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TO CONSIDER
WHEN
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**THE WORKING
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SIX ESSENTIAL
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Cover

Shanna Lee

Find out more about this inspiring entrepreneur



OPENING REMARKS



It has been nearly 8 years now since we released the first ever issue of InLife Magazine and I want to both share a couple of thoughts, as well as wish you all the best for 2020. Firstly, I want to thank the great people behind InLife 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 business. Like any business there are, of course, ways we could improve. Working together, I am confident that we can elevate InLife Magazine to an even higher level this year. I'm definitely looking forward to working with you all again this 2020, 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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Melanie Marquez

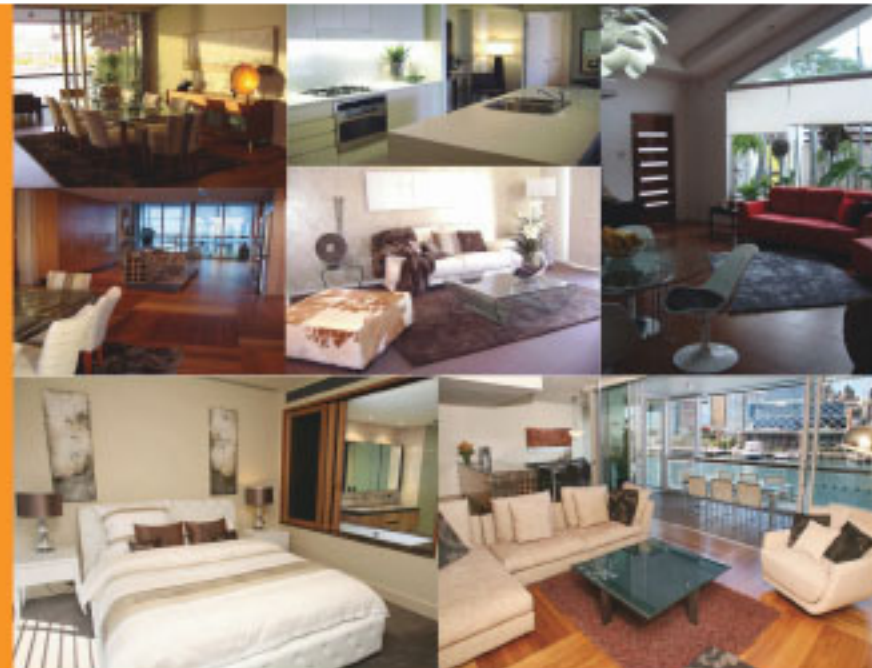
One on one interview with Miss International 1979



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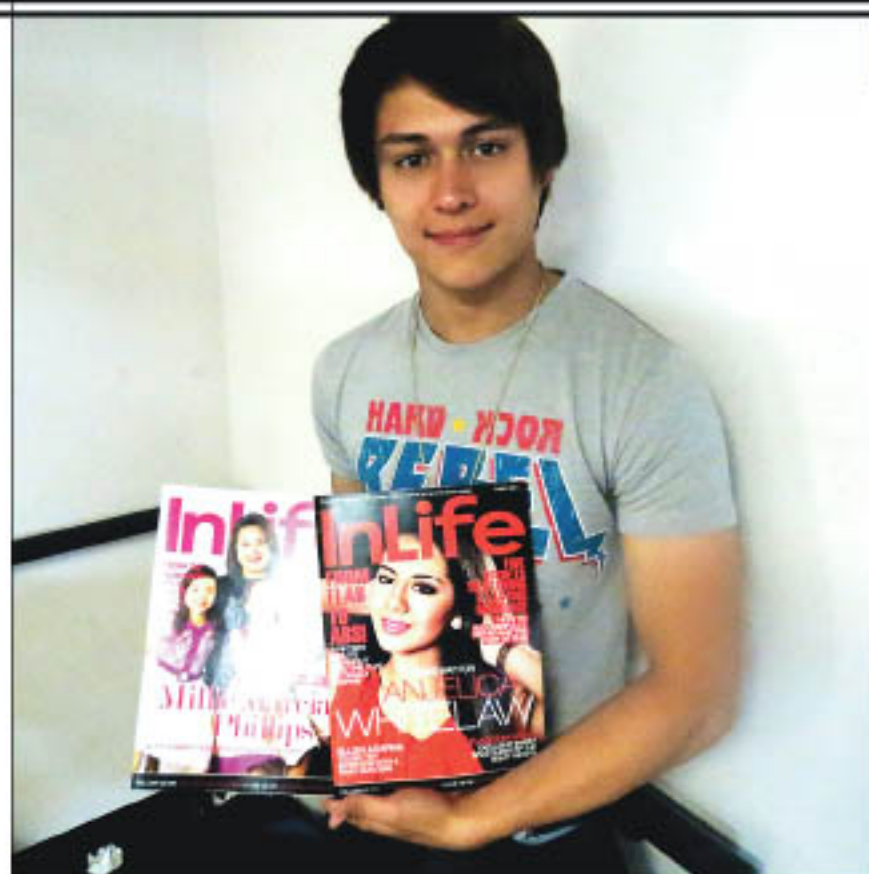
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Archie Karganilla

Senior Contributors
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Katrina G
Joerisa Lipa
Rhoda PS
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Opening Remarks

You know that old joke that says there is nothing constant in this life but Death and Taxes. But we should be able to add another: People. Not just anyone. But those people that see everything that you are – the good and the bad – and celebrate you. Those people whose support you can count on – even if they disagree with you. Those people who, even if you're knee-deep in Kleenex and your eyes and nose are red from crying, can still call you 'beautiful.' They are the ones you hold on to in this ever-changing world. I truly hope that you have already these precious people in your life and if you don't, do everything you can to find them – even if that means having to take a good long at yourself first. For there is nothing more tragic than realizing that those you have surrounded yourself with, have disappeared when you need the most. And if you have already found them....love them, treasure them, cherish them. Never give them cause to doubt exactly how much they mean to you.

