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TABLE OF CONTENTS

- 6 **Karolina Jazwinski:** Meet this gorgeous Miss World Australia finalist
- 7 **Feature:** One on one with GSP - the greatest MMA fighter of all time
- 8 **Event Review:** Yell-Oh! TV launch
- 10 **Event Review:** Miss Multiverse Australia 2018 grand finals
- 14 **Event Review:** Miss Glamour Look
- 16 **Anne Hart:** Find out more about Mrs. Glamour Look Australia 2018
- 18 **Event Review:** Miss Russia Australia and Miss National 2018
- 26 **Feature Story:** Five simple things to do to change your life forever
- 28 **Feature Story:** Top five qualities of highly successful people
- 30 **Feature Story:** How to actually make a living out of Instagram

20

Cover

Madison, Brooke and Jess

Meet the three Aussies who dominated at the recent Continents Pageant



OPENING REMARKS



It has been nearly 13 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 2018. 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 2018, 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

5

Emma Bass

Find out more about this stunning DJ, producer, singer and model.



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EDITOR'S NOTES

If you can't believe that we're coming up to the end of 2018, you're not the only one! This year I celebrated the milestone birthday of turning 42 and while others will look at that number with dread, I can tell you, I am not one of them. I am excited at all the adventures that still await me because I've vowed, that I will never stop learning, or being curious, or being silly, or loving or laughing, until the Lord calls me home. StarCentral is also celebrating a milestone and I could not be any prouder of this little endeavor that grew from being a little local magazine to a brand that is starting to make its mark beyond Australia's borders. A lot of the credit goes, of course, to the team behind the magazine whose blood, sweat and tears are in every page, event, photo, product, partnership that bears the StarCentral name. I am honoured and privileged to be working with them and to have had the pleasure of interviewing countless artists and creatives over the years. To all our readers, I hope your 2018 has been, and will continue to be a special one! Looking forward to 2019!

Jenny Aluning
editor in chief

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EMMA BASS

MODEL / INFLUENCER

Less than two years ago Emma decided that she wanted to get into the modeling industry so she searched around for an agency that would take her even though she had such minimal experience. Royale Modelling saw potential in Emma and took her on board, the agency pushed her in the right direction and helped her grow her modeling career quite faster and quicker. Being in other industries such as entertainment (DJ + singer) and food (content creator + qualified chef) really helped her build herself as a brand. We recently caught up with Emma to talk about her career and here's what went down:

What has been the most memorable experience of being in the modeling industry so far? Honestly, it's all been memorable as I never thought I'd progress this far! I must say modeling for my childhood favorites such as 'IceDesign' and 'Factorie' have really been a highlight and working with 'Swankstore' has been an absolute dream come true as well.

Who have been the most interesting people you've met so far? I would have to say the creatives as I vibe with them more. Well, being in a few industries definitely exposes me to all sorts of talented, wonderful people so I wouldn't be able to name specific names as I've met so many.

What are your future plans? I'm now working with a social media company which I'm yet to announce... I'll be creating content videos about entertainment and food which is something I've always wanted to do. I love branching out and doing new things. While on top of that, my DJ'ing and singing are going quite well and there's maybe a sneaky tour being planned for the beginning of next year to go alongside some of my releases.



KAROLINA

MODEL / INFLUENCER

Karolina has been modeling for about six years; she was recently one of the finalists at the Miss World Australia pageant. Her pageant journey dates back to when she competed in the Miss Global pageant which was held in the Philippines back in 2015. She had the opportunity of meeting 50 different girls from all around the world. That fantastic experience taught her so much about building her self-confidence, leadership, and forming new friendship. She really came out of her shell that year hence the reason why she placed in the top 10. We recently caught up with Karolina and here's what went down:

How did you feel about entering Miss World Australia? I was very positive and excited to enter in the Miss World Australia pageant this year. Any experience like that is an excellent opportunity to meet new people and grow within myself. I believe that you never know who you may meet or where it might lead you, so you need to be always open to any new opportunity.

Tell us something unique and interesting about you? When I was about four years old, I was at my family holiday house in Poland... It was in the afternoon, and everyone was hot and tired, they wanted to have a rest. My older brother by three years went next door to his friend's house to play, and I decided I wanted to follow them. I was distracted by a particular pine cone on the ground.. and went to pick it up. At the same time, a few meters away the dogs were getting fed and the mum dog, being overly protective, charged towards me and pushed me on the ground and attacked me. Initially, everyone thought I had lost an eye as there was blood all over my face. To this day I have a scar on my left cheek, everyone thinks it looks like a dimple... I have been very challenged in accepting this, especially in my modeling career. Despite this tragic story, I absolutely adore all animals especially dogs. Oh, just to let you know... it was a sausage dog.



