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April 2017

STAR

KICK BUTT IN 2017 WITH
**THESE 5
FITNESS TIPS**

**FIVE
AWESOME
STYLE
TIPS**

every guy
should
definitely
know
about

**GET
to know
AMELIA**
Tamara
Dani
Anjelica

five
makeup
tips

that are guaranteed
to make you stand out

**THE
A.A.C.T.A
AWARDS**

An inside look
at one of Australia's
most prestigious
events

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Cover

Models on fire

Get to know Amelia Conway, Dani Fitch, Anjelica Whitelaw and Tamara Reynolds



OPENING REMARKS



It has been nearly 11 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 2017. 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 this 2017, and for those of you who just came back from a break, I hope you enjoyed some much needed quality time with family and friends. God bless.

Mike Ilagan
Managing Director

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Fashion Mandu
Fashion Mandu 2016 in photos

EDITORIAL



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Jenny Aluning
editor in chief

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GET TO KNOW

Anna Valter

By: Jennifer Aluning

European beauty, Anna Valter, started dreaming about becoming a model when she was 7 years old. But it wasn't until 10 years later, after moving to Moscow that Anna got her chance. Creativity seems to have always been a major part of Anna's soul. She studied tourism and hospitality in university because as she says, "I always wanted to travel and see the world..." She then attended a music school and excelled enough vocally that she won several local and regional singing competitions. After a brief pause, she returned to her creative roots, studied fashion and image consulting, worked in the field until she made the big decision to move to Australia.

Anna (who also has a German and Belarus background), is flourishing in Australia. She completed a screen acting course at Australia's most famous acting school, NIDA (National Institute of Dramatic Art) and has kept up with the latest trends in the fashion industry. For Anna, the creative world is where her passion lies. She remembers the amazing feeling she experienced during her first runway show and that memory has made all the difficulties, and the hard work that comes with being in the industry, worthwhile. Anna plans to follow her parents' advice of doing what makes her happy. She will continue to study and pursue her creative career, and as she shares, make every use of "this amazing opportunity to live, study and work here..." in Australia.



By Jenny Hu

Legacies were honoured, films were prestigiously bestowed, and a sausage party gate-crashed - these are just some of the moments of the 6th annual red carpet ceremony as it graced its presence on 7th December 2016. Screen industry greats such as, Mel Gibson, Isla Fisher, Rose Byrne, Geoffrey Rush, Paul Hogan and Dr George Miller who were all nominees and presenters at the ceremony attended the prestigious event.

Whilst the red carpet was "show-reeling" with actors and actresses, there was a slight interruption on the scene as a group of protesters dressed in up in Sausages passed through security, chanting "End the Sausage Party" condemning the gender inequality within the film industry. Without hesitation, the security guards swiftly escorted them out.

After that ordeal, it was back to regular programming. The StarCentral team and myself headed up to the media room at The Star to later interview the winners and gridders at the AACTA Awards.

Amongst the highlights of the ceremony was Geoffrey Rush, who both presented the awards to Isla Fisher and Paul Hogan for the Lyell Longford awards and Trailblazer award, respectively.

Paul Hogan was given the award for promoting the Australian tourism industry by appearing in a number of advertisements promoting Australia to America and around the world as Crocodile Dundee.

As Paul Hogan walked up to the podium, He felt kind of embarrassed because of all compliments that were thrown at him - he thought it would have been better if he was roasted instead!

"I never cried. Once I won a golden globe and said the only difference between Paul and Dundee is a hat. I did take the mickey out of it and never been invited back." Hogan remarked humbly.

"Crocodile Dundee started as a sketch in New York and then they made a movie out of it... It was a mighty hit."

Amongst the highlights in film and television, Hacksaw Ridge won an impressive nine accolades which included, Best Director which was awarded to Mel Gibson, Best Supporting Actor to Hugo Weaving, Best Actor to Andrew Garfield, Best screenplay, etc.

