

# STAR CENTRAL



MEET THE  
AMAZING  
**JACK  
DANIELS**

ONE OF THE MOST  
TALENTED  
MAGICIANS  
DOWN UNDER

THE TWO  
MOST  
IMPORTANT  
SECURITY MEASURES  
EVERY ACTOR OR MODEL  
CAN'T DO WITHOUT

THREE SIMPLE  
**HABITS**  
THAT CAN SEND  
ANY ASPIRING  
ENTREPRENEUR  
BROKE

MEET  
THE  
HOTTEST  
FEMALE  
MODELS

+

THE  
HOTTEST  
MALE  
MODELS  
IN STARCENTRAL  
MAGAZINE'S  
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MODEL SEARCH

FIND OUT  
MORE ABOUT

**POPPY  
SCHOKKER**

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Cover

Poppy

Find out more about one of Australia's most promising models!



OPENING REMARKS



It has been nearly 9 years now since we released the first ever issue of StarCentral Magazine and I want to both share a couple of thoughts as well as wish you all the best for 2015. Firstly, I want to thank the great people behind StarCentral Magazine who are tirelessly working behind the scenes to ensure that our magazine and website is in tip top shape. You should all be proud of the significant contribution you make to the overall StarCentral business. Like any business there are, of course, ways we could improve. Working together, I am confident that we can elevate StarCentral Magazine to an even higher level this year. I'm definitely looking forward to working with you all again at Flair 2015 to celebrate our 9th year anniversary and I'm pretty sure it's going to be one amazing night! God bless.

Mike Ilagan  
Associate Editor

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Flair 2015

Meet StarCentral Magazine's ultimate covergirl finalists



editorial

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editor's notes

I can't believe that there's only a few weeks left in 2015! When faced with the end of a year, some could look at that end with sadness or even with frustration. This is especially so when you look back at your year with the view of remembering what you DIDN'T do. But what of the things you did do? Why not remember those? The nights you spend with family or friends, laughs shared with co-workers, moments that made you cry or think. All of these may seem like little things but to others, because of their life's hardships, those moments we take for granted, to them....is priceless. So, look at your 2015 in the right frame of mind and I bet it was amazing! My wish and prayer for all of you is that your 2016 will be another fantastic year!

Jenny Aluning  
editor in chief

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# JACK DANIELS

## MAGICIAN

If you fancy going to magic shows around Sydney, there is a big chance that you have been to one of Jack Daniels' numerous performances already. Known as the "magician's gentleman", Jack Daniels' spellbinding magic and illusions are guaranteed to stun his audience as he popularly unleashes never-before-seen magic that will absolutely entertain the child in you.

His journey to magic has never been easy. Jack Daniels began to notice his extraordinary interest in magic when he was 14 years old and already fond of entertaining children in the neighbourhood. Although he confessed that he was very insecure and shy growing up, it changed tremendously when he discovered that his great grandfather was once a travelling magician.

Jack made an important realisation in life when his great grandfather left him with a legacy, a steamer trunk full of magic, but the real turning point was when he discovered a hidden compartment within the trunk where he found a book containing all of magic's greatest secrets. Upon that life-changing discovery, Jack instantaneously knew that his calling was not far from what his great grandfather used to do – magic!

Thrilled by what he had unfolded, Jack started to gain confidence. At 14, he had his first magic performance at a community talent show. The look of admiration and wonderment in his audience's face had driven him to strive more in his craft. 'The best thing I enjoy the most about performing is in knowing that for a split moment in time, you have just been able to create a sense of wonder and put beliefs back in their lives', Jack shares. Since then, he has been sourcing inspiration from the thought that within each and everyone of us hides a child waiting to be tickled by fantasy. He does it for the dreamer whose dreams had been casted with doubts by the people around. 'Dreams do come true but you have to be hungry for it', he adds.

With so many mind-blowing magic tricks up his sleeve, Jack points out that two of his unforgettable performances were setting a lady's hair on fire when he was younger and almost impaling one of his dancers. While these sound like a nerve-racking experience, Jack delivers mind-boggling shows that fit the taste of the entire family. In fact, he may just be the missing puzzle to your almost perfect occasion.

Over the course of his journey, Jack has met several interesting people in and out of his field but there was one that he really admires both for his magic and character. 'American Illusionist David Copperfield just doesn't stop. He always knows how to push the envelope and to this day, he is still open to learning new things.' Jack tells StarCentral magazine.

Jack initially struggled to win the support of his family, yet he was content to do everything by his own hands until he met his loving wife who has been his biggest support system from the very beginning. With his wife on his side he simply let magic take over – this has helped him to be more grounded and to stay humble. He is the kind of guy who would rather let his work do the talking for him, and it does not disappoint! His magic performances have done an impeccable job building up his reputation.

Talking about the future, Jack lets us in to his world of big dreams. He shares his plans on creating mega illusions such as vanishing off the moon among other things. He hopes to accomplish these shortly after his current tour with his illusion production. It seems like nothing is really impossible for Jack Daniels!



