

# bella rae

VALUE + BEAUTY + PURPOSE

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MEET  
ME IN THE  
STREET



# SMALL TALK BIG THOUGHTS

SIX STYLISH PEOPLE TALK ABOUT HOW THEY CHOOSE WHAT TO WEAR AND THE FASHION PHILOSOPHIES THEY DRESS BY

PHOTOGRAPHY: EMMA, TIM, RIA, ANNA, LUCY [KORO DESIGNS](#) | YOLANDA [ANNA SCHWENKE](#)



## EMMA SHEPHERD, 18

**Studying creative arts at uni, working at a camping store, enjoying composing songs, drawing, ceramics, photography, gardening, being social and keeping active.**

As a kid, I liked to choose what I wore even when people tried to tell me, "You can't put stripes and polka dots together!" Studying art has encouraged me to explore what suits my personality. I think owning my individual style has made me more confident.

My style is a cross between arty and exotic. I like taking old and new and mixing them to create a unique and revolutionary style. Sometimes I realise I've gone too far and lost myself a little. I believe fashion should accentuate one's character, not mask it. Exotic patterns or embroidery match my outgoing nature. I love flowers, and I like simple jewellery and shoes that let me run around.

The philosophy behind my choices is as simple as this: fashion is an art of personal expression – if I like it, I wear it. I also like to dress modestly.

I'm someone who tries to keep a tight budget – so to those of you who like saving their pennies – the sale rack is your best friend! You will be surprised to see what you can find. Op shops are also great. You can pick up some really unique pieces that might just pull an entire outfit together. What I am saying is, don't be closed off when it comes to where you look for clothes – be open to options and fresh inspiration and you will find what style works for you. The final thing I have to say is, if you want to mix stripes and polka dots, go for it. Most artists would agree when I say the best way to learn is by trial and error.

**Pants: From a sale rack, \$15. Top and boots bought retail for \$10 and \$30.**

**Back over the page – Overalls: bought retail for \$50. Plain white tee retail for \$8. Boots (which I wear with everything), I forked out \$70.**



## WAYNE RIA CAGGAWUAN, 17

In her last year at boarding school, plays and referees basketball, enjoys shopping, youth group and travelling home to the Philippines.

I try to keep my style simple and avoid over-complicating my outfit. Mostly I like to look neat and polished, unless it's a lazy day – then sweatpants and an oversize T-shirt is fine! When it comes to makeup, I usually go all natural or go for a natural look. Sometimes I think it's just too time consuming to put on makeup. But I don't mind pampering myself and taking my time when getting ready for a special event.

What I wear is somewhat influenced by social media, and my friends. I'm also drawn to clothing which reflects my Filipino culture, with patterns, image or words. And I enjoy clothing items which have an intriguing story behind them. The feel of the fabric or jewellery is usually the make or break, as well as – the price! I go for clothes that are soft and gentle on the skin and are lightweight that I can bring with me when I travel.

When I'm thinking about what to wear, I try to be as comfortable as possible while still looking good. I try to plan my outfit a few days beforehand, considering the dress code and atmosphere of where I am going, to avoid an anxious rush on the day.

I think people can get caught up wanting to wear the big brands or look like a particular celebrity. Seeking inspiration is great but I think confidence comes from finding a style that reflects who you are. For me, that means keeping it simple and then adding a little edge to make it my own.

I feel very blessed, my outfit was mostly gifted to me! Top: Given to me by a friend. Pants: from the Philippines, given to me by my aunty. Boots: bought on sale for \$20. Necklace: a gift from a friend on Valentine's Day.



## TIM ENTWISTLE, 20

**Working in radio. Making videos since the beginning of high school. Proud curator of @TimStreetFashion.**

I really only began refining my look a couple of years ago. Before that, my go-to was video game t-shirts, big jackets and my favourite clothing item of all time: Parachute pants (Ask my parents, I was obsessed!).

These days versatility is my secret weapon. I can be mainstream and current, but at the same time unique. I've also made it a priority to have an outfit for every occasion: formal, casual, country or street.

I have a theory that all fashion is on a thirty year delay. You'll see in the 2000's there was a heavy emphasis on a lot of the things that were popular in the 70's: Corduroy, bootcut pants, suede. Now in the 2010's we're seeing the 80's making a comeback with puffy jackets, retro sneakers and vibrant colours. When looking for influence I simply look back at previous trends, and cherry pick the ones I think will work in a modern wardrobe.

Fashion is an expression of individuality; it's a snapshot of our tastes, attitudes and passions in that moment, and just like fashion, these things change as time goes on. Fashion is at its best when you don't let it define you, but instead take advantage of it to present the best version of yourself to the world.

