

# Red Cross ROCKS!

Celebrity event Red Rocks! will rock your world to help young, homeless mums get back on their feet again

**A**ny mother will tell you that raising children is hard at the best of times, without having to cope with the hardship of having nowhere to live or no-one to turn to.

So, this Friday, July 28, sees New Idea and the Australian Red Cross team up with a host of Aussie stars for a spectacular black-tie bash, Red Rocks!. The event will raise money for the Young Women's Health Program, which is a NSW initiative that helps young homeless women who are pregnant or have children.

With famous celebs strutting the catwalk, and artists including Alex Lloyd, Thirsty

Merc and Tiffani Wood rocking the house, not to mention the who's who of Australian chefs preparing a feast, the night's sure to be a smashing success.

With this in mind, New Idea asked three prominent women to share how their children rock their world.

To find out more about Red Rocks! and the Young Women's Program, visit [www.redcross.org.au](http://www.redcross.org.au). 

## TV PERSONALITY Donna Gubbay and Finn (5)

'Finn rocks my family's world every minute of every day, in a good and bad way. I'm going to be honest, it's such hard work.'

'The hardest thing is losing your sense of self and not having enough time to do the things you need to do in a day. But, at the same time, having a child is the most rewarding thing. It's amazing when you wake up, open your eyes and see their little face. The things they say and the way they view the world is magic.'

'Finn loves to draw, which I just absolutely adore. He's always doing beautiful pictures for Mummy - I have a whole drawer full.'

'One thing a child does do is open your eyes to the joy of discovering things again. When you become a little bit jaded or blase about life, they come along and it's just amazing - just see everything with such clarity through their eyes.'



## SEX DISCRIMINATION COMMISSIONER Pru Goward and Katie Fischer (32)

'Katie introduces me to a whole different slice of life. Children are exciting, they do exciting things - they shock you, surprise you, they show you things you hadn't thought of because, as a parent, you tend to be with your own age group, so your children are a window into another generation.'

'It Takes Two was so different for Katie. When she first sang I breathed every breath with her - I was frozen for her whole performance and I could feel her nerves. It's very easy for Katie to stay in her comfort zone and be funny and beautiful, but she had a go at doing something different and I was so very proud.'

'One thing I've learnt about being a mother is your children want your time more than anything else. They may say they want the latest pair of Nikes, but all they really want is your time.'

↳ **Watching my kids form opinions and develop into individuals is one thing that rocks my world** ↴



## FASHION DESIGNER Charlie Brown with David (7) & Francesca (5)

'There are always so many things to be proud of - you burst with pride when they start school, when they come home with a merit award and when they're sitting down quietly while every other kid is screaming.'

'Watching my kids form opinions and develop into individuals is one thing that rocks my world. Also, the unconditional love they give and when you see them figure out what's right and wrong and make a decision. They've also developed a real sense of humour - something I think is so important.'

'The most important thing I can say to mothers finding it tough is: "When you're on an plane, they tell you to first put the oxygen mask on yourself and then your child. They tell you that for a reason. You need to make sure that you are OK. Only then can you really make sure that your kids are OK."'

BY RACHAEL MORGAN. HAIR AND MAKE-UP: SAM JACKES AND LAURA DOMINIQUE. DONNA'S DRESS: MOSS & SPY. FINN'S T-SHIRT: RA-RE. ANTIQUE PLANE FROM THE MARKET NEW & OLD WARES.



# Mums making MONEY

A home-based business gives mums more time with their kids.

ALL IT TAKES IS ONE BRIGHT IDEA FOR AN AT-HOME MUM TO BE A BUSINESSWOMAN

One dilemma modern mums face after having kids is whether to return to work. Children add a new dimension to your life and it can be hard to make the decision to leave them during their formative years and miss out on important milestones.

At the same time, if you were a career woman before your baby came along, it's not easy to give up the boardroom, intellectual stimulation and sense of achievement for nappies, Hi-5 and conversations with a two-year-old. But balancing motherhood and a career is a definite juggling act.

Sonia Williams, author of *Show Mummy the Money: How You Can Be an At Home Mum and Make Money* (www.showmummythemoney.com, \$29.95), says although there are those lucky enough to be able to raise a child without having to go back to work, the reality for most women is that earning an income is necessary to sustain a comfortable family life.

'For some it also provides a sense of sanity,' she says. 'Dual incomes are no longer a thing of the past. With the rising cost of living, many mums feel they have no choice but to return to work.'

What if you simply can't face the thought of missing those first steps because you're at the office? Sonia says there's another way. Her book gives some alternative solutions. Creating



Find something you want to spend time doing

your own business from home allows you to simultaneously be there for your kids, stimulate your mind and creativity and contribute to the family's income.

'The list of start-up businesses created by mums is endless,' says Sonia, who goes on to cite success stories, such as Janine Allis of Boost Juice and Sue Ismiel who began her multimillion dollar business Nad's from her garage. Here are women who had a brilliant idea, found a niche and did something about it.

Which business is the right one for you? Sonia says the right idea is one of the keys to success.

'The most important step in idea generation is finding something you really want to spend your time doing,' she says, adding that research is paramount to turning your great idea into reality. For these steps Sonia suggests looking to your kids for inspiration, like the creators of both Boost Juice and Nad's did. The birth of your child is inspiring in itself, but the inspiration doesn't need to stop there.

However, it takes more than just a great idea, and Sonia's book focuses on two other equally important areas as well - evaluating your idea to determine whether it's worth pursuing and providing mums with the tools they need to really get their business idea off the ground. It's a challenge to mums to consider new possibilities and turn them into a viable business.

## 5 At-home business ideas

● **DESKTOP PUBLISHING** If you have experience in graphic design, you could make business cards and brochures for other bigger businesses.

● **CERAMICS** Got a creative bent? Use it. There's always a market for unique, hand-made items. Ceramics is just one idea.

● **WEDDING PLANNER** If you're an organiser at heart, this could be perfect for you. Busy women getting married want a perfect wedding day but don't have time

to plan it all themselves. Hiring a wedding planner takes the pressure off.

● **CATERING** Do you love cooking?

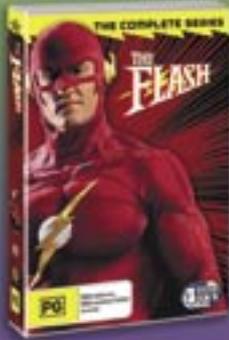
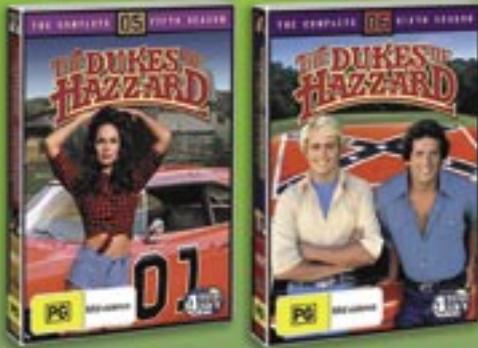
A great business for mums who don't mind evening work is catering. You can cook and deliver food, or cook in your client's home for a special dinner party.

