

Inlife

I N T E R I O N A L

SEPTEMBER 2021

ONE ON ONE WITH
ALEXIS PERKINS



YVONNE BAKER

Meet one of the fashion
designers to watch
out for in 2021

FIVE EFFECTIVE DIET TIPS TO
GET RID OF EXCESS
WINTER WEIGHT

Find out more about

Robbie
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EDITOR'S NOTES

A wise man once told me that New Year's resolutions are just wishes if they're not paired with a plan of action. It's no use saying 'I'll get healthier this year' without detailing exactly how you'll do it. Successful people, whether they're a performer or an entrepreneur, apply this little piece of wisdom every day. They put together timetables, action plans, take classes to hone their skills, take advantage of any marketing avenue to make themselves and/or their brand known to the public. And what will all this hard work result in? They get to see their dreams coming true. The poet, Henry David Thoreau said: "Most men lead lives of quiet desperation and go to the grave with the song still in them." So, don't let 2021 go by without you taking that chance to make your dreams a reality. Create a second column next to the New Year resolutions you made at the beginning of this year. Make sure it's entitled: "ACTION." God bless, everyone.

Sue Turner
Editor-In-Chief



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MEET AUSTRALIAN INTIMACY COORDINATORS MICHELA & STEPH

Michela Carattini is an Intimacy Coordinator and Company Director at Key Intimate Scenes (KIS), Australia. Her IC screen credits include "Nine Perfect Strangers," "Blaze," "Bird eater," "Learning The Curvature Of The Earth" and "This River." She co-created and co-instructed the first Intimacy Coordination Workshop for Directors at AFTRS, was a member of the panel which drafted Australia's National Intimacy Guidelines, and co-founded the Australasian Intimacy Coordination Network. She developed the only Australian training curriculum for Intimacy Coordinators, and is one of the only people in the world to be fully insured under the title of "Intimacy Coordinator". Specialising in cultural competency and mental health, she has been an expert speaker/interviewee on Intimacy Coordination for IF Magazine, FilmCentral Magazine, Cinema Femme Magazine, ABC News, SPA, WIFT, SFAA, and Mercury CX Screenmakers.

Steph Power is Australia's leading Entertainment Industry Welfare specialist. Her ground-breaking production and acting welfare services are internationally recognised. Her informed practices are endorsed by actor Hugh Jackman who refers to Steph 'as a leader in her field'. As an Intimacy Coordinator, she supports culturally appropriate performance coordination, and has conducted industry welfare training for West Australian Academy of Performing Arts, JMC Academy, National Theatre Drama School, Melbourne Theatre Company, WIFTAustralia, MEAA Equity Wellness, Dame Changers, and has contributed to the Covid Safe Set Guidelines for SPA and Screen Australia. Steph has worked on Covid sets as an Intimacy Coordinator for the film "Prawn," the feature "Petrol for Arenamedia," the TV series "5 Bedrooms" for Channel 10/Paramount Plus, and is attached to the film "Secret Dresses." She also created a new role titled Production Welfare Coordinator on the ABC Series "Itch 2." This work covers mental health risk assessment and planning, HOD training, and cast and crew support. As part of her advocacy, she is working with key players to further develop this role across the screen and broadcast industries. Steph provides consultation on psychological, cultural, or sexually diverse content and has a private counselling practice at her suites in Malvern. She is a graduate of the renowned WAAPA Acting School, has a degree in Directing Performance from WAAPA, a post-grad in Psychotherapy, and a Masters in Counselling. Her diverse qualifications bring depth and insight to her work.

InLife International recently caught up with Michela and Steph to discuss their journey in the entertainment industry and their latest projects and here's what went down:

Who are you and what do you do in the film industry?

Michela: I'm Michela Carattini, and I'm an actor at AAA Talent, a filmmaker at Charcol Pictures, and an intimacy coordinator and company director at Key Intimate Scenes. I'm also mixed (Celtic Australian, Indigenous Latin American), CALD, multi-local, multi-lingual, multi-national, able, queer, cis-gender female, and a primary carer of young children. You wanted to know all that right?

Steph: I'm Steph Power and I'm an industry welfare specialist and intimacy coordinator at stephpower.com and founder of the original Intimacy Coordinators Australia forum. I'm also known as an acting coach, script advisor, and creative producer. I am an 8th generation Australian and have two children, both equally into films and all things entertainment.

How long have you worked in the industry and what was your journey?

