

msw

melbourne style watch

SUMMER- AUTUMN 2017



Summer Fashion Style in Melbourne

Miss World Australia 2016
Madeline Cowe

Designer meets Architect
Jason Grech

Change the Mind and Body
The Biggest Loser TBL
winners



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Melbourne Style Watch is a unique magazine that showcases the Lifestyle of the local Melbournians. Created by the best Melbourne talents from its photographers to writers and Models. There is so much interesting story and images to relay about the diverse people and the multicultural environment. Truly Global, Melbourne is voted the most liveable city for the sixth consecutive times according to Economic Intelligence Unit. I am pretty sure that you will have fun reading as we did enjoy the creation of its contents.



*Hector Calara
CEO / Publisher*





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Make up trends



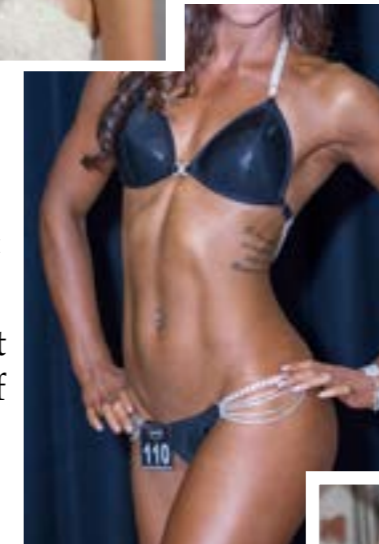
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editor's note

When the news broke that I'd be writing the editor's letter for MSW's Summer 2017 issue, it thrilled me to delve into this unmarked territory. It was in November of last year and I was just a few weeks out from my Master's degree. As a fresh grad, I was ready to say yes to every single project that came my way - the opportunity really couldn't have approached me at a better time.

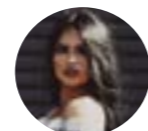
Growing up, I worshipped Anna Wintour and Carine Roitfeld. I followed their work, mimicked their expressions and observed their styles (without sounding too stalker-ish, here!). So for me, to be this involved in a publication has been a big tick off the bucket list. My background to date, has been in graphic design, marketing, fashion and writing, so it's easy to see why this role has been the perfect fit to my passions thus far.

To enter the new year, the MSW have photographed, interviewed and collaborated with both up-and-coming and established faces. Our contributors have come from a colourful background of mindfulness, business, beauty and health. We introduce a celebrity fashion designer, a yoga specialist and a business guru. You'll hear tips about keeping those 2017 commitments and learn tactful ways to become more productive in your working life. If you're into your health and personal well-being, we've got the goods on mediation, mindfulness and body image for you, too. As a highlight, we also got to sit down with the current Miss World Australia title holder, Madeline Cowe (who looks ever so stunning wearing JASON GRECH on the front cover).

Anyway, I'm getting overly whisked away! Before I take up more space and spoil every detail, I'll sign off here and wish you all a wild 12 months ahead. I sincerely hope it's filled with the highest highs.

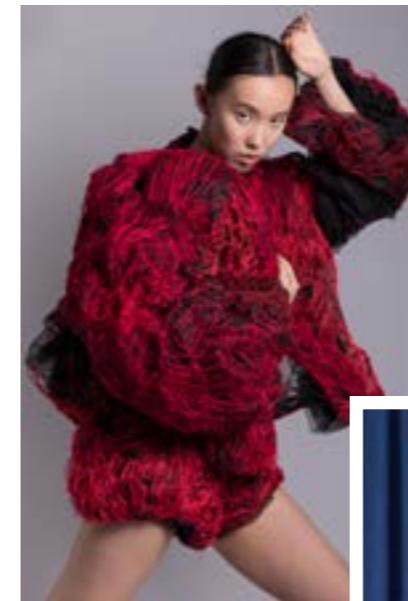
It's been such a fun ride getting a taste of the editor life and I hope you have as much fun browsing through the pages, as I did in putting them together.

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The winner of the
Biggest Loser



meditation

Life is like rippled waters. In order to reduce the chaos, it is essential to sit down, breathe slowly and let the water calm down, until you see your own clear reflection.



It is then you find peace and solutions to your problems. For me, meditation has provided that peace. It has helped to slow me down, allowed me to savour the moment and attract the next good moments through visualisation. Through ups and downs, happiness or sadness, meditation was the boat which took me to the shore. I believe that the goal of meditation is not to get rid of thoughts and emotions. The goal is to become more aware of your thoughts and emotions and learn how to move through them without getting stuck. Since my school time when I was in year 7, I have been practicing it and it has become an integral part of my life. Earlier it used to be my morning routine but since last ten years or so, I have incorporated it as my “before going to bed” routine as well.

People find peace through different means of meditation, whereas I find it through mantras. And one mantra that I connect to the most is “Mahamrityunjaya” mantra. This mantra is addressed to Lord Shiva and associated with benefits for mental, emotional and physical health. In addition, this mantra is meant for healing rejuvenation and nurturance.

In combination with meditation, I practice yoga at least 4 days a week. It helps in keeping my mind, body and soul in balance. I keep this practice even if I am on holidays in camper-van or on cruise. World renowned Indian Yogi Paramhansa Yogananda once said - Meditation is like giving a hug to ourselves, getting in touch with that awesome reality within us. While meditating we feel a deep sense of intimacy with God, a love that is inexplicable. While working to fight against family violence, I come across so many cases which are really

In this fast paced life, stop for a moment, close your eyes, take a deep breath, count your blessings and move on.

disturbing to hear. It not only affects the victim's state of mind, but mine as well. Here, meditation helps me maintain my calm, peace and positivity and not affect my decision making. Moreover, while the victims and their families whom I assist through RaMon Helps or Women of Wyndham look for solutions, I suggest my decision making. Moreover, while the victims and their families whom I assist through RaMon Helps or Women of Wyndham look for solutions, I suggest them to incorporate meditation in their lives. Many of them have called me back and thanked me for suggesting them this. The perpetrator of one of the affected couples took anger management classes, but it did not help whereas meditation did. The meditative positivity will make your life easier and better. Because there are some questions in life that cannot be answered by Google!



MONICA RAIZADA is a chairperson at RaMon Helps Inc and is passionate about helping others find calmness in day-to-day life.

2017 - The year of the Fire Rooster

For Chinese traditionalists, the Chinese New Year marks more than an excuse for celebratory goofing around. Beyond the flashy and visually appealing décor, there are opportunities for personal growth and development, with activities acting as rites of passage into the new year. Also known as the ‘Spring Festival’, the festivities begin on the 28th of January and end on the 15th day of the first month. During this time, the individual is encouraged to cover their homes with red and gold, symbolism for happiness and prosperity and a representation of renewal. This provides a physical aspect to the term ‘new year, new you’, a theme which runs rampant during the festivities. The final day marks the ‘Lantern Festival’, the last chance for individuals to make amends and look forward to a new beginning – to pay off their debts, clean their houses, purchase new clothes, paint their doors and get a new haircut. These markers provide a kind of traditional ceremony, if you will.

Speaking of traditions, one of the many traditions during the Spring Festival is the exchange of red pockets envelopes. Family members and friends have some obligation to fill these red envelopes with “lucky money”, to be given to children within the family. Children are spoiled with cash, both as a kind gesture and an omen for good luck and blessings, with the power being linked to the significance of the colour red. In essence, it's a strictly money filled Christmas.

As you can tell, the Spring Festival prides itself on its symbolic gestures, from its remarkable red and gold palette to its close association to animal symbols. These symbols, also known as the Zodiacs, consist of twelve animals who embody certain characteristics which are said to be prescribed to different individuals depending on which year they were born into and the animal assigned to that year. Each year is associated with a Zodiac animal, cycling through the twelve animals in accordance to their placement in the Chinese Folklore named “Heavenly Gate Race”.

The story goes that long ago, the Jade Emperor sent an immortal being into earth in order to find 12 animals to be his guard. The ranking of these guards would be determined by one simple rule – the earlier one went through the Heavenly Gate in a race, the better the rank the animal would receive. Thus, the twelve year cycle consists of the following from first to twelfth winner: Rat, Ox, Tiger, Rabbit, Dragon, Snake, Horse, Goat, Monkey, Rooster, Dog and Pig. The tactics and motivations of the animals in the top 12 of the race display throughout the story provide easily digestible character traits, thus establishing the personalities the folklore insists individuals inherit from their birth year. In recognizing one's own characteristics, the Chinese Zodiacs offer avenues for self-improvement through its daily predictions and warnings. Such advice appears regularly in newspapers and on the internet.

