



greener

top tips from the stars on going green...

Anne Hathaway, shops fresh and eco-friendly at the Beverly Hills Farmers Markets

7 SWITCH OFF THE LIGHTS
Eva Longoria Parker says: 'We are building our house now and all of our closets have sensor lights so when you are in the closet it's on and when you are not then it's off. All of our lights are the long-lasting halogen lights. And we are building our home with recycled wood. It's a fight, a lot of people don't want to change... but it's worth it.'
Tip! Last year one billion people around the world joined in the world's largest environmental campaign, Earth Hour. Turn your lights off at 8.30pm on Saturday March 27... as well as every time you leave the room!

Web Buy
Lemon Tree \$65
GROWING GIFTS

8 GROW YOUR OWN FOOD
Pierce Brosnan says: 'Where we are, everyone is a gardener and we have fruit trees: lychees, bananas and papayas. I suggest that you get connected, switched on, start in your own backyard.'

9 DRIVE A HYBRID CAR
Charlize Theron says: 'Hybrids are incredible cars, so if anybody is wondering about that, you shouldn't worry. They are very luxurious, sometimes better than luxurious cars. I feel horrible driving anything other than a hybrid.'
George Clooney says: 'I bought an electric car, the Tango, about three years ago. It's a one-seat car. It's a little embarrassing but it goes zero to 60 in about four seconds so that's fast. I do think at some point we're going to have to find a way to get away from oil. I can't be the spokesman for the environment because I will still fly on a private jet [but] I just try to get photographed in an electric car and maybe some people will think that will be a good idea.'

10 DETOX YOUR HOME
Jessica Alba says: 'I bought a house and I'm trying to do as much as I can to make it as non-toxic as possible for my kids. I'm decorating using low VOC (volatile organic compound) paint. I'm doing all eco-friendly renovations and most of my furniture is old furniture that I'm refurbishing and even taking stuff from old couches and making my pillows out of that. It's important to be aware.'
 Low VOC paint in Bigola from \$40
JAMIE DURIE SIGNATURE RANGE @ INSPIRATIONS PAINT

11 GET SOLAR PANELS
Kristin Davis says: 'I built a guest house in LA and put solar panels on it and it's really fun because the electrical meter runs backwards when the sun is shining. Pretty exciting!'
Tip! Can't afford solar panels? Log on to earthhour.org.au to win some for your home!

12 SUPPORT ECO-CONSCIOUS COMPANIES
Sandra Bullock says: 'I have a bistro and the products that we use are local and organic. All of our to-go things are recycled or biodegradable. It's a challenging prospect because, as we learned with the restaurant, although they say, "Everyone should go green", [it's like] "Yeah, if you can afford it!" At least the level of organics has been thought about before the customer even steps in there.'
Tip! Visit thegreenpages.com.au for all sorts of local businesses that are environmentally friendly.

13 BE ADVENTUROUS... AND CHANGE YOUR UNDIES!
Rachel McAdams says: 'I started an eco website with two of my friends. It's like a full-time job, which I didn't expect, and I love it. It's hard to be an actress and an environmentalist at the same time. It's called greenissay.org. I know it's frustrating for people to get bogged down in the details, but it is the details sometimes that add up. Just do what you can and what you're comfortable with and you may feel the positive effects from it. You may be surprised. And try out bamboo underwear - it may sound painful but they're actually quite stylish!'

Bamboo Reversible Cami \$34.95 JOCKEY

14 SHOP VINTAGE
Thandie Newton says: 'In terms of recycling and fashion, vintage clothing is not only glorious and stylish, but it's also the way forward. It's grotesque how out of control manufacturing has become.'
Tip! Try reworking some old pieces in your closet.

BM-2600 Free Arm Sewing Machine \$348 BROTHER @ SPOTLIGHT

15 LOSE THE PACKAGING
Vanessa Williams says: 'We're conscious about paper, plastic and not being frivolous in terms of packaging. Do you really need to use all that packaging? We try to use the same things over and over again. So instead of having a carton of water bottles, use the same one and fill it up. It's hard because our society is so easy-access and about instant gratification.'
Fill & Go Filter Bottle \$12.50 BRITA



INTERVIEWS BY **DANI VALENT**

Annie Crawford, 46, is the founder of Can Too, a fitness-focused fundraising organisation that has raised \$4 million for cancer research since 2005. She's inspired by her medical researcher uncle, Sir Gustav Nossal, 78, but her fondness for him dates back to when he pushed her on the swing.