● **BOOKKEEPING** If numbers are your thing, or especially if you have accounting experience, consider keeping the books in order for other businesses.

### ASK KOCHIE FOR ADVICE

Do you have a finance question? Send it to Your Money, New Idea, Private Bag 9960, North Sydney, NSW 2059.

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## your money

With *Sunrise* presenter and finance expert David Koch



# share SHOPPING

INVESTING IN THE SHARE MARKET CAN BE AS MUCH FUN AS A BIT OF RETAIL THERAPY – AND IT'LL MAKE YOU RICHER

There are many ideas out there to help the modern woman to make a molsa. But the one thing we all want is to be financially secure and in control of our own lives, without having to rely on a boyfriend, husband or partner.

Something not always considered by women is trading on the stock market, as it can seem quite intimidating. Author Tracey Edwards helps with her savvy, smart book *Shopping for Shares: The Everyday Woman's Guide to Profiting From the Australian Stock Market* (Wiley).

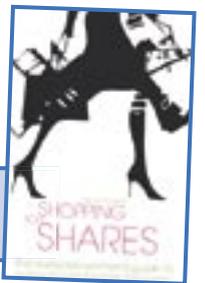
Having made a mint practising what she teaches, Tracey wrote her easy to digest guide specifically with women in mind, after finding other books on share trading were 'complex, full of jargon, and quite frankly, boring'.

According to studies both here and overseas, the average woman's share portfolio outperforms her male counterparts. Professor John Price at the UNSW School of Mathematics says the reason is some men can be overconfident, which means they tend to hold riskier portfolios. Women prefer stock in larger, reliable companies.

According to Tracey, one of the most important parts of the share market is finding the investment

that suits you. Different investments will make you money if you are consistent, but what works for one person may not work for another.

Think of it like trying on a new dress. It might look amazing on one women and hideous on the next. It's all about finding out what suits you and what doesn't.



*Shopping for Shares* by Tracey Edwards (Wiley, \$24.95)

## EASY MONEY

- You can start investing funds with as little as \$1000, but the more money you have to invest, the better.
- Open a brokerage account. It's almost as easy as opening a bank account.
- Keep in touch with what's going on with the simple tools of the trade, including your PC, mobile phone and investment books.
- Choose your investments carefully – are you a long- or short-term investor?
- Yes! My shares went up! Help! My shares went down! Learn when to sell or hold on.

## ASK KOCHIE FOR ADVICE

■ Do you have a finance question? Send it to Your Money, New Idea, Private Bag 9960, North Sydney, NSW 2059.

BY RACHAEL MORGAN

# PAIN?

Foot Pain?  
Knee Pain?  
Hip Pain?  
Back Pain?



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AFTER

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## your money

With *Sunrise* presenter and finance expert David Koch



# BUSINESS AT BAY

THESE ENTERPRISING AUSSIES MAKE A LIVING ONLINE, WORKING FROM HOME TO BRING IN THE BUCKS SO THEY CAN FOCUS ON WHAT THEY LOVE MOST

## All for a good cause

For Emma-Jane Phegley, selling online lets her stay at home with her two boys, Marc and Luc, and gives her the chance to help others. Marc was diagnosed with cystic fibrosis (CF) when he was five months old, so to raise money for treatment Emma-Jane started an online eBay store selling computer-generated cross-stitch patterns, with 20 per cent of the profits going to Cystic Fibrosis Western Australia.

'They've been so helpful. It was a way to give something back,' she explains. And she's not only giving in dollars. Emma-Jane sees the internet as a way to raise much-needed public awareness about the life-threatening genetic condition affecting her son and many other Australian children.

'Not many people know much about CF. When I found out Marc had it, I didn't really know what it was. But I knew it could be bad and my whole world stopped.'

'Even though Marc is the oldest he is the smallest. Luc is younger but is big and solid. You wouldn't think Marc is sick sometimes though because he doesn't stop moving. He's so lively.'

'The boys are glad to have me around all the time,' Emma-Jane says, 'and that's one of the great things about my store. The flexibility means

## Online income

- More than 17,500 Australians use eBay as their primary or secondary source of income and almost 94,000 sellers in Australia have considered quitting their day jobs to sell full-time.
- More than half of eBay small businesses believe the site has helped them to reach more customers and more than a third believe it gives them work-day flexibility.



Natalie Armstrong sells her own designs online.



Emma-Jane Phegley with sons Luc (left) and Marc.

↳ The website makes money for me while I'm trying to sell to retail outlets ↴

## Making time to design

Young Aussie fashion designer Natalie Armstrong's Global Heart label is really going places, thanks to her eBay store. After launching the label last year, Natalie wanted to set up her own website to increase business but she decided it would be expensive and time-consuming to maintain. 'Everything is built in with eBay,' Natalie explains. 'If I'd had my own website I would have had to do everything myself and that's so much work. The extent to which eBay launches you, markets you, does everything for you is incomparable.'

Natalie sells to customers around the world, which she couldn't have done if her designs were only sold in retail outlets. 'I design summer clothes, so the great thing about selling globally is that it's always summer somewhere.'

'The really attractive thing about eBay is the website makes money for me while I'm trying to sell to retail outlets. It allows me to spend time doing the thing I truly love, which is designing'

With millions of shoppers around the world, chances are your offerings will go fast.

- On an average day in Australia a baby item is sold every 38 seconds.
- A DVD is sold every 30 seconds.
- A toy is sold every 21 seconds.
- A piece of women's clothing is sold every 14 seconds.

## ANYTHING GOES

If you don't think you have much worth selling, look at some of the odd things that have been sold on the site.

- Pat Rafter's ponytail.
- The house where Bob Dylan grew up.
- The oldest ever pair of Levi's.

## All wrapped up

Family is the most important thing to Kel and Til Woodall and the reason they discovered selling online. Being a stay-at-home dad to his kids was a higher priority for Kel than his engineering job, but the dollars still had to come from somewhere.

'We look after two intellectually disabled foster kids as well as our own children,' says Til, 'and they require a lot of care. The idea was to spend time with the kids while still making a living.'

To generate cash the couple started selling household items they didn't need on eBay. The feedback from customers about their beautifully packaged goods gave them a brainwave.

'We saw nobody else was really selling packaging on the site, but lots of people were looking for it. Now we sell everything from bubble wrap to fancy boxes, mailers, ribbons and bows,' Til says.

The couple were swamped by demand and unable to fulfil their initial goal of being available for the kids. 'It was crazy. The response was wonderful and the money great. But being that busy defeated the purpose of why we got involved online. We decided to hire three people to help.'

The great thing about having an online store is the versatility. 'If you had a normal shop you wouldn't be able to just pack up in the middle of the day to watch your children play sport,' Til says. 'We can go to every parent-teacher interview, every doctor's appointment, every sports day.'