Jenny Aluning
Editor in Chief

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TRUE CONFESSIONS: I SEDUCED MY FRIEND'S FIANCEE

TO GET REVENGE ON HIM FOR BEING A CHEATER

I've done some pretty terrible things in my life, but seducing my friend's ex fiancé was a horrible experience I truly can't forget. I can still remember the pain in his eyes as he walked away from me and up to this day, it still sends shivers up my spine. Let me begin...

I've been really close with the same group of friends since high school. I love them to death. I would literally do anything for them and I'm pretty sure they feel the same way about me.

It all began when one of my closest friends, Sarah, started seeing this guy called Jasper. Within a week of beginning to see him, she was already telling everyone that she was totally in love with him and within a few months, she was engaged! Of course, we all felt that things were going way too fast, but we gave them our blessings anyway as she seemed really happy at the time. Little did we know that soon enough, Sarah's will come crashing down.

We went to a friend's party one Saturday night and to our shock, there he was – Sarah's one true love passionately kissing some random girl who looked young enough to be her sister!

It was hard to paint the expression on Sarah's face when she witnessed her one true love cheating right in front of her eyes. She was shocked to her core by what she saw and upon witnessing the betrayal she ended up on a mad dash outside the party – we all ended up running after her of course. When we finally caught up with her she was hysterical. She couldn't stop crying, it took her 2 hours later to finally manage to calm down and only then were we able to take her home.

The next day she didn't turn up to her class so we all got worried. We all tried calling her but her phone seemed to be turned off. When she didn't turn up to class for about a week, we became extremely worried and so we went to her house to visit her.

When we got there, we found Sarah bedridden, pale as a ghost and still crying uncontrollably. Her world had fallen apart. Obviously, the wedding was off. I was deeply affected by what I saw, and I found myself vowing revenge.

The very next day, I went into the retail store where Sarah's ex was working. I walked straight up to him and since I only met him once he didn't recognise me. I told him that I recognised him as the 'cute guy' from my friend's party. With that boost to the ego, he noticeably blushed with pride.

He immediately asked for my phone number and I just coyly smiled and gave it to him. I can tell he was hooked. He started calling and texting me and then asking me out on a daily basis. I made him believe that I finally gave in to his advances. We were having dinner one day when he decided to get all sentimental and confess how much he liked me. He said that he has actually fallen in love with me! This was the moment I was waiting for. So I told him: "Sorry, Jasper. I can't see a future with you."

I could tell that he was utterly shocked by what I said. Tears welled up in his eyes and somehow I felt really sorry for him but then it was too late – the damage has been done. He simply just walked away with his head down on the ground muttering something to himself. I have to admit that even though he wronged my friend I still felt bad seeing how hurt he was. But then what's done can never be undone. Up to this day I still regret what I did because I played with fire and someone got hurt along the way.





THE Millionaire Alliance

BUILDING MILLIONAIRES ONE PROPERTY AT A TIME

SIX EFFECTIVE TIPS FOR WORKING MOMS TO STAY HEALTHY



By: Dasein

Moms today have stepped into a hundred roles. A woman's job is no longer just limited to tending to the kids and making sure that there is a home-cooked meal on the table. Aside from being homemakers, we have become teachers, businesswomen, bakers, community leaders, and so much more.

Moreover, we have joined the workforce and contribute to making ends meet for our families. Working moms are part of almost every industry, which is the reason for the development of more laws protecting women in the workplace.

The fast-paced life of a working mom can seriously take a

toll on our health. Though it may seem selfless to always put your family and other responsibilities first, not taking care of yourself is never the sensible choice. So here are a few effortless tips for busy moms like you and me:

1. Never starve yourself. Skipping a meal here and there may seem harmless but doing so may actually put your health at risk. Yes, we have a dozen of things to do, and about a hundred more tasks waiting to be accomplished, but you should never let yourself go hungry. Running on caffeine alone is certainly not the best option.

If you can't get yourself a full meal then settle small frequent bites like sandwiches or biscuits. You need about a reasonable amount of sugar every three or four hours. So, if you don't have the time to sit down and eat lunch, pack a healthy tuna sandwich or an apple you munch on whenever you feel hungry.

2. Don't overeat. Dealing with a myriad of things can be stressful, which can pose a number of health issues like insomnia, depression, diabetes, and heart disease. Moreover, people cope with stress differently - some lose their appetite while others gobble as much food as they can get their hands on. Yes, it is unhealthy to not eat, but it is also not good to overeat. Choose food that not only makes you feel good but also helps you stay in shape. There are a number of recipes online that are easy to prepare, affordable and tastes just as delicious as fast food.

3. Hydrate. Filling up with water will not only help you from devouring three more cupcakes but it essentially offers more health benefits than you know. Drinking a reasonable amount of water helps with your brain function and affects your energy levels. It also regulates digestion and aids with constipation.

4. Move around. Office work may not always provide you with the physical activity your body needs. Well, if you think creatively enough, going to the gym will not be your only source of exercise. Simply taking the stairs instead of the elevator lets you do a little cardio. If you drive to work, park your car further from the entrance than usual or if you take the bus, get off a stop or two before the closest one to work - the walk will do you good! Even just frequently getting up off your desk to refill your glass or drink bottle is good exercise!

5. Surround yourself with the right people. Sometimes, the people around us can be more damaging to our health than having the wrong kind of diet. So, do away with negativity. Try to distance yourself from people who make you feel angry, lonely, or less about yourself. Yes, these feelings are normal but dwelling on them more than you should have will only bring you anxiety and constant worry. Choose to be positive and everything else will be.

FOUR WAYS TO KEEP YOUR KIDS BUSY WHILE YOU'RE RESTING

By: Dasein

Whether you admit it or not, being a parent can be quite exhausting. It is a 24-hour job, which runs seven days a week, with no vacation all year-round. And, you can never resign, nor transfer your duties to another individual: it is a lifetime employment.

So yes, it can be tiring, and sometimes, you wish you could just take a break for a few minutes. But you tell yourself you cannot, because if you did the house and everything in it is going to fall apart.

But let me tell you, it won't. Mothers are people too though we seem like superheroes running on caffeine and sheer will. Whether you are a stay at home mom or a working mom, we need a little break once in awhile.