2 of us

Annie Crawford & Gustav Nossal

Annie: We're a very close family. My mother, Kim, and Gussie's wife, Lyn, are sisters. I grew up mostly in Sydney, and Lyn and Gussie were mostly in Melbourne, but we saw them a lot. We'd visit them and our families would spend summers together on Sydney's northern beaches. So many memories of my childhood revolve around him and the whole Nossal family. He's a special uncle in a lot of ways.

On a professional level he's special because he's done so many amazing things. He was the director of the Walter and Eliza Hall Institute of Medical Research for 31 years. He's been knighted for his services to medicine. I sent him a letter of congratulations and he wrote back to thank me, very formal: "The Queen looked resplendent in her dress of blue and gold. Love, Gussie." He's worked for the World Health Organisation in Geneva. He was Australian of the Year, largely because of his work with Aboriginal people. So he's an incredibly inspiring man. The work Gussie was doing was part of the natural course of conversation around the dinner table. We knew what he was up to. It made a big impression on me that one of Gussie's main goals was to eradicate malaria from the world. I understood that it was important work he was doing.

As an uncle, Gussie was always exciting and fun. There were love and good times. Gussie would push me on the swing, then tickle me till I dropped, winded. He'd be in hysterics. There was a special excitement with the Nossals. They always did good things, spontaneous things: let's go

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to the movies, let's go to a good restaurant. When we were at the beach, I always wanted to stay with them. Part of it was that I was one of seven children and they only had four kids. But it was also because they would always go to the cake shop in the morning. At my house it was just normal food.

My parents always supported the Liberals. I remember when Gough Whitlam got in, I was devastated because my parents were. But Lynnie and Gus thought the Whitlam government was a fantastic thing, and as I got older I realised I felt more politically connected to Lyn and Gus. They're a bit more left of centre, as I am.

Gussie has been a real mentor in my adult life. My father died of cancer in 1987, while I was living in Melbourne. I went through a horrible, depressed time and I was at their house all the time. I would lie in Gussie's study, on the floor. Their house is more than a house. It represents safety, warmth. Gus has been like a father to me and my brothers and sisters and incredibly supportive to my mother. Mum had a cerebral haemorrhage three years ago. Who were the first people we called? Lyn and Gus. They supported us. I don't know what we would have done without them. I felt like a child again with them.

Gus is interested in me. He wants to know what I'm



doing. It's not big heart-to-hearts, but it's continuous. "What are you doing now? What are your thoughts?" He has constantly encouraged me to be my best. It's a privilege to be with him. Every time I see him he calls out, "Anneeee!" like I'm the most important person in the world. He's just a gorgeous man.

Gustav: I feel very warmly toward Anne – "Anne" is nicer than "Annie" – and all the extended family. It's been my misfortune to be expelled from my own country, Austria, at the age of seven. What extended family I had are either deceased through the Holocaust or back in Austria. My children and grandchildren have an incredible collegiality with their cousins. There's that instant rapport and affinity that come from their parents being very close and they've been close since birth. Extended family is a marvellous thing.

Anne is very competitive. On her third or fourth birthday, her mother gave her a lovely party. There was an egg-and-spoon race, a sack race, a three-legged race. And guess who wins every single race? Annie. And when her mother didn't give her all the prizes, Annie screamed blue murder. "I won the race, I should get all the prizes!" She did turn out to be a good runner. She could have definitely run at state level, if not beyond. But she didn't think enough of her gift to warrant doing that. A person should try to make the most of her gifts.

You can see from her tall, slim frame that she's into physical fitness. I admire her fitness. I haven't got a sporting bone in my body even though I do try to keep fit. I run but I'm a very slow runner and I wouldn't be game to run in front of her. Anne got this idea, completely by herself, of marrying her love of running with cancer research. All the money raised by Can Too goes to the salaries of cancer researchers. We've talked through a lot of strategy angles about it. I put a great importance on supporting young researchers and on peer-group review. Anne doesn't choose who gets the money. That's chosen by a

group who are cancer researchers themselves. I approve of the way she supports salaries rather than consumable supplies and I approve of the way she has structured things. I've certainly supported her in her decisions.

Anne stays here a lot. There's a self-contained flat, so she can come and go as she wants. We frequently have lovely times together. She's got a forceful personality. She told me this morning that she was the only one who can really boss her mother around. She tells me what to do, too, things like not drinking too much, not eating too much. I don't mind at all because I'm so fond of her. She's a sparkling, positive presence, a total dynamo. She made a success of social work, she's made a success of the fundraising and she's been an ideal mother. Quite a few of my grandkids need a kick in the pants. All three of her boys are self-starters. They have an ambition to do well.