The kids also love helping out. 'They get excited about helping us find products and ideas,' he says. 'That involvement is the best part of what we do.'



Kel and Til Woodall had to hire employees to keep up with demand.

## ASK KOCHIE FOR ADVICE

Do you have a finance question? Send it to Your Money, New Idea, Private Bag 9960, North Sydney, NSW 2059.

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# Greek HERO

While Anthony Koutoufides loves the challenge of *Dancing with the Stars*, he misses his young family

Anthony 'Kouta' Koutoufides raised temperatures when he appeared shirtless on *Dancing with the Stars*, but now he's wondering if he made the right decision.

'Well, I think we were doing OK until I took my shirt off – we've been in the bottom two most weeks since. Maybe I turned people off,' he laughs.

But Kouta swears baring his torso had good reason behind it.

'It wasn't just done to be sexy,' insists the reluctant pin-up, who's followed in the footsteps of contestants Tom Williams and Brodie Holland, who stripped during their routines in the second and third series.

The risky costume decision came from Kouta's dancing partner Natalie Lowe as a nod to Kouta's Greek heritage.

'Natalie thought the Greek theme went well with the paso,' says Kouta, 'because it's strong, theatrical and very masculine.'

I was supposed to represent a centaur from Greek mythology – half man, half horse. A centaur doesn't wear a shirt. It made sense for me to do the same.'

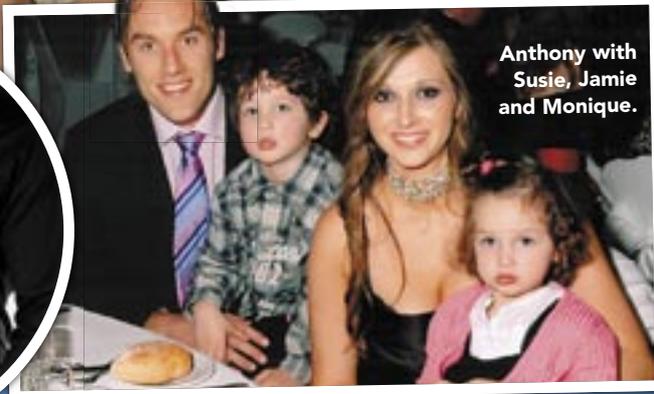
*Dancing with the Stars* has seen a male contestant dance shirtless several times, but Kouta says he didn't bow to pressure from producers.

'The producers didn't ask me to do it – we had the idea first because of the theme we'd come up with. Maybe they had it in the back of their minds, I don't know, but we got in first,' he says. 'I did cop a bit of flack from my footy mates though.'

The transition from football field to dance floor has been a difficult task, but Kouta's not ready for the learning curve to end just yet.



Kouta and Natalie's homage to Greek mythology.



Anthony with Susie, Jamie and Monique.

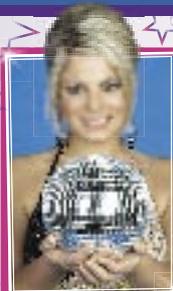
'If somebody said to me at the start I'd get to week eight, I'd have said: "No way," but now I'm here I'd like to stay longer,' he says. 'It's a great experience. But if I go, I go. I've had an awesome time.'

The committed family man is looking forward to spending time with his wife Susie and kids Jamie, three, and Monique, two, who are the reason behind his choice of charity for the show.

'The Royal Melbourne Children's Hospital Foundation is a fantastic service that we've had to rely on a few times,' he says. 'When one of your kids is sick, knowing you can rely on the foundation gives you a real sense of security as a parent.' NI

● *Dancing with the Stars* airs Tuesdays at 7.30pm on the Seven Network.

BY RACHAEL MORGAN



## FIONA'S DANCING DIARY

Fiona Falkiner no longer has to dance – so she checks out the action from behind the scenes!

This week the competition stepped up a notch with Dicko as guest judge for a special Cup Day episode and the couples having to learn two dances. They were all nervous about dancing in

front of Dicko, and a lot of them struggled with learning two new dances in only a week. It was particularly difficult learning the west coast swing as their first rehearsal was on Saturday. On Tuesday night they were all on the dance floor until the audience came in, using every spare moment to try to perfect their routines. This worked for some, but not others. Poor Gazey was told by the judges that he's going backwards, but he took their criticism well and kept smiling. Kouta's *Dirty Dancing* routine was great – it was one of my favourite movies and I think he definitely rivalled Patrick Swayze. Tamsyn gets

better and better as the weeks pass, but poor Chris was unable to learn his routines due to work commitments. Most of us would agree he did a fantastic job to have learnt what he did in such a short period of time. His sexy appeal will be sorely missed. The moment of the week was when Dicko quoted Britney Spears and told Arianne she was: 'More than a girl, not yet a woman.'



Arianne and Carmelo.



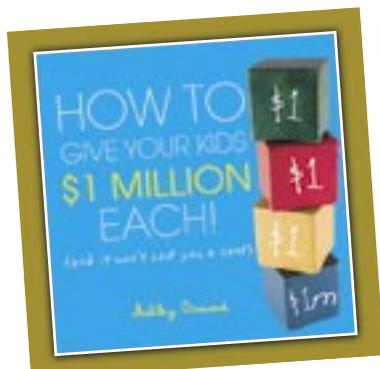
# Give 'em a MILLION!



REGULARLY SQUIRREL AWAY SMALL AMOUNTS TO GIVE YOUR CHILDREN CASH SECURITY AND BETTER LIFE CHOICES

One of the fundamental aims of most parents is to provide financially for their kids. What parent doesn't want their children to have the best opportunities in life? And wouldn't it be the ultimate to give your kids a million bucks each?

Winning lotto is one way of doing this, although it's not likely to happen. But according to Ashley Ormond, finance consultant and author of *How to Give Your Kids \$1 Million Each!*, setting up your children financially is an achievable reality.



## MAKE IT HAPPEN

Where does the million dollars come from? This is actually the simplest part. According to Ashley, it starts with you putting away \$1 every day from the day your child is born. If you invest these funds in growth assets, reinvest all the earnings and, most importantly, never spend it, they can end up with \$1 million by the time they're 50.

Can't find a dollar a day? He suggests making savings at the supermarket and spending less on cigarettes, alcohol and treats.

Keep in mind the aim isn't to give your kids a truckload of cash to live the high life. You still want them to go to school, have a career and actively contribute to their own success. The aim is to help them have enough backing to have control over the big decisions in their lives.

On the other hand, you've heard the proverb: 'Give a man a fish and feed him for a day. Teach a man to fish and feed him for a lifetime.' Wouldn't it be just as valuable to teach your kids how to save their own money from an early age?

Regardless of how much pocket money you choose to give your children, the important thing

is teaching them what to do with it. The old-fashioned way to save was to put all your money into one place, save it all up until there was enough to buy a specific item, take it out and spend it. This doesn't work if you want to create financial freedom.