ONE ON ONE WITH GEORGES ST-PIERRE

By : Jenny Hu

Ask any avid fan of the UFC who is the Greatest of All-time and they will probably tell you its George St. Pierre aka "GSP". He is a fighting spirit, personified and notorious for his champion status. A three-time former UFC Welterweight Champion who won the title twice and the interim title once between November 2006 and April 2008. Since December 13 2013, he held the longest record for most wins in title bouts and the second longest for "combined title streak" in the UFC history. Despite his track record in the UFC, he's a soft-spoken, level-headed intellect who happens to have an unparalleled love for dinosaurs. The G.O.A.T that is George St. Pierre was on an Australian speaking tour, talking about the hits and misses of his career, motivating and inspiring Down Under UFC fans in Sydney.

StarCentral magazine was lucky enough to meet with him and sat down for an exclusive interview and here's what went down:

StarCentral: Tell us about your journey. What's the secret to your success?

GSP: When you do something, you need to have fun and have a positive attitude, the best part of you needs to come out. Of course, there will always be times when things become stressful because there is no perfect job. However, 99.9% of the time, I'm just having fun and not regretting a single moment of it.

StarCentral: Were there times when you felt that you weren't going to make it?

GSP: I always had doubts here and there because let's face it; there's no certainty in life. Confidence is something you have to work on in your mind, it's not something you are born with—no, it's something that you have to work on.

StarCentral: Have you ever been afraid of failure?

GSP: For me, I want to live likes it's my last day on Planet Earth. I don't want to have any regrets. I'm not afraid of failure, I'm not hoping to fail, but I am prepared to fail. If I fail since I'll just come back stronger next time. Failure is part of life. Failure is the greatest teacher.

StarCentral: Let's talk about success, when did you feel that you've reached the pinnacle of your success?

GSP: I haven't reached it [the pinnacle of my success], I think I have reached the point where I have achieved the greatest achievement that I can ever achieve, but I think I can still surpass that. There's always room for improvement.

StarCentral: Who would you want to fight that you think can be the biggest fight of your career?

GSP: Right now, I'm not ready to go yet but maybe, in a few months time, I would be. I don't know what the UFC landscape is going to be in a few months time, because you can never predict what will happen. Did you see what happened to Demetrious Johnson? He was known as the best—probably the best of all time. I was on the plane when I turned on my cell phone and got the text message about him losing - I was like "Wow that was unexpected."

StarCentral: Finally, if there were no rules for one day and you can do anything outrageous, what would you do?

GSP: I would probably like to control people's minds - to control the thoughts of living things and be the master of the universe. [Laughs]



By Jenny Hu

If Wong Fu Productions magically becomes Australianised, then Yell-oh! TV would be its incarnation. On the 28th of July at the Fairfield School of Arts, Phoenix Eye celebrated their first year anniversary and launched their new magazine-esque channel, Yell-oh! TV, which consisted of film content, ranging from short-form documentaries, comedic skits, panel discussions and mind-boggling animations etc.

Maria Tran, Theresa Chen and Nancy Trieu, the core team of Phoenix Eye were surrounded by a supportive group of friends and family, who were excited about their launch. Chit chat and laughter took place in an area so reminiscent of a typical Asian home. Instead of chairs, there were rows of cushions where everyone can sit and watch a medley of film content.

Phoenix Eye's Maria Tran, the head of the yet-to-be revolutionary film production is the closest thing to a Jane of all Trades. She's a film producer/director, marketing and social media facilitator, and a community and cultural practitioner for the last six years. She has film credits in the first ever Australia's Kung Fu comedy feature film, "Maximum Choppage", ABC TV Kung Fu six part series, Downtown Rumble and an online Vietnamese video series, "Vietfish."

With her two partners-in-crime, Nancy Trieu and Teresa Chen who are fellow creatives, they embarked on an ambitious mission of "inspiring humanity with groundbreaking content through creative endeavours." Whether it is to connect with people within the Western Sydney community or filming skits to combat the long-standing misconceptions within Asians in general, there is certainly something that is bubbly amongst the ashes of Phoenix Eye.

Yell-oh TV was born out of a communal spirit. An endearing and heartfelt community project pays homage to the early morning variety shows like Cheez TV!/Toasted TV that tickles the nostalgia of the early 2000's kid.

When asked about the mission behind Yell-oh! TV, Maria said:

"Basically, to let people have a go. At the same time, we realised amongst our own peers and the many people that we connect with, that they don't have a chance to be in front of the camera. So, we thought that we should reach out to people within our own networks. We asked them "hey, do you want to try presenting?" and they said, "They have never done it before."

"But, just because you never did it before, it doesn't mean you can't do it. We do have a bunch of amateurs together, we train them up and make them look good on camera and give them confidence."