# THE TWO MOST • IMPORTANT security measures

## A MODEL /ACTOR CAN'T DO WITHOUT

By: Patricia Higgins

Alarming criminal acts by individuals purporting to be photographers or casting professionals have been in the news of late. A glamour photographer from Sydney by the name of Sydney Lopes will stand trial over a rape of a woman in country Victoria after she responded to a social media call-out for promotional models. Also, in Sydney, fashion designer Shardz Horuani has been arrested and charged with five counts of sexual assault following allegations he groped, harassed and exploited young female models.

These shocking scenarios are worst-case examples of what can go wrong in the industry. However, they go to show that safety is always priority and that you should always err on the side of caution when accepting modelling and other related work. So, what are the most important security measures that a model/actor or other individual that responds to castings must undertake at all times?

Number one would be to communicate as much as possible during the initial stages of responding to interest from a photographer or casting professional. Ask the photographer a lot of questions such as the exact location of the shoot, how many hours it will be etc. Ask if you can bring a chaperone. Find out exactly what type of shoot is required and what will be required of you. You need to make sure you are clear about what you are happy to do and what you won't do. Ask what the expectations are of you as a model and what the state of dress will be.

This also goes for actors. Is nudity required? What sort of content are you required to perform? Search for any issues that might arise concerning your morality, religion, ethical or political persuasions. If you are a promotional model or brand ambassador it pays to know exactly what you are getting into before you confirm. Always get the brief – this means the document/s-stating job description, rate of pay, attire, parking availability and any other particulars that you will need to know. Make sure that you will be paid the industry standards. Ascertain that the company is legitimate. You can conduct an ABN search on the government website to ensure that it is registered.

It would seem that those that are most likely to be at risk in the industry are those that are looking to build a portfolio/show reel and are willing to undertake work for "exposure" to get their "foot in the door". If you are one of these individuals you need to be aware that you are particularly vulnerable. You need to be aware of such an individual who is colloquially referred to as "Guy with Camera" or GWC. Young, naïve and primarily female hopefuls are prime bait for these opportunistic predators who masquerade as professionals. They have no real experience and sinister motives.

How to spot GWCs? They usually have dodgy looking facebook pages or websites, or they might not have anything to show you at all. Sometimes they may steal content or images from others. You can always conduct a "reverse image check" on Google if you feel that something may not add up. You need to always check a photographer's or a director's previous work. Ask for their portfolio. If you feel that something is possibly not right you can always contact other models and actors that they have worked with for their feedback.

The most important thing that you should always do is to let someone you trust know where you are going before you go to a shoot, an audition, a promotional gig, or similar. Give them the address of where you will be and an estimation of how long it will likely take. Never overlook your gut instinct. Never feel you are being too paranoid. If you feel uncomfortable there is a reason. For example, if a photographer is forcing a change of the parameters of a pre-agreed upon shoot, then you have every right to leave immediately. Do not let a photographer touch you. A true professional should always be able to direct you verbally. If you feel scared or threatened always walk, and do it immediately.



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# POPPY SCHOKKER

## MODEL

By: Jenny Aluning

Meet Poppy Schokker, singled out as the Model of the Night at StarCentral's Creatives Uncovered Fashion Show held on June 18 this year. This charming, blonde, blue-eyed beauty who possesses the face of an angel is swiftly establishing herself on the modeling scene.

Her career in the modeling industry had a humble start. She started modeling at 17 years old but waited until completing high school before taking on more jobs. Her first experiences were in doing promotions for events at clubs. But this year has seen the now 20-year old rack up some amazing achievements. Not only did she take part in Miss Universe WA, an event that helps decide who will represent Australia in the Miss Universe Pageant, Poppy participated in, and won, Miss Bikini Universe Australia. As the title-holder, in the finale, "...I was able to walk on stage with big wings on and in that moment, I felt pretty incredible...". She would go on to represent Australia in the international version of the pageant to be held in China. And of course, as StarCentral's Model of the Night at Creatives Uncovered.