Michela: Let's see, I'm 41 years old, so...I have worked professionally in the industry for 28 years – with a few breaks trying to make a dent in human rights abuses. I started off as an actor/singer/dancer/choreographer in musical theatre and graduated from AMDA in NYC. I led and supported Off-Broadway and U.S. national tours when



the second tower from my window on September 11th, 2001. It made me want to understand human behaviour better, and I ended up with a BA in Psychology from Columbia University and a Masters in Criminology (specialising in 'Violence Against Women') from Sydney University. I worked in that area for about seven years, in New York, the Czech Republic, and Australia, until I had my first son. Who knew acting was a fall-back career? It provided an escape from life as a carer with a flexible schedule to boot. The joy, the pain, the life I had experienced, both vicariously and first hand, made me a more interesting storyteller, and I got a lot of work in film and 'straight' theatre, as well as producing my own work. I kept trying to put my two career paths together, noticing that my fellow actors were struggling with many issues for which I had the expertise, including consent, coercion, abuse, boundaries, trauma, and mental health. There was suicide, self-harm, exploitation, straight-up sexual assault, and just plain confusion about how to go about things everywhere I looked. I myself struggled with the occupational hazards of being an actor without clear production structures that could minimise those harms. When I started training with those who had established themselves as 'intimacy coordinators' in other countries, I was already developing the work on sets here. I am grateful for that overseas training, and it exposed me to international standards and strengthened my work in certain areas to be sure, but having now experienced what is on offer, I am continually impressed with the truly world-class expertise that exists within Australia and New Zealand already. I mean!!! There are real gaps in the overseas training, not least of which is mental health, cultural competency, and legal literacy, which is what drove me to prioritize those approaches in the Australian curriculum and seek out those leading the way here.

Steph: I've been in the industry for 36 years, but as a professional for 28 years after graduating from the renowned WAAPA Acting school. After two years working in Sydney as an actress, I moved to London where I worked on contracts at companies like Polygram Films (script department) and Channel Four (programming) to pay rent while enrolled in the Actors Centre London. On my return to Australia, I took a job in Perth as an assistant director on *Ship to Shore*. I then moved to Melbourne, returned to acting, met and married a young filmmaker who became a successful

editor, and had my first child. During this time I began a lifelong journey with coaching actors. I completed my degree in performance directing at WAAPA and in 2010 set up Enigma Films. It was losing two actor friends to suicide and seeing other industry friends suffer due to systemic industry that shifted my focus to an urgent need for actor and crew welfare in professional settings to make the industry a supported workplace. In 2015 I began developing new practice strategies while studying for a postgrad degree in Psychotherapies and Counselling. I researched actors' emotional vulnerabilities in their work especially in intimate and psychological material, and researched industry systems that impacted creative life. One of my research papers, "Being an Actor", was a programme of strategies to alleviate mental health impacts in performance settings. On the back of my research in actor welfare and of set practices and crew issues, I set up stephpower.com and moved to Melbourne in 2017 where I completed my Masters in Counselling. Since I was already working with actors in performance welfare as half my business, registering the Intimacy Coordinators Australia as a business name and launching my Intimacy Coordinators Australia Facebook Page in 2019 was a natural move (Not to be confused with another ICA who has a website in this name but is unregistered). In 2020 at the start of the pandemic, I was invited by SPA and Screen Australia to deliver my Covid Safe Set Welfare guidelines to strategise protections for actors and their support crew. With an increasingly 'welfare friendly' industry thanks to changes brought about by the #metoo movement and now COVID, I am continuing to advocate for more on-set welfare roles such as the Production Welfare Coordinator which I first implemented on an ABC series in 2020. I love the work I do right across industry welfare and I love developing and improving my role as an Intimacy Coordinator.

What is intimacy coordination?

Michela: The role coordinates and facilitates the industry's best practices for the portrayal of intimate scenes. This includes expertise in consent, sexual dramaturgy, movement direction and masking, modesty garments and barriers, risk and controls assessments, advocacy and the mitigation of power dynamics, minimizing secondary trauma, and localised mental health support as required.



Steph: It's essentially supporting the right for protection of a performer's wellbeing in any physical and emotionally vulnerable scenes. The role of Intimacy Coordinator is often limited in its general interpretation, however, the role itself – as it becomes more explored by people of different cultures, race, gender, sexual diversity, and skill backgrounds, including practitioners like myself with unique qualifications in performance, directing and mental health – will increase the specialisations that are employed in this role. While the specifics of consent, risk management, actor welfare, and shaping performance are required in most settings, I don't promote the role being limited by overseas gate-keepers and want to see equally knowledgeable Australians culturally define this role themselves. Particularly because the IC role can be used in unscripted and factual formats not just scripted. For example, I was recently approached to IC a project with both real and dramatised women telling personal stories of childbirth and loss. I knew I was perfectly equipped to help, but a straight choreography-focused IC would not have been appropriate, as this project required solid mental health knowledge. This is why Michela and I teamed up because we know there can be complex depths to screen content that for mental health risk aversion require a more qualified practitioner.