I am not talking about a day at the beach alone or a week-long vacation, however, you can take a few moments of relaxation while taking care of your little bundle of fun. Spending time with your kids doesn't have to be draining and grueling all the time. Your time with them can be enjoyable, fun and relaxing.

So here are a few ways to keep your kids busy while you rest at the same time:

1. Tap into their artistic side. Kids love anything colourful and new, and what better way to let them experience that but through art. You can try many activities with them like painting, and you can pose as their muse, which gives you a chance to stay still and your kids preoccupied.

You can also let them play with Play Dough to encourage their creativity. You can let them make sculptures of their favorite animal or anything they can come up with.

However, you might not want to leave them on their own. Kids are very imaginative so when left with paint, glue and clay on their own could spell hours of cleaning on your part. Put them in a place where they can be messy, and try to paint-proof your walls by plastering it first with newspapers.

2. Make a fort. This little establishment brings about all kinds of wonder for your little munchkins. You can pretend to have a sleepover with your kids or let them play doctor and let them take care of you.

This gives you the opportunity to just lie down and let your kids feed you with imaginary food and some clay burgers.

3. Let them watch TV. A little TV won't hurt. Though you do not want them sitting there for hours, but allowing them some TV time allows you that chance to rest. Moreover, you can sit right next to them while watching their favourite show and relax with your kids for a little bit. Who knows? You might even be able to have a snooze!



4. Read. Kids enjoy adventure, and as much as they love looking for it, they also take pleasure from hearing about it. So read your kids books that tickle their imagination. And, you may also let them read to you. My little girl would often times take the book from me, and pretend to read it by creating her own story. It keeps her busy trying to come up with what happens next in the story, and I get to just sit and enjoy her story.

GET TO KNOW
Melanie & Joey
MARQUEZ



By: Jose Ilagan

I had high expectations before I went in to watch Joey Marquez and his sister, Melanie Marquez (Bb. International 1979) as they joined forces to star in the comedy show "Koronang Hilaw" at Rooty Hill on the 24th of October last year. I was relieved to find out that the pair did not disappoint.

The brother/sister tandem gave the audience their money's worth as their hilarious antics filled the room with fun and laughter. This tandem is a once-in-a-lifetime occurrence as it's become almost impossible to see the duo perform whether locally or abroad. The pair was also supported by talented Filipino-Australian talents such as Marcus Rivera, Andrew Baris, Archie Lubrin and Nadia Trinidad. The show was actually a fundraising event for the "Restore Hope" project which aims to provide miracle operations for the poor people in the Philippines.

Melanie Marquez was simply superb when she appeared on stage wearing native Filipino costumes. She still looked stunningly beautiful even at her age and she impressed the audience with her wit and humour. Joey Marquez was in a word: hilarious! His natural comedic talent had the crowd laughing uproariously throughout the night. It was easy to see why the duo was so sought after. The supporting local talents were also equally impressive in their performances and definitely made the Filipino-Australians proud.

Despite his busy schedule, Joey Marquez graciously granted InLife Magazine a short interview. One of our pressing questions regarded whether or not he is still interested in entering the Philippine political arena. He said that politics is now a closed chapter in his life and he would much rather concentrate on supporting his son, Jeremy who is the Councillor of Paranaque and who is running for Vice Mayor in the City of Paranaque.

We also asked him if there are any plans for him to do another sitcom with his best mates, Richard Gomez and

John Estrada and will it be similar to their long-running sitcom, 'Palibhasa Lalaki' which had run for 12 years. He answered that they're planning a reunion movie soon so we'll just have to wait and see.

Luckily, we were able to manage a much more in-depth interview with Ms Melanie Marquez and here's what went down:

1. Can you please tell us your full name and something about yourself that most people won't know.

My full name is Mimilanie Laurel Marquez, actress, lawyer, married to a lawyer and a rancher. I'm a proud mother of six kids and a public figure.

2. In all your years in showbiz, what would you say was the biggest blessing and what would you say was the biggest trial.

I started in show business when I was 13 years old, and going to 14 years of age when I won the Miss Philippines. The great blessing here, I should say, was that, I was able to



gain the opportunity to earn money because I came from a humble beginning, and one of my blessings was to give honour to the country as well as motivate and inspire a lot of people in the new generation. I'm so blessed also that I became a member of the Church of Jesus Christ the Latter Day Saints. I'm so blessed too that I'm still here in showbiz. God is good. In spite of all my trials in life, especially the major accident that happened to me two years ago, he spared my life. Hindi pa tapos yung mission ko. I'm just overwhelmed with God's love to us. God never leaves me, andiyen siya lagi sa buhay ko.

3. Name one person who has mentored you and what's the biggest lesson you learned from that person?

I love my mother so much. She's not perfect but she taught me how to love God, to understand things around me and she's a great example to me. She's a giver and very generous person, and she's beautiful inside and out. She's my mentor of kindness when it comes to loving and understanding people. I thank God for having a mother like her, who's always there besides me.

4. Name the movie title for the story of your life.

I have already made a movie that won a grand slam, "The Untold Story of Melanie Marquez," the movie started when I was a kid. I won the "New Face of the '80s," and then the Super Model of the World, the Most Glamorous Woman in Italy, '86, then I also won the Best Actress and story writer in the Metro Manila Film Fest for "The Untold Story of Melanie Marquez," which was a box office success. My father won the best director award after 33 long years, and I would like to thank Ricky Lee also for best screen play. It was a grand slam in the Metro Manila Film Fest in 1987.

Thank you Joey and Melanie for being generous enough to accommodate us for an interview and more power and success to the both of you.

Shanna Lee

ENTREPRENEUR SPOTLIGHT:

Shanna Lee is an intuitive healer and celebrity manifestation coach. She is the #1 best-selling author of *The Soul Frequency: Your Healthy, Awakened, and Authentic Life* and the host of *The Soul Frequency Show* podcast, leading the conversation on raising your energy frequency and creating a life founded on truth and alignment. She is a speaker, businesswoman, and consultant to executives of Fortune 500 companies, celebrities, influencers, and fashion industry experts.

