, the Music and the Life in Between is a revealing biography written by music journo and Kelly's former manager, Stuart Coupe. Growing up in Adelaide the sixth of nine children, Kelly was dux of his high school, but shunned an academic career for a musical one when picking up a guitar in his late teens. This book gives an unfiltered look at the man who, in 2017, received an Order of Australia for his service to the performing arts.



Golden Daze

Sean Doherty

HACHETTE

Part history, part memoir, surfing writer and former *Tracks* magazine editor Sean Doherty provides a fascinating insight into the Aussie surfing culture through the ages. Starting on Sydney's northern beaches in the early 1900s with female surfer Isabel Letham, Doherty fast-forwards to the 1960s and profiles surfing legends up and down the coast until this decade. If surfing culture is your thing, there is no better person to deliver you a good salty dose than this author.



PHOTOS: GETTY IMAGES



Fiction



The Little Veggie Patch Co.

Mat Pember and Fabian Capomolla

PAN MACMILLIAN

Don't think you have the room for a veggie garden? Think again. This tiny tome provides all the information you need to grow food in small spaces.

From saving seeds to lazy gardening, ie raised garden beds, composting and even constructing a scarecrow, this fully illustrated 192-page gardening book has everything you need to get started. Plus, there is a 'how to grow' for 44 edible plants arranged in alphabetical order – from passionfruit and strawberries for sweet teeth, to herbs and vegetables.



The Girl in the Mirror

Rose Carlyle

ALLEN & UNWIN

This psychological thriller about deception and greed is the debut novel of Auckland-based lawyer, adventurer and keen sailor Rose Carlyle. With the action set aboard a yacht bound for the Seychelles, her descriptions of running into problems far out in the Indian Ocean ring true. Add two beautiful if troubled twin sisters, one charming and lusty husband, a huge fortune, more twists and turns than a mooring line, and the pages virtually turn themselves. *M.Egan*



Fiction

The Survivors

Jane Harper

PAN MACMILLAN

New York Times best-selling author Jane Harper has set her fourth novel in Tasmania. A fictitious town lies along a dangerous coastline, home to a labyrinth of perilous caves and the remains of an historical shipwreck. Kieran Elliot returns to his hometown to help his parents pack up their house, but guilt for a reckless mistake he made years earlier, that led to tragic circumstances, threatens to overwhelm him. When a body is discovered on the beach, the close-knit community demands answers, and long-held secrets about the previous tragedies threaten to emerge.



Fair Warning

Michael Connelly

ALLEN & UNWIN

The best-selling author of the Harry Bosch series, Michael Connelly, returns with his third thriller featuring dogged investigative journalist Jack McEvoy. When a woman he has a one-night stand with is found dead, McEvoy finds himself not only a suspect, but obsessed with the case. His findings point to a serial killer who uses personal data shared by the victims to select his targets. While the beginning is a bit slow, the story picks up pace, touching on issues of DNA identification and privacy. *M.Egan*



PHOTO: GETTY IMAGES



Podcasts

**A Friend Called Pip**

Eight-year-old Katie Gregson was determined to persuade her parents to get a dog. A decade later, the devoted border collie dog is proving to be a blessing for Katie, who has diabetes. A fascinating and feel-good account of how she trained her pet to become a diabetic alert dog.

**Phoebe's Fall**

This podcast follows a major investigation by *The Age* newspaper into the mystery and unanswered questions surrounding the death of 24-year-old Phoebe Handsjuk, who was found at the bottom of a garbage chute in a luxury Melbourne apartment building.

**1619**

A ship carrying more than 20 enslaved Africans arrived in the English colony of Virginia in 1619. America was not yet America, but no aspect of the country that would be formed has been untouched by the 250 years of slavery that followed. The podcast forms part of a project by the *New York Times*.

**Psmith in the City by P.G. Wodehouse**

P.G. Wodehouse, one of the most loved comic writers of the 20th century, is sure to amuse in this free audio book. After Mike Jackson's university dream is thwarted, he takes on a job at a bank. Fortunately, his friend, Rupert Psmith, arrives to liven up his life.



Audio Book

HOW TO GET PODCASTS To listen on the web: Google the website for 'Phoebe's Fall', 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 and click on the play button.

Scammed!

THE GENIUS SECTION

*Sharpen Your
Mind*

Even the most sharp-witted among us can be duped. I learned that harsh lesson myself when an urgent and heartfelt plea arrived in my inbox

BY *Bruce Grierson*

FROM **THEWALRUS.CA**



ILLUSTRATION: GETTY IMAGES

The email popped up on my screen at 6.45am on December 24 last year. It was from someone I know quite well: the minister of my church. “I need a favour from you,” it read. “Email me as soon as you get my message.”

“Ahoy, Ron,” I replied.

A friend was in the hospital battling cancer, he said. Could I possibly pick up some iTunes gift cards?

“She needs the cards to download her favourite music and videos to boost her confidence on her next phase of surgery.” He’d do it himself, but he was tied up. “I will surely reimburse you as soon as I can.”