Gibson humbly accepted the award on behalf of his film and

proceeded to tell us the brave story of Desmond T. Doss, an American combat medic who refuse to use violence to fight the enemy. He was awarded his second AATCA award after 14 years receiving his AFI Global achievement award, and 20 years after receiving his Oscar for Best Direction for Brave Heart. He remarked how Australia as being a place of opportunities and proud to come back here.

When Gibson entered the media room, it was like watching a swarm of bees gathering furiously over jackpot of pollen. Photographers scurried to the podium to take a glimpse of the almighty celebrity, journalists eagerly started putting their hands up to get noticed. It was pretty amusing to watch.

Other film accolades which were awarded that night included Best Television drama which went to Wentworth, Best Feature-length Documentary- Chasing Asylum.; the DAUGHTER was awarded to Miranda Otto who received her first AATCA award for Supporting Actress. Odessa Young was honoured for Best Lead Actress - she was just eighteen which mean she was the youngest to ever win the Award for a feature film debut.

AACTA AWARDS 2016



As for television awards, both Samuel Johnson and Elizabeth Debicki won both AATCA awards for Best Lead Actress and Best Lead Actor in a Television drama for MOLLY and the Kettering Incident, respectively.

And saving the best for last, Isla Fisher, the AATCA Trailblazer award recipient was recognised for her achievements, abilities and successes of an actor/actress who inspires others through her works through comedic blockbusters A charming, down-to-earth comedic actress, she plays a delightful shopaholic in Confessions of a Shopaholic and dazzled audiences in Baz Luhrmann's The Great Gatsby as Myrtle Wilson.

As her giddy self, she thanked everyone especially, her husband Sacha Baron Cohen who was there with her in the audience. She advocated for more women in comedic roles in Hollywood and finished off with the best quote ever.

"I have to thank Donald Trump because of him; unqualified orange people can win."



Fashion Mandu AUSTRALIA 2016

By: Georgina Smith

Set in the grand ballroom of the Hurstville Entertainment Centre, eight talented designers namely Lena Kasparian, Anya Hurwood, Rasna Shrestha, Suruchira Shakya, JF Designs, Rochelle Moore Fashion design, Ayesha Elsha Thapa (Tehzeeb) and Dorje Designs showcased their innovative new creations at Fashion Mandu 2016.

Amongst flashing lights, media coverage and music - a number of gorgeous models rocked the runway in an array of avant-garde clothing by any standard. Last year they invited Nepalese actress and National Film Awards winner Namrata Shrestha as a showstopper as well as popular Nepali blogger Lex Limbu who was one of the emcees at the event alongside none other than Mrs Universe Australia 2016 Kim Canceller. Moreover, Miss Earth Air 2015 Dayanna Grageda and Ms Australia Goodwill Ambassador 2016 Amie Louise Brangrove also graced the Fashion Mandu 2016 runway as showstoppers. It's also worth noting that guest model Sarah Jehan who was the 1st runner up at the Top Model Worldwide International Model Search 2015 competition also choreographed the entire show.

The event supported and showcased a greater number of up and coming fashion designers and all proceeds from the event also went to Jeewan Utthan - which is a charity organization dedicated to improving the living conditions of at-risk orphans and bereaved children in Nepal so we are proud to be a media partner of the prestigious event.





Cabaret

FROM PARIS WITH LOVE

By Jill Antonio

The Old French word 'cabaret' means 'night-club entertainment', but on December 14th last year, the senior Jewish community had the pleasure of having Paris come to them.

As the world's best-known fashion capital, a place where romance meets history, and fine taste is matched by dance and drama - Paris is perhaps best known for its unmistakably flamboyant glamour!

Set in the Woollahra location of Jewish Seniors Not-for-Profit COA, the elderly members were treated to an early Christmas present: Cabaret: From Paris with Love - a show brought to them by renowned director Michael Acland, producer Anastasia Shrits, and their energetic team of highly talented artists.

The crew of professional dancers and singers (all female, except for one male lead) put on an unforgettable and eclectic display of old-fashioned show girl glamour, adagio dancers, pole artistry, mime and the flirty French Can-Can.