## LEARNING TO SAVE

Money is a tool and using it properly is a skill that needs to be taught and mastered so that your kids can use it effectively.

A great tool to make it fun for kids is the Money-Ed-Box by finance consultant Greg Smith. It replaces the old piggy bank and encourages a child to allocate their cash. Complete

with software, the box has four compartments, which are labelled for deposits.

**GIVING** to teach charity and to put aside money for those less fortunate.

**LIVING** for everyday expenses.

**SAVING** to focus on goals by putting away money for something specific.

**WEALTHING** to learn about wealth creation and, as a helping hand, the lid is screwed shut.

## WHAT KIDS SAVE FOR

- 1 PlayStation or Xbox 360 games
- 2 Bratz Rock Angelz Cruiser
- 3 Rollerblades
- 4 Star Wars Lego
- 5 MP3 player or CDs

## ASK KOCHIE FOR ADVICE

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## ALREADY LOADED

How do famous, wealthy parents, who don't need to save for big buys, teach their kids the value of money?



- Michael Douglas and Catherine Zeta-Jones have set up a charity foundation for their son Dylan to give him awareness of those less fortunate.



- Of leaving her two sons money, Susan Sarandon says: 'I see enough damaged LA brats to see what happens when parents show their love posthumously.'



- Jade Jagger, daughter of Mick, is a successful jeweller and says sponging wasn't optional. 'Dad has a great work ethic, he's a good example for me.'



- Paul McCartney and his late wife Linda sent their four kids, including designer Stella, to a local school so they'd grow up 'normal' and 'down to earth'.

# Voice of an angel

Belinda Emmett may be gone, but her music lingers on – just days before her death she recorded her final song



**B**eautiful Belinda Emmett was best known to Australians as a talented actress but – as the release of her heartbreaking ballad *Less Than Perfect* shows – her true passion was music.

Producer Daniel Denholm, who was working with Belinda on her album just days before she was admitted to hospital, says the 32-year-old was so dedicated to finishing the album, she sang some of the songs with just one lung working.

'We would take breaks when it became hard for her to sing,' Daniel explains. 'Her last day of singing was November 1 – by that stage she was singing on only one lung.'

But brave Belinda didn't let this get her down. She was just happy and excited about the prospect of her music being heard.

'She would dance in the studio, she loved every minute of it,' remembers Daniel, adding there was never any hint of Belinda worrying about her health, until right at the end.

'She was positive that she was on the mend, but in those last weeks she looked worried.'

Daniel, who has worked with artists such as Wendy Matthews, Alex Lloyd and even Russell Crowe, says Belinda adored music.

'Music was her most favourite thing in the world,' he says. 'It was her passion.'

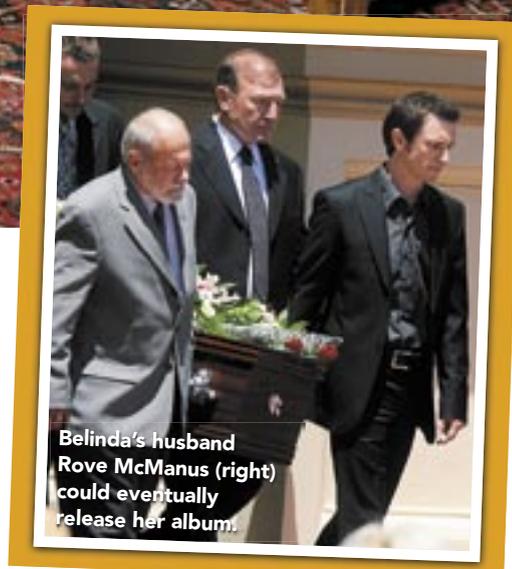
Daniel says the album is Belinda's own unique blend of pop and rock and that she was an absolute pleasure to work with – always joking around, despite her illness.

'She had such natural ability and talent,' he says. 'She just wanted to get this record out that had taken years to put together.'

The album is in the post-production stage and Daniel says he'll finish the project.

A spokesperson from Roving Enterprises, the production company run by Belinda's husband Rove McManus, says it's too early to tell if the album will be released.

The song that was released to all major radio networks as 'Belle' was laid to rest,



Belinda's husband Rove McManus (right) could eventually release her album.

*Less Than Perfect*, was written and recorded in 2003 when she was battling the illness that would eventually claim her life.

In the hauntingly simple lyrics, Belinda sings of her hopes and fears after being diagnosed with breast cancer. The song is available to download at [www.rovelive.com](http://www.rovelive.com).

Belinda's family spoke out about their choice to release the song, saying 'it will bring a smile to Belinda's face to know that her music is finally being heard'. **NI**

The  
**WHITE  
ISSUE**

# Star power

Australian celebrities  
make a stand against  
domestic violence

*Andrew O'Keefe*

**WEEKEND SUNRISE**

**You are the chairman of White Ribbon Day on November 25. Why is domestic violence a men's as well as a women's issue?**

'For several reasons. Men need to know it is not acceptable to use violence, or to stay silent if they know about a violent situation. Also, 57 per cent of women will, at some point in their lives, be a victim of physical or sexual assault. That's more than half the women in Australia. So it's probable that a woman I love will experience this kind of violence – my wife, mother, sister or daughter – and if that happens it will impact on me and become my problem. I will have to help pick up the pieces, or try to anyway. Sadly, another result of this kind of violence is that women can start to view all men as a threat.'