“OK,” I emailed back.

“Thank you so much, Bruce,” my correspondent replied. Then he got down to business. I was to buy \$300 of iTunes credit. *That’s quite a lot of music*, I thought. “I need you to scratch the silver lining at the back of each card to reveal the redemption code, then take a snapshot and send them directly to Sharon’s email.” He gave the address.

“I can pick up the cards around noon and engineer this by tonight,” I replied. That would be too late, he replied. “Can you please send them to her by noon so she could be able to use them before her surgery?” This

was awkward timing. But hey, what was my slight inconvenience against this woman’s cancer fight – on Christmas Eve, no less?

I drove to the supermarket and purchased four gift cards. At 9.30, I emailed pictures with the following message: “Dear Sharon: The codes on the cards below will buy you music via iTunes. Everybody is pulling for you.”

I forgot all about this until around 4.30pm, when I checked my email. A follow-up message was in my inbox. “Sharon just emailed me now saying

she got the cards. I want to really appreciate you for that. I’m sure it’s going to go a long way in her fight over cancer.” But now there was a new development. Apparently, word of the gift cards

had made its way around the cancer ward. Other patients were asking Ron for the same thing. “Could you please get me additional \$500 worth of iTunes gift cards right away?” What? The personal friend was one thing, but random strangers on the ward?

Anyway, it might be too late. I called Ron.

“Are we too late to help those other patients?” I asked.

Silence. Then: “Um, I don’t know what you’re talking about.”

“Those other patients on the ward who now also want music,” I said.

“Bruce.” A long beat. “It’s a scam.

THE SYMPATHIES OF THE VICTIM ARE MANIPULATED BY A NARRATIVE SLEIGHT OF HAND

Somebody has been impersonating me. I put out a warning on Facebook.”

“I didn't ... see that.”

HOW IS IT THAT I WAS PLAYED so easily? The answer is simple: our brains are susceptible to well-crafted fiction, and the best scams are just that, says Vera Tobin, a cognitive scientist. The sympathies of the victim are manipulated by a narrative sleight of hand. The stakes start small. In my case, the initial contact was modest and believable. There were the shoe-shuffling apologies, the thanks in advance.

Scammers exploit thinking errors in the same way storytellers do. We are “cognitive misers,” says psychologist Keith Stanovich, taking mental shortcuts and jumping to conclusions wherever possible.

Scammers take advantage of other cognitive errors, too, such as consistency bias, which says people tend to act in accordance with who they believe themselves to be. When I received the first email, it spoke to my sense that I'm a nice guy, and here was an opportunity to prove it.

“You were on a goodwill mission,” said the cop who dutifully took down my report. “And that kind of put blinkers on you.”

Then there's anchoring, a term psychologists use to describe the act of relying too heavily on one piece of information. “It's hard for people to set aside something they already know,” says Tobin. “And that constrains our

ability to reason.” The scammer had fixed in my mind the image of a cancer ward, and to make matters worse, I could see Sharon in my mind because I have been there – I was at my father's bedside when he died of cancer.

All these factors together may incline scam victims to overlook what should be glaring red flags. My minister didn't use my name in the first email. Then again, maybe he was in a hurry? The scammer didn't use my name because he didn't have it. Until, with my response, I gave it to him. And the grammatical errors from a person I knew to be fastidious with language? I chalked it up to stress. Basically, I read those emails through a filter that cleaned up the language and imputed only good motives.

There's a perception that scam victims are predominantly older people. Actually, millennials are scammed more than any other group, according to some data. But they lose less money than seniors because they have less.

The stereotype that the lonely are sitting ducks is true. Lonely people are more likely to open unsolicited mail and stay on the line with bogus callers.

I'm not lonely or a millennial. But I was randomly chosen from a pool that is viewed as promising for scammers: a minister's congregation. There's evidence that con artists disproportionately target religious groups – although it's less clear whether people of faith are actually more susceptible to such scams. I

learned that no one else in my congregation had been fooled. This scammer was lucky to have found me. I'm gullible, as my wife likes to remind me: "Remember the time you almost bought a car with a lien on it?"

THERE ARE OTHER CHARACTER traits scam victims demonstrably share. We are decisive. OK, impulsive. 'Naive' or 'trusting' could also apply, although social scientists prefer the descriptor 'unsuspicious'. And we are 'risk takers' – physically, financially and emotionally – says psychologist Stephen Lea.

You'd think ignorance would be a precondition of getting conned. But sometimes the problem isn't knowing too little but too much.

Overconfidence, it turns out, can produce an almost comically obtuse misreading of events. I had actually been in the middle of editing some articles on how to avoid scams when the first email arrived. This should have made me able to smell a ruse at 50 paces. But here's the thing: while I had a solid general knowledge, I'd never encountered this particular scam. There was no prince from Nigeria. It didn't even involve money directly. Why would crooks want music? The answer: they don't. The reason scammers ask for iTunes gift cards is simple: the codes are hard to trace.