The show itself is a feast for the eyes. Littered with various solo singing performances covering popular pop classics,

the dancers seemed to lose themselves in the narrative of the cabaret.

The show's choreography moved seamlessly through various juxtaposing themes, all show-cased through glittery, colourful costume art.

It featured cowboys and Indians, devils and angels, tribal wars, Bollywood girls, one brilliant damsel in distress (Viviana Toro), and a quintessential hero (Franck Bortnik).

On top of this, the French Can-Can girls were the absolute highlight of this show. Dressed in fabulously frilly undergarments, coupled with a bucket-load of sassy, enthusiastic energy - their synchronised dancing was the right amount of seductive, yet sweet.

The push and pull of the performance as a whole; resulted in a culturally-dynamic display of a drama and romance merged together to produce a flirtatious and frivolous, too-fun-to-watch show.

As this particular evening was generously hosted as a charity event dedicated to COA, the vibe and audience appreciation in the room was electric. Performance-lovers young and old would do well to see Cabaret: From Paris with Love.

1. Amelia Conway busting a pose during the StarCentral shoot at La Perouse beach

2. Janet Sios and Fayee Penny at the Pacific Runway Fashion extravaganza

3. Amelia, Dani, Tamara and Anjelica during the StarCentral shoot at La Perouse beach

4. StarCentral's managing director Mike with Ada Nicodemou at the AACTA Awards

5. Dani Fitch - Miss Grand Australia 2016

6. Tamara Reynolds busting a pose during the StarCentral shoot at La Perouse beach

7. Anjelica Whitelaw busting a pose during the StarCentral shoot at La Perouse beach



"Meet the who's who in the social scene down under"



FIVE GAME-CHANGING STYLE TIPS

EVERY GUY SHOULD KNOW

A couple of decades ago, it was women who got the attention in the little boutiques and in the glossy fashion magazines. Men didn't used to pay much attention to their looks. As long as they were wearing a good looking tie to work, and a good pair of shoes or a golf shirt around town, everything was alright. However, times have now changed. There is a lot that men can do to change their appearance by focusing on various fashion trends. It will make them feel good on the inside as well as on the outside. People start to notice them and this will lift their confidence levels.

Here are five easy tips for men who want to look sharp:

Stay simple

While in the past, men were a little simple, they were also boring in the way that they dressed. However, it is also important to overdo things. You don't want to look like a celebrity, walking down the main street with a hat, scarf and outrageous glasses. There is a difference between being flashy and looking like Michael Jackson. You can wear a black with a touch of white. Don't wear a huge amount of jewelry and blingso that you don't look like try hard rapper. Focus on one item, such as a decent watch.

Good Fit

This tip is everything. There are many nicely fitting tops and jeans which are both stylish and comfortable. This makes you stand out. However, this should not be too tight so that your flaws begin to show up.

Try something different

It is nice for people to notice various changes that you have made. Get out of your comfort zone and change things around so you don't fit to a particular style. It may be just one thing, such as a shirt which is more colorful or a pointy pair of shoes. It means that you don't fit into a certain type of box.

Features

These are small little details that people will notice and compliment you on. It means that you have gone to the extra effort. It can be a new pair of sunglasses or a scarf. It can be a necklace which is obviously not too chunky. It shouldn't be too outrageous. You are just looking for something simple.

Shoes

This particular item can make all of the difference to any man's wardrobe. You may be looking a little worn out in your sports gear, but when you have a neon pair of athletic shoes, this can make the difference. A nice pair of Italian shoes can also make a big impression and this is something that a lot of people tend to notice.

FIVE EFFORTLESS Makeup Tips

TO LOOK LIKE YOU'RE NOT WEARING ANY

In the past couple of decades, women paid a lot of attention to brightly coloured lipsticks and dark mascara. However, these days, the more natural look is more appealing. It is also healthier because heavy makeup does not seep into the pores and there is less to clean off when you go to bed at night. Of course, a little makeup is necessary in order to bring out the best of your features.