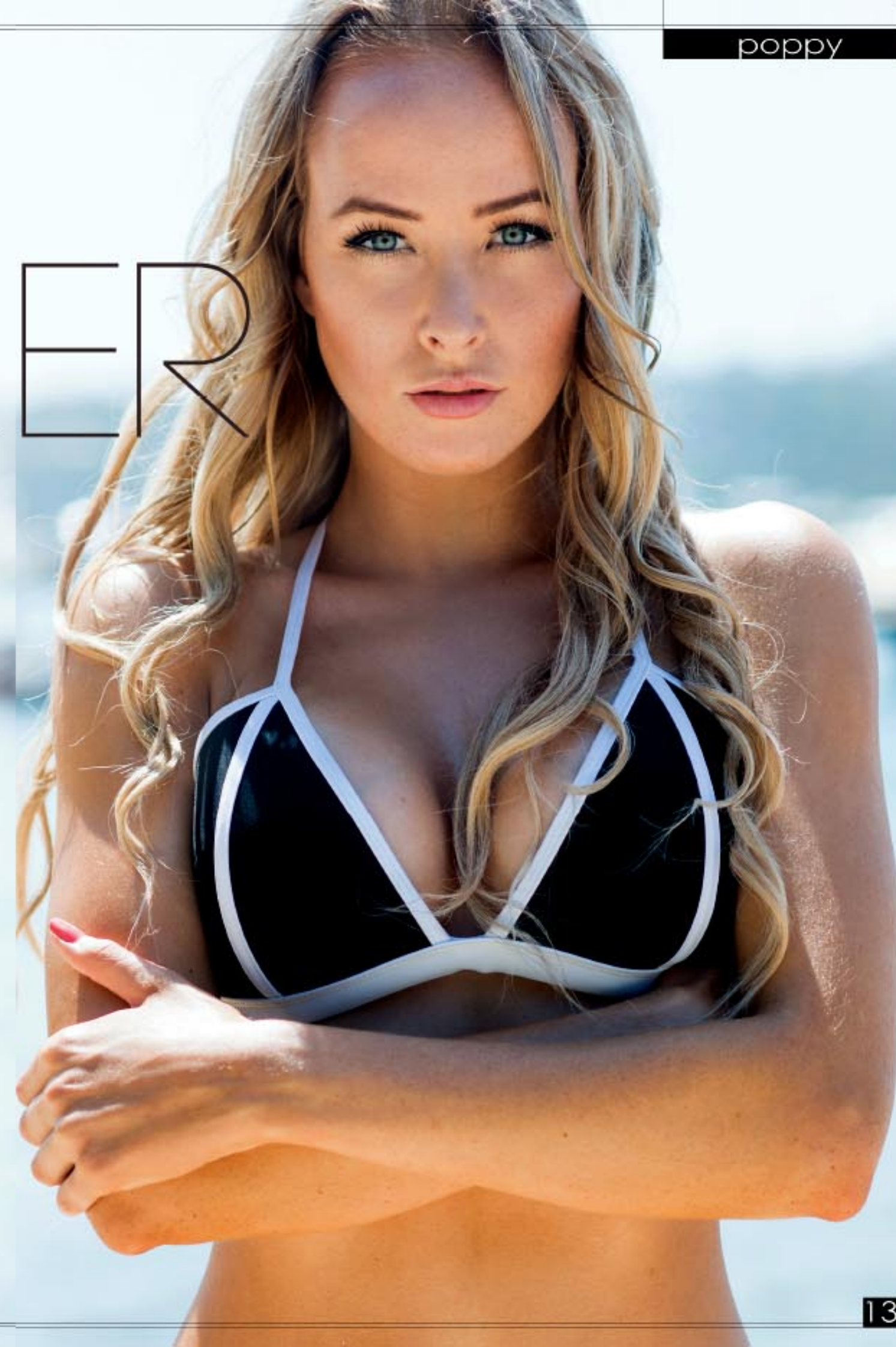
First inspired by the show, Australia's Next Top Model, Poppy has found herself fascinated by the creative side of the industry. She loves having the opportunity "...to meet so many creative artists and being able to see their vision and make it happen, it's an incredible feeling...I'm now inspired by being able to achieve desired results by designers..." Her time in the modeling world has also taught her that "...no one person is better than another regardless of race, money, power, religion or anything, so therefore you should always approach every person with equal respect..."

Her recent success may have taken Poppy by surprise! "...To be honest, I haven't really made a plan for my career. I'm taking every day as it comes and preparing to say yes to all avenues and experiences that are thrown my way. As long as I am happy and enjoying life, I cannot complain..." And she can also count on the 100% support of her family.

Poppy Schokker. Remember that name! She's already worn the 'wings' once and if the fates get it right, may do so again wearing some very famous lingerie synonymous with sexy, sassy and stunningly beautiful. All adjectives that fit Poppy to a tee!

### 'LIGHTNING FAST' Round:

- 1. What haven't you done yet that you wish you could?** I haven't had the option to travel the world yet and that is something I have always wished for and I am working towards making that happen.
- 2. Favourite place in the world and why?** I haven't experienced enough to say I have a favourite place yet but I very much love sunsets when the weather is warm, wherever that may be.
- 3. The 5 things you can't live without?** Friends, water, laughter, good music and my senses
- 4. Complete this sentence: "I'm a sucker for..."** I'm a sucker for new adventures.
- 5. Your best way to combat nerves....** I have never actually thought about how I combat my nerves because I suppress them pretty quickly and I guess the best way I do that is by telling myself that "If I didn't do whatever it was I am nervous about, would I regret it?" And I guess that makes my decision easier and choose to overcome the nerves.



# People and Faces

1. StarCentral's male model finalists showing off their guns

2. StarCentral's covergirls doing some fun poses

3. Charles and Mike with StarCentral's covergirls

4. Super photographer Archie K at his best

5. Mike with StarCentral's covergirls

6. Charles giving instructions to StarCentral's male model finalists

7. StarCentral's male model finalists doing some fun poses



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# MEET STARCENTRAL'S Covergirl finalists



Pamina Milenkovic



Nathalie Dos Reis



Meghann Selmes



Chantelle Torres



Lauren Allen



Chantelle Sharples



Frida Kyriakopoulos



Dominique Maber



Jessica Dimech



Emily Cole



Gem Chua



Lexi Hernandez



Leah Gersteling



Elice Craig



Ella Kaflanova



Jessica Lockrey

# MEET STARCENTRAL'S Male model finalists



Lee



Alfredo



Gabriel



Karl



David



Angelo



Lucas



Lakshay



Hamed



Chris



# 3 Simple Habits

THAT CAN SEND ANY ENTREPRENEUR BROKE

Ask any entrepreneurship expert and they would tell you that the core principle that dictates a bankruptcy is poor cash flow. Even if a business is in a lot of debt but follows a solid system of positive cash flow, and a close monitoring of returns and payables, bankruptcy is less likely to happen. If you are a rookie entrepreneur, you may want to watch out for seemingly simple things that can potentially hurt your business, and lead to its insolvency.