And once they have them, they can resell them.

"I'm afraid there's nothing we can do," said the agent from Visa's fraud department.

"Why not?"

"Because it's not fraud," he said. "When we dispute a charge, our claim is against the merchant. But the merchant didn't do anything wrong here. You willingly purchased those gift certificates."

Wait, what? I didn't willingly purchase them. Or did I? What distinguishes fraud from all other crimes is that it demands cooperation from the victim, notes Lea.

But what could possibly be the payoff in getting robbed? Maybe the answer is not

THE STAKES START SMALL. THE INITIAL CONTACT WAS MODEST AND BELIEVABLE

so different from why we go to magic shows. It's weirdly pleasurable to suspend our disbelief and then have the rug pulled out from under us. The tension and release, after being expertly led into jeopardy, is something I've probably been missing on the flat sea of midlife. And of course, for a writer, drama is its own kind of payoff.

What did I get out of the whole ordeal? I got a 'moment' – a frisson of aliveness, a memory to distinguish this day from all others forever. And, not least, a story.

THEWALRUS.CA (FEBRUARY 11, 2020), © 2020
BY BRUCE GRIERSON

TRIVIA

Test Your General Knowledge

BY Paul Paquet

1. What plant is a symbol of nuclear disarmament because it can absorb radioactive isotopes? **2 points**

2. In 2019, what Canadian singer released her first Billboard No. 1 album in more than 17 years? **1 point**

3. Which two independent states are entirely surrounded by Italy? **2 points**

4. Which is the only country to have won both the women's and the men's FIFA World Cups? **1 point**

5. What Dutch master produced more than 142 paintings while he was staying at a psychiatric hospital? **1 point**

6. In *Peanuts*, what character was fiercely dedicated to the composer Beethoven? **1 point**

7. Which 'timely' Nicole Kidman film was based

on the novel of the same name that won the 1999 Pulitzer Prize in Fiction? **1 point**

8. The square root of two is a constant named after what mathematician and philosopher? **2 points**

9. What Disney movie features a castle inspired by the Château de Chambord in France? **1 point**

10. Japan's southernmost prefecture is the birthplace of karate and is called what? **2 points**

11. What is the national fruit of the Philippines? **1 point**

12. Which country has coastlines on the Caspian Sea, the Gulf of Oman and the Persian Gulf? **1 point**

13. Harry, Niall, Louis, Liam and Zayn were in a pop boy band. What was it called? **1 point**

14. How many hearts does an octopus have? a) 1. b) 3. c) 8. **1 point**



15. Golf returned to the Olympics in 2016. Who won the first men's gold medal in 112 years and hit the first Olympic hole in one? **2 points**

16-20 Gold medal **11-15** Silver medal **6-10** Bronze medal **0-5** Wooden spoon

Answers: 1. The sunflower. 2. Céline Dion. 3. San Marino and Vatican City. 4. Germany. 5. Vincent van Gogh. 6. Schroeder. 7. *The Hours*. 8. Pythagoras. 9. *Beauty and the Beast*. 10. Okinawa. 11. The mango. 12. Iran. 13. One Direction. 14. b) 3. 15. Justin Rose.

Animals give
you a better life

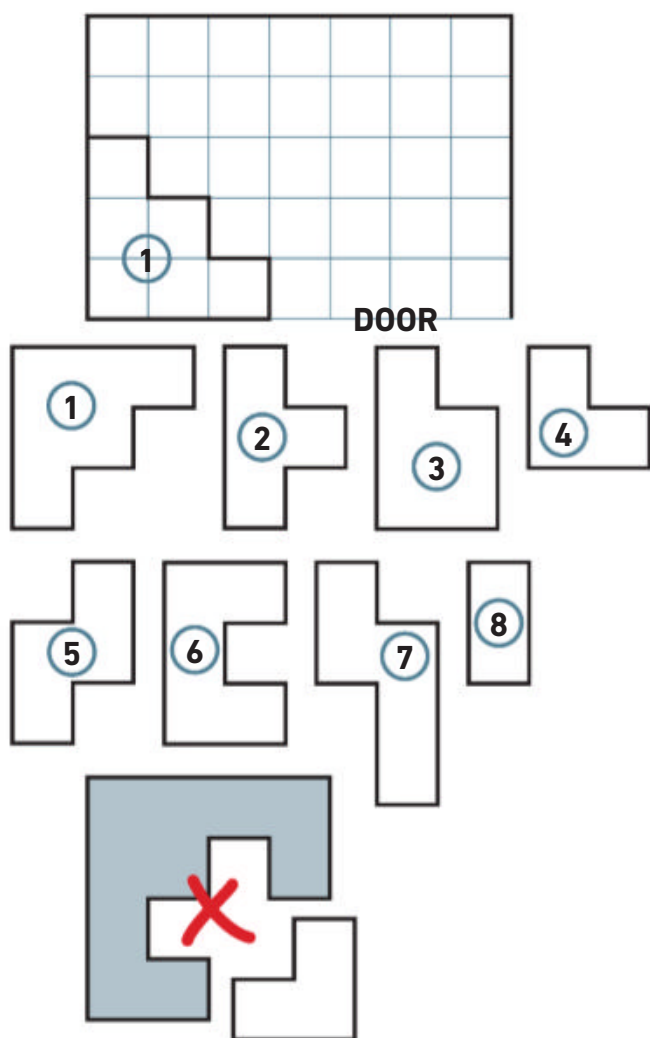
You can leave them
a better world.