In between the cutaways of the 80's inspired fitness bit, Khan's Gym Tips, and Maggie Pham's Make up Tips, the bulk of it all was Phoenix Eye's amazing documentaries. The common denominating theme was demystifying the misconceptions of being Asian and tells a universal story of struggle as being a first/second generation of Asian-Australian.

The immigrant story is a common narrative amongst the Asian-Australian struggle, but with Phoenix Eye's laser point vision, they are able to add a refreshing take, adding nuanced perspectives in overcoming adversity when it comes to assimilating into the Australian society.

One of those documentaries that were featured is Thuy Lavin's documentary, "Against the Grain," it featured Asians and Pacific-Islander Fashion designers talking about venturing into fashion and breaking away from the traditional route such as a lawyer, doctor, accountant or engineering.

When asked about the turning point when it comes to pursuing their passions within the creative field, more specifically in the screen industries, Therese, Maria and Nancy's journey were all very different.

For Nancy, it was stubbornness. She just couldn't settle for a 9-5 job because her visionary of becoming a creative is much stronger:

"My dad was stubborn and he is a creative too but he wanted me to get a job, because of security and all that. Deep down, I can never do it. There are people that can do the 9-5 grind and enjoy it, but it's not for me. Through all the hurdles, I'm actually enjoying what I do, even though it's a lot tougher, it's more rewarding."

For Maria, it was mental health and bullying and she didn't feel like she had a voice. The turning point in her life was when she realised that she either has to fold or rise up to challenge:

"The turning point was that I don't want to live like this. I don't want to be bullied and live with this quiet voice. So, therefore in high school, I went the complete opposite and got completely loud – ridiculously out of context loud, which was really bizarre. Then with a social context, I decided to fine-tune it to work in my favour."

"I have some friends that go down the traditional route,

when I connected with them recently, they're not any happier. They are stuck in a box and they have this quiver in their voice But that's okay, that's their journey – at any point they can choose to break out of the box."

For Therese, it was a realisation that she wasn't happy in her 9-5 job. Initially, she did a science degree because she thought it was the more secure option. However, it was the hollowness that propels her to pursue her love for film:

"The turning point was when I realised that some things work and some things don't. When I started building my confidence, I eventually started a 9-5 job but I felt that emptiness."

"I had this question popping repeatedly in my head, 'is this it??' if you keep asking this question on a daily basis then what you're doing is not working, it's making you feel empty. Eventually, after a couple months, I was let go. It didn't feel good at the time, but it was for the best. I remembered afterwards that I liked films and so, I got out the camera and Maria found me on Facebook."

Eventually, all good things must come to an end. The Yell-oh TV launch was very lively from start to finish. There was cake. There was laughter. There was also an unparalleled sense of ambitious frolicking in the room.

So what's next for Phoenix Eye and Yell-oh TV? Maria hinted on producing something groundbreaking—an all-female action film starring an Asian female protagonist!

"We have the capabilities to do it but we don't have the full resources yet. Once we get the resources, we will get on it and hopefully, it will make an impact."





MISS MULTIVERSE AUSTRALIA 2018



By Jenny Hu

The Miss Multiverse Australia finals was a satisfying end to the months of gruelling challenges, which were the result of the contestants pouring their blood, sweat and tears along the journey for the coveted title. On the 16th of September, the prestigious NIDA playhouse was the host of their final chapter and proves to be a memorable event for nine beautiful, resilient women.

Miss Multiverse Australia is a beauty pageant that advocates a more multi-faceted approach to beauty. Contestants are more than their captivating good looks, and they have established women with a cutting edge purpose, a resounding intellect and a charming personality, which makes this Miss Universe/ American Next Top Model hybrid stand out. In this contest, the stakes are high. Challenges were thrown as curveballs to test the resilience of the contestants. From stress-inducing physical activities or business and IQ quizzes, the contestants continue to fight for the coveted title of Miss Multiverse Australia, a ride in the Motifex helicopter, and photoshoot at La Perouse.

It's coronation night, and the atmosphere was blooming with anticipation in the midst of the chattering and laughter. Amongst the crowd was Miss Gabrielle Keaton, the current Miss Multiverse, along with judges, international model, Tom Gay, Hiwa Motifex, a primary sponsor (Motifex AV productions) and actor and model, Diab Metry.

The opening introduction was breathtaking! It was almost like the audience has witnessed an opening of Swan Lake. Contestants were dressed as if they were ballerinas, suspended in mid-air and soaring gracefully down to centre stage, while elegantly striking a pose. They were quite literally "swinging from the chandelier", which also happens to be a popular Sia power ballad, which proved to be quite fitting as it represents the immovable perseverance that the contestants exhibit during their Miss Multiverse journey.

Miss Multiverse Australia Director, Yolandi Franken arrived fashionably late and took the centre stage. She greeted the audience and praised each of the contestants for their hard work and dedication to making this reality television show happen.