## **Small, Unnecessary Purchases**

So you've just opened your business and you start buying all these interior design accent pieces that can't really promise an influx of customers. In some cases, some owners get too obsessed with "cheap" buys not realizing that these small amounts pile up too. Think of the few hundred dollars spent on décor and a nice coffee table that could have been used to pay your power bills. Remember, the goal is to have a fast return on your investment, so you may want to stop spending on unnecessary, inexpensive buys because those "discounted" prices add up too.

## **Hiring too Many Staff too soon**

The success of your business is extremely proportionate to the amount of work that you put into it. At the onset of your venture, try to minimize your expenses, including employee salary. If you can do away with just one or two helpers, then by all means, hire less. Most successful startups have owners who went through sleepless nights, survived on home-cooked meals, and some even had to be their own store's painter, janitor, and handyman. Salaries are part of overhead expenses and if you can cut cost on overhead, you can direct your funds on better channels such as marketing and lead creation. The last thing you want is to overlay your employees because you can't afford to pay their wages any longer.

## **Poor Accounting**

There is a misconception that small businesses do not need painstaking accounting work. You raise a capital, earn, and that's about it... Wrong!

The fact is, small businesses need more accounting work in tracking how the money spent on rent, stocks, supplies, and contingencies compared to big, stable corporations who already have a system in place. Other miscellaneous expenses should also be listed and itemized so you can check if you're spending too much on minor things. This will also help you decide on expenses where you can cut down and save. Ideally, your operational expenses should not exceed your average daily or monthly income. If you lose sight of where your money is going, it may be too late for you to realize that your business is slowly losing money, and everything can be gone at your own expense.

If you're frugal and prudent enough, you'll know the things that deserve a chunk of your startup capital, and those that can wait for later. Maintaining healthy cash flow can be tricky, and there WILL always be lean months where you're almost just break even. Regardless of these challenges, resilience and the ability to adapt and redesign your business strategies can draw the line between bankruptcy and brand endurance.



# THE FACE OF Confidence

## PAGEANTS FOR A CAUSE

By: Patricia Higgins

Domestic violence is a scourge that has been responsible for recent, inconceivable tragedies in our very own backyard. It has, unfortunately, been brought to the forefront of Australian's minds of late, and has become an issue of national importance. However, long before these shocking events transpired, grass roots initiatives to raise awareness and to provide aid have been in place.

One such example is charity 'Assist a Sista' (sadly now defunct) that provided furnishings and goods to those fleeing domestic violence situations. Another is 'The Face of Confidence Australia' (that has flourished and has been confirmed in 2016). This pageant, aimed at raising awareness and funds for the domestic violence cause, took place in September 2015 in Surfers Paradise, QLD. Participants from all over the country had been steadily anticipating the event for an entire twelve months prior.

Domestic violence has always been associated with a pervasive stigma. At best it's been something to keep behind closed doors, at worst its victims have been shamed to the core and left to suffer in silence. Yet, the idea that those who have endured domestic violence and have lived to tell the tale can celebrate, educate and inspire, is a powerful way to turn this all on its head. 'The Face of Confidence Australia' saw women (of any size, age or shape) undertake a pageant, to "strut their stuff", but, also, to tell their personal stories bravely and proudly and to reclaim their sense of self.

'The Face of Confidence Australia', hosted by Kat Eyes Promotions and facilitated by Mantra on View, was the culmination of a year's worth of preparation for the women who participated on the night. The pageant consisted of a catwalk parade featuring categories of fashion attire such as cocktail, swimwear, active wear and formal gowns. It was a tangible sense of sisterhood and community that overtook proceedings (and while there were those who did take out titles); in essence, it was about deciding on the most influential and befitting spokespeople for the cause.

Celeste Jahn of Sydney was crowned 'Face of Confidence Australia National Winner 2015'. Her heartfelt, deeply personal speech and innate sense of poise and authenticity afforded her the title, giving her the ability to be both spokesperson for the cause and mentor for upcoming entrants in 2016. Natalie Anne Hargreaves of Canberra and Mel Funnell of Brisbane placed runners up. However, it was apparent that all involved were winners on the night in owning their experience and thereby breaking down persistent barriers in awareness for the cause.

Event organiser Kate Marsden, owner of Kat Eyes Promotions, said "the winner of 'The Face of Confidence Australia' will have the opportunity to help a great cause by increasing awareness of learning issues inside domestic violence. Simply by just being a part of this, the silence of domestic violence will be broken. Stories and triumphs can be shared among entrants and workers alike. Awareness will be created in many forms, such as press and media, public events, word of mouth and predominately social media."