What are some of the filming activities that require an IC on set?

Michela: The Australian Intimacy Guidelines (Nov 2020) are very clear that any nudity or simulated sex should have an IC on set. These guidelines have now been incorporated into SPA-MEAA's National Guidelines for Screen Safety (Jun 2021). However, there are many other reasons you may want to have an IC on set, including any particularly vulnerable circumstances, such as a large power differential, cultural safety, or managing mouth-to-mouth risks in the age of COVID. The Australian industry has really been at the forefront of this (COVID physical and mental risk mitigation), being one of the only countries able to shoot content right through the pandemic.

Steph: Scripted and unscripted or live performances can have intimacy across drama, comedy, documentary, even music videos, and art-based performance. When I read a script and there is a scene where a performer is physically and/or emotionally exposed I assess that scene, do risk mitigation, and work with the actor's own welfare status to decide if that scene is requiring intimacy coordination on set.



Who can become an intimacy coordinator (what qualifications do you need, and where can you get trained)?

Michela: As with any position, I think it's worth looking at a person's resume (what is their training, qualifications, and experience?), their work (do you like it?), and who they are as a whole person (are they the right fit for this production?). KIS has created the first Australia-specific training curriculum for intimacy coordinators, as well as the first training program based in Australia, full stop. Our curriculum has been endorsed by overseas leaders in the field, but most importantly, by local leaders across fields and ethnicities, including Australian First Nations elders. Outside of this, there are only overseas training programs.

Steph: Well I can't comment on overseas training programs because I don't personally recommend them – mainly due to the lack of research and mental health training of the people running them, their predominant focus on choreography which doesn't equip anyone for factual unscripted content, and the fact their certs are not recognised by education providers. I'd rather see ICs in Australia train here, use pre-existing qualifications and learn under experienced Australian ICs. For a designated training course in IC, I do however recommend KIS as Michela's qualifications and course provide comprehensive learning on welfare, and we are in discussion about how we can work together to expand training here in the future. I myself educate on intimacy with workshops to industry providers, educators, and individuals.

What are some of the tools and methods used? Why are these important?

Michela: The KIS method incorporates mental health, legal and cultural competence approaches that inform our practice from the inside out. Our risk and control documents are developed specifically for this work, which requires continuing consent, flexible assessments, and creative solutions. This helps to minimise coercion and secondary traumatization, giving creatives space within which to 'play' and let go in safety. One actor I worked with described it as 'a bungee cord' with which she then felt free to 'jump off the cliff.' In particular, we as an industry ask our actors from marginalised communities to re-enact their own and their community's traumas, and we must be aware and responsible for the occupational work hazards that go along with that.

Steph: I agree with everything Michela says regarding the documentation process. I use an IC-specific script co-joined with actor consent forms to map out the intimacy boundaries during rehearsals. I also consult on actor welfare, waivers, wardrobe intimacy covers, the line producer regarding any risk assessments, the safety or covid officer for updated set protocols or risks, and standby wardrobe for on-set changes. I want to be clear that an IC like myself trained in mental health does not therapise an actor. However, that skill is helpful in recognising when an actor is uncomfortable on a somatic level that is not obvious to the untrained eye. This improves your ability to assess risk so you can respond appropriately as an IC. I've picked up vulnerabilities with actors who don't want to mention it because of wanting to placate everyone and then when they do say, "actually, you know I had a bad experience with another actor or scene which really impacted me so yes I wouldn't mind you being on set", the actor instantly feels relieved when I'm able to read their non-verbal cues. Young actors are especially great maskers when they want a job!

What are some of the films, actors, and directors that you worked on as an IC?

Michela: People always want to hear about the names they know – so yes, I was the intimacy coordinator on *Nine Perfect Strangers* with Nicole Kidman, Tiffany Boone, Samara Weaving, Manny Jacinto, and Melvin Gregg, and on *Blaze*, with Yael Stone, Josh Lawson and Simon Baker, but I also love the queer stage piece I IC'd called *Set Piece*, and *This River*, the little short that could, which ended up winning Naomi Fryer 'Best Director' at Flickerfest. Different kinds of productions with differing scopes and budgets really have different intimacy coordination needs, so it keeps me on my toes!