These animals are also implied to have some influence on the

year ahead. With 2017 being the Year of the Rooster, many pundits in Chinese astrology are predicting that this year will be a “powerful one, with no middle of the road when it comes to moving forward”. A positive indictment, if not for its foreboding advice – that one should not stray from the “well-proven paths to ensure success”. One prediction declares with certainty that “this year, impressions count”. Such advice is regularly given as a means to better the lives of those who listen. It is such certainty which adds to the mystique of the New Year.

In addition, each year is also associated with one of five elements: gold (metal), wood, water, fire or earth. Both the zodiac sign and the element is said to work in conjunction to shape the astrology of the year. In 2017, it will be the year of fire, therefore it is the year of the fire rooster. This is said to further enhance the personality of those born in the year. According to ‘China Highlights’, fire roosters are “trustworthy, with a strong sense of timekeeping and responsibility at work”. Notable fire roosters include Martin Luther King III, Stephen Fry and Dawn French, for reference. The website also claims that the “rooster years are unlucky for roosters!” Adding that the “year of one's birth sign is the most unlucky year in the 12-year cycle”. Thus, Roosters are told to be cautious during this new year.



According to Zhao Li, director of the China Culture Centre in Sydney, “This year is special, full of expectation”. The Fire Rooster, she says, is proud, confident, hardworking and punctual. “Fire by its very nature is the element associated with brilliance, warmth, passion, spark,” she said. All of these combined with the brilliance of the rooster's character, “heralds an enterprising and fruitful year, a year of results... this year we can fulfil all of our dreams”.

Whether you are faithfully devoted to the ethos of the New Year and the blessings it claims or are participants for the hell of it, the Spring Festival provides a unique opportunity for catharsis, allowing us to tackle the short and long term challenges in our daily lives.

By Joseph Quinones



Joseph is a university student currently studying a double degree in Law/ International relations.

SETTING INTENTIONS THAT LAST

The beginning of a new year is the perfect time to set intentions and resolutions for the year to come. It's a time to reflect on what was and look

forward to what will be. The **problem** that may arise, though, is that some of these resolutions and goals can be totally unrealistic and, therefore, unattainable and unsustainable. By taking some

simple **steps** in your goal setting, and taking stock of the previous year, you can set yourself some attainable goals and look forward to embracing the next twelve months adhering to your new habits. Read on to discover steps to setting long-lasting intentions for the year ahead.

1 REFLECT
Reflection is a crucial part of the goal setting process. Looking back at past failures and successes over the last year will help you to determine where in your life you could improve, and help you to assess what your true priorities are. Schedule some time for yourself, find a quiet place and think about the year that has passed. Think about the things and events that have been positive and brought you joy. And also think about those that didn't. Recognise negative patterns and behaviours in yourself and determine which of these you would like to address in the coming year, and also look at things about yourself that you find to be positive. Write all of these down and use this list to

Think about any areas of your life that you wish could be different.

2 formulate your resolutions and goals for the coming year.
BREAK IT DOWN
For some reason New Years' Resolutions tend to be HUGE, drastic changes that you hope to implement over night. The problem with this is that these changes then seem overwhelming and daunting, which can set you up for failure before you have even begun. By taking these giant resolutions and breaking them down into smaller, more achievable goals and changes, they are more likely to become part of your lifestyle over the long term. For example, if your goal is to implement an exercise regime, try booking in for one or two yoga classes a week, or catch up with a friend for coffee and a walk. This is for more realistic and more achievable than expecting to head to the gym for an intense workout seven days a week when you are just starting out.

3 PLAN TO CHANGE ONE THING AT A TIME
Having a vast array of wide-ranging resolutions and breaking them down into smaller goals makes for a list of changes that can seem enormous, terrifying and unachievable. Writing a list of the changes you would like to make and then prioritising them makes the task of overhauling your life a little less stressful and identifies your priorities for the year ahead. Understand too, that unhealthy behaviours aren't developed overnight. They come about after years of habitual behaviour and it takes time to eliminate a bad habit or routine from your life. Changing one thing at a time, and allowing time and space for this change to become a part of your life allows for long-term growth and development as opposed to quick fixes that aren't feasible in the long run.

4 SHARE & ASK FOR SUPPORT
Putting our goals and resolutions out into the world and sharing them with other people helps to solidify these goals as reality rather than just a thought. It also instils a sense of responsibility in ourselves to persevere with these changes we wish to implement and to stick it out if we falter in our determination. Having a supportive network of people around you can help to encourage you to achieve the goals you have set out for yourself, fostering resilience and affecting positive change.

Whatever your intentions are for the coming year, know that you are not your past nor are you your mistakes. You can create a life you love, and find enjoyment and fulfilment in every day. You are your behaviour and your actions, and these are what shapes your future. Creating a beautiful life for yourself and those around you starts within, so please, look after yourself this holiday season, and best of luck for 2017!
RACHEL GILL is a writer and yoga and meditation



teacher currently based on the NSW mid-north coast. Before the move, Rachel was teaching yoga and meditation all over Melbourne and is looking forward to workshops and collaborative projects in the beautiful city in the not-too-distant future.

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Rachel Marie Yoga

Variety The Children's Charity

by Esma Voloder

Children need a childhood.

Our childhoods profoundly impact the people we are today; and in the formation of these memories, most of us remember our mobility, the feelings of invincibility, being the centre of the universe and on top of the world. The freedom to enjoy limited- limitations.

Variety The Children's Charity (VTCC), founded in 1928, has



been established in many parts of the world to help enable disadvantaged children to experience the opportunities in life that all children deserve. The foundation holds a presence in every state in Australia which holds various support programs for children to aid in the areas of mobility, communication, medical, rare disease and schools/organisations (Variety The Children's Charity, 2017).

With this opportunity, I would like to bring to attention the children in our "own backyard" who require and somewhat depend on our help. Giving is part of our moral responsibility and pathway to excellence, governed, but not dictated, by a range of positive benefits for our character and soul. We do benefit from a reminder that a child can smile and experience happiness as a result of our contribution and attention. We definitely benefit from putting this reminder into action.

It is not about how much or what we give, as long as we give what we can from what we have. Research into "giving" has found no distinction between material and emotional support, as they are both positively related to each other and are forms of altruism (Brown, Consedin and Magal, 2005). Charity is more than a donation; charity is a movement- a spreading of awareness and consideration to those in need.

Through my personal experience with Variety, meeting some of the children softened my heart. I left their presence with a greater understanding of the impact my fundraising and efforts were having. With so many opportunities ahead of me thanks to my health and relatively privileged upbringing during my childhood- I can

give out of what I had- to others. To share some of my own joy and freedom from my childhood, with children who are missing the necessities to be able to enjoy the same aspects I was fortunate enough to have in helping to raise funds and awareness.

It may not be possible to help every single child in the world as one person, but to help just one in showing one that their struggles are acknowledged and assure them that there are people working on contributing to improving their lives, filled me with that joy that can only arise when you share a part of your humanity with another. Small changes make a big difference.

As part of my initiative to raise funds and awareness for Variety, I have set up a fundraising page for VTCC in conjunction with my "Beauty With A Purpose" endeavor under my competing for Miss World Australia 2017. Voluntary donations are welcome, and I have incorporated a childhood love of mine for drawing and anime with an initiative to draw anime characters in exchange for a voluntary gift (as seen on the page). If you would like to support my journey, donate and know more, please visit the link. <http://bit.ly/2k8OzqU>

Do take the time to visit their website (as seen in refer-



ences) and read the stories of some of the children who experience a touching hardship that you could help relieve. Thank you for taking the time to read this article and considering the movement to "Help Aussie Kids Be Kids." Chasing our dreams is a blessing; let's help children have the chance to pursue theirs.

Brown, W. M., Consedine, N. S., & Magai, C. (2005). Altruism relates to health in an ethnically diverse sample of older adults. *The Journals of Gerontology Series B: Psychological Sciences and Social Sciences*, 60(3), P143-P152.