Here are a couple of beauty and makeup tips for that awesome natural look:

Cleanse the skin

You need to start with a good cleanser as well as good moisturizer. Wash your skin well under warm water. This will prevent it from drying out. The moisturizer should have a good SPF factor, which will also help prevent the skin from drying out, and becoming dehydrated.

Light Foundation

Focus on a light foundation, instead of something that is going to be too harsh. You may want to think of a moisturizer with a slight tint. This means that you don't have to opt for a foundation which can clog up the pores. Use a slight red tint around the cheeks. However, don't go overboard with this. It should be kept as natural as possible. Experts suggest that when you use foundation, it should be applied with fingers and rubbed in because this will look more natural.

Blush

It is easy to overdo this as you may have seen in the past when women applied heavy makeup. To make this as natural as possible, look for a cream which will match up to your skin tone. Have a look at the color of your lips and match this up to the tint. Stay away from the shimmers, which will look less natural. Blend this in well over your cheek bones as well as the lips.

Eyes

It is important to focus on the eyes, especially when these are your best feature. However, it is important not to go overboard with mascara and eyeliner either. You can do more harm than good when you apply too much mascara, because you won't bring out the colour of your eyes. Your eye lashes just need a slight coat. A lot of people use a cream on their eyelids because powders can become caked.

Gloss

There are many ways that you can bring out your lips. You will have achieved the natural look by now, and you can finish this off by a little color on the lips. There are many natural colors available on the market. You need to find something that is just slightly brighter than that of your own lips. Have your gloss with you so that you can reapply it. There are also sprays available which help set the makeup.



Dani



FITCH

Danielle (Dani) Nicole Fitch may be the Miss Grand Australia of 2016 but she is still your typical twenty-seven-year-old who enjoys activities such as yoga and poetry. Behind all the glamour, Dani Fitch is based in Sydney, Australia with a Bachelors degree in Biomedical Science and Masters of Pharmacy so it's safe to say that she's the complete package of beauty and brains. At the time, Dani was studying for her Masters in Pharmacy when she decided she would run for Miss Universe Australia for a new challenge. Peter Sereno of Dear Pageant Girl labelled her the 'Dark Horse' when she stepped out on the runway at the preliminary heats because she apparently ripped up the runway when no one saw it coming. Dani then entered Miss World Australia where she ended up in the National Finals and was runner-up in the Beauty with a Purpose title after raising over \$20,000 for Variety the Children's Charity.

When asked what Dani likes most about being a beauty queen, she mentioned how she likes utilizing a platform to have her voice heard. As a very opinionated and outspoken person that she is and as a beauty queen, it has really given her the opportunity to express her strong convictions to a larger audience other than just her family and friends. However, just like everything in life, there are some downfalls with the things we love to do. With Dani, it was no different. Dani shares that you really open yourself up to criticism from people who don't know you at all and even from those who know you very well, which can hurt sometimes. You have to be tough to withstand the criticism, keyboard warriors and frenemies (friend-enemies). But in life, you have to keep your head up high and just enjoy what you do, like Dani does. Some of her most memorable moments in the pageant thus far are the sisterhood of the sash (a member of a group of Sydney-based beauty Queens who have all been each other's cheerleaders in the pursuit of our goals). She shares that they're real people with big dreams and big hearts. She loves them to pieces and even finds them all interesting with different stories.

Dani Fitch might be one of the most grounded people you'll ever meet, how does she stay so grounded? With the help of her family of course. Not to mention but the amount of support she receives from them could last a lifetime. While Dani is taking it day by day, she plans to continue supporting Destiny Rescue (an organization that aims to save children from human trafficking throughout Asia) and plans to do a missionary work in South-East Asia working with rescued girls from human trafficking living in safe houses learning a trade such as hairdressing, nursing or jewelry making.