The success of the first installment of 'The Face of Confidence Australia' has secured the current venue in Surfers Paradise for 2016. Entry is open to all and women (and men) aged 8-80 from Australia. The pageant encourages positive self-esteem and personal growth. It's also a great opportunity to make lifelong friends in a friendly and supportive atmosphere.

To find out how you can become a participant in 2016 visit: [www.kateyes.com.au](http://www.kateyes.com.au)



# THREE Models

MAKING A DIFFERENCE IN THE FASHION INDUSTRY

By: Patricia Higgins

When the stress of catwalk modelling triggered a chronic skin condition, one of the biggest names in the business - Cara Delvigne, decided she had enough. Publicly revealing that she 'hates herself and her body', she reinvented herself as an actress, playing the lead in the movie 'Paper Towns' (released 2015) and is set to appear in a steady stream of hotly anticipated features. The career shift was a delightful change for the celebrity who has since recovered from her anxiety related psoriasis and has largely escaped the fickle world of fashion modelling.

Fashion models need to meet a very strict criterion. They need to be tall, lean, youthful and with beautiful and uniform facial features. They also need to fit into sample sizes at all times. It isn't advisable for a model to deviate from these standards at any point (by putting on a kilogram or developing acne for example). It's obvious that such factors are often outside an individual's control. It's no wonder that the impossible expectations of the industry can eventually be responsible for emotional breakdowns.

However, it continues to be a predominant fantasy to become a top model. It's what a lot of young people dream about (or their parents for them) as they grow up. It's about being Miss America or slipping into sparkly wings and blowing glitter kisses as a Victoria's Secret Angel. It all appears so glamorous that the reality is often overlooked. The truth is that if you are lucky enough to have the genetics to become a catwalk model you must also be prepared to maintain your looks with extreme dedication and be able to handle constant scrutiny. It's also a job with a use-by-date.

And even for those who have never aspired to the profession, the influence of fashion modelling is inescapable. It's about ascribing to the dominant ideas of beauty in our consumerist world. If you are about to buy a pair of heels you may flip through a catalogue to be presented with a litany of smooth, long legs. They are the legs of a fashion model. Are you looking for a new moisturiser? Take a step into a department store cosmetic floor to be bombarded by signage featuring glossy, symmetrical and blemish free faces. These are the faces of top models and airbrushed celebrities.

However, some individuals with physical characteristics that diverge dramatically from the norm are finding a way to break down what is accepted as beautiful and desirable to the wider public. They believe in the value of their uniqueness and uphold the idea that diversity is the most authentic portrayal of humanity. That it shouldn't just be cookie-cutter perfection that is reflected back at us as a society. They believe - validly - that their style of beauty has every right to be represented. They are models, but with a difference.

Madeline Stuart is one such model. The pretty and vivacious 18 year-old from Brisbane, Australia currently has over 460,000 Facebook followers. She also has Down syndrome. After reaching her weight loss goals (shedding more than 20kgs) Madeline embarked on a modelling career and became the world's first adult professional model with Downs Syndrome to be the face of a cosmetics company (beauty brand Glossigirl). Her goal is to "change society's view of people with disabilities, to create exposure through awareness, acceptance and inclusion." She is certainly making her mark - Madeline will strut the catwalk at New York Fashion Week in September 2015.

Chantelle Young didn't let a rare skin condition stand in the way of becoming a model. A contestant in America's Top Model, the 19 year old suffers from vitiligo. While her skin is dark the condition causes patches to be white. And while she didn't go on to win the TV show, she has scored lucrative modelling contracts regardless (Barcelona fashion brand Desigual). She believes that her differences appeal to a mass audience. "It's my genuine opinion that it's those quirks that make you gorgeous. Let whatever quirks you have shine."

The ideal of beauty always influences society in some way or another. But, the kind of physical standards that the world of fashion modelling imposes are for the most part unyielding, irresponsible and unfair. There are those in the industry who have become role models for change. Models like Madeline and Chantelle break the mould. They are the ones to follow and emulate in the hope for a less judgmental and shallow world.

For more information about these models visit: <http://www.madelinestuartmodel.com> or <http://chantellewinnie.com>



HOW TO LOOK VA VA VOOM PERFECT

# using fashion

By: Patricia Higgins

You've long been told to shop for your shape. But, what about shopping to change your shape? I mean, zipping it all in where it needs to zip in and popping it all out exactly where it needs to be popped out...to be a real life Jessica Rabbit by sheer virtue of your wardrobe.

One minute you're feeling a little flabby and the next you're va va voom perfect, wondering why anyone would ever bother sweating it out at the gym when garments can take care of all that for you? It may sound too good to be true but there are some new technologies and approaches in women's fashion that claim to do just that.

## The Butt Lift Jeans

If you're at all attuned to pop culture you would see there's nothing really bigger right now than having a big butt. Nicky Minaj sets a high precedent for achieving a peachy ripe 'ol behind. It may be genetics, it may be squats or it may be something more. However, there is more than one way to get the perfect butt that you desire.