Variety The Children's Charity, V. T. C. C. (2017) from <https://www.variety.org.au/vic/>

THE SHARK THAT IS SOCIAL MEDIA



The ideological struggle of 2016 is the battle of 2017

Philosophy provides the cornerstone in understanding our humanity; why we do the things we do, perceive the way we perceive and ultimately figure out what our purpose in life. As our world progresses with evolving technology and a hard drive for efficiency and competition, we often lose sight of the multi-faceted nature of these answers, of the truth. We have funnelled down the rabbit hole which is our screens.

Our moral compasses are unknowingly tested by our screens as we fall into ideological traps which use pitiable figureheads to garner our outrage and support; stories of horrible atrocities, texts of cheating husbands and appeals for change (often radical). Indoctrination is the key word here, because it is while we are surfing the web, that we become vulnerable fodder for agenda-driven sharks.

The monopoly social media has on our lives provides us with exhausting politics which fill our normal hours always presenting us with an echo chamber of single-mindedness pushing a single agenda- one that promotes liberal values. While noble, the lack of criticism on these liberal values conflicts with any notion of peer review, as the opposition is often met with petty name calling or appropriately named, identity politics. Single-Mindedness pushing a single agenda- one that promotes liberal values.

The dangers of social media become apparent as just as quickly as we can feel good from a like, there is the same capacity for individuals to get enveloped by an echo chamber of like-minded people whose stories and ideas we might unwittingly trust because it fits with our values. Hence, this doesn't allow us as individuals to be challenged by different ideas - we follow the crowd as long as they use the correct buzz words with which we associate with, no matter the cost or the logistics. We so willingly dive into deep water without as much as a second thought.

This scenario is the reason we should have some concerns for future generations. To the weak and young minds, spoken words from authority figures become truth or a statement of important consideration. This becomes even more confusing against the backdrop of an already saturated market of the liberal idea and opposition shaming shared by friends and, thus cornering said minds into adopting particular stances on very particular issues. There needs to be a call for realism and logic - a call for thought processes which break down issues for what they are, not what others think they should be.

Hence why the sharks have already devoured outliers of the youth of today. Kids are more likely to believe in stories about Santa or the Easter Bunny and often, their minds will rationalize the impossible to follow suit because their parental figures have reinforced this superstitious thinking. They haven't been taught to think otherwise. Likewise, give a child the idea that they are a

part of an oppressed class and they will rationalize this idea until an authoritative figure has challenged them.

Much like the movie Inception, an idea once planted is ripples in the actions of the individual hence why activism has become a major part of youth culture today and also why it has become increasingly outrageous.: Teenage social justice warriors who scream and shout at the mere suggestion of dissent, the spread of radical feminism amongst young women and men who are told to 'join otherwise they are against women's rights' and the alarming increase of casual racism against 'white people' for historical reasons - as if something as shallow as skin colour can define a culture of people.

The monopoly **social media** has on our lives provides us with exhausting **politics** which fill our mundane hours constantly presenting us with an echo chamber of **single-mindedness** pushing a single agenda- one that promotes **liberal** values.

This becomes more blatantly obvious in the aftermath of the US election. As media and news networks continued to pummel and twist the words of Donald Trump, attacking his character as opposed to his policies, and painting the picture of the hero versus the villain. Utilizing the strained time of individuals to their advantage, the media coerced many into believing their narrative, and much more into finding alternative news sources. In winning his election, many were provoked many onto social media to run their rationalization hamster wheel immediately. Their answers to the outcome of the election ranged from the laughable excuse of racism to the outright unthinkable claim that 'democracy has failed.' As news followed suit, we began to see a rise in

Despite these grim outlooks, there is hope. Social media has also become the forefront of the alternative news sources, challenging the quality, and biases of the main news corporations. In this, we may find some solace for future independent thinkers to consider. Additionally, the increasing ridiculousness of these ideologies is increasing concerns amongst the general public as their rallies and demonstrations push the boundaries of societal norms to do little more than project their own insecurities. One such example is the 'slut walks', a protest in which women wear little clothing to promote the idea that we live in a rape culture, one which glorifies the objectification of women. They walk in public areas, ironclad in solidarity, wearing their underwear or seemingly littered pieces of fabric, to fight against the patriarchy and oppose any man who sees a woman as sexual beings! Oh, the irony hurts sometimes.

Ultimately, I challenge you all to be free and independent thinkers - independent from social media yet free to accept and reject the many ideas that come your way using facts and logic. It is time we swim away from these sharks and escape the ideological tides. It is only then that we can enjoy the ocean of ideas and confront the truth.

By Joseph Quinones

Joseph is a university student currently studying a double degree in Law/International relations.



JUST
LOVE
YOUR
SELF

Us women would do anything to look good, don't we? What don't we try? Name it! Daily Moisturizers to Anti-Wrinkle Products to Skin Firming Technology to Exotic Make Up to Toxic Chemical and Cosmetic Enhancements.

My experience as a Professional Counselor as well as a passionate Model, reveals, the concern, the need, as well as the racing urge in all of us to secure our looks, and the magnitude of the attraction which also drives us to become competitive among each other. In my opinion, the generation of these negative energy stems from the conceptual knowledge of the "SELF".

Social identity theory states that the two components. Personal identity and social status are the compositions of the term self-concept. An individual's uniqueness and personality traits are the main elements of personal identity. An individual's religion, education, a group of friend's, school, etc. defines his or her Social identity.

It is vital to recognize that self-image is not necessarily coincidental with reality. That is to say; some individuals have an "Inflated Self-image." In other words, they believe that they are more than they are. For example, "I'm Always right, I'm always a winner, Nobody is better than I." On the other hand, individuals who tend to view themselves negatively, their perception of one's flaws are way exaggerated. For example, a boy can believe to be socially unlikable when in reality is the other way round. Self-image is a combination of various aspects. They are social roles, physical characteristics and personality traits.

1. Self-esteem. One's self-worth. This can be impacted by various factors, namely, one's self's comparison with the others, other's acknowledgment of one's self, etc.
2. Ideal self. One's expectation of self. This could include
 - What an individual would want to own, for example, "dream" car, the "perfect" house, "ideal" lifestyle
 - Careers Goals
 - Relationship Goals: example Perfect Husband/Wife
 - The level of Wealth

Empirical evidence provides education on misconceptions with regards to overweight in women than men. Further elaborated scholarly work state about the perception of body image in women especially the inappropriateness of health promotion messages related to dangers of being overweight for women who already have clinically approved assessments in weight to height. How self-concept is distorted is how women allow virtual reality distort the reality of one's self. This is triggered by the standards of social media.

Social psychologists perceive of the worrying nature of women about own appearance as an exemplarily a declined level of social status but not due to low self-esteem neither a dearth in confidence. According to David Brooks, a study

from the University of Basel based on surveys of 7,100 young adults reveal, that young women were closer to young men with regards to self-esteem levels. In spite of being a confident person in life, women still worry about the outward appearance which is contributed by body image issues. The appearance of being a 'Fatty' person, has played a significant impact on the nature of being worried in women than men.

The difficulty is such, to change the negative perception of the concern about being overweight. The limitations to be reduced in size take a longer period simultaneously with time. Another factor that creates a barrier is the expansion of the standards of slender, due to females prioritize working for a living than confiding to a set of attributes, behaviors, and roles associated with girls and women; women hood which is socially constructed. The effort pictures a professional capability than stereotypic femininity. The key factor is explained for women worry over appearance more than men as the concern of being

It is vital to recognize that
self-image
is not necessarily
coincidental with
reality.

evaluated by others. Evolution provides more education on the weight of the female contribution to the success of dating than males, with regards to the outwards look of the features of your body. In sexual selection, females were targeted to be appeared more youthful as to focus more attention due to much younger appearance.

The absence of aging promotes men to go in search of younger-looking females as partners which encourages more reproduction. The industry in cosmetics supports and encourages the effort to erase age-related signs in women to increase fertility rate. The shape of a woman is overstated, in eminently appealing women, for example, movie stars, and winners of beauty contests. To be most curvaceous for females during an extremely fertile period for females is a creation of the sex hormones.

