

## SeaSpray

### Get a hat, get ahead

A WOMAN in labour can prompt various reactions from the father-to-be.

But an Orange woman eagerly awaiting her first child certainly didn't expect her dotting husband to look for a hat when she woke him at 2am one morning this week.

She said "I think the baby's coming." He grabbed a hat and said "I'm ready, let's go." In the husband's clear thinking mind he wasn't going to brush his hair when he had a new child on the way.

The labour turned out to be a false alarm and the pair are still waiting for their first born.

But they've had a practise run now and the husband knows exactly where to find his hat next time.

### So smooth

WAS your father a thief? Because he stole the stars from the sky and put them in your eyes.

Equipped with that chat-up line, you can be certain to score in the universal language of love.

So say the authors of a new top 10 of chat-up lines which have been translated from English into Czech, French, Italian, Spanish and German by the publishers Chambers.

If their top-rated suggestion does not have the desired effect, then try in one of six languages to say: "Didn't it hurt when you fell from heaven?"

Or maybe: "You must be tired because you've been running through my mind all day."

Scraping in at Number 10 in the romance parade comes: "The only things your eyes haven't told me is your name."

### Who needs money?

TAKING a paper clip and turning it into a house sounds like a cheesy magic trick.

Kyle MacDonald, however, has pulled it off.

One year ago, the 26-year-old blogger from Montreal set out to barter one red paper clip for something and that thing for something else, over and over again until he had a house.

Yesterday the quest ended as envisioned. MacDonald is due to become the proud owner of a three-bedroom, 100-square-metre home provided by the town of Kipling, Saskatchewan.

MacDonald and his girlfriend, Dominique Dupuis, expect to move there in early September.

"This is such a cool community project. It feels right," MacDonald said.

"And now that I think about it, I can't believe that another small town didn't think of it. It will literally put them on the map."



Maureen Lipman

### Quote of the day

"Women like a good bitch.

We have an in-built ability to chinwag. We are born with it and never lose it," British actor MAUREEN LIPMAN.



Try this: Jason and Paula Gunn want to share their healthy food options.

# It's real food for a real change

JASON Gunn subscribes to the Richard Branson school of business.

Essentially it's the "if you don't like it, don't whinge about it: do something".

Mr Gunn, a successful businessman in the cut-throat world of publishing, was living at Port Stephens and spent a good deal of time travelling up and down the Pacific Highway.

The driving was one thing, the food on offer quite another.

Instead of whingeing, he opened Oliver's Real Food.

There are now two Oliver's, on either side of the F3 freeway, half way between Sydney and Newcastle.

It is, he believes, just about the time drivers from Port Macquarie need a pick-me-up.

And his customer satisfaction forms add substance to that belief.

Like most switched on 21st century businesses, client feedback is all-important.

"We ask customers to fill them out and the amount of people from Port Macquarie is quite amazing, really," he said.

"People are becoming more food conscious and understand the value of fresh food.

"Ours is fast food too, but it's a healthy, fresh alternative to a lot of the other options available."

Mr Gunn's wife, Paula, is a qualified nutritionist, so no-one needed to be convinced of the value of vitamin-packed, fresh food.

All food is prepared on the premises

fresh each day, using local ingredients and, where possible, organically-grown produce.

While, actually finding prime real estate on the highway hit a few hurdles along the way, Mr Gunn found most people enthusiastic for a change from the traditional "road trip" tucker. One of his greatest victories came from one of the most discerning of markets — long-haul truck drivers.

"It's fantastic to see those guys come in and order a fresh stir-fry or a salad," Mr Gunn said.

The "hot pockets" (toasted pocket breads), sushi, soups, juice, smoothies and brewed coffee consign the fat-laden horrors of the past to a dim, deep-fried memory.

"We are more than a business," Mr Gunn said.

"We are committed to encouraging our kids to eat healthy and exercise.

"We've developed in-store kids' entertainment that encourages healthy eating and exercise, and created great kids' meals."

Then, there's the bathrooms.

Forget those dingy roadside loos, head to the five-star luxury at Oliver's that gives the name bathroom a whole, new definition.

"I hated going to the bathroom when we stopped on the highway so I had to assume lots of other people had the same feeling too," Mr Gunn said.

Oliver's, near the Caltex service stations at Wyong, is open seven days a week from 6am to 10pm.

## Car Storage

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## Love rockets into space

JAPANESE spouses can have their vows of love launched into outer space and stored there from next year — as long as they buy platinum wedding rings.

The project is part of a campaign to promote platinum wedding rings by the Japanese arm of Platinum Guild International (PGI), the body which promotes the jewellery.

Couples who buy a platinum wedding ring at stores taking part in the promotion from August to December this year can write their vows of love on a campaign website.

The messages will be stored on a DVD together with pictures of the loving couples, which will then be blasted off to a space station in a Soyuz rocket due to be launched in March 2007.