Steph: Ha! I naturally err on naming names but I'm currently attached to *5 Bedrooms* TV series for Channel 10/ Paramount+ and just finished on the feature *Petrol* for Robert Connolly's company Arenamedia, also an independent film *Prawn* for new director Ella Carey. I'm due to start on *Secret Dresses* (lockdowns willing!) and I'm also an educator at JMC Academy Film School and The National Theatre Drama School in performance welfare. It's been a busy year. I think to bring the industry up to speed with overall performance welfare we need to educate from the top down and bottom up right across industry platforms.

ENTREPRENEUR SPOTLIGHT: INTRODUCING ALEXIS PERKINS

Alexis Perkins is the founder and creative director of Chair One Fitness. She has always had a passion for fitness, television production, dancing, and public speaking. As a Magna Cum Laude graduate from Norfolk State University with a Bachelor of Science Degree in Mass Communication/Broadcast Journalism, she went on to work at CBS Affiliate WTKR News Channel 3 and became co-producer and lead instructor for the 30-minute television program Fuzion Fitness and Body By Alexis.

Alexis made a huge impact in the fitness world teaching Zumba Fitness internationally and coordinating the LOVE Fest; which became the largest dance fitness event in Hampton Roads Virginia attracting people from all over the United States. She is also an AFAA certified Group Exercise Instructor, AFAA Certified Personal Trainer and has competed in OCB Natural Bodybuilding Competition and placed 3rd in Bikini.

Inlife International recently caught up with Alexis to discuss her journey as an entrepreneur and here's what went down:

When did your entrepreneurial flair first reveal itself?

I had just come off of a euro tour teaching fitness Master Classes. I was so pumped about the experience I dreaded going back to my 9-5 as a Project Manager at an advertising agency. I grabbed a notebook and wrote if I were to do fitness full time how I could make it work. I then put my notes away and returned to the ad agency. I would literally cry every day on my way there. Then days after returning to work I got fired. I drove home. Dropped to my knees and told God I trusted him. I then remembered my notes! I grabbed them, put them into action, and have been an entrepreneur ever since.

How did your life look like before being an entrepreneur?

I hated it. I was a single mom working my 9-5. My son was in before and after school care and I really wanted more time with him.

As an entrepreneur, what is it that motivates and drives you?

Freedom is what motivates me. The freedom to choose what I want to do. The freedom to take advantage of options to earn more than what most 9-5 jobs provide. The freedom to do what I want to do when I want to do it.

In one word, describe your life as an entrepreneur and explain why.

Adventurous – I always have ideas and the desire to try new things. As a result, I am constantly learning, doing things I have never done, and never know truly what to expect.

What were your top three motivations for starting your business?

1. I wanted to be a blessing in some way and I knew I could make a difference with Chair One Fitness.





2. To be an example to others. I never really had an example of how to work for yourself. My family was big on joining the military. When I chose a different path, I had no clue what to do. I feel like if I am successful, I can set the bar that anyone can become their own boss.

3. Motivated by the fear I was not living up to my full potential. Talent wasted is sad. I could not at least try to achieve something great.

What would you say are the key elements for starting and running a successful business?

Vision, Self-Discipline, and Tenacity.

What are three of the biggest challenges you have actually faced growing your business and what did you do to overcome them?

1. Having to juggle all the roles until you scale. When you start your own business, you are not just the boss but also the customer service department, legal team, tech support, you are everything and must learn them all. I overcame this by seeking out mentors and asking for help.

2. Not enough hours in the day – I became very proactive in time management. I read books on how to be more proficient.

3. Scaling – as soon I hit one milestone, I would have to figure out how to get to the next. I listen to audible, joined entrepreneur groups, and kept trying. If one thing didn't work I would fall fast and try something new.

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

Social Media marketing and word of mouth.

As you grew the business, what have been some of the most important leadership lessons you have learned?

I had to learn how to delegate a task. I had to learn that just because I am capable of handling something doesn't mean that I should. I learned to stay in my strengths zone and delegate a task that I knew someone else could do better.

What is the best advice you have ever been given?

What God has for you is for YOU! This removed the spirit of competition and comparison.

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

Start... stop overthinking and just START!





STATEMENT MAKER: FIND OUT MORE ABOUT YVONNE BAKER

Yvonne Baker is a fashion designer to watch out for in 2021. From an early age, Yvonne Baker had quite clear ideas, she was a very creative child. She dressed her barbies, and she drew and played with her imagination. Growing up, she went to Art School with a specialization in Fashion. After completing her studies, she enrolled and graduated from the Academy of Fine Arts in Fashion Design.