By: Jennifer Aluning

To say that Anjelica Whitelaw has had some success in the modeling industry is definitely understating things! "My first debut in the modelling industry was in 2012 where I entered a local pageant called Miss Philippines-Australia. I was only sixteen and benefited from the exposure and experience. Thereafter, windows of opportunity opened for me..." And they opened indeed! The 20-year old then went on to enter many more events. Her most memorable was her opportunity to compete on the world stage as Australia's representative in the Miss Diversity Culture International Pageant held at the Privato Hotel in Mandaluyong City in 2014. Competing against ladies from the Philippines, the Czech Republic, Vietnam, Samoa and more, Anjelica ended up taking home the crown. She describes it as her "happiest memory." Her successes are happily celebrated among her family. She reveals that "my mum in particular has always been my number one supporter. She would sacrifice everything in a heartbeat to make sure I had all that I needed to chase my dreams."

Despite only being 20 years old, Anjelica has already learned a lot in her time in the modeling world. She confesses that "modelling has impacted my confidence and self-esteem..." but she also reveals that she's "learned to love the way I am, flaws and all!" A girl of many sides, she is also a Youth Ambassador for Make-A-Wish Australia as well as, she shares, "a culinary aficionado, and have an appetite to match."

While she reveals that she plans to "continue to pursue my interest in modelling as both a competitor and spectator....", she confesses that the industry is "secondary to my passion for learning" Anjelica will follow her Bachelor of Communication at the University of Technology, Sydney (which she will be completing soon) with a law degree.

ANJELICA

WHITELAW



Amelia

CONWAY



By: Jennifer Aluning

If modeling is only a part-time gig, it's hard to imagine how many more successes Amelia Conway would have if being in front of the camera is her full-time career.

Despite working as full-time graphic designer (she earned a Bachelor of Design – Fashion and Textiles from the University of Technology, Sydney), Amelia has a modeling portfolio many in the business would envy. Getting her start as a promotional model at events 9 years ago, her stunning beauty has seen her featured in numerous magazines and look books, and even earned her a place in the NSW Finals of famous magazine *Cosmopolitan's* model search and *Miss Universe Australia* in 2012 and 2013 respectively. She has enjoyed strutting her stuff on the catwalk such as at the Pacific Runway Fashion Show last year and being part of TV commercials from popular ski resort, Thredbo and Jacob's Creek Wine. More recently, she has done prolific work in modeling for the social media and e-commerce arms of various fashion labels such as Kamuka Activewear, Snow Angel Australia, Samira's Closet, Kelly & Port and many more.

To say that Amelia's body of work is diverse is definitely an understatement. Made even more impressive in that it is not her all-consuming passion as it is for most people in the industry. But she understands its value as her modeling work is allowing her to save money to invest in a property one day. She will tolerate the downsides of modeling, she says ("have to be skinny and have perfect skin. A lot of people...treat you like an object...") to achieve her dreams for her future.

TAMARA Reynolds

She may be young but Tamara Reynolds has all the hallmarks of a beauty queen. This star in the making made quite the impact on judges and audiences alike during her first foray into the world of pageantry. She has the trifecta down pat – poise, beauty and confidence.

This young and talented individual has a heritage that is both British and Indonesian. Although she's quite the accomplished marvel, she does enjoy hobbies that would relate to girls her age, such as hanging with friends, the beach, dancing and shopping. One of her favourite things to do is to hit up local markets for cool finds.

Miss Reynolds disclosed that it was Dean Marzolla of Aussie Elite that first introduced her to the Miss Teen Australasia Pageant. Mr Marzolla must have been guided by keen instincts in his apt appraisal of Tamara's star quality. She certainly is a natural when it comes to being on the runway.

"What I like most about beauty pageants is how you can have fun. You only need to be confident and show your personality to the judges and the audience while you are on stage", she excitedly tells us.

She learnt a lot of valuable lessons from this pageant and built her confidence to a whole new level. "I have learned that in life you just have to believe in yourself no matter what, and your confidence will grow over time. You need to be assertive and self-motivated especially in the modeling industry because sometimes you may not be a specific look that a person is going for but you may be perfect for another person," she sincerely tells us.

Tamara is grateful to her friends and family who had been extremely supportive of her. She says "It feels empowering, fantastic and reassuring to have such a large and strong supportive network behind you!"