Keep it simple. Some people think you need to be outlandish or ridiculous with your outfit to be unique, but often times the boldest move can be to dress modestly or to take what might be seen as a plain set of clothing items and give your own take on them.

Also, avoid ill-fitting clothing and graphic T-shirts in general. Nothing says 'refined' or 'mature' like a plain white shirt and a pair of slim chinos.

**Bomber jacket: op shop, \$8 (turned out that dry cleaning was more expensive than the actual garment). I think matching the jacket with my Docs really balances out the look; you don't want to put too much weight on one half of your body.**

Back a couple of pages – I got the denim jacket on sale for \$7.50, the jeans I've had for who knows how long and I'm such a fan of my 80s-inspired gold watch that I think it brings the whole look together.





## travelling tales

Travelling overseas is a way to see the world, stretch your mind and make some unforgettable memories. As Anna tells us, though, things don't always go to plan!

I hurriedly swerved in and out of oncoming passengers as I made my way towards the train's exit. The wheel of my large suitcase snagged an aisle seat, and after struggling for a moment I managed to yank it free and keep moving towards the door. Annabel and Rosie were already waiting outside on the platform. Jess and I had nearly reached the exit, but as we pushed our way through one final mass of people, we heard it.

Beep, beep, beep. With a firm 'thud', the doors slid shut. I felt the blood drain from my face.

"No! No!" I heard Jess shriek. "We need to get off this train!"

I could see Rosie and Annabel on the other side, frantically trying to open the door. Jess caught the attention of the train steward.

"Please, sir, let us off the train!" The steward rolled his eyes. "The doors stay closed," he smirked. With a swift turn of his heel, he was gone.

Jess began shaking profusely as she went into panic mode, and alright, maybe a bit of panic rubbed off on me too. We had researched where we were going, we had carefully planned our route, but we hadn't accounted for not being able to get off the train quickly enough!

Here we were, stuck on a train in a country where we didn't know the language, separated from our friends, with no wifi connection, and absolutely no idea when the next stop would be. For

all we knew, this train could be sending us to Narnia. I felt sick.

Suddenly a stranger standing nearby who had witnessed the whole fiasco piped up.

"The next stop is in fifteen minutes," he said, "and there's one train coming back today, you should get there in time to catch it."

In that moment, I could've sworn this hipster dude casually leaning by the window was actually an angel. An angel who could speak our language! A calmness washed over me. My mind became clear again, and I felt a peace settle deep within me. You are going to be OK. The voice in my head didn't feel like my own. But it was right – we were OK. We got off at the next stop. We caught the next train back. We were reunited with our friends. And some time later, we laughed about it. For the rest of the trip we did stay close to the exits whenever we travelled by train.

I'd like to say this was the only disaster my friends and I experienced while travelling Europe, but no. There were many, many more. In fact, if anything could go wrong, it usually did.

Why am I telling you all this? Am I trying to scare you out of ever going travelling? No way! My point is, things do go wrong sometimes. Travel isn't always the glamorous photo-worthy lifestyle we're shown. You'll make mistakes. You'll miss your train. Your bus will break down. You'll get lost. Your feet will hurt and you will be tired and homesick. But if you

keep your wits about you, you will be OK. And it WILL be worth it!

Sometimes these disastrous, unplanned moments of travel end up being the best bits. It's in these moments you might encounter wonderful, helpful people like hipster-angel dude. It's in these moments when you learn valuable life lessons. It's in these moments you might realise how strong, brave and amazing you really can be. It's in these moments you might have some crazy, funny, spontaneous adventures. And it's usually these moments that make the best stories later on!

So next time you're travelling and things aren't quite going to plan, don't panic! Take a deep breath and remember: you are going to be OK.

**A word of warning:** Most travel mess ups do end up as fond and funny memories, but it is wise to be wary, stay alert, listen to feelings of uneasiness and... you guessed it, be prepared!

You can save yourself unnecessary frustration, discomfort and unintentional offence, etc. by researching where you're going (The Aus govt's website *Travel Smart* and *Lonely Planet* are good starting points) as well as talking to other travellers who have been to the same place/s.



## like my recent

Know that feeling? Posting an on-point Instagram pic then waiting and waiting and hoping and hoping... and then the flat feeling of not getting many likes...

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So much effort goes into getting just the right photo, choosing just the right words and posting at just the right time of day to get the MOST likes. And don't forget the text to "like my recent".

Affirmation and the need for approval run deep in the hearts of all people. Especially when we are young and still figuring out our identity.