InLife magazine recently caught up with Yvonne to discuss her journey in the fashion industry and here's what went down:

What do you like most about being a designer?

The imagination. Because being a designer for me means imagining, seeing colors, patterns, places, nature, everything that surrounds us to bring us ideas and create every day.

Downside to being a fashion designer?

I don't think I have or feel any disadvantages about my profession. Surely every day I learn something to add to my wealth of experience.

What has been the most memorable experience of being in the fashion industry so far?

Wow, in about five years of work/activity I can say I've had plenty of memorable experiences. I dressed a couple of people from show business, as well as athletes and TV stars here in Italy and it feels great to see my clothes worn by such prominent people.

Who have been the most interesting people you've met so far?

I've met many people, but none that particularly impressed me. Otherwise, I would remember.

What has been the most valuable lesson you've learned while in the fashion industry. This can be about the industry or about yourself.

In high school, my fashion teacher Lucia explained how to finish garments well and how to build them in a tailored way. These are valuable lessons that I will always carry with me. Often he was amazed at me because in a short time I was able to create great works.

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

Nothing. Because if I'm here today and the reason I got here is because of my sacrifices. I started my work by exhibiting in a gallery where every weekend there was a market. I sold what I created with a small sewing machine and a few fabrics. In the meantime, I was studying to give my degree thesis. Little by little I understood the mechanism of this work. I started getting serious. My first workshop was at home. When I started getting serious I moved and took a small workshop, the fabrics had become 20-meter rolls and the orders were starting to increase. In a year I needed to find a second laboratory even bigger and more spacious (where I am now). My business is online, I ship everywhere so that my tailored and super-comfortable garments reach everyone. That's why I wouldn't change anything about my path. I am happy and grateful.

What are your future plans? Inside your career or out of it

My future plans in my career and my life are all centered around my work. That's why I dedicate myself with a lot of constancy and determination in what I do. I want to carry an important message everywhere, that of wearing handcrafted garments created and designed to dress all the physicalities and use them for every occasion. My line dresses all sizes, especially future mothers too. I play a lot with soft fits and tailored cuts. But above all, I pack my garments with high-quality Italian fabrics, because if we offer high quality made in Italy fabrics such as silk, linen, cotton, and wool we also reduce the waste of buying in quantity. I plan to bring ethical, elegant fashion that suits every woman.

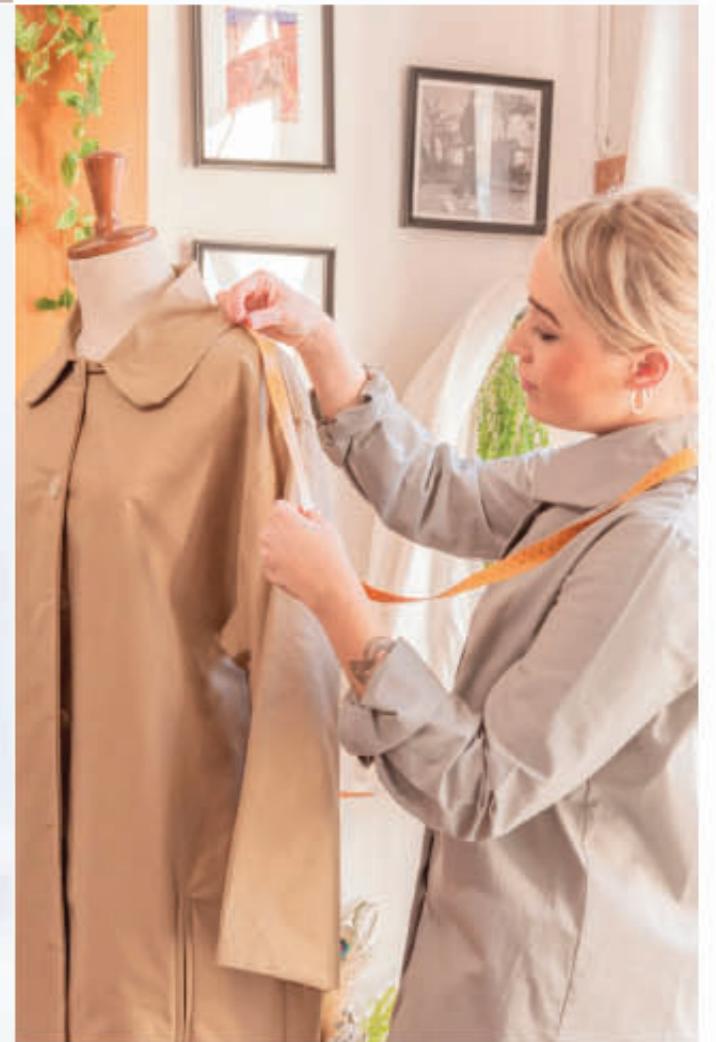


Photo Credit: Tony Palliser

INTRODUCING ROBBIE CANNER

InLife International recently caught up with Robbie to discuss her journey as an entrepreneur and here's what went down:

Could you please tell our readers a brief background about yourself and how you started your business?