With over two decades of experience in sales, marketing, and business development coupled with her intuitive gift of insight, she is an expert in leading purpose-driven individuals and supporting the development of their core mission from the ground up. Shanna Lee has been featured in *Awareness Magazine* and the *International Docuseries, Depression and Anxiety Secrets*. She is a contributor to *Medium*, *Tiny Buddha*, and *Elephant Journal* and has been featured in numerous podcasts and international radio shows.

InLife Magazine recently caught up with Shanna to discuss her journey to entrepreneurship and here's what went down:

What are you currently doing to grow your business?

My business has been in a time of rapid growth over the past several months. My team and I are currently developing a new digital program that will launch this summer and a practitioner program that will launch in 2021. We are looking at fine-tuning processes within the business to streamline our time and be able to better serve our clients.

What social media platforms do you usually use to increase your brand's awareness?

We use Instagram, Facebook, YouTube, Twitter, and Pinterest.

What is your experience with paid advertising, like PPC or sponsored content campaigns? Does it work?

Yes, it works, but there is an art to doing it effectively. It is a valuable asset at a certain point in a business's growth. Knowing when to start and who to work with is important. When you have a great team working with

you and the strategy is aligned, it can be a very good tool for business growth.

What is your main tactic when it comes to making more people aware of your brand and engaging your customers? How did your business stand out?

My business is run on the principle of energy out, energy in. This means the more energy you expend in flowing information to others and connecting, the more business will naturally flow in. I have tested this over the years and it proves to be true. Our "energy out" sources are podcasts, blog posts, articles, social media and I have a healthy referral business. I don't worry much about standing out per se, I am more interested in the natural energetic connection that happens when you authentically share yourself. I have been very fortunate to grow consistently and sustainably based on this principle.

What form of marketing has worked well for your business throughout the years?

Different types of marketing are good for different types of products/services/programs, but the most effective marketing is the word of mouth or referral for two reasons. Firstly, if a person knows someone who has done business with you, they are connecting with you because they already feel connected to you or your brand. That is a nice authentic jumping-off point. Second, there is no cost of customer acquisition. There is a simple exchange built on the foundation of a mutual connection.

What is the toughest decision you had to make in the last few months?

The last few months have been challenging for so many businesses as there was no way to forecast the need to insulate a business from a pandemic. It wasn't on anyone's radar. Because I did not have any live events planned, and no launches coming up as we are in development, there was not a big impact on my business. Over the last few months, we have been in active development of programs that assist people through large scale transformation as we feel this information and support is very necessary at this time.



Photo by Bradford Rogne Photography

What money mistakes have you made along the way that others can learn from (or something you'd do differently)?

Gosh, there have been many and I believe that money mistakes are part of entrepreneurship. I think they are important as long as you learn from them and apply what you learned. I have taken big risks over the time of building my business. Risks that I would not necessarily guide others to take. I am intuitive, so I have a little advantage in knowing that it would work out in the end. So, I felt uncomfortably comfortable stepping out in big ways many times. I feel it is important to have a pad on any budget, to have savings, to keep expenses as low as possible, and always be revising and cutting costs where you can. The key to healthy financials is in lowering expenses. For instance, over the past few months when many businesses lost their revenue, those that were able to streamline expenses bought themselves more time and staying power.

What new business would you love to start?

I love building businesses and I help many entrepreneurs grow and scale their businesses. I get to be on the inside of many businesses simultaneously and it is a true joy. My next move personally, will likely be a personal brand that will serve my premier and contract clients.

If you could go back in a time machine to the time when you were just getting started, what would you do differently?

I would have started sooner. I spent time "waiting and wondering" instead of getting on the court and "doing". The important thing is to start.

What is the best advice you have ever been given?

My dad always taught me that busy people are the ones who get things done. They execute at a high level and he taught me to "do it now". When you take action on things quickly you spend less life force energy on them. Waiting to do things takes time, energy, and causes stress. People are always surprised at how quickly I respond and work. The truth is, all we really have is this moment. I like to get things done as they come in and make the most of every moment.

What advice would you give to a newbie entrepreneur setting up their first business?

Connect with people! Look in your sphere and start reaching out – get people excited about what you are doing. Bring your whole self to everything you do. Be meticulous with your word. Show up for people. Work with people that you genuinely care about. Hire amazing and brilliant people that are good at things that are not your strong suit. Think about systems and processes that support your desired growth – they will be the key to scaling someday. Count your wins. Have fun!

"Connect with people! Look in your sphere and start reaching out – get people excited about what you are doing. Bring your whole self to everything you do. Be meticulous with your word. Show up for people. Work with people that you genuinely care about."



THE FIVE SINS OF FIRST TIME HOME BUYERS



When your dream house throws itself to you, are you ready to take it?

Whether you are a young first time home buyers or an experienced property investor, scouting a perfect home investment could be a terrifying task. There are so many things to consider that will put your preparedness to test. If you are smart enough, you can crush home-buying pitfalls to the side as you land on one of your biggest purchases.

Majority of first time home buyers possess a soaring optimism. They are idealistic and often decide on a whim especially if they fall so in love with the property. This, however, poses a dangerous impact to reality as it affects future financial decisions. Here are five missteps that first time home buyers are highly encouraged to rethink.

1. Not knowing your financial ability.

Many home buyers spend ample time rummaging through magazines, looking for the perfect home lay out. The excitement of getting a new house and spotting the most desired home features outweigh the responsibility of thinking the long and short term commitment when the home loan gets approved. Too often, homeowners forget to think how much they can really afford or disregard the importance of seeking broad financial options.

2. Letting the excitement overpower you.

Who wouldn't be carried away with emotions when your dream house is almost at your feet? The moment home buyers step into a prospective deal, their minds begin to wander from new home appliances to home designing. Don't let seller's agent peek on it. This would easily switch ne-

gotiating power from your hands to theirs.

3. Eyeing foreclosed homes.

If you think that you have scored a great deal by buying a foreclosed property, think again. Most of these properties are vacated for a long time and therefore, entails a huge amount of effort to bring them back to their glorious state. Calculate your options and discuss whether the amount you will spend renovating and fixing an old property will be an equivalently rewarding financial decision. A thorough research won't hurt.