"The Miss Multiverse Australia finals was a satisfying end to the months of grueling challenges, which were the result of the contestants pouring their blood, sweat and tears along the journey for the coveted title."

The final showdown began with the beauty queens showcasing their fantastic curves in swimwear and evening wear—serving palatable, sophisticated looks as the audience watched in jaw-dropping anticipation. Aerobic performances by Sydney Dance World entertained the audience with their fantastic flexibility—climbing up curtains and gracefully unwinding themselves.

Interestingly enough, the special awards were evenly distributed this year around, more so last year. As followed, the sashes were awarded in no particular order: Supermodel :Alison Liu, Personality: Laura Young, Swimwear and People's Choice: Cassie Valastro, Business: Rebecca Dimitrov, Social Media: Ashely Annaca, Media: Brooke Jade, Photogenic: Lucinda Covill, Fitness: Hannah Smith and finally, Influencer: Serena Polley.

The final crowning was nearing as the suspense loomed, the names began to reveal themselves; the third runner-up title went to Brooke Jade, the second runner-up title went to Serena Polley.

Just when the winner was announced, there were a few abrupt inceptions by Justin Jarrett as he wanted to tweak the composition of the models, which was a lighthearted reminder that the audience was in a reality show.

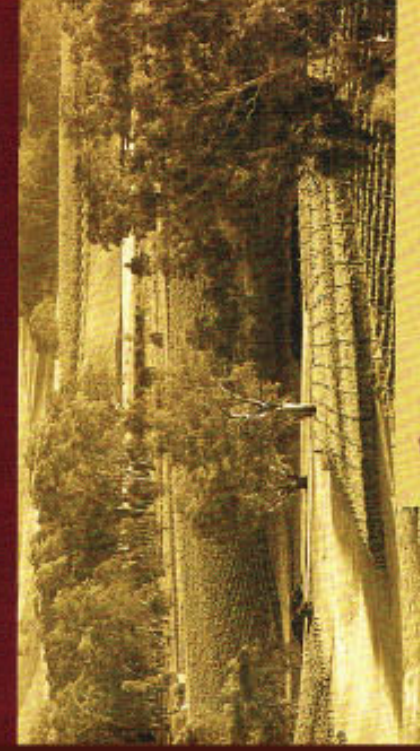
Finally, after all the stifling hurdles, painstaking physical challenges and unforeseeable eliminations, Ashely Annaca was crowned Miss Multiverse 2018. StarCentral Magazine would like to wish Miss Annaca the best in her Miss Multiverse's duties overseas.



»Nightingale  Accommodation«

Nightingale Luxury Villas are situated on the 60 acre Nightingale Wines Gaill Grove Vineyard in the beautiful Broke Valley of the Hunter Wine Region. Under the view of Yellow Rock, the villas are adjacent to rows and rows of grapes grown for the medal and trophy winning wines made on the vineyard. Each villa is well appointed for that vineyard, food and wine escape. Each luxury villa has separate bedrooms, bathrooms that have twin vanity units and that all important spacious spa. Units open onto the well groomed vineyard from the lounge room, where there are comfortable leather lounges, satellite televisions and a self contained kitchen. WI-FI is also available.

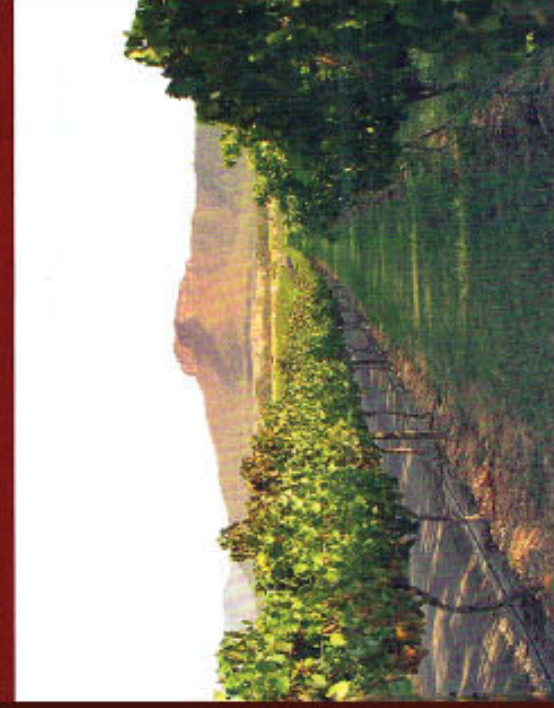
The BBQ is also available for guests to use. The Nightingale award winning wines and restaurant are only a short stroll from your villa. While a continental breakfast is provided for you to enjoy in your villa, those more romantic meals of dinner or lunch can be enjoyed in our restaurant or alfresco in verandahs of the tasting house.