I have been a Sports Massage Therapist and Beauty Therapist for 36 years - it's my own business. I decided to start my practice when I was in between jobs and I have been very successful for many years. I have been to the 2000 Olympics in Sydney with the swimmers, as well as many other sporting teams. I have also been a Flight Attendant while running my practice and now I've settled into the pageant world as a growing business as well. My parents had their own company all of my life so I had a great foundation growing up which enabled me to pursue my goals of being successful as well.

When did your entrepreneurial flair first reveal itself?

My entrepreneurial dreams started at a young age. I've always thought forward with no ending in mind as to what I could achieve. I have always had thoughts of being able to do something outside of the typical stuff and working every day on a 9 to 5 job. I'm not really sure what pushed me further into expanding my horizons and making a difference. I always wanted to be a model and I had a dream of somehow finding my way onto the International stages which is going to be a big tick in my life. From a young age, I've always wanted to make a name for myself not realizing that this dream would come true at the age of 60.

How did your life look like before being an entrepreneur?

My life before becoming an entrepreneur was pretty normal: riding horses, water skiing, doing family things and just working. Until one day when I was 15 years old, I took off to find an agent so I can get into acting, TV, and modelling work. That's when I got started on the road I'm supposed to be on and at 25 years old, I decided to add to this goal by starting my own practice which became highly successful.

As an entrepreneur, what is it that motivates and drives you?

As an entrepreneur, my motivation and drive lie in making a difference in people's lives - mentoring, and talking about how there is no barrier to what you can achieve at any age. I'm also driven to achieve my personal dreams as well as keep trying to achieve everything else that I put my mind to.

In one word, describe your life as an entrepreneur and explain why?

"Fulfilling." I have had many people contact me with words of support and strength from following me and reading my stories and what makes me really happy is when they say thank you for helping them change their lives and start living again especially the ones in my age group. Hearing these words also encourages me as a person and individual to continue on my path and grow as well.

What were your top three motivations for starting your business?

First is "Challenge" - I wanted to see if I could do and put into practice whatever ideas were running around in my head. The second is "Excitement." I wanted to find out how far I would take my challenges and up to what level, and finally, "Satisfaction," because I wanted to see my progress - from where I started up to where I am today.

Robbie Canner is a 63-year-old entrepreneur, international model, and the director and owner of Ms. Australia, New Zealand, and Oceania World Universal as well as Ms. Regal World Universal and Ms. Majestic World Universal. She was crowned Ms. World back in 2018/19, and she's the reigning Ms. World Universal Elite 2020/21. She's also a public speaker on the topic "Age Is No Barrier."

Since winning the Ms. World title, her public profile has considerably grown, allowing her to promote her platform and raise awareness and funds for cancer research. Winning major international titles in her 60's has given her a platform, showing men and women from all walks of life, that age is no barrier to what anyone can achieve.

Since losing her son to cancer, her emotional and mental stress led her to visit thoughts such as, "I don't be here anymore," or "I want to be with my son," but eventually her inner strength led her to still want to continue living, have a say and give direction to help others in any area of situational, emotional and mental stress - assuring them that things can get better in time.

She loves chatting to future queens and friends that she meets along her journey and she wants to help them achieve their hopes and goals.



Photo Credit: Tony Palliser



What do you put your success down to?

My goals, because I want to always try and achieve what I wanted to challenge myself with. I have always had this mindset that if you have a goal, thought, desire, or dream then you should always search or find a way if it's possible to reach out and grab what you really want. I never wanted to say to myself I wish I had tried this or done that or had a go at something that was in my mind because I would always be left wondering "what if" and that is certainly not in my nature.

What would you say are the key elements for starting and running a successful business?

Have in mind what you want to do, what you want to achieve, where you want it to go, how long you want your goals to go for, and make sure you make heaps of money. Also, be prepared for changes that were not in your original plans to take you to other paths and achievements because sometimes they can throw you off course or possibly grow the course that you are on. Change can be exciting but be prepared; maintain control just in case you may need to detour from the original path and be prepared as to where your new journey may lead you.