PUZZLES

Challenge yourself by solving these puzzles and mind stretchers, then check your answers on page 139.

BY Marcel Danesi



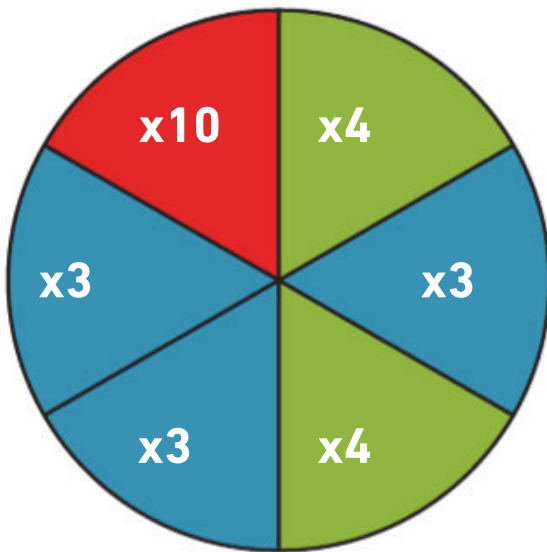
Lift Shuffle Moderately Difficult

'Efficiency' is our watchword at Best Fit Movers! Your job is to slide all eight items coming off the truck (in the order indicated) into this lift through the open door so that it all fits. The lift and the items are shown from above. You may rotate the items, but they must remain right-side-up: you can't flip them so that a different side is touching the ground. For efficiency's sake, once an item is placed, you may not move it again. Everything must slide into place without the need for lifting, so a move like the one shown isn't possible. There will be one unfilled square left in the lift when you're finished. The first item has been placed for you. Can you finish the job?

(ELEVATOR SHUFFLE) DARREN RIGBY; (BEETING TIME) RODERICK KIMBALL OF ENIGAMI.FUN.

Beeting Time Difficult

You have two beetles and a log. One beetle can walk the length of the log in two minutes and the other in six minutes. With this, you need to make a five-minute timer. The beetles will always walk at full speed in the direction in which you set them. Assume you cannot measure the log or use anything else except the beetles to accomplish this task. How can you do it?



The Wheel of Profit Easy

The Wheel of Profit offers far more favourable odds than anything you'll find in a casino. Each player must wager \$10 per spin. If the wheel spins to the colour you bet upon, you receive an amount of money equal to your \$10 multiplied by the number shown. Otherwise, you lose your \$10. For each spin, Kai bets on blue while Kiran bets on red. Which person is likely to have made a bigger profit after six spins?

BRAIN POWER
brought to you by



ジュースアップ
Juice up



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

Answers on
page 139.

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.

Criss-Cross Maths
Moderately Difficult

Place the digits from 1 through 9 into the nine empty cells so that each of the three rows and three columns form correct equations. Use all nine digits without repeating any of them. All calculations involve only positive whole numbers and should be performed from left to right or top to bottom, ignoring the mathematical order of operations (PEMDAS).

	+		-		=6
+		-		+	
	+		-		=5
÷		-		÷	
	×		+		=5
=4		=4		=7	

F	J	E	B	H	L
B	C	F	L	K	D
J	G	A	I	D	K
E	A	I	G	H	C

Block Interlock
Difficult

Divide this rectangle along the lines into two identically shaped 12-block pieces that each contain the letters from A through L. The identical shapes don't need to share the same orientation.

WORD POWER

Adjectives Add Information

Whether we seek precision, beauty or both, much of the subtlety of language comes from its adjectives. Here are some examples to add polish to your proclamations

BY Rob Lutes

- 1. stygian** – A: stingy.
B: timeless. C: dark and gloomy.
- 2. insidious** – A: indoors.
B: gradual but harmful.
C: strongly felt yet unexpressed.
- 3. whimsical** – A: unpredictable.
B: elegant and inexpensive.
C: fragile.
- 4. vulpine** – A: murderous.
B: cunning. C: hungry.
- 5. combative** – A: ready to argue.
B: rough in texture.
C: obnoxiously loud.
- 6. frugal** – A: silly. B: cold.
C: thrifty.
- 7. inveterate** – A: habitual and unlikely to change. B: soft and malleable. C: untested.
- 8. salutary** – A: beneficial.
B: welcoming. C: verbal.