*Lisa Wilkinson*

**WEEKEND SUNRISE**

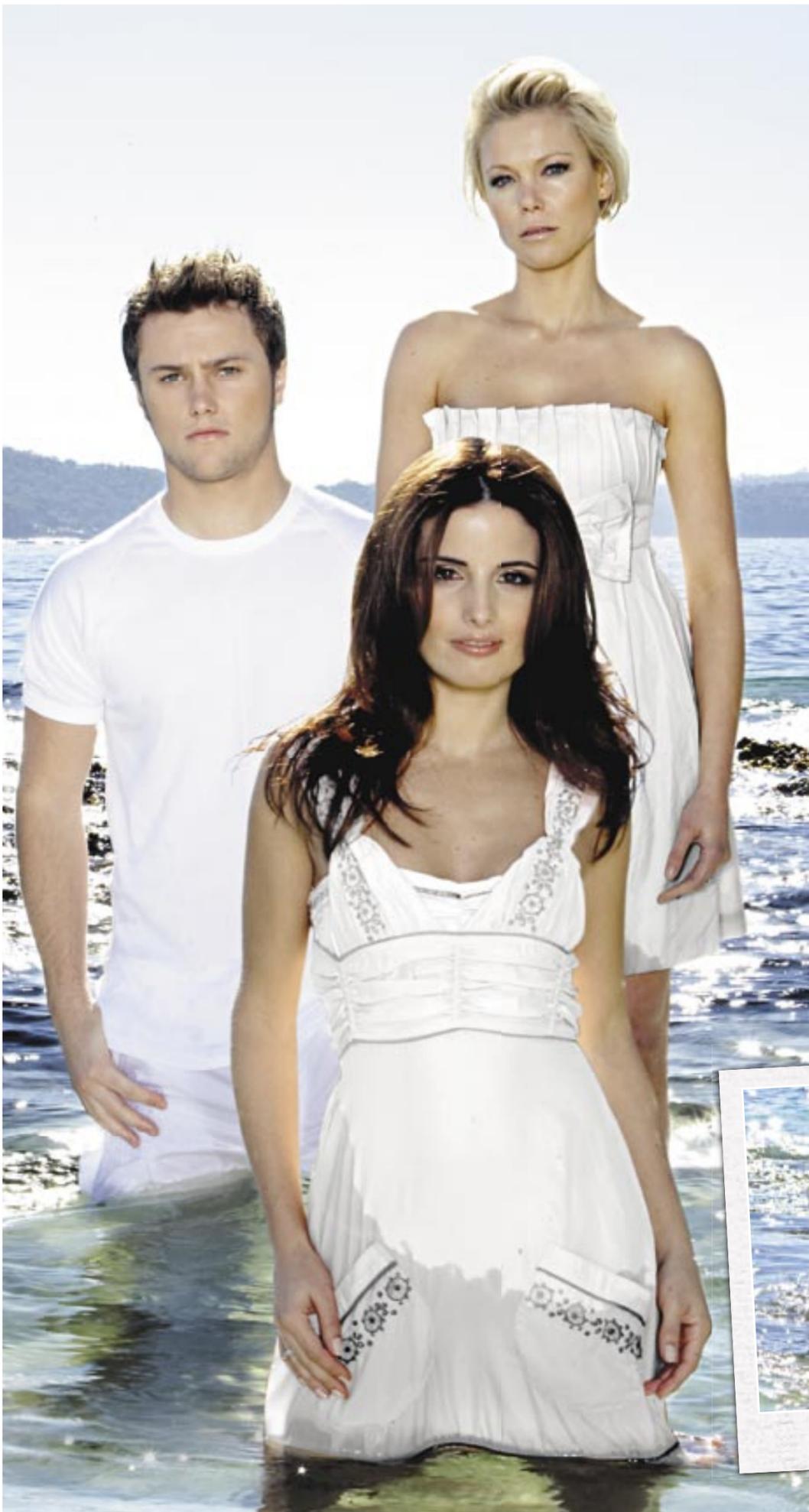
**Why are you actively supportive of the anti domestic violence message?**

'Someone once said that for evil to triumph, all it takes is for good men and women to do nothing. The time for sweeping this evil under the carpet is over. Men who perpetrate this crime need to get the message that it's wrong. Women need to know help is available.'

**What occurs if people ignore the issue?**

'Statistics show that if a man is capable of hitting you once, it is likely to happen again and again. Making excuses for an abusive partner is not helping him, your children or yourself. But by standing up for yourself you will go a long way towards stopping a destructive cycle.'





*Holly Brisley*

**HOME AND AWAY**

**Do you think a lot of people still believe domestic violence is only about physical abuse?**

'Yes, but to me it doesn't just come down to physical violence – it's mental abuse also. I don't think people realise that there is so much more involved than just bruises. Domestic violence doesn't just break you physically – it can break your spirit too.'

*Mark Furze*

**HOME AND AWAY**

**Your character has dealt with the issue of domestic violence. How has this affected you?**

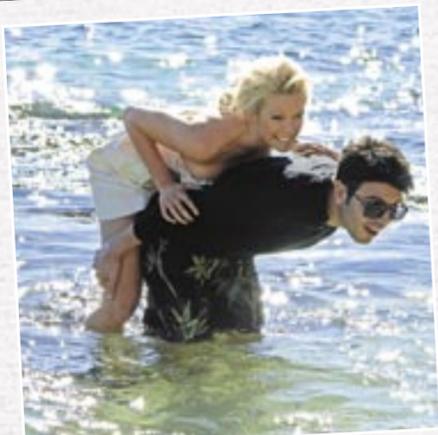
'I hadn't thought much about it until this story-line came up, to be honest. It's a lot to think about, and it's a very touchy subject. Our viewers can be very passionate about issues like this, and it is important to get it right. It's really challenging.'

*Ada Nicodemou*

**HOME AND AWAY**

**How important is it for young girls to develop self-esteem?**

'It's absolutely vital. That way they grow up knowing that violence is just not acceptable. They need to know that they have to be treated a certain way – as an equal and with respect. If they aren't getting that and they are in a horrible situation that is scaring them, the right thing to do is to just walk out.'



*Although the shoot was fun, the issue we're highlighting is deadly serious.*



*Naomi Robson*

**TODAY/TONIGHT**

**What are some of the effects of domestic violence?**

'A big problem for women in abusive relationships is that they often feel totally alone as their partner has manipulated and mentally abused them to the point that they've been isolated insidiously from friends and even family. The partner erodes her support base to the extent that she feels she has no one to turn to – then she's trapped and that's

when the real abuse begins. It is important for women to realise that there is absolutely no time when emotional or physical abuse in a relationship is acceptable – it is a universal deal breaker! If it happens once you can almost be assured it will happen again and that the violence will escalate. But no man who truly loves you will be abusive. If your partner is abusive he does not love you, and you should get out of that toxic relationship immediately.'



*Alex Davies*

**ALL SAINTS**

**What advice would you give to women in abusive relationships?**

'It's a very tough position to be in, and it's easier said than done to tell them: 'Just leave.' I guess the best answer would be to find someone who specialises in domestic violence issues so you can get help, advice and support.'

**Should women maintain their sense of self in a relationship?**

'It's so important for everyone in relationships, not just women, to have a part of their day, even just half an hour, where you do something special for yourself – go for a run, bake a cake, read. It makes it all the more enjoyable when you come back together – and if the relationship breaks down you still have your own life intact rather than feeling like you've been left with nothing.'