Males do not express either declare 'what they expect out of females, especially about the appearance. They demonstrate frustrating ignorance to aspire; to take the pain to achieve the beauty of their partners hence competition among women is the bottom line about how they get the attention of the world which is promoted by a feeling of insecurity. In the end, regardless of who we are, what's expected of us or what we want to be in our society, culture, upbringing, education, etc. has a significant impact of who we turn out to be. Recognition and acknowledge of the above mentioned the concepts, followed by its application on ourselves would bring about refinement, increase substance in self and improve moral grounding in us.

Taniya Jayasinghe's thorough understanding of body image has come from spending a vast majority of her career in the spotlight. From pageantry, dancing and modeling, she has built a strong awareness of the pressures of media and is now working a counselor and consultant. Taniya also holds four tertiary degrees in the fields of psychology, liberal arts, counseling and education.



Ever rarer is a woman who has succeeded with her name as the brand, who has become a celebrity herself in the process. Andrea Agosta, the founder of "Andrea Agosta Designer Jewellery" who grew up and lives in Melbourne, is a tycoon of her time. Andrea's jewellery has featured in photo shoots and on the runways here in Australia and New York. Her designs have been featured in countless publications and her jewellery has been worn by many brides and even beauty queens just to name a few. Andrea was kind enough to do a Q&A with MSW, talking about her work, trends in jewellery and design, and much more.



My love for jewellery making started many years ago. After I opened a small boutique not far from where I lived, many of my customers would come into the store and ask for jewellery to match their special occasion outfit or for a simple piece of jewellery for everyday wear. That's when I decided that I needed to learn the art of jewellery making and my love affair with Swarovski® Crystal began, and the rest is now history. My collection consists of Headpieces, Necklaces, Earrings, Bracelets and Rings – all created with Swarovski® Crystals the reward is in seeing how a jewellery piece can bring joy, beauty or romance into someone's life.

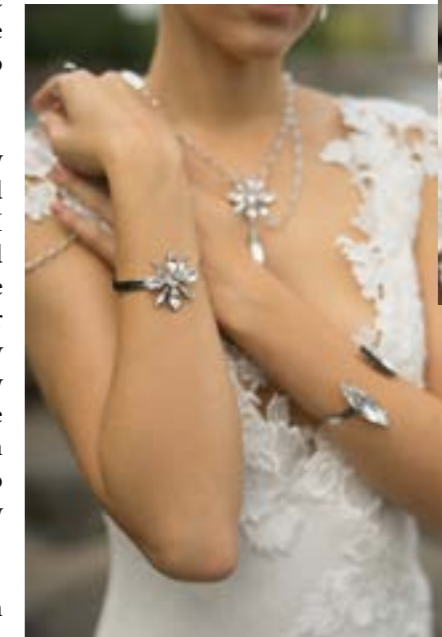
As a designer, where do you draw your inspiration from? I am inspired by beautiful life experiences, which I then interpret into various designs and creations. I love creating pieces that are unique, exciting and elegant to wear for either bridal, special occasions or day to day use. People often remark how beautiful and unique the pieces are and how it makes them feel good when they wear them. This inspires me to create new intricate designs using new elements and techniques.

We'd love to know about your design process; choosing materials, design development, how the team works to do this, etc. Choosing the right materials was quite easy. My love affair with Swarovski® Crystals started many years ago. I was inspired by the glittering crystal animals and the sparkling jewels in the Swarovski® shops. When I started making jewellery I decided that I would only use the World's best crystals in all my designs – it has been a lasting and rewarding relationship. I have also visited Swarovski® in Austria. I love sitting at my creative table and playing with the various crystal shapes and colours. Some designs can be created directly by just playing around whilst other designs need to be carefully planned. All the creations are individually made by hand. No mass-producing techniques are used. This ensures the highest quality work is produced to the satisfaction of my customers.

What is the favorite piece you've ever created, and what made it so special? It's difficult to choose just one favourite piece – over the years I have had many favourite pieces. The Mad Hatter (crystallized hat), Crystal Queen (necklace) and the Egyptian Princess (headpiece) were three statement pieces I designed and made for the Creative Beading Awards. All designs made the Top 10 with the Mad Hatter taking

out second prize in the competition. You can spend a lot of time creating a piece and it's easy to become attached to your designs.

What's it like to see someone is wearing one of your creations? It's exciting and I feel very honored and grateful to have been able to collaborate with some amazing fashion designers for photo shoots and on the runways here in Australia and New York. This experience has given me the perfect opportunity to showcase my



designs. My Jewellery has been seen on models, worn by contestants in pageants, beauty queens, in a musical production, seen on TV, at the races for fashion on the fields and chosen by many brides for their special day.

Describe your personal style in three words : Unique, exciting, elegant!

What's your jewellery philosophy? I want every piece to be unique and have the "Wow" factor yet at the same time it must be affordable to buy and comfortable to wear. People are fascinated with the creations I make and remark how fantastic they look and feel and how unique looking they are. They also say how they love wearing my creations because of their uniqueness and they fall in love with the sparkle!

With over a decade experience in bridal jewellery designing, how has the use of jewellery changed today? I think one of the most important changes has been the increasing popularity for more women to wear jewellery at all times, not just for special occasions. The reasonable prices for custom made jewellery such as mine have done it possible for the general public to own a piece of wearable art.

What kinds of materials or techniques are you experimenting with right now? There has been an increase in the trend for more women to wear

jewellery at all times and not just for special occasions. I am experimenting with designs that can be worn on a day to day basis.

How important is colour and materials to your design process? Very important indeed. I only use Swarovski® Crystals and other materials which guarantee the success and longevity of each individual piece I create. The colours of the stones of the custom-made pieces I make are of course chosen by my customers who tend to choose the colours that reflect their personality or character.

And who are your pieces addressed to? I design and create original jewellery pieces especially for the bride-to-be, red carpet events as well as everyday wear and made to order requests.

What do you wish more collectors knew about your jewellery? When they are purchasing a piece of jewellery from my collection they are purchasing with the idea that a piece of jewellery is a mark of the eternal creative spirit – a treasure that should endure from one generation to the next.



I was born and raised in Melbourne. It is such a vibrant and exciting city with a large multicultural population. With such a variety of people I push myself to create a diverse range of pieces that will appeal to the diverse population whilst maintaining an "Australian feel."



ANDREA AGOSTA is an award winning jewellery designer, creating some of the finest crystal custom pieces in the industry and has taken her name to the international level.

For more details go to her website at www.andreaagosta.com



Author : Sashi Neelya
Sashi Neelya
MBA (UK), BA(Hons)
IBM(UK), HND(UK)
Fashion & lifestyle
Journalist

Photographer : Chris Hui Photography
Model : Joanna Nowak
Gown by : Catherine R Couture
Location : New York, USA

Andrea Agosta
Designer Jewellery



www.andreaagosta.com

meeting MISS World AU

From a young age, Madeline Cowe saw a future in helping people and bringing hope to children. Since being crowned Miss World Australia in 2016 she has used the platform to reach out to young people in rural areas of the country, encouraging them to take opportunities and always dream big.

As an all-rounder with a big heart, she epitomizes the image of the the Miss World Australia crown. With intelligence and global awareness, Madeline is devoted to making a positive impact on today's societal issues.

She was raised on a cane and cattle property in rural north Queensland, which ignited her love for animals, adventure and the outdoors. Madeline is lucky enough to have both the rainforest and reef at her doorstep so if she isn't swimming over our beautiful Great Barrier Reef, she is exploring the many waterfalls that are present along the north-east coastline.

"Miss World Australia is really my destiny. People ask me what I did to win differently and I don't think there is a certain answer you can give them. This is something I've been passionate about for my whole life. Studying law, I hope to work in child protection and now with this amazing organization, I'm travelling around Australia, helping kids across the country. I hope that my voice reaches people internationally and we can help children, not just in Australia but in other countries that are affected by war and natural disasters. Hopefully we can give these kids the education and the life that they deserve."