What is the biggest challenge you have faced growing the business and how did you overcome them?

Determining how many more staff I needed to cope with the number of patients I was seeing. If I physically had the time, I would take some time off and find out if I could keep up with the workload. Most businesses face challenges of adversity but I have been blessed with success. But in the back of my mind, I've always

thought that maybe one day, I would have to face a time where my business will not be doing well. I know that having this in my mind will always keep me one step ahead and prepare me for these possible changes. Forward-thinking and planning is the key to continual success.

Does the loneliness of the entrepreneur really exist?

In some cases, I think it can if you think you are bigger than you are and don't need others to help. To be successful you have to have people around you whom you can trust that will help you become a success and not a failure. The way your structure pans out is totally a personal thing, mine has always been filled with as many people and friends that I can find.

As you grew the business, what have been some of the most important leadership lessons you have learned?

As my business grew, some of the most important things I have learned are to trust myself and my instincts, surround myself with trusted friends, respect those who support and help grow my business and myself, and to learn something new every day. Always be thankful to those people who have travelled along your path with you every day.

What do you hope to see happen in the near future for small businesses all over the world?

In the near future, I would love to see every small business grow and succeed especially with the current Covid pandemic. We are facing a battle and we need to help out and support all small businesses to stay together so we can all come out thriving.



Photo Credit: Tony Palliser



Photo Credit: Tony Palliser



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FIVE EFFECTIVE DIET TIPS TO GET RID OF THE EXCESS WINTER WEIGHT

Even the most stressed of people let their hair down and hang ten during winter. So, in the most celebrated and comfortable time of the year, you find yourself relaxing and devouring three times the calories per day you usually consume. And, unknowingly, you make it to three sizes up in just two weeks.

Now, you no longer fit into your favorite jeans, and you are forced to wear sweatpants even if it's Wednesday. Suddenly, wearing a bikini is not an option and the holidays don't seem so appealing anymore.

Well, stop moping around about eating that bowl of chocolate fudge ice cream and the three slices of blueberry cheesecake your sister made you. There's no point in crying over spilled milk, or in your case, empty bottles of milk.

Get you're A-game on and take back your body! Here are five easy and effective diet plans to shave off excess weight:

1. Don't skip your breakfast

Just because you've eaten too much for the last few weeks, doesn't mean you have to stop eating anything to lose a few pounds. Skipping meals, especially breakfast, will only leave you starving and then wanting to eat more. This will then lead to gaining more weight, which is something that you don't want.

Eat breakfast so you have the energy to do your tasks for the day. And, you won't have the urge to eat a few sugary treats every now and then.

2. Drink more water

Feeling constantly hungry is sometimes your body's way of telling you that you're thirsty. Next time you have an impulse to eat a donut, try drowning that impulse with a glass of water.

Moreover, your body is mostly composed of water so making sure that you're hydrated ensures that all your body parts get the necessary amount of water they need to function properly.

3. Eat your greens

Fiber is your friend. You want to inject more fibrous fodder into your meals because it helps you digest the food better. Leafy green vegetables are rich in fiber and you have tons of selections from your local grocery and Farmer's Market to choose from.

Aside from fiber, you are dosing up your body with much-needed nutrients, which you can only get from fresh veggies. Taking care of your body doesn't mean just being thin enough for a bikini but also having the body and the energy to do the things you want to do.

4. Say goodbye to your bag of chips

Losing weight is already hard enough. There is no need to make it more difficult for yourself. So, throw away your bags and bags of junk food, and anything that isn't necessary for your health.

Make an inventory of what is inside your fridge and kitchen cabinets and take out those that don't fit into your healthy diet.

5. Commit!

Yes, make a commitment. It is easy to choose the food that we eat but being consistent about it can be very challenging. An effective diet plan mostly depends on how unswerving and dedicated you are to following it.

Keep sight of your goal and don't let a few donuts take you off the right track. A few bites of pizza once in a while won't hurt. And, of course, don't forget to stay active and exercise. Your dream body is within your reach as long as you stay disciplined and you always put your health first.





AMERICA'S MOST ENTERTAINING \$20 MILLION MANSION

From the same town that brought America its first ice cream cones and where 7-Up was invented, home of the largest beer producing plant in the nation, first American city to host the Olympics, has an urban park bigger than New York's Central Park, where MLB pitchers-brothers Dizzy and Daffy Dean were big stars, a world-famous zoo and botanical gardens, host to the famous 1904 World's Fair, the NFL's Greatest Show on Turf football team, and a town that welcomes visitors by boat on the Mississippi River or car on I-44 with its 630-foot-tall Gateway Arch, a mansion is for sale that fits right in with the fun things from St. Louis, Missouri. An estate that rivals most resorts and some amusement parks.