- 9. threadbare** – A: self-evident.
B: shabby and barely adequate.
C: uncomfortable.
- 10. bountiful** – A: rounded.
B: large in amount.
C: poisonous but not lethal.
- 11. feckless** – A: lacking poise.
B: ineffectual and irresponsible.
C: without skin blemishes.
- 12. dilatory** – A: rundown.
B: chatty. C: tending to cause delay.
- 13. fastidious** – A: attentive to detail. B: dietary.
C: refrain from eating.
- 14. belligerent** – A: relating to the tides of the sea.
B: exhibiting hostility.
C: in a state of disrepair.
- 15. earnest** – A: serious and sincere.
B: wealthy. C: overly generous.

Answers

1. stygian – C: dark and gloomy. Annabelle shuddered as she entered the stygian cave, before switching on her dim torch.

2. insidious – B: gradual but harmful. The insidious effects of eating too much sugar began to show themselves in Arjun's weight gain and lack of energy.

3. whimsical – A: unpredictable. Greer's whimsical personality meant she couldn't necessarily be counted upon to remain at a job for long.

4. vulpine – B: cunning. Well aware of the suspected drug lord's vulpine intelligence, the police kept a close eye on all of his activities.

5. combative – A: ready to argue. When the police attempted to arrest the drunk man, he became combative.

6. frugal – C: thrifty. Having seen that Cara was organised and frugal, Helen gave her budgeting responsibilities for the entire conference.

7. inveterate – A: habitual and unlikely to change. An inveterate worrier, Roone had learned how to get by on very little rest.

8. salutary – A: beneficial. The difficult but salutary two-week training session turned Adham into a first-rate salesman.

9. threadbare – B: shabby and barely adequate. Despite their threadbare uniforms, the tiny school's track team won the meet.

10. bountiful – B: large in amount. Since we had a bountiful harvest this year, we were able to donate a good portion of our crops to a local soup kitchen.

11. feckless – B: ineffectual and irresponsible. Boonsri complained about her feckless brother who never seemed to get anything done.

12. dilatory – C: tending to cause delay. It appeared to Henry that the airport's customs had been set up in the most dilatory way possible.

13. fastidious – A: attentive to detail. Raoul was fastidious about his appearance and he expected the woman at his side to mirror that image.

14. belligerent – B: exhibiting hostility. The school principal's belligerent behaviour towards the parents led to her removal.

15. earnest – A: serious and sincere. Wei took an earnest approach to each and every issue raised by the workers in his section.

VOCABULARY RATINGS

5-8: Fair

9-12: Good

13-15: Word Power Wizard

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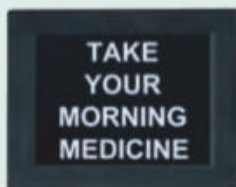
Informative Easy-To-Read Clock - it tells you much more than just the time!

VIDEO
ONLINE

Along with the time and date, this innovative clock spells out the day and time of day for extra clarity. The anti-glare screen is easily read from any angle. Five optional alarms have an adjustable volume and you also have the choice of morning, afternoon and evening medication reminders. 17H x 21.5W x 2.5 D cm and mains powered, it has large, clear letters and numbers – and you can even select from 8 languages.

Easy Read Clock
• ERCLK \$59 or
\$29.50 x 2 mths

*See daily
medication
reminders at
a glance*



So big! Read the day and time at a glance

GREAT FEATURES • Choose from 8 languages
• Daily medication reminders • Optional time of day notifications • Program up to 5 alarms



*Sit comfortably
while the pedals
rotate to provide
gentle exercise*

*Remote control
included*

Low-Impact Elliptical Trainer - great for all fitness levels

VIDEO
ONLINE

This mains-powered elliptical trainer can help tone your lower body and improve flexibility with minimal pressure on your joints. Simply sit comfortably and enjoy up to 30 minutes of effortless movement. Choose between the three pre-set programs or select from five different speeds in manual mode. The remote control requires 2 x AAA batteries (not supplied). Easy to store at just 38L x 34W x 25H cm, it keeps track of time, distance, speed, pedal count and calories burned.

Elliptical Trainer

• ELPCA
\$249 or
\$49.80 x
5 mths



Luxury Booster Cushion - faux suede with spring-back filling

A luxurious 10 cm deep, this cushion could make all the difference to your comfort – and it could also make it much easier for you to stand up from your favourite armchair. The resilient microfibre filling springs back to shape and, as it's covered in quality faux suede, it will look right at home with your furniture. You can simply sponge off dirt and marks and, at 51 x 51 cm, it will fit most seats. Choose brown or beige.



Added comfort and height when sitting!

SAVE \$10

Buy two for \$88 or \$22 x 4 mths

Beige

Faux Suede Booster

- FSBCA Beige
- FSBCB Brown

\$49 or

\$12.25 x

4 mths each

Springy, puffy design fits most chairs



Sit comfortably, rise more easily

Brown



Good-Looking Active Footwear - suede trim and easy zip!