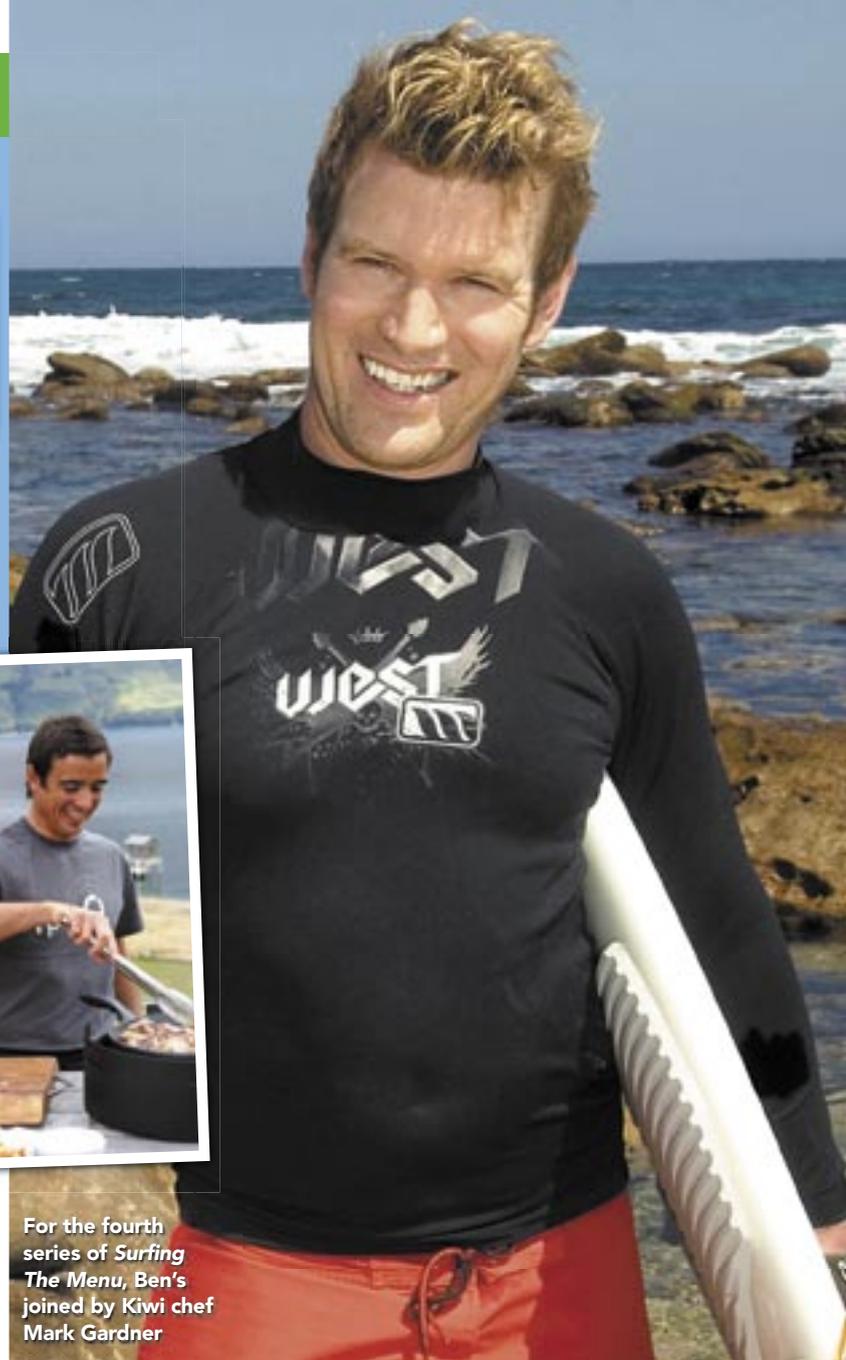
*Home and Away* cover shoot Pictures: David Woolley. Hair: Robert Maiolo and Sarah Bouchier. Make-up: Chantel Copeland and Angie Barton. Ada Nicodemou wears dress by Alice McCall; Mark Furze wears T-shirt by Bonds and pants by Ralph Lauren; Jodi Gordon wears dress by Rock Chic from Chic

Collections; Paul O'Brien wears shirt by Herringbone and jeans by Diesel; Tim Campbell wears shirt by Herringbone and jeans by Mavi; Holly Brisley wears dress by Wayne Cooper; Jessica Tovey wears dress by Jayson Brunsdon; Chris Hemsworth wears T-shirt by Bonds and his own jeans.

*Weekend Sunrise* shoot Pictures: Steven Chee. Hair and make-up: Laura Dominique. Lisa wears Dolce & Gabbana dress and trench coat both from Myer and her own heels; Andrew wears Dolce & Gabbana suit and Hugo Boss shirt both from David Jones. *It Takes Two* shoot Pictures: Corrie Bond. Hair and make-up: Laura Dominique. Grant

wears suit from Myer Formal Hire; Terasa wears dress by Chloe from David Jones. *Naomi Robson* shoot Picture: Drew Ryan. *Alex Davies* shoot Picture: Corrie Bond. Hair and make-up: Sam Jackes. Alex wears dress by Nicola Finetti. Styling Pip Cook. Interviews Fleur Michell and Rachael Morgan.

# Going SOLO



**Ben O'Donoghue is cooking up a storm on his acclaimed TV show but admits it comes at a price**

**C**ooking in some of the world's most beautiful locations is undoubtedly a great way to make a living, but for loveable Aussie larrikin Ben O'Donoghue of ABC's *Surfing the Menu*, it's come at a price.

'I've been away from my family for nearly a full year. I even missed my son's first birthday,' he says regretfully.

With wife De'arne and his two kids – Ruby, three, and Herb, one – at home in London, Ben feels like he misses out on some very special moments.

'We've just filmed series four of *Surfing* in New Zealand, which was spectacular and now I'm back in Oz for *Great BBQ Challenge*. But I really miss my family,' he says. 'It's the only downside of what I do.'

'The success of the show is great but there are those times you don't get to share with your kids that you just don't get back.'



For the fourth series of *Surfing The Menu*, Ben's joined by Kiwi chef Mark Gardner

Despite the pain of separation from his family Ben, fondly known as 'Bender' by viewers, knows how lucky he is.

'Part of me would say that I'd give it all up to stay at home, but there is just something about being able to travel and do these shows – and having an amazing wife who lets me. It's truly one of the best jobs in the world.'

Ben's successful career draws parallels with that of long-time friend and fellow celebrity chef Jamie Oliver – although the pair's busy schedules stop them catching up as much as they would like.

'I see him every few months but we live different lives now. With the kind of schedules we have you just want to be with your family in your down time, not out having a beer with your mates,' he says, adding though that he certainly understands his friend's quest to make a difference in young people's lives as he has done with *Jamie's Kitchen Australia*.

'I think that's really why we do the job we do – to share that knowledge and passion for food. It's great when you have young people in the kitchen and you see them just soaking it all in. It makes it all worth it.'

● *Surfing The Menu New Zealand* airs Friday, December 15 at 8pm on ABC. *Great BBQ Challenge* is on Saturdays at 7.30pm on LifeStyle Food.

BY RACHAEL MORGAN

REVIEWS

TV

WEEDS

● Mary-Louise Parker is terrific in this quirky new drama about suburban mother Nancy who becomes a pot dealer. This week, Nancy's wayward brother-in-law creates a stir when he comes to visit and Silas is smitten with Megan. Tuesdays, 9pm, Nine Network.



MOVIE

CASINO ROYALE

● Daniel Craig sizzles as the sexy new Bond in the spy's first thrilling mission. Bond is posted to Madagascar to keep an eye on terrorist bad guy Mollaka. Along the way things heat up with gorgeous Vesper Lynd (Eva Green).