Photographer : Hector Calara
Iconic Image Group

Amazing THAILAND

Miss World is the largest and most esteemed beauty pageant in the world featuring over 142 countries. With its catchphrase Beauty with a Purpose promoting goodwill and charity amongst some of the world's most intelligent and beautiful

Miss World Australia's Top 5 were guided by Amazing Thailand's most cultivated chaperones in order to experience a truly authentic cultural experience. They visited The Grand Palace in Wat Phra Kaew, which is the Official Residence of the Kings of



Siam and toured the Ayutthaya Historical ruins. They then experienced firsthand one of the most sacred Buddhist traditions; Sai Bat at the Hua Hin Market. To then top off hours of unparalleled cultural experiences and teachings the young ambassadors were hosted in the most luxurious hotels in Thailand, including Cape Panwa Hotel and Spa Resort which overlooks the



women like the successors of the competition are continuously exceeding expectations of sophistication. Thanks to Amazing Thailand the Top 5 from the Miss World Australia National Competition toured the Kingdom of Thailand as Thailand Tourism Ambassadors to cultivate Australia's relationship with the exotic travel destination. Thailand is globally referred to as the Land of Smiles and is the prime tourist destination in South East Asia. With its tropical landscape rich with culture, history and everything in between Miss World Australia's Top 5 were spoilt for choice throughout their Thailand's Women's Journey. The Thailand's Women's Journey aims to encourage both international and domestic female travelers in conjunction with upholding Thailand's reputation of a quality leisure destination. This initiative revolves around 5 simple factors which facilitate an enjoyable and incomparable experience; Beautiful LOOK, Beautiful SHAPE, Beautiful RETREAT, Beautiful MIND and Beautiful EXPERIENCE. Thailand's greatest characteristic is the variety it offers to tourists; the ability to enjoy culture, history and diversity at one moment and then to relish in those leisurely luxuries we're all guilty of in some of the best resorts and spas in the world in the next.

Andaman Sea. Amazing Thailand is expert in designing experiences that are unique to your travel desires. Thailand has an experience awaiting each type of traveler; from the golden, sandy beaches to lush green jungles, bustling city streets, traditional villages and some of the best and most elegant resorts in the world, Thailand will not fail to seduce its travelers into falling in love with the rich experiences it provides. For more information please visit: <http://amazingthailand.com.au/>



TOP (left to right) **Silka Kurzak** Miss Supranational Australia, **Dani Fitch** Miss Grand International Australia, **Alice Su** Miss International Australia, **Tasha Ross** Miss Tourism Australia, MIDDLE (left to right) **Lyndl Kean** Miss Earth Australia, **Caris Tiivel** Miss Universe Australia, **Alexandra Britton** Miss International BOTTOM (left) **Madeline Cowe** Miss World Australia.



AU pageant updates

AUSTRALIA'S REIGNING BEAUTY QUEENS SHOW OFF THEIR CONFIDENCE, ELEGANCE AND CULTURAL DIVERSITY.

Make Up and Hair : Felicia Sarwono
Photographer : Hector Calara
Model : Mia Isabel Alcazar
Suki Luo



BRIDAL SUMMER MAKE UP TREND

BY : FELICIA SARWONO

This **summer** bridal make up trend showing **simpler**, less eyeshadow and **bolder** eyeliner' with more dramatic eye lashes to create the look. Natural complexion is still a must! Complimented with more natural tone with warm glow instead of tan. Coral and pink are the favourite for blush. Pink - red lips **complete** the look



designer meets ARCHITECT

From being an aspiring chef to dressing the red carpet, JASON GRECH

is paving the way for contemporary Australian designers.

GROWING UP I had six brothers and four sisters. I've got probably about 32 nieces and nephews and about 25 great nieces and nephews. My mother says it's a good Catholic family, well that's what she thinks which just means it's a good support system. So if I needed something, my brother is there. In fashion week, my sisters would come and bring me food. When I'm doing a Bridal exhibition and something breaks down or if I'm after racks, my brother makes them. It's a really good support system to have.

First, I wanted to become a chef. I trained for about six months. The kitchen was hot and messy. I didn't like it. Then I became an accountant. I worked for about a year then it became annoying. The turning point? I was dating someone at that time and he really loved fashion and then we separated. It was the first love ever, how you got a bit crazy! Then, I thought I just wanted to turn my weakness into power. I thought I'd become really successful and I went overseas enrolled into fashion and started it.

Did you work for others first or did you started your own business right away? I worked at Barbara Wilson, I was there for 7 years. I started there on work experience, then I became a cutter, to junior patternmaker, patternmaker, senior patternmaker, workroom manager and then a designer. So I started at the bottom, did every part of it, then I started my own business which was the smartest thing I think.

What struggles did you have to face when you were starting your career? Lots of efforts, I think the biggest thing is long hours, I still do long hours. No recognition. It was hard to wholesale, really hard to get a store. When I started out, I think it took me 2 years for a real estate agent to trust us with a store. We wholesaled first, then when that was successful, we got ourselves a store. When you start a business, lots of things are obstacles but you just have to look at them as balls being thrown at you and what you have to do is punch them I the face. There were staff issues, money problems when I was starting out. I was only about 24, and money was a big thing.

Did you get financial help from others? Nothing at all. My parents at that time helped me. I did get some financial help probably about 6 years later when I got a city of Melbourne grant and that was to move my manufacturing into the city of Melbourne. Other than that, we're just working hard.

How do you develop your design aesthetic? First, I build my storyboard. Normally it's a kind of architecture, and then I sit down with somebody, and then I look at the body shape, and I figure out what I think works for them. When it's our collection, we do it differently. What we've done with the Cognitive Couture Collection, was a partner with IBM, one entire collection. Marchesa was the first one to do one dress and I was the first one to do a collection. We worked with IBM Watson for about five months and what IBM Watson did, was to help us build a storyboard that gave us the predicted colours, shapes styles. It had two stories - unbleached silk (ivory), black (sultana black) and there was a gray. So that was one thing. Then the second thing was it broke down people's personalities. It explained the personality a woman that bought things. For example, a woman that buys a strapless dress explains her personality and why she buys it. We think about designing, we believe about what to do, but we never think about what the customer's thoughts are behind it. A third thing is a tool. I find my inspiration from architecture so I would upload a picture of an architectural building to the tool and that gave me about 15 to 30 designs that worked with that picture. More or less, it helped me build a storyboard. So, if I put a picture of checkered lines in there, it showed me pictures of shapes with checkered lines, fabrics with checkered lines and things like that which is amazing. So this year we're doing a couple of things for the Bachelorette, with the public appearance. We're also working with Michelle Payne for the Melbourne Cup.

As human beings, we have personal issues, how do you

deal with them? I turn mine into a collection. A couple of years ago was probably the lowest part of my life. I'm quite a positive thinking person. I think that you can turn a breakdown into a breakthrough and I'm not someone that likes drama. I muck around; I joke all the time, I laugh a lot, I'm a stirrer. For example, when I was down, I designed the "Birds of Prey Collection," and I just morphed into a bird that kills others. So I was weak at that time and that just gave me strength, so I changed into an eagle which gave me power and when I got my power, I started to build a lot more success with what I was doing. I then became a gladiator and I released my "Gladiator Collection". This year's a little bit different (Cognitive Couture Collection). It's a lot softer; it's a lot more feminine which probably means I'm in a happier part of my life.

When did you realise that you already made it? I've never made it, I think. I think I'm very successful, I'm thankful, you know, I'm grateful for all the blessings, for the life I've lived. I think I've got a long way to go; it's like the greatest hits album. If I've made it I might as well retire! Not yet.

If it's about me, I would want [people] to think I'm a nice person that gives back. If it's about my brand, I want them to

think that it's stylish, strong, creative, because I want women that wear my clothes

to look strong and powerful, I don't want them to look weak.

I'm all about strong women.

What is the Jason Grech signature? Lots of details, strong and sexy.

What is your message to people who are unsure about starting a career in fashion? I think you just have to do it really. There'll be lots of knockbacks, there'll be a hard struggle. If you love it you just have to do it. It's a career that

probably just pays the bill. It's not something that you can make a million dollars out of but if it's something that you love, I think that you have to be committed. Never take no for an answer because I think of a no as just a word. So if someone says "no" to me, I picture myself on a roundabout - left is no, right is no and all I think about is going over the roundabout that turns into a yes. So that's what I try to do, and what I tell others to do. Just be passionate really and learn. I think we live in a society where everything's fast and everyone wants things quickly. Keep learning. I think with each of my collections I learn all the time. I learn how to make a new pattern. If I want to make something, we learn. When we build our website and my blog, we're learning that how to construct things. I learned how to dye things and colour match a bit better, I learned about producing a photo shoot, my customer, each time I meet them. I still do most of my accounts, because I wanna know what money comes in and what money goes out rather than passing everything to my accountant. You know he does a lot of things but at least if I'd think about what bills I have to pay, I know them and I think it's good to design, but you just need to know everything around you. I'm constantly learning and evolving. You learn from your mistakes and make sure that you learn.

