

# bella rae

VALUE + BEAUTY + PURPOSE



BOOMERANG BAGS | THE SCIENCE OF MUSIC | WARDROBE TALES  
DIY FLOWER CROWN | JASON DANIELS | STOCKHOLM STYLE









## 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](#)

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Hey! It's me, a slightly older you!

I just dropped by to say I love you. Yeah, I know, it took me long enough to say it. But at least now I can truthfully say that I mean it.

I know you're not feeling the love much at the moment. You don't like what you see in the mirror. You wish you were prettier, smarter, braver and fitter. I know the struggle you have with self-confidence. I know that some days the constant battle with depression, anxiety and shyness can be almost too much to bear.

I really, really just want you to know something.

**You are enough. Just. The. Way. You. Are.**

You're more than enough, in fact, you're pretty cool! You have some awesome talents and abilities that make you so unique. Right now, I know all you want to do is to fit in, to slink through life under the radar and not draw attention to yourself. You are scared, no, terrified, of putting yourself out there. You're afraid of what people will think, and petrified of being hurt. I get it. I really do.

But learning to accept, enjoy and love who you are really isn't as bad as you think. It's actually quite a beautiful feeling, and you'll wish you did it sooner. So please, just give it a go. Try to embrace those things that make you YOU. Stop worrying about what everyone else is doing. Stop fretting over what people will think of you. You'll soon learn that their opinions really don't matter - in the long run.

Embrace your creativity, your quirks, your body, your smile and heck, even embrace your awkwardness. This is who you are. You may not be perfect but, girl, you are beautiful.

I can't say that at 23 you'll have life all figured out. You still aren't perfect. You still have occasional bad days. But you're happier now. You smile more and you worry less. You spend more time pursuing your passions, and less time trying to blend into the background.

You're still a little shy and awkward, but you're cool with that now. Who knows, maybe it's kind of endearing?!

Love changes everything, sweet girl. Try it and you'll see.

Love from me at 23



# bella rae body love

give it up for the largest organ you have – your skin!

It's that time of year when we've made it halfway but the weather is turning cold... there are exams to face or holiday jobs to find... there's just not quite enough time to relax... You might be feeling – stressed! For most of us, stress shows up in our skin, especially when you throw outrageous female hormones in the mix as well! Yikes!

Here's a skin care routine to try out, if you're pickin' up what I'm putting down:

## IT'S NOT JUST HOW YOU WASH YOUR FACE.

~ The way we treat our bodies and skin now, as youthful chicks plays a part in determining how our bodies and skin will be when we are splendid, older women.

~ Slip, slop, slap. Seriously!

~ Drink at least 2 litres of water a day. Water is so important to the health of our skin, flushing out all the toxins in our bods.

~ If you're having a pimply time, try changing your pillowcase and face towel every couple of days, and wash your bath towel and bedsheets once a week.

~ Nourish your skin from the inside out. Good sleep, healthy eating and exercise might just be the top three beauty tips around. Feeling amazing takes a little care, but it is so worth it!

## EVERYDAY

~ Find yourself a nice cleanser (which doesn't have to cost the earth!). This can take a bit of trial and error. I have tried many different bottles, trying to find which one/s suit my skin. One particular cleanser started burning my face as soon as I put it on. The screams coming from the shower, along with the red blotches left on my nose and chin, told me and Mum that this particular cleanser just wasn't for me! Off to the shops to find another one!

~ Once you've found a cleanser that your skin just relishes (doesn't burn, doesn't make your skin feel dry, doesn't make you super oily but leaves you feeling fresh and smooth) be sure to wash your gorgeous face with it morning and night (and after a sweaty workout).

~ It's super important to take your makeup off at the end of the day, not sleep with it on! You can do this with a gentle makeup

remover, and then use your cleanser. We don't want clogged pores from our makeup staying on while we sleep – this can cause a load of painful pimples 'cause our skin can't breathe. Ouch!

~ Moisturise, moisturise, moisturise! Did I say moisturise? I didn't used to bother much about it – but, as the years have gone on, I've realised the magic of moisturising! Do it morning and night, after you've used your cleanser, to keep your skin soft and hydrated. Plus, it feels great! Sparkling clean skin before jumping into bed – oh my goodness, nothing better! Except maybe a real pet unicorn – that would be pretty amazing.

~ Look for a moisturizer that has an SPF15+ component to it, to wear during the day, to make sure you're protecting your face from the sun – even in winter. The sun has a cheeky tendency to do harm to our skin even when it's cold and overcast!

## ONCE A FORTNIGHT

~ Treat yourself to a mask to really draw out all of the nasties that are camping out underneath your skin. Yep, you guessed it – this will cause a few pimples to rise to the surface, but – better out than in! Cleansing and scrubbing as you usually would throughout the week will help the pimples go away almost as quickly as they've appeared, so don't stress too much.