DVD

UNITED 93

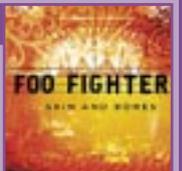
● It's hard not to be moved by this true-life tale of doomed flight United 93. The plane was one of four planes hijacked by terrorists on September 11, 2001. The passengers' heroic actions while staring death in the face is heartbreaking.



CD

FOO FIGHTERS – SKIN AND BONES

● The Foos breathe new life into their rock anthems with stripped-back performances on their first live record, and prove that they are one of the best rock acts around today. Stand-out tracks are *My Hero* and the old favourite *Everlong*.



# 'Make me a Mrs'

**Yasmin Dale is planning her wedding in three months time – she just doesn't know who her groom is yet**

Single girl Yasmin Dale says she's fed up with being alone, but that's all about to change. A staggering 5000 men have applied to be the 29-year-old's future husband for new reality show *Yasmin's Getting Married*.

The show which airs nightly during the week on Network Ten from this Tuesday, is reality TV like no other. Viewers will watch Yasmin date a string of potential grooms carefully culled from the enormous pool, all the while planning her wedding which will take place in three months time.

'The guys all have plenty going for them,' Yasmin insists as she hammed it up for New Idea's cameras on a behind the scenes photo shoot.

'And yes, they do know that they're basically competing to be my husband. I might even take some of my dates to pick out wedding flowers.'

However, Yasmin stresses she's traditional and won't be consummating the relationship until the wedding night.

Fresh from a nine-month relationship, the Sydney recruitment consultant says she has been single on and off for years. Fed up, she's tried all manner of things to meet the man of her dreams, including the internet, speed dating and trawling bars.

Asked whether she honestly thinks a reality TV show is the place to find her perfect match, she nods adamantly. 'I've tried everything else. I figure why not give this a shot?' she admits.

A firm believer in fate, Yasmin feels she was destined to take part in the show and eagerly stepped up when the original 'bride', Renee, pulled out after reportedly finding love at the last minute.

'Move over, Renee. It's my turn now,' she jokes. 'I mean, I'm really glad she's found love – it's wonderful. But this means I get my opportunity to find it too.'

'I'm just so ready to start the next phase of my life.'



Yasmin with her friends, including her boss Fiona (foreground).

# SURVIVOR FOR LOVE

**Pleasure Machine Gabrielle Richens is in love and determined to blitz *Survivor***

Gorgeous Gabrielle Richens may have just gone through the toughest challenge of her life, but at least she'll soon be taking comfort in the arms of her hunky new beau.

Filming has now finished on *Celebrity Survivor* in humid Vanuatu, where Gabrielle was one of 11 contestants battling the elements.

'It really was hard,' she says. 'I did surprise myself though, peeing in the bush at 2am and washing in cold streams.'

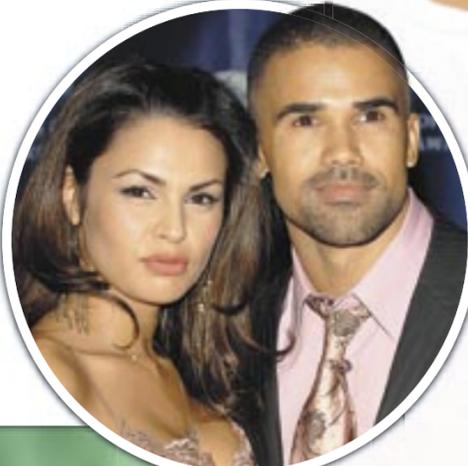
Currently relaxing in Sydney before she heads back to LA to hit the audition trail, the British model says she's settled into Tinseltown nicely, thanks to her new boyfriend Shemar Moore, who she met last year. A former favourite on *The Young and the Restless*, Shemar is now the star of a hot new US drama about FBI profilers called *Criminal Minds*, which premieres this week on the Seven Network.

Shemar, who plays an agent specialising in obsessional crimes, says he's besotted with Gabrielle. 'She's such a beautiful sweet spirit,' he says. 'We have fun. I know she's quite big back in Australia. We almost went there for Christmas. It was going to be my present to her, but we ran out of time.'

Gabrielle, who lives in the same apartment building as Shemar, similarly raves about her man. 'He's a real sweetie and very hot. Shemar's led a similar life to mine. He was a model too and we were both brought up by single mums.'

Gabrielle was drawn to Shemar's confident personality, partly because men have been intimidated by her in the past. 'People think because I'm on the cover of men's magazines that I've got men banging down my door. It's quite the opposite. That's why I need a confident man like Shemar.'

Despite the hardships of Seven's *Celebrity Survivor*, Gabrielle says she doesn't regret a minute of it. 'I've never been camping and my idea of slumming it is a three-star hotel. But I wanted to test myself and I'm glad I did.'



**'Shemar's led a similar life to mine. He was a model too and we were both brought up by single mums'**

## REVIEWS

**TV**  
**DESPERATE HOUSEWIVES**  
● It's the finale and with Kyle MacLachlan's introduction, you just that know next season is going to be a killer. July 31, 8.30pm, on the Seven Network.



**MOVIE**  
**THE SENTINEL**  
● Michael Douglas and Eva Longoria team up for this thriller about a secret agent who becomes a suspect in his coworker's death. In cinemas from August 3.



**DVD**  
**FOOTBALLERS' WIVES SERIES 5**  
● This high melodrama stars the lovely ladies of British football. In this series, Tanya Turner is back while Joan Collins stars as bitch Eva. Hilarious.



**CD**  
**LAZY SUNDAY**  
● This double CD is ideal for a chilled day with a cool mix of acts, including Lior, Paul Mac, Dido and David Gray. The diverse selection is excellent and easy to listen to.



BY FLEUR MICHELL AND RACHAEL MORGAN. REVIEWS EDITOR: ANNETTE DASEY

# 7 DEADLY SINS

Kate Hudson, who was in Australia recently for the premiere of *You, Me and Dupree*, couldn't be more proud of son Ryder

## 4 PRIDE

Give us an update on your pride and joy – your son Ryder.

● He's great. He's two and a half and is talking up a storm. It's amazing because, at this age, it's like he's starting to create his own ideas.

I mean, if this isn't what life is about I don't know that there would be a reason to live. Watching him discover every part of himself, especially his mind, is just fantastic.



Ryder is growing up fast.

## 1 LUST

How do you and your husband Chris Robinson keep your marriage fresh and exciting?

● We have a good time together and respect each other. We've been through our hard times – like any relationship, it's not always perfect.

And he really turns me on! All relationships need work. It's just a matter of whether it's the right person to work it out with.



Kate and Chris.

## 5 GLUTTONY

Did you love being pregnant because it allowed you to eat whatever you wanted?

● I would literally eat a half a litre of ice-cream a day and I never gave up drinking wine while I was pregnant. It was fun because I'd never been voluptuous before. I figured: 'Why do I need to watch my weight when I'm pregnant? I'm going to eat whatever the hell I want.' That's nothing to be ashamed of.