Wine lovers luxury dream

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Nightingale Wines Club Boutique is a unique Wine Club that distributes excellent quality wines for the Nightingale Wines label. Nightingale Wines has its 'Gall Grove' vineyard in the beautiful Broke Footwath area of the Hunter Valley.



Miss Glamour

LOOK AUSTRALIA 2018

On Saturday, September 30, 2018, Chantelle Torres was crowned Miss Glamour Look 2018 at the Grand Ballroom in Bankstown Sports Club. She bested six other finalists for the coveted crown where she will now represent Australia at the Miss Glamour Look International pageant next year on February 2019.

The Miss Glamour Looks pageant empowers women to develop the confidence they need to achieve their personal best. A confident woman has the power to make real change, starting in her local community with the potential to reach a global audience. They encourage every woman to get out of her comfort zone, be herself, and continue to define what it means to be Confidently Beautiful.

The coronation evening was a formal event, and candidates from around Sydney paraded in their introduction wear, swimwear and evening gown. The evening began with a red carpet entry for each of the guests with entrees circulating the ballroom. Once the guests were seated, the Miss Glamour Look 2018 candidates then paraded the stage with festival costumes followed by swimwear and to conclude the group judging sections; they graced the ballroom in their stunning evening gowns.

After the above segments, the top four was announced and the top four spots were awarded to the following candidates; 3rd Runner-Up Mikayla Barrett, 2nd Runner-Up: Macy Wilson, 1st Runner-Up: Nicole Angela Agay and Grand Winner Chantelle Torres.

Congratulations to Melody David and her team for organising such an entertaining event.

Miss Glamour Look Australia 2018 at the Grand Ballroom in Bankstown Sports Club





ANNIE HART

MRS. GLAMOUR LOOK AUSTRALIA 2018

Inspired by her children, Annie Hart (Larisa Anne Hart) finds her passion in helping others and her love for fashion, talent, and performance. Annie Hart, an admin clerk and social supporter from the Philippines was the recent winner of the Mrs. Glamour Look Australia 2018 Pageant. A prestigious award, Hart has been recognized as a scholar, a fashion figure and a community leader. She loves to connect with people and help wherever possible; "I was offered to do some charity work in the Philippines to feed children in my hometown, which I was very happy to do." Annie started her own journey in the pageantry world by bringing her three daughters (13, 11 & 9) to beauty pageants.

As she would attend the competitions, it slowly became clear that this nursing undergrad was more than just a mother of pageantry children. Not long after, she was approached and asked to be part of the parents modeling pageant which she gleefully accepted. However, it was mostly just to be involved with her children and quote: "just for something to do." As time went on, producers soon discovered the natural talent and beauty of Annie and brought her in to model at various fashion shows and eventually compete for Mrs. Glamour Look Australia.

Hart says that despite the great benefits that can come with being a beauty queen, there are challenges that not everyone may be suited for; "Being a beauty queen can be challenging, besides having to walk in 7-inch heels and always spending time to attend rehearsals for Fashion Shows, I also have to put up with rumours and gossip. But in the end, I don't really let any dramas get to me." In fact, when asked about the most valuable lesson she's learned in her journey so far she said: "being calm is very important and not getting affected with people that try to speak down on you." As a beauty queen: "I don't worry about what others think." Hart, an avid bicycle rider, is looking forward to more beauty pageants, spending time with her family and working within her community. She loves to travel and can't wait to see what the future holds.

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Miss Russia Australia 2018 at the Stamford Plaza Sydney Airport



MISS RUSSIA AUSTRALIA
MISS NATIONAL



Set in the backdrop of the stunning Stamford Plaza hotel, various spectators, journalists, and photographers flocked together to witness Miss Russia/Australia and Miss National 2018. The pageant is the brainchild of Olga Ovsyannikova of Red Carpet Ball Entertainment, and this is their second year in a row to run the event.

Amongst flashing lights, media coverage and music - thirteen finalists took part in the prestigious pageant. Before the start of the show, the main organiser of the event, Olga Ovsyannikova advised the media that the primary goal of the pageant was to support and develop Russian culture as well as unite all people who speak Russian in Australia. The pageant also had its own charitable component - part of the funds from the sale of branded perfumes will be sent to support the organisation "From Heart to Heart."

There was actually no age limit in the competition. The coronation evening was a black-tie event, and the candidates paraded in their national attire, swimwear and evening gown. Eventually, the 25-year-old finalist from South Sudan Aleez Atem was crowned Miss National 2018. In the Miss Russia/Australia competition, Nadezhda Richter from Queensland took out third place, Gulia Käderlaryan took out second place, and Anastasia Rudena was crowned Miss Russia-Australia 2018. Congratulations to Red Carpet Ball Entertainment and Olga Ovsyannikova for organising such a fun night.