But before we make our next social media post and wait for our next likes-buzz... or the disappointment of no likes, let's stop and ask a few questions:

### Why am I posting this?

Is it to share something positive that will encourage others or is it because I want to know I have value and acceptance by others? Value and acceptance are important things – and you are infinitely valuable – however, this is never truly going to be found in how many likes you get on an Instagram post. You might get the

buzz in the short term, but it tends to only last for as long as that post is getting likes.

The pressure we have created to get our affirmation and value from likes from people we often don't even know actually leaves us feeling emptier on the inside.

### Something to note:

A like is a poor measuring stick. Think about it – a like is really just a click or double tap – and who knows what that really means?! *Why* did they double tap? Was it just because they saw it and wanted you to know? Or because it was funny or pretty or clever or because they luurve you or they simply double tap everything you post? Was it an accident? Or did they like it because they want you to like back?

...And if they *don't* double tap, does it mean the opposite, or have they *broken their finger*?! So much room for misinterpretation (and wild speculation)!

### What can I do to encourage someone else?

It's easy to become so consumed with our own lives and making sure WE are getting enough encouragement. But often joy comes from giving to others and living a life beyond ourselves.

Whether it's writing a thank you card, texting someone to tell them why they're amazing, or going to help your mum or dad with a task, doing something for someone else will be far more rewarding than worrying about your next selfie.

### How wired am I feeling?

Stop for a moment and recognise how stressed and wired you might be feeling. Technology and online platforms can leave us feeling overly stressed and wired. Try having time away from your devices each day – go for a walk and listen to the birds – and see how that helps you feel more relaxed and gives you a perspective of life beyond what is going on in the online space.

# bella rae

VALUE + BEAUTY + PURPOSE

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## HENRI'S TASTY-AS PUMPKIN SOUP

especially great for giving to friends who are sick,  
stressed or in need of a little love

serves about 8 – use a big pot, and you'll need a stick blender

### **Ingredients**

Half a medium Kent/Jap pumpkin (or a whole small one), skin removed and chopped into large pieces  
2 parsnips, roughly chopped  
2 capsicums, deseeded and sliced lengthwise  
2 brown onions, peeled & chopped roughly  
2 garlic cloves, minced or chopped finely  
1 knob of ginger (about the size of a garlic clove), minced or chopped finely  
1 fresh chilli, chopped finely  
1L (4 cups) of chicken or vegetable stock  
Ground turmeric  
Salt  
Pepper  
Olive oil  
Small tin of coconut milk (optional)  
Handful of fresh herbs such as coriander and/or parsley, roughly chopped.

Recipe [Henrietta Lee](#), writer and soup lover

### **Method**

1. Preheat oven to 180° celsius. Lay pumpkin and parsnip pieces on baking trays, drizzle with olive oil and sprinkle with salt, pepper and turmeric. Place in oven for 20-30 mins or until soft.
2. Place capsicum on baking tray, skin side up, sprinkle with olive oil and place in oven for 15-20 mins or until soft and starting to burn a little on top.
3. While vegetables are roasting, fry onion in your big pot with a good glug of olive oil on a low to medium heat, stirring constantly so as not to burn.
4. Add stock, garlic, ginger, chilli and bring to a gentle boil.
5. Add vegetables to the pot and bring to the boil. Take off the heat and allow to cool slightly, using the stick blender, blend until smooth, add water/coconut milk to get desired consistency and taste. Add herbs (if desired) and blend. Add salt and pepper to taste. Enjoy!

## ANNA'S HAPPY CHICKEN NOODLE SOUP

neat if you're in a hurry but you want something hot and yummy

serves 2

### **Ingredients**

1L (4 cups) of chicken stock  
2 crushed garlic cloves or 2 teaspoons of crushed garlic  
2 tablespoons of soy sauce  
2 tablespoons of apple cider vinegar  
1 teaspoon crushed ginger  
2 portions of rice vermicelli (125g-150g)  
300g chicken (pre-cooked or from a BBQ roast chicken)  
2 big handfuls of salad greens  
1 cup of corn kernels (fresh, tinned or frozen)  
2 hardboiled eggs cut in half  
4 spring onions, chopped  
Sesame seeds for topping

### **Method**

1. Place chicken stock and garlic in a saucepan and bring to boil.
2. Add soy sauce, apple cider vinegar and ginger.
3. Add vermicelli and allow to cook for 1-2 minutes.
4. Add chicken and heat for 1 minute before removing from heat.
5. Add the rest of the ingredients and serve with sesame seeds for garnish.

Recipe [Anna Reeves](#), Accredited Practising Dietitian  
Instagram [@askanapd](#)