By Jonathan Usi



Jonathan is an avid beauty pageant fan and that's the reason why he studied fashion design. He is also an active volunteer in various causes.



Photographer : Hector Calara
Iconic Image Group

mystic magic

STRUCTURED SEQUENCES AND CAREFULLY
CONSTRUCTED LININGS REDEFINE THE ESSENCE OF
MODERN FEMININITY. FUSED WITH HISTORIC ADMIRATION
AND FLOWING OUTLINES, COLLECTIONS ALLUDE TO A
POWERFUL, YET FRAGILE APPEAL.

Photographer : Hector Calara
Iconic Image Group



LONGSTITCH

In this material exploration of the long-stitch, STEPHANIE HENLY challenges the traditions notions of embroidery as a flat decorated surface rather than a functioning purpose. Forms are created through the performance of repetitive hand embroidery in conjunction with innovated methods of applications.



The intuitive response found new functions and constructing methods, translating a value of material expression relevant to the body as a form. These expressions are emphasized by minimal cuts to the manipulated fabric. A comprehensive understanding of stitch application initiates creative prospect.



Stephanie's design aesthetic encompasses hand detailing and textile design, honouring the preservation of craft to create unique garments. Strong and feminine silhouettes translate with an element of romanticism. She is devoted to creating beautiful and thoughtful pieces that resonate with the longevity of timeless value. Stephanie's interest with art and drawing allows the translation of motifs and the usage of unconventional fabrications present in garment form. Her passion to preserve hand detailing within fashion design sees her seeking out community engagement by combining the traditions of handcraft within a luxury context.



Jofre's ten-week transformation gala night

JOFRE FITNESS celebrated their first-ever annual Gala Night to conclude a successful 10-week group fitness challenge. The program attracted 107 participants, who lost a total of 1127kgs. As previous winners of the the Biggest Loser Australia, Tony, Daniel, Rob and Pablo Jofre used the platform to motivate other individuals to live healthier, happier lives. The red-carpet event commended participants on their weight-loss results, as families and friends came together to share the emotion, the laughter and the success stories of their loved ones.

Photographer : Hector Calara
Iconic Image Group

Rêve Bridal Couture

2017 is the year of YOU. An exquisite, impeccably detailed bridal gown will shine your beauty in your dream day.

All designs are fresh from our atelier and will make you look as elegant and graceful as you feel. The lavishly crafted masterpieces combine painstaking craftsmanship delivering classic styles with contemporary twists. Your dream is here. Visit us at Rêve Bridal Couture for our new collection.



Bridal Gown by : Reve Bridal Couture
Make Up and Hair : Felicia Sarwono
Photographer : Hector Calara
Model : Esmá Voloder (Right)
Sheridan Hancock (Left)
Suki Luo (Middle)

Motherhood never stops her Journey



Photographer : Hector Calara
Iconic Image Group



How did you fall in love with fashion and beauty industry?

I've been around it in my whole life. My mother was a former Miss Australia and a model so I grew up watching her on the catwalk. I wanted a clothing store since I was in grade 1, I used to draw sketches of clothes I'd have and my absolute favorite music video growing up was "Too Funky" by George Michael. It was directed by the French designer Thierry Mugler, it was so theatrical and brilliant. That sparked both my love of fashion and supermodels.

Let's share some your fondest memories of Bettie's Boutique and your own label La Bella Couture.

I had absolutely no idea what I was doing, I just went for it. My daughter Izabella was 6mths old and I wanted to do something I could mainly do from home and I used to get stopped in the street all the time and asked where I got my dress, I used to buy most of my clothes from the US because you just couldn't get retro here. I love clothing from the 40's-50's because that was when they really embraced a woman's curves and it suits every body type. It seems I wasn't the only one who agreed... I took the fudge and brought the brands to Australia, I had the store in Mornington for 3 years and online for 2. Clothes from the store won nearly every Fashion's on The Field and that was sort of how I feel into having my own line. I used to make my own outfits for the races because I didn't want to rock up in the same thing as someone else, and I did well so I thought I'd see how my own collection would do. I got picked up by a PR company after my first runway show and many celebrities like Delta Goodrem wore my designs. I even had one of my gowns lands the cover of NY mag which as pretty special and an outfit I

designed for the Melbourne Cup was spotted and then worn at the Royal Ascot. Unfortunately, I just didn't have the backing to grow it as fast as they wanted and I found out my son had special needs so I had to stick a pin in it. I still create outfits though I even did my own National Costume and Evening Gown at the last pageant.

What's your favorite thing about being a designer/ stylist?

Seeing something in your head come to life and being able to reinvent somebody's look. Especially when they aren't quite sure and then you see it on them and it's like "wow" their face when they know they look good. It's really amazing to be able to do that for somebody. I've also got to work with some really amazing people, Jean Claude Van Damme was pretty cool and so nice.

Describe your personal style

I'd say I'm pretty bold yet sophisticated, but it really depends on where I'm going and my mood. I mean I have my pageant wardrobe which is filled with Jovani, Dollhouse, xoxo and Sherri Hill. Then you have my everyday wardrobe and I'm a Melbournite so my wardrobe has a lot of black, nude, white and gray but I wear mainly fitted playsuits, dresses and silk shirts like Misha Collection, Dion Lee and Cmeo Collective. Last, there are my fitness and mummy wardrobe which is yours Lorna Jane, Lillipod, PE Nation which is what you'll catch me in with my work out and school drop off. Essentially though I have a rule of thumb and that goes for everyone I dress, legs or boobs- can't have both! Pick one and you can't go wrong.

You are a great mother of two adorable kids. How do you really manage your time for the role of mom?

I'm not going to lie, it's hard work. Most will tell you I'm the busiest person they know but at the same time, I love it. I find it hard to sit still, I'm always on the go. My house may not always be tidy and there's the endless washing to put away but I try and have fun with the kids, I plan my catch ups and modeling jobs when the kids are at school. I clean up when they're in bed it's just easier. You always have the time it's just a matter of being motivated and organized.

What motivated you to enter the Mrs. Globe pageant?

My son Dominic has special needs he was born with scoliosis and a rare brain disorder of the corpus callosum. I was dressing a pageant girlfriend and she said "why don't you enter a Mrs?" and I was like "There's a Mrs?" I didn't even know they existed and I thought, what a great way to raise awareness of my son's condition. My mom always spoke so highly of her experience and still do this day she is friends with her roommate at the time, Miss America. I went for it on a whim and I'm so glad I did, it brought so many amazing people into my life and at a time I was feeling a little helpless it brought me back and made me feel like I was doing

something helpful for my son.

You a proud ambassador for Bully Zero, WIN Foundation, cancer awareness and many charities. How these good courses effect on your pageant and day to day life?