4. Forgetting the importance of home inspection.

Hiring an independent professional home inspector would help you save some money in the long run. Don't expect home sellers to divulge the secret of poorly-insulated walls or hidden damages. Do some work and rescue your pocket from unnecessarily huge expenses that you could've prevented from the start.

5. Neglecting the contract.

Before you sign the dotted lines, make sure that you understand all the terms and conditions of your home mortgage. This piece of paper contains everything about your financial obligation and this will arm you with knowledge about how you can plan your financial budget without too much stress.

Indeed, buying a new home is a big task that can be extremely daunting if faced unprepared. Reduce the stress of home-buying processes by talking to experts as you seek assistance and advices that will guide you through to your dream home.

FIVE REASONS WHY YOU NEED TO EAT TOGETHER AS A FAMILY

In our fast-paced world, families now have lesser and lesser opportunities to bond and spend time with each other. Even when they are all in the same room, they couldn't be farther from one another because of all the gadgets they are all so immersed with.

Though having breakfast or dinner together may not seem like such a big deal, eating



together is important and can do more good to your relationship with your family than you know. So, here are some reasons why you need to eat together with your family:

1. Better communication. Do you feel like you can no longer understand your children? Does it seem like the more you try to reach out to them the more distant they become? If you answered yes to both questions, then it's time to mend your bond with your kids. No

need to set up some elaborate scheme to get your kids to talk - simply prepare a sumptuous meal for them and ask how their day was. Though they may not open up to you immediately, your kids will feel closer to you because you bothered to ask about their day.

The key to this is consistency. With everything changing in their lives, children need something consistent, and that is what family is for.

2. Keep tabs on each other. Children have so many things going on in their lives nowadays - from school to friends, to extra-curricular activities. And as parents, we find it important to find out about what keeps them busy and be assured that they're safe and well.

Supper is the perfect time to quiz them about the hustle and bustle of their daily routine. This also gives you the chance to share with them the things that keep you preoccupied so they know exactly what's happening with you as well.

3. Some family time. You cannot always take a vacation or go camping with your family. However, you do not need to go very far to spend some quality time with your most favorite people in the world. Prepare something new on the table or make them their favorite dish, and then maybe watch a movie in your living room after.

4. Best time to make announcements. Whether it is a good or not-so-good news to break to your family, the dinner table gives you the opportunity to lay down some stuff which your family needs to know. You do not have to talk to them one by one, and you would be able to get their general reaction immediately, which gives you the chance to make clarifications or make amends in case the news isn't faring so well with the rest of them.

5. Make them feel loved. Eating with your family makes them feel that you are not too busy to share a meal with them. No matter how busy you are at work, or how much you need to do overtime, you should, at least, spend one meal everyday with your loved ones.



By: Dasein

With the introduction of computers and the internet, opening a small business no longer requires an actual establishment

Five things to consider when starting a small online business

for people to come in and check your products or services. All you need is your computer and a stable connection to start and develop a business.

Online business is not a new term in this highly advanced generation, and most business transactions are now done online. One example is the presence of many travel and booking websites, which allows customers book hotels, plane tickets and tour packages without having to leave their homes. Another popular online venture is online shopping sites like eBay, Lazada, alibaba.com, and many more, which offers shoppers myriad choices of products they can have delivered right to their doorstep.

These online businesses started small but drew millions of customers and sellers everyday because it is convenient and seemingly easier to manage. If you are computer savvy and know a thing or two about internet marketing, a small online enterprise might just work for you. So, here are a few things to consider when starting an online business:

1. Products or Services

The idea of an online business is no longer new, and a lot of people have already invested online. Therefore, you have to put a lot of thought on what kind of product or service you would want for your small online business. Try to do your research and find out which products or services do well online, and how you can start your own too.

Moreover, online trade has become quite popular because there was a need for fast and convenient form of transacting and doing business. So, ask yourself, what are the needs of your target customers? Do you have a way to accommodate and resolve their needs?

2. Site of Business

These days, social media networks provide a good avenue for online business. Where you set up your business can make a huge difference on how fast you can establish your business as a go-to for clients. Most popular is Facebook, Instagram, Pinterest, Google+ and so on.

Also, online shopping sites allow sellers to post their products for a certain cost. The advantage here is that these sites have already established their online presence and you do not have to spend much when it comes to marketing.

3. Market

Know your market. Who usually goes online and take advantage of the services you offer? How old are they? What time do they usually log in to their computers? How often do they shop online? Identifying these would help you a lot on how



to attract prospect customers into your page.

4. Payment Method

There are a number of payment methods these days that you can utilize. The usual set up is to charge a customer's credit or debit card. However, with the concern of identity theft, some customers are reluctant in typing in their information. Fortunately, you have a lot of other options like PayPal, Hello Pay and of course Cash on Delivery (COD).

5. Page Design

Since you cannot personally reach out to each of your customers, how you package your business is crucial to your success. Whether it's a Facebook page or your own website, what you put in it can either make or break your potential business.

It is best to examine and explore other businesses which have succeeded in their field to get a few pointers on how to make yours market-friendly. Also, don't be afraid to consider hiring an internet marketing specialist to get your page ready and help you in your business.

5 simple business ventures you can start on your own

love for animals and anything furry. A lot of people these days have their own house pet, and there are situations when they cannot bring their beloved critter with them.

So, why not turn that into an opportunity to earn a few dollars?

You do not need an office or a lot of capital to start this business. However, having a lot of friends with pets would be an advantage.

2. Online Freelance Writing

If you have a knack for literature, and secretly corrects everybody else's grammar, then this might be a good business to start with. You can create an online profile highlighting your expertise and pose sample of your work and other related projects.

Another way to market your skills is to set up a blog. The key is to choose a specific niche in order to build an online presence.

3. Virtual Assistant

Virtual Assistants are like online admin assistants who are hired by professionals to do mundane admin tasks which they no longer have time to do. You will either sort through emails, write a few communications and do research.