MADISON CROFT

MISS TEEN CONTINENTS 2018

Earlier this year, 16-year-old Madison Croft was crowned Miss Teen Continents for the year 2018. It has been a long time coming since she has been participating in such pageants since the age of 14. She is currently doing her certificate IV course in health and fitness, and she is very passionate about educating people on the importance of living a healthy lifestyle. She also works as a gymnastics coach, a model and an actress.

Most people won't know this, but at the age of 14, she was suffering from depression because of constant bullying at her school and even on social media. It was at this point that she was advised that by joining pageants, she would be able to make friends with similar interests and likes, and she would become much more confident and self-reliant - that's the main reason why she started competing in pageants. After three years in the field, she says that she has made more friends and now possess much more confidence in her communicative abilities.

Being a beauty queen has its own perks of course. Madison enjoys having the opportunity to meet new people, encourage, empower and educate other teens on several issues, do charity work, and be an ambassador. The kicker for her is that she's able to do all of these amazing things at the age of 16!

Of course, every upside will also have a downside as well. She does not look at them as downsides though - she prefers to look at them as lessons from which she can learn from. During her stint at pageantry, she has

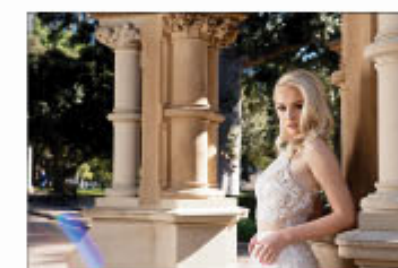
learned to stay true to herself, be who she wants to be and not conform herself to the opinions of others. Her favourite memory from her last pageant was the moment she, her Mrs Continents friend Jess Turnunen and her Miss Continents friend Brooke Murray were crowned with their respective titles.

Madison has actually made some interesting connections during her stint in pageantry. She credits her international director Gaspar Cruz who has helped inspire her and support her. She says that his honesty and business acumen is something that she really appreciates and respects.

Being successful in the fashion industry is tough. She has learnt to be confident in her own skin and form, and not to be concerned with changing anything about herself for other people. The motto for the Continents system is to "Be your own kind of beautiful" and her thoughts resonate with that motto 100%.

She doesn't focus on her looks too much these days, instead, she is more focused on her charity work and public speaking instead. She has always had her family's support and encouragement in her foray into pageantry and she believes that her family's support is the key reason for her tremendous success at just 16.

Moving forward, Madison dreams of having a successful career in acting and modelling. She is also aiming to become a successful personal trainer one day.



BROOKE MURRAY

MISS CONTINENTS 2018

Let's get to know Brooke Murray, a 21-year-old model from Sydney who was recently crowned Miss Continents for the year 2018. She is a dancer who works with the NBL and the NRL and she is currently pursuing a Bachelors degree in Health Science (Sports and Exercise Science). She also teaches performing arts to students from the ages of 2 to 22.

She got into the pageantry industry after a sickening bout with depression and anxiety. She was looking to try out something new to help her connect with her community and also to help people. While she was on Facebook a few years ago, she saw a small pageant that was happening on a particular weekend, and since she was free, she decided to try it out. The rest, as they say, is history.

She really enjoys connecting with people. She gets the chance, every week, to speak to people from different walks of life - be it people in the pageantry industry, people dealing with charities or even people who are part of the general community - and as a result has formed several significant connections with like-minded and passionate people, that help inspire her to be a better version of her current self. She also enjoys getting to meet future pageant queens and inspiring them in their journey.

Every upside has its downside, and the pageantry industry is not immune to that. But Brooke says that she has still not found any downsides to the industry. Her most memorable experience came when she witnessed the Mrs Continent 2018 champion, Mrs Jess Turunen and the Miss Teen

Continent champion Madison Croft getting crowned. She credits her international director, Mr Gaspar Cruz for being one of the most kind-hearted, talented and hilarious persons she has ever met. She loves his generosity and she loves taking his advice.

Throughout her journey in pageantry, the most important lesson that she has learnt is to keep persisting. She says that if you want something, you must be prepared to work hard and long for it until you reach your goal. Brooke likes how Olivia Jordan put it - "Everyone is worthy of their dreams and there will be other women there that may be better suited for the job. Just remember everyone's dreams are valid- not just your own."

She says that in the pageantry industry, you will get many women that are driven, talented and deserving of the title. It is important, therefore, to stay humble, grateful, determined and driven.

In an industry that mostly focuses on the exterior characteristics of women, she is grateful for the motto of the Miss Continents Pageant - "Be your own kind of beautiful". She stays grounded by helping out the community through charity work. Living a purpose-driven life is key to staying grounded and it helps her to always keep sight of the important goals of life.