## 2 SLOTH

Your new movie *You, Me and Dupree* is about a lazy friend who overstays his welcome at your home. Do you have any 'Duprees' in your own life?

● I've got some Duprees among my girlfriends. One of them squatted in my house for more than a year. I liked it because I could go into the guest room and be like: 'She said... and he said...' Chris was like: 'When is she getting out of our house?'

## 6 GREED

What's the most outrageous thing you've ever bought?

● Well, I'm about to buy a beautiful gold-top, white-interior, grey-piping, vintage Aston Martin. It's so great and not pretentious. I want to take the top down and do thousands of miles in it.

## 3 ENVY

Are you a particularly jealous person when it comes to the subject of love and relationships?

● I have no desire to put any pressure on my marriage to be perfect. I don't think two people are supposed to be together forever. We all have primal experiences and, yes, we also meet lots of people who are seductive. We've chosen worlds that are creative and with that comes an intense amount of sensual and sexual energy. I don't want to put that kind of pressure on Chris or me.

## 7 ANGER

Your brother Oliver once said the two of you fought constantly growing up. Is that true?

● Yeah, I probably drove people insane as a child. Oliver couldn't stand me. We didn't have a great relationship until he left for college. But now we have the best relationship – we're very close. But when you're close in age and you're the girl, your brothers do everything to torture you.



Kate and Oliver fought as kids.



# 7 DEADLY SINS

Drew Barrymore, who lends her voice to the new animation *Curious George*, says she'd love Cameron Diaz's body

## 1 ENVY

**Who are you envious of and why?**

- Mothers. I guess it has to do with my friend Gwyneth [Paltrow] being so happy as a mother. We talk all the time and she's just so centred and really ecstatic. Having a child is the most amazing experience and I want to be a part of that.



Gwyneth and daughter Apple.

## 2 ANGER

**What frustrates you about the movie industry?**

- There's a lot of money involved, so then fear happens. Fear is a scary place to work from. A movie's success is measured by how much money it makes, not by how it makes people feel. There's that saying: 'If you build it, they will come.' It's ironic that if they don't all come on the same weekend it doesn't count.

## 3 PRIDE

**You've had lots of ups and downs in your life. Are you proud of the way you've come through it all?**

- Life's very interesting. In the end some of your greatest pains become your greatest strengths. I used to look in the mirror and feel shame, now I absolutely love myself.

## 4 SLOTH

**How do you like to relax with your boyfriend, The Strokes drummer Fabrizio Moretti?**

- Sometimes we just stay in bed for, like, five days. We just eat and watch movies, and we only get up to get food or to go to the bathroom.



Fabrizio and Drew love being lazy.

## 5 GLUTTONY

**You used to be a vegetarian. Is it true you're eating meat now?**

- I was a full-on vegetarian, living on carbs. Now I eat more protein, although if I want pasta I'm gonna have it. I don't have a ton of meat, but if my body needs some then I'll eat it. I want to be able to eat what I want. I think: 'Hey, I ran today, I can have the fettucine alfredo.' You heard me, cream and carbs.

## 6 GREED

**If you could have a wish granted what would it be?**

- After working alongside Cameron [Diaz], I have put in a bid for my next lifetime. I want long thin arms, perfectly small gorgeous boobs and tall thin legs. My legs are so short, I'm like a corgi. That's why I wear long pants with high shoes. But then again, every now and then, I feel beautiful on the inside and I can tell it shows on the outside so I don't worry so much.

## 7 LUST

**You provide the voice of Maggie in *Curious George*. Tell us a bit about your character's love interest in the movie.**

- Well, she's a school teacher and absolutely smitten with Ted, the 'Man in the Yellow Hat' [Will Ferrell]. She has this wild crush. Through the monkey George, who has these crazy adventures, they end up in this innocent, old-fashioned romance that's really sweet.



Drew's character Maggie.



# 7 DEADLY SINS

Todd McKenney, host of *You May Be Right*, which premieres on the Seven Network this week, loves to relax with his dogs

## 1 PRIDE

What is it about your life that you're most proud of at the moment?

• I've just given up smoking. I'm clawing the walls, but I've done it – I've gone cold turkey. What I have decided to do is go to bed at 7pm, which is boring for my social life, but on the other hand it's great because I'm up at 5am and have been going for a run. I feel fantastic.



## 2 LUST

You're a judge on *Dancing with the Stars* – who do you rate as the sexiest girl and guy?

• Without a doubt, Gabrielle Richens and AFL star Brodie Holland. Gabrielle was sensationally sexy. Early on in her run she came out in a yellow number that was amazing. I wish she'd lasted longer in the competition.



Gabrielle in that yellow dress.

And as for Brodie, he had that real Aussie, rugged and raw sex appeal. And, of course, a body that looked like you could break diamonds on it.

## 3 ENVY

You're talented at so many things. Is there anything you can't do that you really wish you could?

• I'm envious of people with a huge vocal range. Singers, such as Aretha Franklin, who can wail like there's no tomorrow. I can almost feel in my body how it would feel to be able to sing songs such as *Respect*, but I know I'll never be able to do it. I would love to have the feeling of standing in front of an arena, singing soul music.



Aretha has a huge voice.

## 4 ANGER

Does it make you cranky when the *Dancing with the Stars* contestants can't take criticism?

• Absolutely. When someone comes on *Dancing with the Stars* – and by this point in the show, if they come on it they know they are going to be criticised – and can't handle criticism, then yes, it makes me cranky. We're there to do a job, to criticise them and help them get better. We know what we are talking about.



## 5 SLOTH

What do you most love to do when you have a rare day off?

• I have no problem relaxing. I have two dogs and I just walk their legs off. But I also have no problem lying in bed with my new plasma TV, a box of Guylian shell chocolates and watching *The West Wing* on DVD. I'm a huge fan and I've just opened the series six box set.

## 6 GREED

What would you just love to have a lot of?

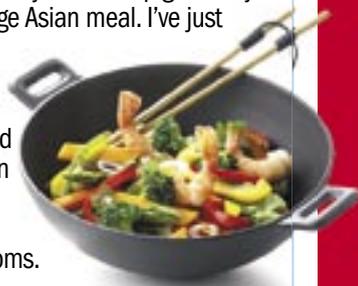
• I would love to spend a lot of time in the Whitsundays. I go there to chill out every time I need a holiday, I just can't get enough of it. I would also love to have a lot of cocktails on Hayman Island, that would be no problem.



## 7 GLUTTONY

Are there any particular foods that you love to cook and eat?

• I eat Asian food, especially Asian seafood, almost every day of my life. On a pig-out day I love to cook a huge Asian meal. I've just started cooking Vietnamese. I start at lunchtime, open a bottle of wine and my cook book, then make a broth with star anise, lemon grass and mushrooms.



BY RACHAEL MORGAN