To make this a lucrative business venture, you will need your own laptop, stable internet connection, and flexibility in your schedule.

4. Babysitting

A lot of parents these days need to work and have very little amount of time to relax, which is why the demand for babysitters have also increased. Though experience is not a necessity, growing up with little brothers and sisters would be a great advantage on your part. If you are able to acquire glowing letters of reference from previous babysitting jobs, this will definitely help you stand out from the rest of the field.

5. Homemade goodies

If you make killer homemade cookies or cupcakes, you got a gold mine right there. A lot of big bakeshops these days started out in their kitchen and had slowly taken off as soon as a lot of people had heard of their products.

Some cupcake bakers open online shops on Instagram, and take orders through their page. It saves you money and time for marketing, and you can start your bake-shop even without the actual shop.

Are you looking for easy and cost-friendly money-making projects? Do you want to earn extra income without having to withdraw most of your savings account? Well, I might just have the answer to those questions.

Starting your own enterprise does not always require a lot of money and a degree in Business Administration. There are a number of businesses which requires only your time, skills and a little from your pocket. All you need to do is tap into your creativity, resourcefulness and perseverance.

Moreover, ask yourself about marketable talents that others might be able to make use of, and then find ways to let them know that you offer such services. It does not have to be something elaborate and you can even just utilize your social media accounts to let people know you are an entrepreneur on the rise.

So here are a few simple and economical business ventures you can start with:

1. Pet sitting

This business only requires one thing, your unconditional



By: Marx Canoy

MARX CANOY'S FOOD FEAST

Traditional To World-Class Philippine Cuisine



CHICKEN BARBECUE

PHILIPPINE CHICKEN BARBECUE (ORIGINALLY CREATED IN BACOLOD)

Taken from Marx Canoy's Food Feast: Traditional to World-Class Philippine Cuisine

Ingredients

Ilonggo Barbecue

2kg chicken tenderloin
250ml vinegar
30g garlic blend
200ml soy sauce
six piece kalamansi or lime, bay leaves
bamboo skewers, touch of ginger, salt/pepper
Add sweet chilli sauce to taste.

Instructions

- Mix all the ingredients and marinate for at least 3 hours. For best results, marinate overnight.
- Thread chicken onto the skewers.

- Heat the hot plate grill, arrange the chicken pieces in the hot plate and baste with the sauce. Turn to the other side to continue cooking.

Note: This dish was served in Vibe Rushcutter's Bay for a barbecue function. It was served together with satay chicken bbq and tandoori chicken bbq. The result: Ilonggo barbecue was the most popular and sold out ahead of the rest.

SEVEN PAINLESS WAYS TO LOSE THE EXTRA FLABS



By Dasein Catedrilla

Staying fit can sometimes be excruciatingly difficult and can take so much of your time. However, staying in shape should never be set aside. It is not about just trying to fit into your jeans but also to be healthy.

When trying to lose weight, our first consideration should be our wellness. Every step should be directed to making sure that our body gets exactly what it needs to function properly. And, when we have this as our goal, shaking off the extra weight is not as demanding and strenuous as we think it is anymore. So, here are 7 ways to lose the unwanted flab:

1. Know when you are hungry. Yes, you are not supposed to be hungry all the time. As your body continuously digests food and turns them into the energy you need to function during the day, you then need to make sure you provide fuel for your body.

However, you might also need to consider the amount of time your intestines require to completely break down the food and transform them into nutrients.

2. Choose what you eat. Another critical factor you need to keep in mind is the amount of calories you consume every day. According to the United Nations' Food and Agriculture Organization (FAO), the average person's minimum calorie requirement per day globally is approximately 1,800 kilocalories (7,500 kJ) depending on your lifestyle, sex and age. So, be a little more aware of your diet, and maybe on the next trip to the grocery, it won't hurt to check the calorie content of what you stock in your fridge.

Also, adding vegetables and fruits to your regular meal can do a lot in reducing the risk of acquiring any disease.

3. Drink plenty of water. Since our body is composed mainly of water, what better way to keep in shape than to ensure that it is well hydrated. Drinking water allows your body to function better, flushes out toxins, and it even increases your energy.

4. Exercise regularly. Making sure that you are eating right isn't enough. You also do need to move your body a little to keep it active and in shape. Moreover, exercise helps you de-stress and make you feel good about yourself.

No need to go the gym. You can do stretches and exercises in the comfort of your home. A lot of exercise videos are available online to teach you how, and you won't even need a gym instructor to help you.

5. Get enough sleep. Yes, sleeping can help you lose that weight. Getting the required amount of sleep lets your system function accordingly, which then translates to better digestion and more energy to do other things to keep you fit.

6. Set a goal. Like building a house, losing weight requires a blueprint of what you want to achieve. You need to plan and have a clear and smart goal. Whether it's weighing 5 kilos lighter or being able to wear the cute bikini you saw in the mall, it is important to define the target for your actions.

7. Stick with your goal. Sometimes, we veer off the road we told ourselves to take and that is normal. However, if you want to get to where you need to be, you have to stick to your chosen path. Remind yourself of your goals when faced with temptation. Write your desired weight and post it on the fridge or maybe put a picture of that bikini you wanted on your mirror. You need to motivate yourself because no one else will do it for you. Only you can change your life.

3 WAYS TO ENSURE YOUR JOB ISN'T THE BOSS OF YOU

After asking around at an event I was recently working on, I found a huge percentage of the staff also felt unhappy in their jobs. This discovery led to me to compile a list of three ways to ensure your job isn't the boss of you

By Holly Phillips

My mother used to sound like a broken record when I was growing up because she would always ask me when I'd done something wrong, 'who is the boss of you?' Much to my dismay, this usually blew my, 'my friends made me do it' excuse out of the water. As I grew older, I began to appreciate the true value in this statement. As a result, I often ask myself this when I'm feeling stuck in a job where the staff aren't particularly friendly or I feel as though I'm not getting treated fairly. After asking around at an event I was recently working on, I found a huge percentage of the staff also felt unhappy in their jobs. This discovery led to me to compile a list of three ways to ensure your job isn't the boss of you and if it is, then you need to consider a change, ASAP!