She is looking to start a career in sports psychology and to start a campaign to educate people about mental health, so she can reduce stigma regarding the same.



JESS TURUNEN

MRS. CONTINENTS 2018

Earlier this year, the stunning 27-year-old Jess Turunen was rightfully crowned Mrs. Continents for the year 2018. She is very passionate about helping women discover their identity which can help them create the kind of future that they deserve. She refers to herself as a mindset mentor and an empowerment coach.

She entered the Mrs. Continents system after she had done some serious research into good, quality pageant systems in Australia, and also after a friend had recommended this pageant to her. The rest, as they say, is history as she went on to win this pageant.

While one can revel in the fact that they are crowned first in a pageant, Jess has a different approach to this. She looks at this as an opportunity and a platform to be involved in philanthropic work on an extended scale on a regular basis - something which she couldn't do earlier. She is connected to number of charities as they hold a special place in her heart.

Apart from the upsides to being a beauty queen, there are quite a few downsides as well though Jess doesn't look at them as being such. She thinks of them merely as lessons and she points out that the only lesson that she learnt is that not everyone in the pageant is as they seem.

Now that she's a certified beauty queen, many opportunities have arisen for Jess. She has authored a book that is about to be released in stores. She has

made many connections as a result of her win, and she is grateful for the opportunities that have arisen. Pageantry has opened many doors for her, and she doesn't believe it half the time. She gets in touch with interesting people, and her international director Gaspar Cruz has been a very interesting connection for her as well.

For Jess, the most valuable lesson that she's been taught as a part of this pageant is to keep on working at self-development. To keep on working on one's instincts and to trust them completely is very important. Deciding whether something is right or wrong, or whether to go with something or not and sticking to those decisions is key to proper self-development.

The pageant industry is typically depicted as an industry that merely values the outside characteristics of a person, and to a large extent, that is true. To stay grounded while working for such an industry, one must focus on the needs of others and not stay selfish. Jess did that by focusing on her charity work and helping people that cannot help themselves. She also feels that having children keeps her grounded even more because in spite of her achievements - she still has to do the duty of a mom at home.

Moving forward, she's relying on the support of her family to press on in her fashion endeavours. She is also looking forward to releasing her book, launching her business, and to upscale her charity work in the coming days.



FIVE SIMPLE THINGS TO DO TO CHANGE YOUR LIFE

FOREVER

Let's face it; there is no magic wand in this world that can completely transform your life. Although, there may be small bits and pieces that one individual can do in order to make this life worth living. We see many influencers and YouTubers over the internet preach about life-changing experiences again and again. The thing is, anyone can take the path to change their life, it requires just a little bit of hard work and anticipation towards doing things that you must. Down below are a few things that you need to start doing now in order to pursue a life that you've always wanted.

Listening to podcasts

A number of people have the time to read books, which are good down the line. But for those who do not have time to sit and read, podcasts are the way to go. Podcasts are nothing but the audio version of video files and it typically consists of a series of episodes of famous interviews, books and many more things. You just need to download your preferred series and you can listen to it while travelling or while doing your house chores. Listening to a famous person's interview or a successful entrepreneur's story can give more positivity and meaning towards life.

Taking solo trips every now and then

Most people are chained to a system wherein their happiness is dependent on other people. Who says you can't step out of your home without any company? Every now and then why not go solo and try new places like cafés around your locality, watch a movie, try a new theatre or maybe sightsee the famous monuments that are drawn in your history books. Who says your trips have to start with a big budget? Try taking a stroll in a park alone daily and see the difference. This will completely help you clear your head and give you more courage to get out of your comfort zone.

Learn Something New Everyday

Is there any passion project or activity that you love to do? If yes, then go on and learn about it in a more detailed manner. Make a promise to learn something new each day, whether it is baking, cooking or a form of dance. You will inherit that positivity and confidence that no other regular activity can provide you. Be your own boss and learn what ever drives you or motivates you to live each day.

Get Up and Dress Up

Who said you can only dress well for big occasions? Why can't you dress to impress whenever you feel like it? Dressing up doesn't have to mean roaming around the house in tuxedos or ties. It means dressing up in clothes that will make you feel pumped up about life. Wear a nice scent and experiment with your styling and then go do your daily task. The amount of confidence you will feel afterwards will ultimately quench your soul.

Be Grateful

No matter how big you become, you should always be thankful to everyone who has helped you reach your success - you need to always give praise and thanks to God for all your blessings as well. Pay gratitude to things that come your way whether they are positive or negative, they came to your life for a reason. Try implementing this gesture and you'll see how negativity will be blown out from your life.

You don't have to be 'big time' to live an amazing life, you just have to live your life the way you want it to be and always appreciate the little things - because sometimes, it's those little details that matter.