Built in 2001 on over 20 acres and located just outside of St. Louis in Wentzville, the humongous 15,638-square-foot home might be the most entertaining house in the country; It is also one of the country's best equestrian properties. Stunning from both air and ground with a lake and miles of white equestrian fencing, the home has almost everything one could ever want to do - including a children's Ferris wheel - to stay entertained in even the longest lockdown. There are seven bedrooms, 13 baths, formal living and dining rooms as well as the informal version of each, a two-story library, two gyms, laundry rooms on two floors, boardroom, conference room, large kitchen with two islands and clerestory windows, inviting family room off the kitchen with fireplace and an impressive theater room with a bar. An elevator covers the second-floor bedroom level to the lower entertainment floor.

A never-ending array of things to do begins on the lower level with colorful bowling lanes, well supplied game rooms and an indoor basketball court. The outdoor resort-style pool has a lazy river, swim-up bar, two slides, a grotto and waterfall and a two-story pergola overlooking it all. There is a children's playground, horse stables, and a professional-style gym. Equestrian facilities include a riding ring, paddocks and plenty of land to ride horses (up to 130 acres are available). Games on the lawn include the Ferris wheel, and there is a four-car garage with oodles of parking available for guests.

With fall just around the corner and TV news about an uptick in Covid cases making people wonder if another lockdown is imminent, an elegant house which will keep everyone entertained at home might be just the ticket for anyone with an extra \$20 million on hand.

The property is listed by the VIP Group, Coldwell Banker, Lake St. Louis, Missouri.

Photo credit: Richard Taverna for Sotheby's International Realty
Source: TopTenRealEstateDeals.com





AUSSIE ARTIST AMARNI SET TO RELEASE HER DEBUT EP & SINGLE

AMARNI is a talented artist from Sydney who has been quietly, yet confidently, working hard on her music. She's released 10 tracks in the past 2 years and has sold out at all the venues that she's performed at. "Fierce, Controversial, Talented, Independent, Unapologetically herself and most of all an absolute show stopper." These are the words media, fans, and the music industry has used to describe the 23-year-old Rapper/Singer/Dancer AMARNI, who hails from Sydney, Australia.

AMARNI first gained praise and a major fan base, after her debut single: 'Pretty Little Thing.' The track has clocked over 3 million streams to date, across all platforms. The bold, infectious, club anthem, allowed AMARNI to share the spotlight at 'Rolling Loud' with the likes of Kayne West and TYGA, which then lead her to go on the road and open for 'Cash Money Records' RNB sensation Jacquees.

Although 2020 was a challenging year faced by many globally, this did not slow the Australian talent down. From continuously closing brand deals, making music videos, and ensuring her new releases such as 'Make Moves' and 'Mashallah' featured in global charts & major playlists, she didn't miss a beat.

AMARNI kicked 2021 off by dropping another hit: 'Beyonce' (through the independent recording label 'New Levels') which has already hit over a million streams on Spotify alone. This young star is scheduled to debut her first-ever 7 track EP titled: 'F*CK LOVE, GET MONEY' on August 13. The EP will showcase to fans and industry everywhere, a version of AMARNI they have yet to see. With critics describing it as raw, real, honest, fiery, and most of all AMARNI's most passionate body of music to date. The 23-year-old delivers a mix of RNB, Rap, and even melodic tracks on this EP, opening herself up to her audience for the first time ever through her lyrics.

This campaign is the beginning of Australia's next biggest export, as global touring, major collaborations, and even her own merch range 'INRAMA' are ready to be announced within the coming months.

For more information, you can visit her social media pages:

Website: www.AMARNI.com.au | Insta: @Amarni | FB: @AmarniOfficial | Twitter: @Amarni



A woman with long brown hair, wearing a white wide-brimmed hat, a white short-sleeved dress with ruffles, and brown boots, is sitting on a sand dune. She is holding a brown crossbody bag and sunglasses. The background shows a beach with waves and a blue sky with light clouds. Two wooden posts are visible in the sand.

studio 49
photography

49 Johnston St, Annandale NSW 2038
Phone: 0416 095 875

A close-up, high-contrast photograph of a woman's face wearing sunglasses. The image is framed by a film strip border with sprocket holes at the top and bottom. The lighting is dramatic, highlighting the contours of her face and the texture of her hair.

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