1. Do you dread waking up every morning?

I'm not talking about the feeling of dreading the sound of that all too familiar deafening alarm, but rather actually having pre-work anxiety. Everyone would love to have more sleep and God knows some days it takes a team of removalists to get me out of bed. There is a definite difference between having a case of Mondayitis and feeling that choking feeling in your throat when you know you have to wake up every day and go somewhere you can't stand the sight of. If this is you, you need to put more faith in yourself and know there are always other options! The choice is yours, and you never know what great opportunities lie around the corner.

2. Pep-talk Alert!

You know the feeling - coming face to face with your workplace front door, needing to take a big deep breathe and then plastering a fake smile on your face before you walk in. We've all had those days, but if you're having one of 'those days' everyday, something seriously needs to change. If you're having to psych yourself up just to get through the day then chances are you're extremely unhappy.

3. Work life balance

Perhaps the most important thing of all is securing a happy work/life balance. Unless your name is Kim Kardashian or Paris Hilton, most of us need to work hard in order to have a comfortable living environment. However, the choice is yours whether you want to be someone who lives to work or works to live. The difference is staggering. I see people who spend their whole lives consumed with work and never have a chance to really enjoy life. Don't get me wrong, I know many people love their job however, everyone needs time off for themselves and self discovery.



ARE YOU GETTING EXPOSURE OR ARE YOU getting exploited?

By: Patricia Higgins

When Kylie Minogue's professional dancers were requested to work for no pay during filming of one of her recent video clips, public outcry and widespread news coverage ensued. However, situations similar to this have, and continue to be, an issue in the creative industries – often passing by unhindered and unreported. Indeed, working for little or no pay under the guise of "exposure" is becoming endemic. Companies that turn profit (and in some cases a whole lot of it) are able to hire talent for free simply because if one person turns down the work there are a whole host of others just waiting for that "special opportunity".

In the case of the Kylie Minogue story the dancers were out-sourced, so her spokespeople was able to deflect blame. Had the dancers not reported the situation to the Media and Arts Entertainment Alliance (MEAA) then the issue could have easily slipped the radar. In this case, payment was largely reimbursed and this was no doubt due to the bad press. After all, Kylie is worth millions and she can't even pay professional dancers who have spent their life pursuing rigorous and very costly training? It makes a good news story, and, a massive PR disaster for the singing budgie.

But, what about those other cases that don't make a good news story? And, how about those castings and advertisements that are unspecific or even deceptive. It seems everyone is asking for Time for Print (TFP) work these days. TFP refers to work undertaken whereby creative parties equally devote their time to a project (traditionally print, but could be CD or anything else really) in an exchange of labour whereby the project can be produced. Or, put another way: collaboration.

It goes across all the creative mediums, whether you belong

as a model; actor; photographer; writer; makeup artist; hair stylist; video producer (and possibly other job descriptions). If you are one of these things, regardless of your skill level, I am willing to bet my pathetically unreliable writer's income that you have at some time or another been requested to work TFP, have possibly been misled by a job opportunity that does not in reality exist, or have been disappointed by the sad lack of actual paid work available in the world around you.

The problem is that the TFP method has been skewed in favour of companies and individuals using talent and getting around having to pay for it. Plain and simple, what you have here is exploitation. TFP work is to be undertaken explicitly for non-commercial purposes and model release forms should always be signed before a shoot that state exactly this. This means no party to the project should profit from the finished product – nothing should be "sold" as the project belongs to all who devoted their time in an exchange of expertise. TFP works brilliantly when the model's, photographer's and creative talent's visions and skill levels perfectly align.

TFP functions as great method of refreshing a portfolio at minimal to no cost. It is also clearly a great option when a creative talent is attempting to build up a portfolio. And, under those conditions only does it function beneficially. You see, people can't afford to donate limitless time, equipment and petrol expenditure (along with countless other hidden costs) without getting anything back. Although it may come as a shock to some of those of privilege in the industry, an expectation that someone provide never-ending TFP work is simple absurd.

Yes, there is mutual experience building, but there absolutely comes a point where one gains enough experience

to deserve to be paid. You wouldn't expect a plumber to fix your pipes for free, so why should professional creatives be subject to the absolute rip otherwise known as "exposure"? And, the fact that someone with "stars in their eyes" (probably young, supported by their parents or less experienced) will eagerly take your place means that it's getting harder and harder for anyone to stand their ground against the rising TFP tide.

Even if you avoid TFP for the main part, there are some other cons to watch out for. I'd suggest looking out for those sneaky "deferred payments". You can wonder if you will ever get paid, and I'd say you're wondering that for good reason. And, even if you do get paid, the question remains... how to survive in the meantime? Also, look out for the term "start up". Ask for the company's ABN to first find out if they are indeed legitimate; check their website; Google their name plus the word "scam"; contact ASIC; try to locate or ask for their fiscal report. Keep in mind that having an agent doesn't necessarily keep you safe from scams and the like. In fact, agencies often provide primo examples of scamming operations. Always do your research!

Just to divert a little from the main point of this article (but it would be irresponsible not to include this issue) – it's possibly even more dangerous when dealing with illegitimate individuals than it is with shady or exploitative companies, especially on a personal level. The term "Guy with Camera" or GWC refers to a creep/criminal who is out to exploit people (yes, mainly young women). We don't really need to go into what this kind of person would do with the images...one can surely imagine. Always trust your gut and employ common-sense safety measures – just as you would do when meeting any stranger or anyone that you barely know in any situation where you could potentially feel exposed.

What to do if a company that makes a profit didn't pay you or deceived you out of pay? You can join the union (The MEAA as mentioned previously) and make a report – just like Kylie Minogue's back up dancers did. You can contact The Australian Competition and Consumer Commission (ACCC). You lodge a scam report form online. You can find information on the SCAMwatch website on how to contact your local Consumer Affairs or Fair Trading authority. You can also report a dodgy company or individual to the site on which it was advertised – "Star Now" for example (who has recently somewhat improved their awareness and action on this front).

