



A is for alfresco:
 Don't get a room.
 Picture: GETTY IMAGES

HANNA MILLS thinks outside the movie theatre and learns the ABCs of dating

The old dinner and a movie has been done to death.

Nudie housework – a naked bid to put a bit of spark into everyday chores – didn't have quite the desired effect (bleach + bare flesh = bad) and a bit of footsies at the dinner table only managed to turn the father-in-law a bright shade of red.

Fair enough, you're trying. But if the intrigue is waning, a bit of spicy Alphabet Dating might be just what the love doctor ordered.

Not to be confused with dating enough men or women whose names match each letter of the alphabet, Alphabet Dating is about spending 26 dates on activities from A to Z with your special someone.

Zoe Foster, author of the soon-to-be-released *Textbook Romance*, says just considering two dozen or so dates could set off the desired sparks.

"I think anything you do where you are both proactively trying to keep the romance alive is definitely a positive thing in any relationship. And even if

you get started and only get to about D, but it keeps things going – that's great," Foster says.

"Creativity, romance and spontaneity are often lost once the courting phase is finished."

Foster's top suggestions are playing tourist in your home town, taking long, luxurious lunches and exploring the countryside on ferries and trains.

YOUR NEW LOVERS' LIST

A is for alfresco – dining, kissing, cuddling. Anywhere, any time. If you want to go further, don't get arrested.

B is for barefoot bowls.

C is for comedy. See a stand-up or go to an open-mike night. You'll be laughing all the way to the bedroom.

D is for some (dirty) dancing. Check out his moves and show him a few of your own.

E is for elevator. Press the emergency stop button.

F is for fishing on a secluded lake. Plenty of quiet time to chill out or partake in other activities. It's good if one of you knows what they're doing. Gutting a fish = not romantic.

G is for golf. Yep, really. Ladies, are you honestly going to complain about a toned athlete standing behind you to help with your swing? Your date can watch too.

H is for home cooking. Go on, give it a shot. The way to a man's heart is with the hot stuff.

I is for ice cream. Cool it down. No particular instructions on how, or where, to eat it. And if it gets messy – even better.

J is for jogging. Feel free to fight over who gets to perv on the other from behind.



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K is for kite surfing. Extreme sport, extreme reward.

L is for lying in on a weekend. Or even a work day, so long as you both call in sick.

M is for mutual massages. One for him and one for her. It doesn't have to be erotic to get the blood flowing.

N is for something naughty. Your choice.

O is for the opera, *Pretty Woman*-style. Sparkling gifts are a must.

P is for paintball. It will sort out any underlying hostility. That's a promise.

Q is for a pub quiz. Probably best to play for the same team.

R is for race day, any day at any track. Guys, this is an easy one to sell to the missus. "I might win enough for the engagement ring, honey."

S is for soup kitchen – volunteer your date time to help out those less fortunate.

T is for tandem thrills – bike riding, bungee jumping, hang gliding (as long as one of you knows what you're doing).

U is for uniform. Use your imagination.

V is for video and couch time. Nothing beats it.

W is for wood chopping. Watch your man flex those biceps while you sip a white wine. Then enjoy snuggle time in front of the open fire.

X is for xtreme sports. You can laugh at one another's fear.

Y is for yoga. Get flexible together.

Z is for zzzzzzzz. After these 25 other dates, you'll both need a nap.