Consider your regular old jeans and the way your butt looks in them. Does it look a bit flatter than you would hope? Does it take on a life of its own when you sit down? Does your butt definitely have more potential that your jeans are giving it credit for?

Salvation comes in a garment inspired by Latino fashions. The Butt Lift Jean is an item designed to contour and curve your most precious of assets (pardon the pun). By way of some very clever design and stitching, Butt Lift Jeans shape and place your butt in a position that looks nothing short of delicious. No butts about it.

All jokes aside, the Butt Lift Jean is a remarkable example of how to perk up and shape your body simply by way of your wardrobe.

Stockists: Freddy ([www.freddystore.com.au](http://www.freddystore.com.au))

## The Waist Trainer

Has the Waist Trainer been appearing on your Facebook newsfeed of late? It's highly likely considering the power of this current trend. Celebrity devotees (such as Khloe Kardashian) have been employing the slightly controversial technique of waist cinching to achieve the ultimate hourglass figure. It's reminiscent of the days of corsets when a waspish waist was the de rigeur of the times.

The Waist Trainer can be worn while working out or during your normal routine. It's essentially a corset that can be levelled up (notch by notch) to achieve a slimmer waistline. Detractors do point to concerns about comfort of wearability and possible damage to internal organs. There are several options available in the material used that affect the restrictive element (such as latex for hard core waist firming) or a more pliant day-to-day material that can ever be worn at night.

Waist cinching is certainly a popular trend and a lot of fans praise the ability of the garment to support posture and to even improve muscular issues. A lot of "before and after" pictures exist that support the idea that a Waist Trainer can reduce the circumference of the torso region with repeated usage. Another reported benefit is that that use of the garment considerably reduces food volume intake.

Getting an enviable svelte mid section without needing to do a ton of push-ups seems a dream come true. The only way to know if a Waist Trainer really works? Try one for yourself?

Stockists: ([www.missathenascloset.com.au](http://www.missathenascloset.com.au))

## The Bandage Dress

The Bandage Dress has been certainly around for a while now. But, nothing beats it for creating the most desirable contours. The trend started with the original Herve Leger designs (worn by celebrities such as Jennifer Love Hewitt) and trickled down to the public with many copies by various brands made readily available.

The best quality Bandage Dresses are quite heavy due to the nature of the fabric that sucks you in exactly like (you guessed it) a bandage. They are made with Nylon – a textile that adds crucial strength and resistance to damage.

There are no shortage of designs and colours available and variations of style including: long gowns; long sleeve dresses; tops and skirts. They are a reliable 'go to' for a night out, keeping you feeling in place and perfect (even after a large meal or too many drinks). When it comes to beating the bloat – or at least camouflaging it – Bandage Dresses are a girl's best friend.

You can't go past the classic Bandage Dress when it comes to an instant fashion fix for your figure.

Stockists: ([www.kristinob.com.au](http://www.kristinob.com.au))

# MARYROSE SALUBRE

## PHILANTHROPIST

A brave woman with a philanthropic heart, these words aptly describe Maryrose Salubre, StarCentral Magazine's Featured Person of the Month. Maryrose originally hails from Leyte, Philippines and was raised by loving parents. Her father is a fisherman and farmer in her birth town Bunga. Presently, Maryrose's life revolves around the fabulous world of pageantry. While this is not strange to her since she has been joining pageants ever since she was a little girl, the major difference lies in the way she is now able to use her own life experiences to help and inspire the people around her.

Maryrose migrated to Australia in 1994. Once here, she managed to juggle 3 jobs at the same time - working full-time as an Avon representative, as a part-time employee at Woolworths as well as a sideline career in TV commercials and films. She was even featured in the Keanu Reeves' hit, 'Matrix Reloaded'. Maryrose excelled at being a Jane-of-all-trades until she was forced to bring it all to a stop after finding out that the breast tumour she was diagnosed with 2 years earlier, now showed metastatic growth. Determined to survive her fight, Maryrose sought professional help from Dr. Paul Crea of St. Vincent's Hospital in Darlinghurst. During the process, she underwent lumpectomies and thankfully, with the doctor's quick action, she is now in remission.

Her experience had definitely strengthened her character and this newfound strength is what she uses to accomplish her mission in life. Maryrose registered Salubre Models in 2007 and she's the sole founder and producer of Miss Australasia Official. Her work has enabled her to extend practical and emotional support to others in need. Recently, Maryrose went back home to Leyte, which was badly hit by Typhoon Haiyan (Yolanda) in 2013. During her visit, she was able to provide financial aid, launch feeding programs, and even fund the restoration of two schools. Her generous disposition extends further than her hometown. Maryrose aims to raise breast cancer awareness and advocate women empowerment through her Miss Australasia Official pageant which is soon to operate not just locally but also internationally.

It is indeed a lofty endeavour but Maryrose never forgets to take her time to enjoy every moment of her experiences. 'I love the entertainment side of it but the most important thing is to be able to help the less fortunate by building more schools in the future', she shares. Maryrose hopes that all these worthy causes will leave behind a good legacy to her community.