Just like any soldier fighting a battle they put their uniform on and get to it. I do the same thing, it just is my uniform (my crown and dress) is a much cuter outfit. That's what the crown is really about, giving you a louder voice to stand up and be heard, for people to take notice so that you can be effective in doing some good in this world. I've been an ambassador for Bully Zero for 2 years, I have bullied nearly my whole school life and I just lost my dad to suicide a year ago, and I found out he was also being bullied at work. There's not a day that goes by where I don't worry if my son is going to be picked on or not. I'll come and share my experiences at schools with Bully Zero to better educate our kids to handle bullying, stress and anxiety, suicides caused by bullying is becoming an epidemic. I

lost both my aunt and grandmother to cancer and my other grandmother survived it, The WIN foundation helps women in need, women coming out of abusive relationships, women who feel helpless, giving advice to young women about responsible dating to help prevent future family violence. I've been in an abusive relationship I know how it consumes you and how hard it is to break free and come back to yourself.

by Sashi Neelya
MBA (UK), BA(Hons)IBM(UK), HND(UK)
Fashion & lifestyle Journalist



Sheridan Hancock



Sheridan's modelling career began at the age of 15 when she entered a model search in Girlfriend Magazine to become the Face of Fin'grs (a false nail brand). With no previous experience in the modelling or fashion world, she decided to pursue it further by completing a modelling degree at Model Academy. Living just under 3 hours from Melbourne, Sheridan and her mother made the long trek to the

big smoke every week to attend the classes. This opened a whole new world for Sheridan; upon completing the Model Academy course, Sheridan signed with the agency Reel Faces/FRM and walked in a number of Melbourne Fashion week runways, modelling for the likes of Wendy Scully Millinery, Aron Katona, and Salih Nesim. Her luck continued when in 2013, Sheridan won another model search competition - this time for esteemed dancewear brand Energetiks, who were looking for a girl to be the face of their new activewear collection. Being a dancer herself, it was the ultimate dream for Sheridan to be fronting the brand. In 2014, Sheridan landed a job for Belluccio Bridal and Evening Wear, walking in the brand's collection-release runways 3 years in a row. It was backstage at one of these runways that she met may girls who were competing in the Miss World Australia pageant, and decided to enter the following year. In her first ever pageant, Sheridan made it all the way through to become a Miss World Australia National Finalist 2015. Having always looked up to the likes of Jennifer Hawkins and Jesinta Campbell, she could see the sorts of opportunities and platforms pageants can give young women, and aspired to be able to use this platform to help good

causes as much as she could. In the lead up to the national finals, held in Perth, WA, she raised \$3,250 for Variety the Children's Charity to help children who are sick, disadvantaged, or have special needs to receive the support they need. Charity work was always important to Sheridan, who volunteered and raised money for many charities throughout her school years, such as St. Vincent De Paul, Fred Hyde, and Red Cross. After her schooling finished, Sheridan wished to pursue a career in the health science industry to continue helping peopl .After making the big move to Melbourne, she is currently studying a Bachelor of Health Science (majoring in human anatomy and physiology) at La Trobe University, and hopes in the future to complete her Masters of Physiotherapy.



Promote your
Business Here



Sheridan Hancock, Age: 20
Height: 172cm . **Weight:** 60kg
Chest: 86cm, **Waist:** 65cm
Hips: 92cm, **Shoe:** 9
Hair: brown, long, straight
Eyes: *blue*

Photographer : Hector Calara
 Iconic Image Group




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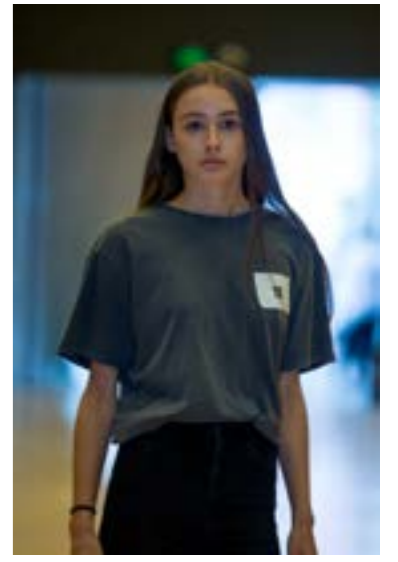


SERENDIB Awards






**Uamff 2017
model
casting**



Change the Mind and the Body will Follow

TBL winners - Jofre Family

2015 was the most amazing and transformation year for the Jofre family. Daniel Jofre, the youngest male in TBL families season ten, was crowned as the Biggest Loser, which saw him awarded \$100,000. Also, the Jofre family Tony, Pablo and Rob received \$100,000 for being the family to lose the most weight. Tony took the very first step for the life changing journey of his family by applying TBL families season ten, after seeing an ad on TV that the next season of the biggest loser Australia was for families.

“I spoke to my brothers about it and rang my uncle at first, we thought we would never have a chance to participate, although our weight and health was out of control. Yet we took the chance and applied” – Tony

Others also joined the chat recalling first memories mentioning what motivates them to participate in the competition.

I thought it's an opportunity for a complete life changing experience with my brothers and uncle and see Pablo get his life back on track and uncle Rob being over 150 kilograms - Daniel

Yes, to me this was another chance to begin my life again healthier and fitter than ever before, I have always been an obese individual with low motivation, but this opportunity motivated me for the first time in my life and I had my family to go with me. - Pablo

I wanted to take back control of life and surround myself with a positive environment knowing I will be amongst the best professionals in the country. The opportunity to be healthy and educating the mind for better a healthier lifestyle. But most importantly to be there alongside my nephews- Rob

Though Jofre's primary expectation was losing the weight, there are many other improvements they gained in their lifestyle after the victory.

Yes, besides the weight loss which was a major milestone for me, the confidence and social aspect of my life has changed dramatically and it really feels right, including giving me a shot at being in a relationship- Pablo

Another good thing happened to us after winning the competition is the opportunity to share our journey to the world and help

motivate and inspire others along their journey to a healthier lifestyle. It's opened doors to a new world of fitness which prior to the show I have never thought I would be a part of, this was what I was set out to become a role model to my family, friends and everyone who wants to be a better version of themselves. – Daniel

As a result, we started Jofre fitness from scratch, and investing what we learned and time to help others. Jofre fitness has been running Free Community boot camps on Sundays at W.G Cresser reserve in Altona for 12 months now. The response from Families in the community has been extremely rewarding for us all. We call them our Fitness Family. We decided to reach out to the wider community by establishing the Jofre Fitness 10-weeks transformation online, to reach out to other communities who live in Australia and in other countries. We hope to share this positive message with as many people we can. www.jofrefitness10wt.com.au - Tony

Also, I was able to reignite my passion for fashion with being given the task to design our Activewear Label JF Active, I have already got a small collection designed and samples made. We have a range out which includes hoodies, t-shirt, tank tops, and leggings.

Our first photo shoot will happen in 2017 and launch our range online. - Rob

Talking about clothing, a major change in our dressing style too, feeling confident wearing clothing I would not have felt in the past, promoting designer brands and exposing them with confidence. My fashion style has gone from baggy plus size unattractive to active wear and smart casual which I must admit I love it. The fact that I can go to any store and fit into their clothes has helped my confidence and helped me feel pride in my appearance. - Daniel
All these things came into their lives while making them celebrities in Australia. It was a dream come true for anyone, but Jofre's talk about the sacrifices they did and how hard it was for them. Time away from family during the competition was the hardest thing, for The Jofre's Family is our number one. We are very united.

Still, I found that leaving my sad life behind with the chance of a new exciting and positive life was enough to make my time on the show easier. – Rob

The result of all the hard works Jofre's enjoys an active life-style today.

Our changed daily routines include sharing a positive message, run fitness sessions, train with Pablo Daniel and Rob or train alone when the others are busy with other commitments and also manage the Jofre fitness 10-weeks online transformation which is world-wide. And not forgetting to keep me busy and set goals to achieve in the future. Always looking to better myself cause the job is never done it's a life's work. – Tony

To all who are excited to know about upcoming gigs from Jofre's, here are some lined up for the next few months
Season two of the Jofre fitness 10-weeks online transformation program. Starts 30th of January 2017 and there will be more in the future. www.jofrefitness10wt.com
Launch of the JF Activewear by Jofre fitness (clothing & accessories) merchandise
Community free training all year round- go to jofre fitness facebook page for more details
Public appearances- At obstacle courses around the country
First official Cookbook

Follow us and help inspire
Facebook: jofrefitness by the Jofres
Instagram: @jofrefitness, @jf10wt
Youtube: Jofrefitness

MSW has many projects planned with Jofre's fitness, to be announced in near future. Cheers to the winners and all our readers, don't forget to follow Jofre's for a healthier life.

By Sashi Neelya
MBA (UK), BA(Hons)IBM(UK),
HND(UK)
Fashion & lifestyle Journalist



A&M Fashion

A&M Fashion are local womens label, dedicated to manufacturing sexy lingerie and accessories.

From corsets, bustiers, bralettes, babydolls, gowns and long dresses, a wide range of styles are available for the woman who wants to look and feel her finest.

Complimented with vinyl, leather and lace details, collections are suited to a variety of occasions and tastes.

Styles are updated regularly, and at very competitive prices, there's a piece of A&M for everyone.