More stylish than a regular trainer but just as comfortable, these shoes are also very easy to slip on and off thanks to the practical zipped design. The high-quality suede and fabric uppers allow your feet to breathe, as do the cushioned insoles, so they're perfect for warm weather. They're finished with hard-wearing, flexible and slip-resistant soles and the smart black colour is sure to complement your clothes.

Front zip for an easy and secure fit

Zippered Ladies Trainers

- SLPNA \$59 or \$29.50 x 2 mths

Euro Sizes	36 37 38 39 40 41
Australian Fractional Sizes	5 6 7 8 9 10

▼ LED Floor Lamp

A fabulous floor lamp from Triumph featuring dual LED bars for multi-directional lighting.

• 63838 \$149.00 or \$37.25 x 4 months



- 112 bright LEDs with a 5000k light temperature
- Both bars swivel separately for multi-directional lighting
- Each bar has a separate touch sensitive on/off and dimming control button
- Choose to have one or both bars operating for full lighting control
- Flexible rubber gooseneck for adjustability and positioning
- A lengthy reach of 82 cm when both bars are expanded
- Heavy weight steel base and frame measuring 24 x 18 cm
- Mains powered with AC/DC adapter included
- Stands approximately 140 cm high

► Wise Cat Diamond Painting

You'll love this amazing craft where you can create a dazzling design 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 Painting kit includes quality colour printed fabric, pre-sorted acrylic facets, tools, wax and multi-lingual instructions.

48 x 38 cm • 63808 \$69.95 or \$23.32 x 3 months



Only \$2 Postage on your entire order! Quote code RM10S when ordering

Weatherproof Khaki Patio Mat - enhance your outdoor living

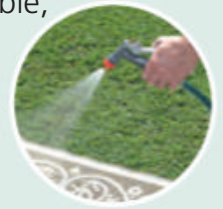
This tough, woven polypropylene mat will beautify and protect your patio or create the perfect setting for a barbecue or picnic. You can use the corner ties to anchor it securely and, afterwards, simply hose it clean. It's weather-resistant, reversible, lightweight and easy to carry – great for camping or for outside your caravan or camper. Small or Large.

Khaki Patio Mat Choose Small or Large

Small (274 x 182 cm) PTMM \$49 or \$24.50 x 2 mths

Large (274 x 366 cm) PTMO \$79 or \$19.75 x 4 mths

Perfect for
camping, picnics,
beaches or parks



Just hose it clean!



Large Mat - 2.74 x 3.66 m



Small Mat -
2.74 x 1.82 m

Reversible

Protect and
enhance your patio



Folds Flat

Patchwork Leather Bag Set - three chic pieces



Very stylish in toning shades of genuine leather trimmed with PVC, these bags also feature statement braided panels. The 34 x 23 cm handbag has zipped compartments inside and out, plus one with an easy-access touch fastener. The 19 x 11 cm wallet has space for cash and cards while the 16 x 9.5 cm purse is perfect for keys and coins. Fully

lined. Note: Leather patchwork is unique to each bag and may differ slightly from photograph.

Patchwork Bag Set

• PTCBS \$39.95

Set of 3



REAL
LEATHER

Set of 3



Luio Santini

Soft Cotton Towelling Robe
- super absorbent & machine-washable!

Whether you're stepping out of the pool or shower or enjoying a lazy day at home you'll love this robe's comfort and style. The elegant design with its easy-glide front zip is very flattering – and you don't have to worry about a towel or wrap-around falling open! The machine-washable cotton micro terry towelling is so absorbent you'll dry off in a flash and there are even handy pockets hidden in the side seams. Available in Navy and Ivory. Sizes S, M, L & XL.



*Warm up
and dry off
quickly!*



Ivory


Navy

Cotton Towelling Cover Up
 • MTGWN \$59 each or
 \$29.50 x 2 mths

\$2
Postage
 on your entire
 order!

Only \$2 Postage! - Quote code RM10S when ordering

YELLOWSTONE




STARRING
Kevin Costner

Enter a world where land grabs make developers billions, and politicians are bought and sold by the world's largest oil and lumber corporations. Starring Kevin Costner, this brilliant Western series revolves around the Dutton family, led by John Dutton, who controls the largest ranch in the U.S. that is under constant attack by those it borders: land developers, an Indian reservation and America's first National Park. 4 DVDs, 464-465 mins.

SUBTITLES

Season 1 (2018) • MYELL
Season 2 (2019) • MYELM

\$39.95 each or
\$19.98 x 2 mths each



4
DVDs

4
DVDs

Radio Cassette Player/Recorder - rediscover your old music tapes!

Enjoy treasured tapes once again!



Have you stashed away your much-loved tapes because cassette players are so hard to find? This one not only plays, it records from the integral radio or through the built-in microphone. It's a compact 28.5L x 14H x 11D cm and, with a choice of mains power or 4 x D batteries (not supplied), you can enjoy it anywhere. One 60-minute blank tape is included and they're also available separately in packs of three. Please note: Brand of cassette tape may vary.