Her father, Graham, was a few steps to the right of John Howard. He saw reds under the bed every day of the week. That's fine. It's a democracy. You've got to be able to hold your views. Anne is more centre left. The strength with which Graham held his Catholic religion isn't equally mirrored in my case. I'm a fairly nominal Catholic and Anne is much the same. I don't see any burning religious convictions in her. It was a terrible time when her father died. I spent a lot of time with this shattered family. Her wedding was not long after. It was a lovely affair, despite the sad circumstances. She was a beautiful bride. She's still beautiful now, in her 40s, but you can imagine that when she was younger she was an absolute stunner. That's a wonderful thing but it's also a burden, in a way. Everybody's ogling you, wants a piece of you. She was lucky to meet her husband, Simon, when she was quite young.

I feel I do have an empathy with younger people. They're like a drug to me, an acid, they get me going. When you get older, you get set in your ways and it's good to be challenged, to have that stimulation. It's good to have that extra dynamism that a person like Anne brings flooding into your life. **GW**





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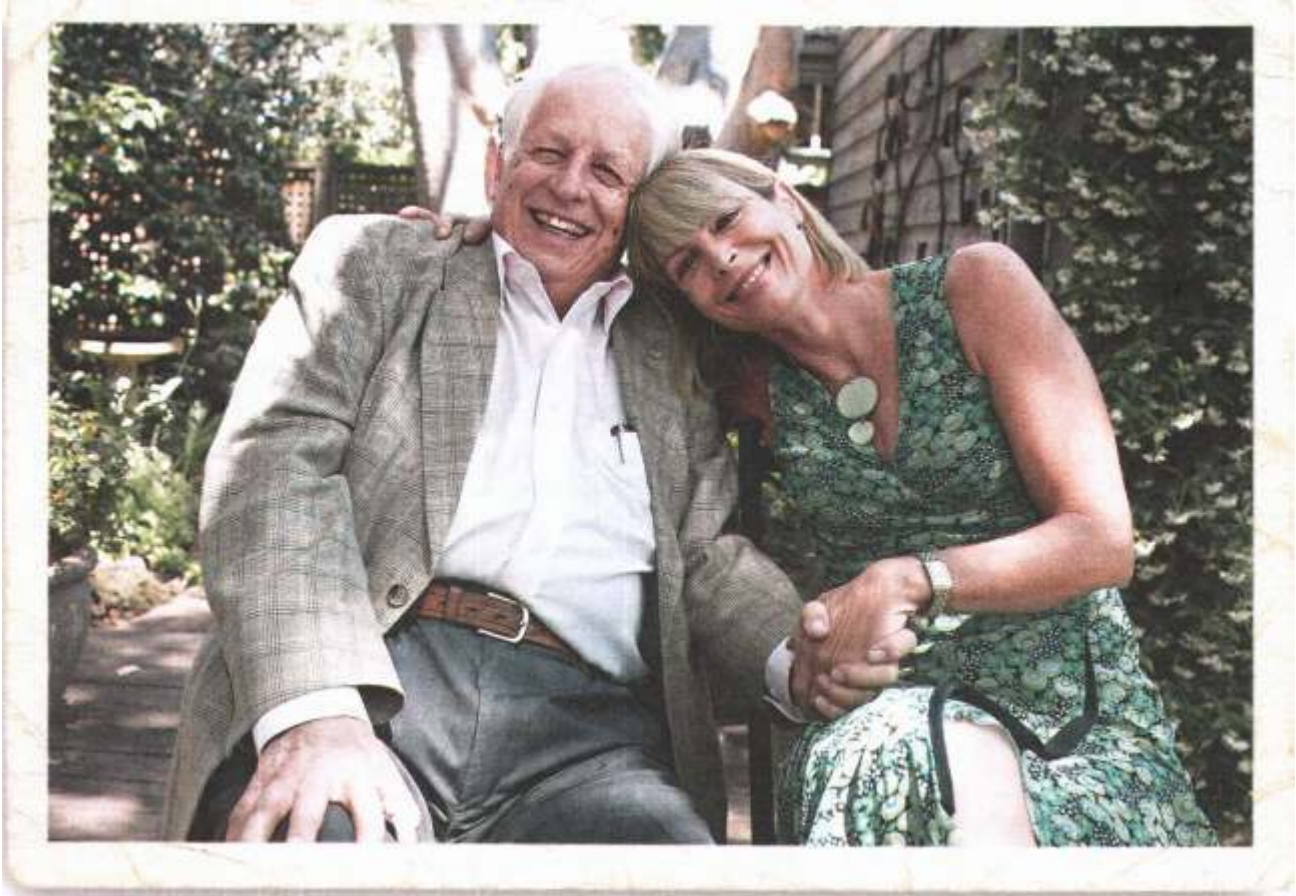
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‘I’ve found joy running with delightful youngsters and whatever I give I’ve gotten back in diamonds’

Last lap in \$70,000 goal for son Aaron

KAT ADAMSKI

MARGARET-ANNE Hayes has a goal to raise \$70,000 for cancer research before she turns 71.