When asked about her family's position on all her noble undertakings, she lighted up with so much enthusiasm as she expressed how her loved ones have never left her side. 'My family has been very supportive in everything I do especially these interesting people in my life...Frank Moschella, Peter Wyatt, my parents, Brian Frugtniet, Suzanne Frugtniet, and my daughter Chantelle Frugtniet,' says Maryrose.

If there is any valuable lesson that she hopes to impart to people who can identify with her, it is to learn to disregard negative individuals who may cast stones at you along the way. 'If you stop to throw stones at every dog that barks, you will never reach your destination', she ends.



# 6 Delicious Detox Fruit Waters

## TO CLEANSE YOUR BODY AND BURN FAT

By: Patricia Higgins

Did you know that water makes up 95 per cent of the human brain and 60 to 70 per cent of the entire body? Hydration is essential for both mental acuity and physical performance. Sometimes, it can be difficult to get your eight glasses of water per day. Perhaps your lifestyle/diet has included increased levels of alcohol and caffeine? The detrimental effects of these toxins can be reversed with increased hydration.

Detox waters are great ways to make water more enjoyable. And, they have extra health benefits as well. It's really simple – just fill up a container or glass with water and add nutritious ingredients. Leave overnight to distill. You'll find that a lot of everyday fruits and veggies, and also kitchen cupboard staples, can easily transform humble H<sub>2</sub>O into your personalised detox solution. Here are the top picks:

**Lemon** – Lemons are an excellent source of Vitamin C and enzymes. Nothing really tops the natural cleansing properties of citric acid. Lemon has been associated with boosting the liver's function and tissue regeneration. This means great things for your metabolism and you'll be radiating with healthy skin.

**Cucumbers** – The humble cucumber is one of the most hydrating of all vegetables – it's mostly made up of water. It's great for your physical health as it contains the minerals magnesium, potassium, silicon and sulphur (those last two are particularly great for stimulating hair growth). Also, it's very high in vitamins C and B, working synonymously to promote good general health and energy levels.

**Strawberries** – We all know strawberries are a luscious, tasty fruit. They provide a great flavour while also packing a punch of antioxidants, vitamins and minerals. Actually, it's the phytonutrients in strawberries (that gives them their distinctive flavour and smell) that provide protective, disease preventing compounds. Strawberries also have been proven to lower the risk of cardiovascular disease.

**Cranberries/cranberry juice** – Cranberry is perhaps best known for its ability to fight and preventing urinary tract infections. This berry can also improve immune function and lower cholesterol. Cranberry juice is a lot more convenient and easy to acquire in a supermarket than the berries in whole form. The berries themselves are often referred to as a "super food" for their extremely high nutrient and antioxidant density.

**Apple cider vinegar** – Apple cider vinegar is a pantry staple but it's also a very powerful detox supplement. It contains pectin, which is great for intestinal health. Just one or two tablespoons mixed in water can work well to reduce bloating and water retention. It's also brilliant in combating indigestion. The acetic acid in apple cider vinegar can also work to suppress appetite and increase metabolism.

**Cayenne pepper** – Cayenne pepper has long been used therapeutically by many societies throughout the world. It stimulates circulation and helps to neutralise acidity. It works hard to get the digestive tract moving. This means increased metabolism and weight loss through the assimilation and elimination of toxins. Helping the body to sweat and to increase lymphatic and digestive rhythms, cayenne pepper in your morning beverage provides a great total body detox.





# STUDIES EXPOSE The Ugly Side OF THE ENTERTAINMENT INDUSTRY

By: Patricia Higgins

A recent study has determined that entertainers are twice as likely to suffer from depression than the general public. The research was the first of its kind to be conducted in Australia and has shed some very valuable light on an alarming issue that has until now been flying under the radar.

A 12-month investigation in conjunction with Victoria University found that almost one in every 14 performers surveyed admitted to making an attempt on their life at some point or another. It paints a very disturbing picture of the life of an Australian entertainer and poses some pressing questions. What methods should you employ to cope mentally and how can you assess when aspects of your work and lifestyle have become all too much?

Poor working conditions and excessively long hours are attributed to the fact that the Australian entertainment industry's 25,000-strong workforce experience considerably higher rates of depression, substance use and suicide than the general population. The survey sampled 2,904 people within the industry including those behind the camera or on the stage – like dancers, actors, musicians and comedians.

Also, comprising the survey were the individuals behind the scenes of the entertainment industry such as roadies, technicians, directors and producers. The figures were even more disconcerting for this sector with almost one in 12 roadie or technician admitting to making an attempt at suicide in some point in their career. That compares to about one in 30 for the Australian population in general.

These startling statistics mean that the long hours and uncompromising demands of the entertainment industry are cause for great concern and that something needs to be done to create awareness and a more flexible approach. Supportive lines of communication (such as counseling services) need to be available for entertainment workers in distress.

Susan Cooper, general manager of Entertainment Assist said "Anecdotally, we have known there has been a problem forever, but we didn't have statistics to stand up and take notice. Now the problem cannot be denied." She explains that it is a combination of factors that contribute to the reasons why entertainers form a group in society that are particularly susceptible to depression. According to Cooper it is likely that their artistic disposition somewhat lends itself to an innate sensitivity, but, it's the nature of the industry itself that should be called to account.