VIDEO ONLINE



WHAT YOU GET:

- AM/FM radio cassette recorder
- Auto stop mechanism radio recording
- Earphone jack and dynamic speaker
- Has telescopic antenna and carrying handle

*Safe to use
- automatic cut out
feature*

Radio Cassette Player

- CASRD \$69 or \$23 x 3 mths

3 Pack of Blank Cassettes

- CASRD-01 \$14.95

Pack of 3 blank cassettes also available

Gentle Hair Remover - fast and effective tweezer action

Here's a fast, efficient and easy way to lift out hairs by the roots so your skin stays smoother for longer. This clever Remover has a rotating movement that combines the action of fine tweezers with the speed of a razor. Gentle enough for your face, it's also perfect for your legs, bikini line and underarms. 12.5L x 4.5W x 3D cm, it comes with a cleaning brush and pouch. *Please consult your medical practitioner if you have any skin conditions or diabetes before using this product.*

Hair Remover

- ELHR \$29.95

GREAT FOR:

- Chin • Upper lip
- Cheeks • Legs
- Under Arms



Remove unwanted hair simply & safely

Miracle Gel Cushion - sit in comfort always!

If you spend a lot of time driving, sitting at a desk or in a wheelchair, this cushion could be a life-changer! As the pockets of cooling gel respond individually to pressure, you could feel relief for any pressure spots as you enjoy personalised support. It's easy to carry and, at 40 x 38 cm and a generous 3 cm deep, it fits most seats. The washable

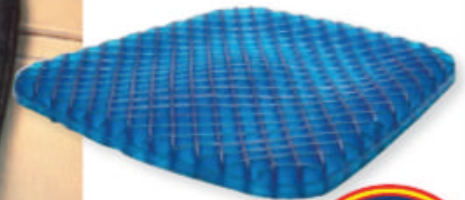
cover has a slip-resistant base to keep it securely in place.

Blissful Gel Cushion
• MGCOL \$39.95

*Perfect for sitting at home
or while travelling*



(Shown with washable cover on)



\$2
Postage
on your entire
order!

Only \$2 Postage! - Quote code RM10S when ordering

► Crochet Know-How

Whether you are just getting started or want to brush up your skills, this guide shows you how to do everything, including making a simple slip stitch, working out your tension, working all the crochet stitches you will need, increasing and decreasing, working in the round and much more. 96 pages.

63785 \$19.95



◀ Stony Brook Retreat

Exquisite 1000-piece jigsaw puzzle.
68 x 49 cm.

64260 \$34.95



Easy to install
- simply slip over
existing fan blades



SAVE \$10
Buy 2 sets for \$128
or \$32 x 4 mths

Add A Touch Of The Tropics - increase circulation instantly too!

When the weather is as hot as the tropics what could be better than a palm leaf fan? Just slip these 59 x 38 cm leaves over the blades of your existing ceiling fan and your room will be transformed – you don't even need any tools! The white plastic looks cool and you can easily remove them for cleaning. They also do a great job of covering up damaged or discoloured blades.



Set of 5

Palm Leaf Ceiling Fan Blades

• PFCFB \$69 or \$17.25 x 4 mths Set of 5

Only \$2 Postage!
Quote code
RM10S
when ordering

Go-Anywhere Cordless Blender

Whether you're travelling, camping or simply dislike trailing cords on your benchtops you're sure to appreciate this versatile blender. It's rechargeable, so you don't need to be near a power point to whip up your favourite smoothies, juices or baby food. There's a removable mesh filter under the lid for pulp-free drinks and, at just 26.5 cm tall and 8.5 cm in diameter, it's easy to carry and store.

Rechargeable Blender

• RCHBL \$59 or
\$29.50 x 2 mths

- Perfect for mixing protein powder, blending fruits and veggies, baby food and health remedies
- USB cable for charging
- Use it anywhere

Make fresh and delicious smoothies, shakes and juices on the go



Lid with spout - drink straight from the bottle!



Includes USB charging cable



VIDEO ONLINE



Flower Trimmed Sandals - eye-catching comfort shoe with adjustable fastening

You can dress these gorgeous sandals up or down – they're perfect to wear on any occasion. Cool and comfortable enough to wear all day long, they have a gently-padded insole, two elasticated ankle straps and a broad 4 cm heel. They'll also complement your favourite evening outfits thanks to the decorative flowers in pretty acrylic beads with the look of diamonds, rubies and emeralds. Made from PU, they're finished with a hard-wearing and slip-resistant sole.



Stylish and comfortable

Adjustable touch-and-close fastening

Pretty beads will sparkle as you walk



Gabbeni

Flower Trimmed Sandals

• FTRMS \$49 or \$24.50 x 2 mths

Euro Sizes	36	37	38	39	40	41
Australian Fractional Sizes	5	6	7	8	9	10

\$2
Postage
on your entire
order!