Remember to watch out for that little term "exposure". Ensure that in your case (should you pursue the opportunity it relates to) that it doesn't in fact mean "exploitation". The entertainment and arts industries face enough hefty battles (funding cuts etc.) without having to wage a civil war on top of it. Employ some integrity and common sense and as a creative person protect your craft and show it the recognition and respect that it deserves. Use TFP properly or not at all. Otherwise, you risk exploiting your passion, ambition and talent and eroding the very industry that you endeavour to thrive within.



Salone VG / Address: 6 Regent Street Kogarah NSW 2217 / Phone: 0450 590 300 or 02 9588 6714



Juliet Custodio
Official makeup artist & hair stylist

Juliet Custodio is the manager of Salone by V Guilieta located at Kogarah, NSW. She is a renowned hair designer and makeup artist in Sydney and is known among the modeling and beauty pageant communities as a reputable and talented hair and makeup artist. She has been involved as hair, makeup and beauty consultant for Miss Earth Australia from 2009 to 2011.

Juliet is a multi-awarded hair and make-up artist and has been in the beauty industry for more than 20 years. True to her life, Juliet pushes the boundaries directing style in a way like none have before. Her cuts can be sharp and bold, soft and seamless or sophisticated, yet edgy. Meticulous by nature, this director's creative expression is limitless as proven in her success of being an official makeup artist and hair stylist.

As a salon manager, she leads her team with integrity and respect, taking pride in assisting and moulding her team member's crafts. With a wealth of knowledge and a knack for leadership, Juliet is an integral member of the team. Her passion for hair and makeup is reflected in the high quality of work she consistently produces and has also won her over some of the salon's most loyal clients. Among her endless list of accolades, she has also been the finalist on excellence in business - Hair and Beauty and People's Choice award in Rockdale NSW formerly known as Salon Julieth.



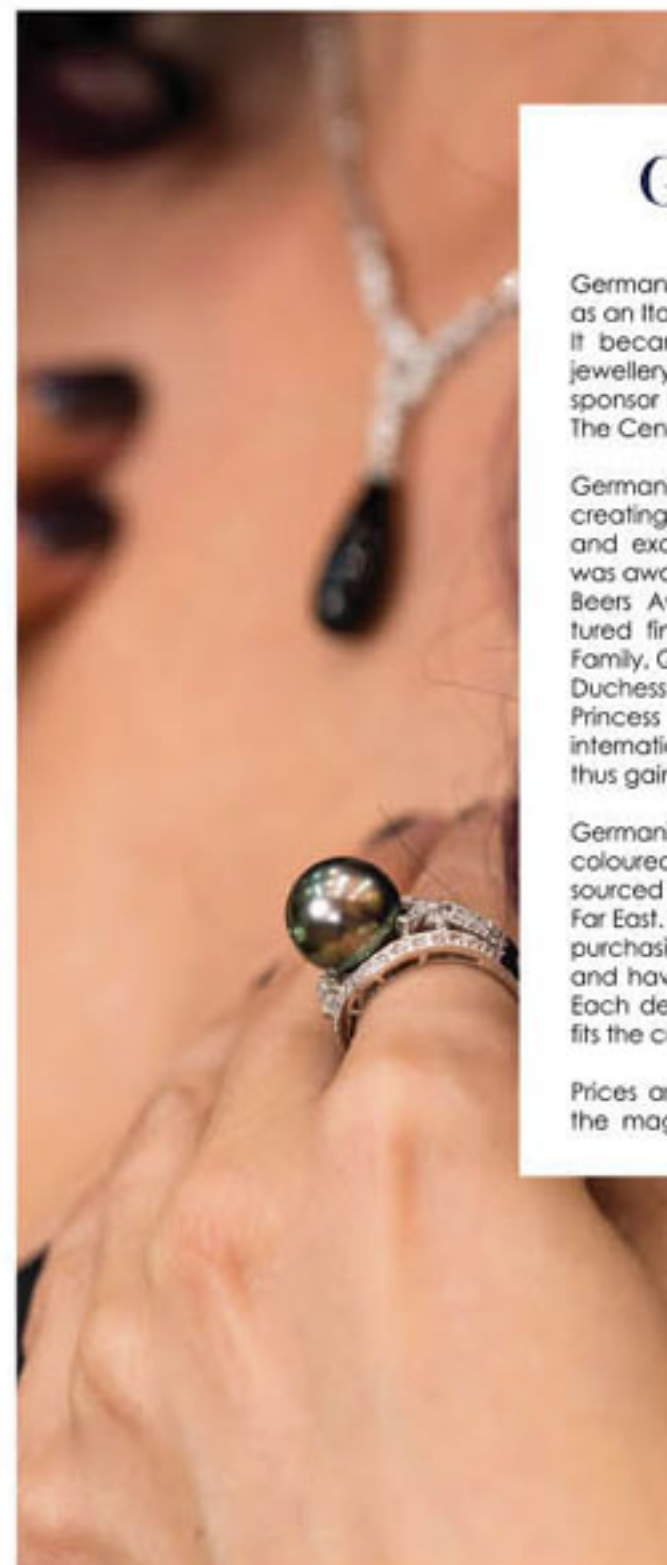
GERMANI JEWELLERY

Germani Jewellery has been established as an Italian brand in Australia since 1985. It became a household name for fine jewellery when it became an exclusive sponsor for the national TV show, 'Sale Of The Century' from 1988 to 2001.

Germani's extensive experience in creating distinctive, cosmopolitan, unique and exquisite jewellery is evident as he was awarded the prestigious Diamond De Beers Awards, designed and manufactured fine jewellery for the Saudi Royal Family, Queen Noor of Jordan, the Duke & Duchess Of Wellington, Elizabeth Taylor, Princess Diana and other well known international dignitaries around the world; thus gaining him international recognition.

Germani houses a huge range of quality, coloured gemstones and loose diamonds sourced from Belgium, Switzerland and the Far East. Customers can enjoy the luxury of purchasing directly from the wholesaler and having the jewellery made in-house. Each design is iteratively reworked until it fits the customer perfectly.

Prices are extremely competitive due to the magnitude of Germani's operation.





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