TOP FIVE QUALITIES OF HIGHLY SUCCESSFUL PEOPLE

Did you know that most successful people share 5 traits that make them unique and successful?

One of the most powerful rags-to-riches stories is that of none other than Chris Gardner the founder of Gardner Rich & Company. His life was made into a film 'The Pursuit of Happyness' starring Will Smith back in 2006 and he's a multi-millionaire stockbroker and motivational speaker, who was once homeless and is now reportedly worth \$60 million.

The reality of life is that every success comes with rejection, if you're not failing at all then you're not trying hard enough. It's the massive hunger that'll get you from where you are now to where you feel you should be. Chris Gardner had the massive hunger to keep moving forward for his son, at all odds, finally becoming a stockbroker and eventually becoming a multi-millionaire. Here's the rub: there's no one path to success. However, there are certain traits that highly successful people have in common that contribute to their ability to succeed when others seem to fail. Below are 5 examples:

They're willing to do whatever it takes

Chris Gardner was pretty much homeless and bankrupt back in his early days but he was able to turn his life around because he was prepared to put forth the work. Dedication and hard work are equally as important as talent and brain power. It's doing whatever you're doing extraordinarily well, if you want to be successful then you need have to put 110% into everything you do, as doing something half-hearted will never get you anywhere. Unfortunately, not everyone has the dedication to follow through with their passion - if you want something bad enough then you need to go out there and get it.

They don't take failure personally

It's quite standard to receive failure and negative criticisms on your journey to success. If you're not failing at all then it simply means that you're not trying hard enough. No matter how many times you fail, you can't look at your failures as a reflection of yourself. Failure is simply a stepping stone to success, if you're failing a lot then that means it's going to be much sweeter when success finally comes.

They are prepared to take risks

Have you heard of the saying "high-risk high reward?" If you want to be successful one day then you need to be prepared to take risks. If you're not prepared to bite the bullet and take calculated risks then you will never reach your full potential. Sometimes you just have to go "all in" if you want to achieve success.

They are prepared to learn from their mistakes

Most people who are highly successful had to go through insane hardship to get to where they are. If you are prepared to accept success then you must also be prepared to accept failure and mistakes - they go hand in hand. You need to be able to accept accountability and learn from your mistakes and move on to bigger and better things.

They are always ready for a change

The only thing permanent in life is change so if you are unable to adapt when the changes come then you'll never be successful in life. You have to bear in mind that life is tough and it can throw you plenty of curve balls. So your ability to adapt to change will set you apart from other people.

In conclusion

Success comes in a number of ways and forms. The interesting thing is that most successful people have very similar traits. Successful people also set realistic goals for themselves so that they know they can achieve them and they have a way of somehow measuring their success. How do you stack up against this list?

HOW TO MAKE A LIVING FROM INSTAGRAM

Social media influencers are becoming more and more popular these days. With the invention of ad-block, advertisements and campaigns are not reaching the same numbers that they used to, which has opened up new opportunities for regular people to get in on the money-making action. Taking the advice of those who are already making money on the site, here are the more important things to take into account when you are thinking of making a living out of Instagram.

Focus on Your Following First

The first step is to build your following. No one will be offering you money if you don't have any followers. This is one of the hardest parts of the journey and will take some time, but it is also the most important. Building a stable base for your Instagram will serve you well later. Most influencers say that they didn't even consider making money for the first 6-8 months, and this is a realistic timespan to consider when first starting out.

How to Get Followers

Getting followers can take a long time. If you are serious about this, then you will need to start spending at least a few hours a day on Instagram interacting with other users, speaking to your followers, and of course posting pictures. A steady stream of activity is the only way to keep an account strong, any extended periods of inactivity and followers will unsubscribe.

Sign up For Influencer Programs

Once you start gaining followers, you can sign up for influencer programs. These are programs that put you in touch with potential deals and opportunities, pairing you with companies and brands based on your account's style and reach. This way you can keep working on your account and wait for the deals to come your way.

Go Looking for Your Own Deals

Time is money, however, and if you don't want to wait, some of the more adventurous accounts make their own deals. If you want to make some serious money here, then you might want to think about pitching ideas to companies first. Now, this takes some planning and a lot of research on the companies first and foremost, but if you have enough of an influence and you study hard, this could pay off for you in a big way.

Be Picky

When it comes to getting deals for a paid post, you shouldn't be accepting everything that comes your way. A beauty enthusiast should not be trying to sell fish food because that is not what her audience follows her for. But even within your own style, you need to be picky about the brands you work with. Only work with brands that you really feel for, because followers can see through the curtains and any hint of you not being authentic, will have them unsubscribing.

Don't Put All Your Eggs in One Basket

Always have another source of income. Instagram can change their algorithm any time they want, or the site can go bust. Make sure you have another option for emergencies.

