If Only: Helen Lyne

If only I'd been thoughtful and made us leave the beach before the sunburn prickled where the sun cream didn't reach, I'd not be getting cranky with the kids and husband Bill in this old and rusty Falcon that's crawling up Spit Hill.

If only I'd been prudent when parked among the dunes with the Falcon's scratchy radio playing true love tunes, my dad would not have shouted that I'd have to marry Bill and we'd not be stuck in traffic grinding up Spit Hill.

If only I'd been mindful to always take the pill I have no tribe of whinging kids and a bum of size 10 still. I'd see no upright finger from red-faced, ranting Bill who's abusing bloody morons for clogging up Spit Hill.

If only I'd been wiser and gone with Micky Worrell in his vintage Lamborghini to a picnic at Balmoral, I'd be watching gridlocked traffic from my mansion on Spit Hill, looking down at this old Falcon and the fool there next to Bill.