The entertainment industry is (in Cooper's words) cutthroat. To be in front of the camera you need to be relevant and highly appealing. Stage work requires constant health and vigor. For both performers and those behind the scenes ratings always determine whether or not you have a job. It comprises of shift work and (when a situation like the broadcast of breaking news demands it) unpredictable and extended working hours.

Working in the entertainment industry can leave you burnt out. It can also leave you a shell of your former self. A quality family life is often the biggest casualty for those in the entertainment industry. Without time for this kind of essential support those in the industry are left in a situation where depression easily becomes an issue.

Performers are often functioning towards a bigger plan and live off the fuel of ambition, often believing that their big break might just be around the corner. Actors are required to attend auditions even when their day jobs don't allow for the time off. The scenario might come down to scoring what might be the role of a lifetime or no longer being able to pay the rent and bills.

It's a very unpredictable lifestyle. And, if no success arrives you can feel like 'life has spat you out'. The same thing can occur when you lose your star factor and are therefore no longer employable. We have witnessed many former child stars go down a self-destructive path when they lose their relevance in the industry.

One of the biggest problems with the entertainment industry is the pay. The numbers are surprising – 63 per cent of professional performers earn less than the national minimum wage of \$34, 112 a year. If you chose to be a part of this world you will likely attest that to be an artist is to struggle. With such an uphill battle to face, it's no wonder that 40 per cent of performers have been diagnosed with mental illness. Lack of sleep, low pay, and drug and alcohol abuse are the prime contributing factors.

It is important that if you are in fact a part of the entertainment industry that you take a moment to take stock of your mental health and be willing to seek help should you ever need it. For help or information call Lifeline 131 114 or beyondblue 1300 224 636.

Sources: Working in the Australian Entertainment Industry survey, Victoria University 2015.

# FIVE ABSOLUTELY Essential

## THINGS TO CONSIDER WHEN STARTING A NEW BUSINESS

Starting your own business is never easy, it takes time, money, effort and most of all – perseverance! If you are currently considering starting up your own business, here's the top 5 things you need to look into before taking the big leap.

### 1. Put together a business plan

The sad fact is that most businesses don't actually make it past the first year because they have poor cash planning, inadequate market research and most of all, they don't have a proper business plan. The very first thing you should do before starting a business is create a business plan. That business plan should highlight where you want to be in the next 5-10 years and should also highlight your goals as well as provide details on how you will achieve these goals. Nobody else has to see it; this is your own personal guide on how you will grow your business.

### 2. Will you be providing a product or service?

Of course, if you're planning to start a business you should already know if you will be offering a service or selling a product to the consumer. Most budding entrepreneurs start a business based on their knowledge and expertise on a specific industry sector, others start a business based on something they've always been passionate about and some start a business because they can see a 'hole' in the market which they want to infiltrate. Keep in mind that once you've decided on what business you'll be starting you then have to determine what would make your business different? Will you be offering a cheaper product or a faster service? What would make your product or service better than the competition? What's unique about your business that others would pay attention?

### 3. What will be your business structure?

There are actually a number of choices to choose from when it comes to business structure, the most common ones though are sole trader, partnership and limited company. The typical choice by most people is the sole trader business structure because it's the structure with the least hassle. In saying that though, this business structure can actually affect your personal security. If you're wondering what the best choice is, well here's a brief description on the 3 business structures: As a sole trader you carry all the risk –

which means that if something goes wrong in your business then you are personally liable for all the costs. If you are thinking of entering a partnership structure with a bunch of friends, keep in mind that things could all change at some point due to the demand in the business and it could possibly ruin your friendship. Now if you are thinking of setting up a limited company, yes you may lessen your individual liability, however, it's not cheap to maintain a limited company structure because you'd have to pay a yearly government fee – and this will be tough on you especially if you won't be making any money yet in the next 3 years. If you are seriously thinking of setting up a company for the first time, it's probably best to obtain professional advice from either a solicitor or accountant so that they can explain the risks and costs involved.

### 4. What will you name your business?

Finding a name may sound like the easiest part in the process – but think again! Some companies take years before they can come up with a suitable name for their business. Think about it this way, the name of your business will be its brand for life, whatever name you come up with is what you'll be working with for the duration of the business. Here are some questions you should ask yourself: Does the name suit the product or service you are offering? Is the name original? Can you trademark the name? Is the name available online? It's always good practice to register the name of your business to the Fair Trading office straight away to make sure that no one else has the exact same business name as what you have.

### 5. How are you going to market the new business?

Marketing is a crucial part of any business, without proper marketing your business is as good as dead. The big question is: what approach will you take to reach your specific target market? Do you need to look into magazine ads, billboards, social media or maybe direct mail to reach your target market? Your marketing approach will of course depend on what your product or service is, it's basically trial and error at the start. Just take the plunge and start your marketing efforts and whichever one works for your business is what you should stick on. If you don't know where to start it may be a good idea to find out what your competition is doing, you can always do the same thing but just give it a bit of a twist to make it more favourable for your business.