Only \$2 Postage! - Quote code RM10S when ordering

John Wayne

COLLECTION ONE

The ultimate collector's box set of ten Westerns starring Hollywood legend, John Wayne. Includes: *McLintock* (1963), *Dark Command* (1940), *The Fighting Kentuckian* (1949), *Flame Of Barbary Coast* (1945), *Hatari!* (1962), *The High And The Mighty* (1954), *The Man Who Shot Liberty Valance* (1962), *Wake Of The Red Witch* (1948), *Island In The Sky* (1953), *Rio Grande* (1950). 10 DVDs, 21 hrs.



10
DVDs

MJOHOB • \$79 or \$19.75 x 4 mths

COLLECTION TWO

Enjoy some of John Wayne's most memorable performances with this ultimate collection of ten films. Includes: *The Lonely Trail* (1936), *War of the Wildcats* (1943), *Donovans Reef* (1963), *The Fighting Seebees* (1944), *Flying Tigers* (1942), *Three Faces West* (1940), *Lady from Louisiana* (1941), *The Quiet Man* (1952), *Pals Of The Saddle* (1938), *Red River Range* (1938). 10 DVDs, 14 hours.

MJOHOC • \$79 or \$19.75 x 4 mths

10
DVDs



Fun Nodding Dog Planters - just choose your favourite breed

It's hard to imagine a sweeter way of showing off your favourite plants than these three adorable dogs. They're beautifully crafted from painted metal – and every time they're touched or catch the breeze they nod a welcome and wag their tails! The Pug, French Bulldog and Schnauzer stand about 20, 23 and 32 cm tall and you can pop a pot or plant directly into the 10.5 cm diameter centre to enjoy them indoors or outside. Plants not included.

Fun Dog Breed Planters

• FNDBP \$24.95 each



Heads and tails "bob" on movable springs

Sold separately

SAVE \$15
Buy any 3 for \$59.85
or \$29.93 x 2 mths

Add fun and colour to your garden



French Bulldog

Pug

Schnauzer



VIDEO ONLINE

Perfect for quick jobs around the home

Recharges easily via USB

Complete with neat carry case

Cordless Screwdriver Set - charges in just 2 hours!

Perfect for DIY jobs around the home, this compact 16D x 15W x 6D cm screwdriver comes with a range of 40 practical heads, sockets and bits. It charges completely in 2 hours – simply plug the USB cord supplied into your PC or phone charger and you'll be ready to handle most household jobs. There's a guide light to help you see clearly as you work, and everything fits neatly into a hard carry case.

Cordless Screw Driver Set

• SDSET \$39.95 40-Piece Set



GREAT FEATURES

- 40 Heads & Sockets & Drill
- Hard Carry Case
- USB Cord Supplied

Hanging Hat Planter - so cute and colourful

A flowery hat to hold your flowers – this witty planter will brighten any outdoor wall. Crafted from polyresin, it perfectly captures the look of plaited straw finished with a ribbon and bow, while two parrots add extra colour and charm. 32 cm in diameter and 11 cm deep, it has a drainage hole at the base and arrives ready to hang on the 90 cm metal cord. Just add your favourite small plants.

Hanging Hat Planter
• HATP \$39.95

*Unique and attractive planter
for your patio*



SAVE \$10
Buy 2 for \$69.90 or
\$23.30 x 3 mths

Only \$2 Postage! - Quote code RM10S when ordering

\$2
Postage
on your entire
order!



◀ Kitten Play Paint-By-Numbers

This beautiful painting kit features a design printed with numbers on a 39 x 28 cm art board, and you follow the coded numbers that correspond to a colour to complete the design. Includes pre-printed artboard, practise sheet, paints, brush and instructions.

64271 \$18.95



Metallic Jewel Brush Pens ▶

Metallic brush pens that will shine on both black and white paper and are perfect for lettering on cards and other projects. The set includes eight brush pens in beautiful jewel colours of silver, emerald, sapphire, jade, amethyst, ruby, bronze and gold. Acid free. **64174 \$39.95**

Stunning Planet Wind Spinner - the rings look like planetary orbits!

Create a mesmerising spinning effect

Hypnotic in your garden

A central glass sphere surrounded by concentric circles gives this wind spinner the look of an antique astronomical model. When those circles catch the breeze you'll be mesmerised by the motion, as well as the way all seven glass orbs catch and reflect the sun. Made from quality stainless steel and measuring an impressive 30.5 cm in diameter, it's easy to set up and hang using the clip provided.

Planet Wind Spinner
• PWNDS \$29.95



Low-Impact Resistance Exerciser - stretch, strengthen, sculpt and tone

From Pilates and Yoga to strength training, this versatile kit makes it easy to work out anywhere, any time. 93 cm long, the bar has a strong steel core generously padded with foam for comfort. It also separates into two sections for easy transport and storage. The loops are slip resistant and the rubber straps adjust so you can choose how hard you work out. *Mat not included.*

Pilates Resistance Bar Exerciser

• PLATS \$59 or
\$29.50 x
2 mths

Resistance bands to help tone legs, thighs and arms



Exercise in the comfort of your own home



PERFECT FOR:

Pilates, Yoga, stretching, resistance band exercise, low impact toning



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.

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