This beautiful and brilliant beauty queen looks beyond the crown she is wearing. She disclosed that her future plans are to focus on not only finishing school but also in fulfilling her role as a school captain. She does see herself pursuing a modeling career, but she also wants to keep growing in the other aspects of her life. "Individual growth is so important to me and having a healthy mind, spirit and body. I find the opportunity to spread positivity with others amazing, and I hope that I could be a good role model and influence others to be the best of who they are," she explained.



MEET STARCENTRAL'S 2017 FINALISTS



MOTIVES

LOREN RIDINGER



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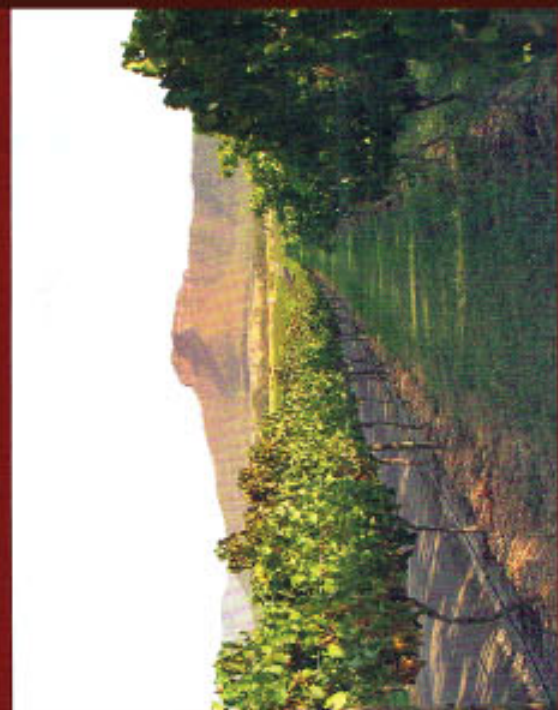
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KICK BUTT IN 2017

WITH THESE FIVE MUST-FOLLOW FITNESS TIPS

There are so many programs and marketing plays telling you that you will lose weight or gain muscle and become fitter when you buy into something. However, most of the time, it simply takes a lot of motivation in order to reach your goals. A lot of people find that this is hard work in the beginning, but once they get going and find that they are achieving their goals, they become more encouraged and motivated.

Planning

This is one of the most important aspects when you want to begin a new diet or start an exercise program. Too many people join up with a gym, and find that they are eager in the first month. However, when life eventually catches up with them, they soon lose time or interest. It is important to set goals, especially when you lead a busy lifestyle.

Preparation

This also relates to the way you plan. However, it can be more structured in the way you prepare your day. For example, there are people who find it difficult to lose weight because it can be a big adjustment, especially when they have to attend to the family and their needs. One should look at this as a lifestyle more than a diet. It may be necessary to prepare meals ahead of time and freeze them. Family members can be included in the eating plan. You can still have meals that are low in calories and fat, but that are still tasty.

Enjoyment

Most people lose interest in what they are doing because they feel that their diet or their exercise routine is becoming too much of a routine. This shouldn't be a time when you simply decide to do something for a few months, grit your teeth and bear it. It is still possible to enjoy this time. Most people are successful when they have activities which they enjoy. It can include having a game of tennis with your kids. A diet can be interesting when you have a look at various recipes online which are healthier.

Motivation

At the end of the day, something like this is all about the mental aspect. It can be difficult to follow a routine when you receive no encouragement. Doing this alone can be extremely difficult because you have nobody to work with. A lot of people work with a colleague, a friend or a partner. When you are having a bad day, you can simply phone them and have a chat. This type of support is so important.

Have a structured program

There should be a basic plan that you need to follow. You can't come up with something on your own. For example, many people decide to starve themselves. However, this is not effective because you are simply going to put on the weight on again. Some people don't believe in eating breakfast. When you are looking for an exercise program, you also need something structured. A personal trainer can be helpful. Some people have a training partner. You need to know what types of exercise you want to get involved in which is going to help you reach your goal and how long you are going to participate with this for.