Please visit :
www.amfashion.com.au





FAMILY FRIENDLY

Australia Day at Docklands

26/1 Ditch the traditional family get-together and visit Harbour Esplanade to experience a modern twist on the great Australian BBQ. The Food Truck Festival also takes on the Docklands precinct to show off a multicultural reflection of our society as it is today.

Featuring live Australian music, and fireworks from Etihad Stadium you'll want your phone to be fully charged to capture all the live action.



FREE

Barbecue Street Food Festival

29/1 Hosted at the Queen Victoria Market, this event sets the perfect playground for Melbourne's foodies and meat lovers. Showcasing some of Melbourne's leading barbecue experts, guests can expect to sizzle their tastebuds with the freshest cuts of produce.

Enjoy live cooking, food traders, live music and entertainment by the Yak Ales Melbourne Barbecue Festival. To top it off, the entry's free!



LATE NIGHT

White Night Melbourne

18/2 - 19/2 White Night returns to Melbourne to transform the streets into a eclectic display of installations, lighting effects and performances. The free event will run for 12 hours, from dusk till dawn, allowing all ages to enjoy a mix of local and international creative talent.

The CBD is predicted to entertain masses of crowds, all thanks to the efforts of the State Government of Victoria.

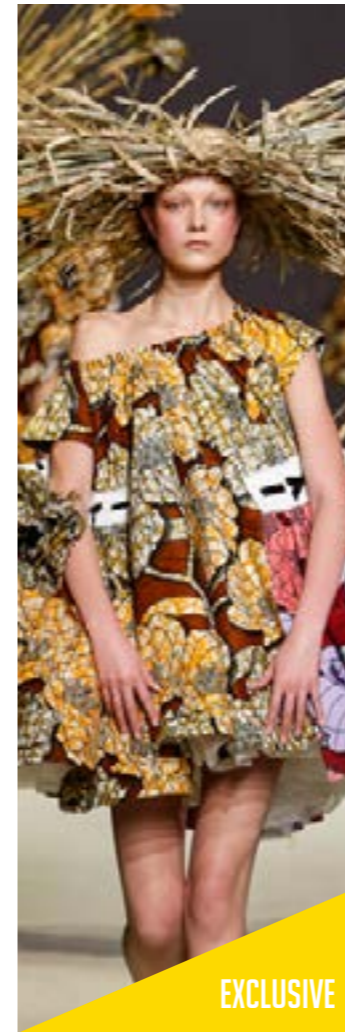


GOURMET

Diversity of Cheese & Riesling

22/2 The Spring Street Grocer presents a unique experience for cheese and wine lovers to taste, pair and discuss their palettes.

Guided by two team members from the Spring Street Cheese Cellar and City Wine Shop, Caitlin Grace (trained chef) and Kayleen Reynolds (Sommeliers Australia '16 Tasting Education Scholarship National Dux) will provide their knowledge and expertise on four house-matured cheese styles, varying milks and production methods.



EXCLUSIVE

Viktor&Rolf: Fashion Artists

21/10 - 26/2 Exhibiting the innovative and show-stopping works by Viktor Horsting and Rolf Snoeren, the NGV houses over 35 haute couture from collections old and new. Renown for their daring styles and technical mastery, the duo have pushed all boundaries in the world of high-end fashion.

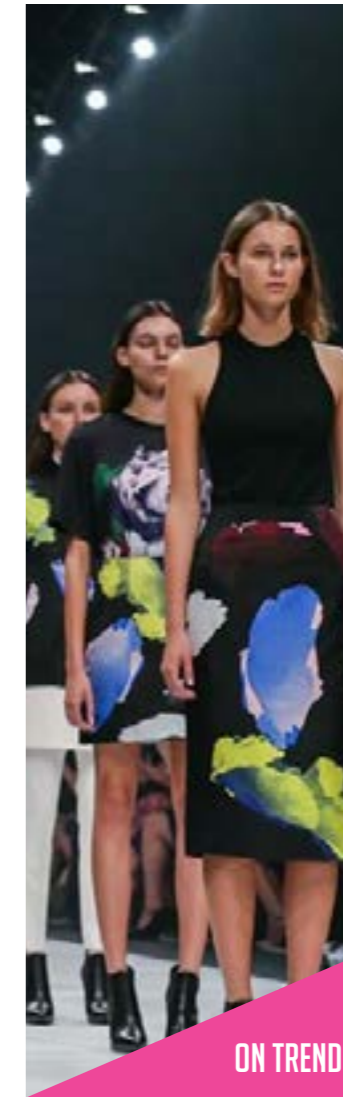
An added highlight is a preview of 'Dolls' - a work-in-progress venture comprised of antique figures and the designers' most iconic works.



MUST SEE

11/11 - 13/3 The NGV joins David Hockney and his studio to present over 700 pieces from the past 10 years of an awe-inspiring career. The solo exhibition commends one of Britain's most influential living artists through a collection of photography, paintings, videos and mixed media.

An exclusive show of Hockney's largest painting is another reason why this presentation should not be missed.



ON TREND

Virgin Australia Melbourne Fashion Festival

1/3 - 19/3 VAMFF is back with its annual 3-week line-up of runways, style, beauty workshops and industry seminars.

Established and emerging designers are set to take part in what is, Australia's largest consumer fashion event. With high production and extensive media coverage, visitors are likely to cross paths with well-known influencers and famous personalities.



FESTIVE

Bank of Melbourne World's Longest Lunch,

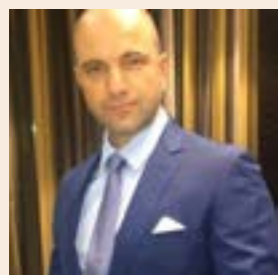
31/3 Italian master, Antonio Carluccio, serves a feast derived from his new cookbook, Vegetables.

Lygon Street are anticipating a sell-out of over 1600 attendees to feast and toast at the record 600-metre-long table.

save the date



3x60 SECRETS TO HIGH PRODUCTIVITY



TONY COSENTINO is the founder of Business Rocket Booster, and he believes in inspiring people to be the best version of themselves. He has pioneered many personal and business growth tools designed to give people the edge. He also loves his dear wife and newborn son.

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Lack of concentration, headaches, sore eyes, fatigue and muscle or joint stiffness are all signs that you need a break. As tiredness sets in, not only does everything take longer to do, concentration decreases and it is easier for mistakes and accidents occur.

According to the Productivity Pulse from Ernst & Young, a survey conducted with 2,500 employees spanning several industries noted that "super achievers"(your best people!) are only productive 66.66% of their working day, and "solid contributors" only 46% of their working day.

If you're a manager, that might alarm you right? The way I coach executives and their teams to increase productivity and fulfillment is to introduce the 60 min Zone Time.

ZONE TIME REPRESENTS 60 MINUTES OF TOTAL FOCUS, NON-DISTRACTED WORK TIME.

TRY THIS: Set a 60-minute timer on your phone - I use an app called *Pomodoro* (Italian for tomato). It counts down 60 minutes for me, and during that time, I'm simply unavailable to the world. Your brain will be super sharp and it just loves a mini deadline!

When 60 minutes is up, take 5 minutes to stand up, stretch, drink water, and try some Rhythmic Breathing or simple diaphragmatic breathing for 2 minutes, and watch what happens to your energy levels. Briefly shaking your body (hands and feet) for a minute increases blood circulation, while your breathing infuses your blood with needed oxygen. Finally, getting hydrated increases your mental clarity, so your ability to innovate and be productive goes through the roof.

I schedule a zone time for 60 minutes of writing and reading emails, another zone time might be assigned to completing project tasks etc. That's 2 booked hours in my day for dedicated and undisturbed work. Block zone time out in your calendar so your team can see it. The Harvard Business Review stated: "The problem's not just that we're getting distracted from work; it's that we're getting distracted from important work by other work." Don't fall into this trap! It's not always wise to allow other peoples urgencies becomes yours.

This works, because like SMART goals, your subconscious brain locks onto a deadline and outcome, so it rewards you with super clarity and focus. Your goal is to get at least 2 to 3 Zone Times in per day - that's 2 to 3 blocks of 60 minutes with total focus and absolutely no distractions! Working late won't be an option as you won't believe how productive you can be. ♦



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FREE MP3 DOWNLOAD

Discover Tony's Secret Practices for High Productivity on www.tinyurl.com/timebooster



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