The Turrumurra resident will compete in her third and final half-marathon in September – five months before her 71st birthday.

The money raised will go to Cure Cancer Foundation Australia’s CAN TOO program, which Mrs Hayes joined after she lost her son Aaron to cancer seven years ago.

Even though she is in training she found time to organise another event, on today from noon

to 6pm, continuing tomorrow and Sunday from 10am to 4pm.

Mrs Hayes’s friend, knitting author Jane Slicer-Smith, is one of 10 artists who will be part of the Australian Designers Collection show at Turrumurra Masonic Lodge, and Mrs Hayes will run the cafe for the three days.

She is renowned for her delicious soups, scones, muffins and biscuits – and all proceeds from the cafe will go towards her fundraising target.

“My life changed when Aaron died but I found a new passion to raise money for cancer research,” Mrs Hayes said.

“I have found joy from run-

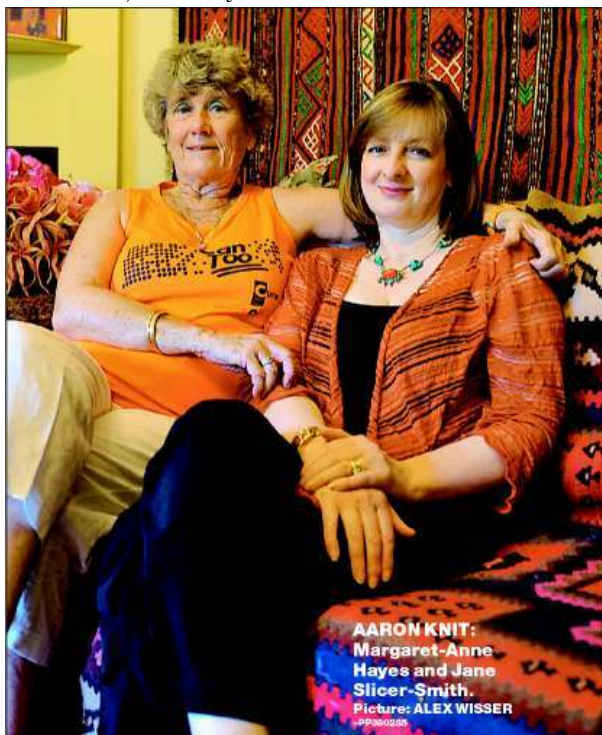
ning with delightful youngsters and whatever I give I have gotten back in diamonds.”

She is the oldest member of CAN TOO, which trains people to participate in running and swimming events, and in return sponsorships are raised.

The money goes directly to Cure Cancer Foundation Australia to be used for cancer research by granting \$90,000 annual grants to young researchers.

Mrs Hayes has raised \$35,000 since June, 2007.

The lodge is on the corner of Turrumurra Ave and Pacific Highway. Admission is free.



AARON KNIT:
Margaret-Anne
Hayes and Jane
Slicer-Smith.
Picture: ALEX WISSER
pp300298



● FUNDRAISING SCHEME

Free training is off and running

Jodie Munro O'Brien

If you've ever wanted to run a marathon or help find a cure for cancer, but thought you couldn't, then a new program coming to Brisbane could be for you.

Can Too, a non-profit scheme providing fitness coaching in exchange for fundraising, is launching in Brisbane to train participants for the Gold Coast Airport Run in both the half

marathon and 10km events on July 4.

Founder and director Annie Crawford, who is also a running coach, set up the training scheme in 2005 after participating in a similar program in the US.

"I started it because my father died of cancer when he was 51. I'm one of seven children, so obviously that had an impact on me," she said.

The participants are taught

how to raise money and get in shape for the big race, with proceeds going directly to Cure Cancer Australia.

Members are given a goal of raising \$800 for a 10-week training program for the 10km event, with those aiming for the 21.1km half marathon getting 14 weeks of training and needing to raise \$1250.

Every member works with a mentor to help with training and

fundraising, with the program including guest talks from physiotherapists, nutritionists, cancer patients and researchers.

Crawford said anyone could join, even someone who had never exercised before.

Brisbane training for the half-marathon starts March 31 with training for the 10km event starting April 29.

To sign up for the program visit www.cantoo.org.au.