## ONCE OR TWICE A WEEK

~ While out at the shops, stretch the budget a little and buy yourself a nice, natural exfoliator. Around twice a week, use the delicious, grainy scrub in the shower, on your face after you've used your cleanser. This will open up your skin and get out all the grime that has made itself at home in your pores.





# sustainable style in stockholm

Our resident Slow Fashion writer Leah Musch, aka The Unmaterial Girl, recently travelled to Stockholm, and is back to talk sustainability, style... and accidentally befriending a national Swedish celebrity.

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*I was recently lucky enough to embark on what I can only describe as the coolest uni excursion ever – a 10 day design trip to Stockholm, Sweden.*

Ever since meeting my Swedish bestie Emilia, I've been fascinated with the culture, style and attitude towards sustainability that Scandinavians possess. I was accompanied on the trip by 35 fellow Torrens University students, from disciplines ranging from interior design, fashion (my course) to communications. Together we travelled for more than 25 hours before arriving in Stockholm.

The trip was planned so that students from each discipline could attend events relating to their area of study. For our lucky little crew of fashion students, this included a trip to *Elle* magazine's head office where we learned about the industry and even had a sneak peak at some of their mood boards for an upcoming shoot. We had a tour of Nudie Jeans where we saw the incredible wall of customer repairs (they're big on fixing as opposed to just buying new) and even a visit to H&M's 'White Room' – the place where all the designing happens.

A highlight for me was visiting one of Sweden's oldest textile schools called *Handarbetets Vanner* (which literally means *Friends of Handicraft*). Led by two incredibly well dressed teachers, we shuffled through tiny rooms filled with massive wooden looms, students quietly listening to music whilst weaving intricate designs by hand. There was

something so peaceful here, and it was amazing to visit a place where the act of slowness was valued so highly. The weaving process seemed complex and delicate and potentially frustrating, although ultimately the creator was able to produce a beautiful textile that was truly handmade.

The fashion students were assigned the task of documenting street fashion (super easy considering everyone in Stockholm is immaculately dressed), so when we spotted a gorgeous young man wearing Versace and riding a Scotch & Soda bicycle, we naturally whipped out our camera phones in a frenzy. It was like we were trying to capture a rare and stylish Pokemon. The guy didn't seem too fazed and rode off with a smile.

Flash forward 24 hours, and Emilia points out to me via Instagram that we didn't photograph just any ol' stylish fellow, but Swedish singer/model/influencer Andreas Wijk! After tagging him in the photo I'd posted, he messaged me personally saying he remembered seeing our group on the street corner and went on to invite us to his house that afternoon for coffee and Fika (basically Swedish version of afternoon tea). We were slightly sceptical, but mostly excited, and decided to head over together (safety in numbers). As we arrived at his door, he appeared moments later on his bicycle bearing the biggest smile and looking genuinely happy to see us all there, explaining this was his first time hanging out with Aussies.

His house was *Vogue Living* worthy. Trendy, minimalistic, monochromatic – yet still so warm and cosy – Scandi style at its absolute best. We gathered around his kitchen table, sharing stories of kangaroos, travel, accents, Sweden, fashion and culture whilst drinking coffee and eating fika treats that his mother had handmade. By this stage we were pinching ourselves, unable to believe it was really happening!

We were apprehensive at first to meet with someone who is considered so famous, however, this aside, Andreas was easily one of the friendliest and most open people we experienced on our entire trip. He was genuine in wanting to know about our Australian culture and making us feel so welcome. He showed us on a map places we should visit, joined us in a group photo (best souvenir) and had the most infectious smile I'd ever encountered.

I left Sweden feeling like I'd just seen a glimpse of the future. The city of Stockholm was truly beautiful, with such an inspiring focus on sustainability as well as a culture that truly values slow living and taking the time to pause and enjoy life – my kind of city indeed!

\*for more on the Slow Fashion Movement check out [notjustalabel.com](http://notjustalabel.com)







# girl in leather

motorcyclist; a person willing to take a container of flammable fuel, place it on top of a hot moving engine, and then sit on the lot while it travels at speed!

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## I have grown up among motorcycles.

My family actually have 16 of them! I have been pit-side at the drag races since I was in nappies. For a time I almost lived in our shed, learning about the mechanics of bikes and the various tools needed to keep them going.

Ever since I could walk I have been pillioning (riding behind the driver) on the back of Dad's bike – even to my nearby preschool! These days there is a legal minimum age of eight years old and the pillion must be able to reach the footpegs.

When I was seven, Dad and I went on a camping weekend with about a dozen other bikers, taking our WWII sidecar, on a 400km round trip. They made me the 'camp mum', responsible for overseeing the group, making sure they put their tents up OK, went to bed at the right time, and for being generally well behaved!

My enthusiasm for motorcycles didn't end there. When I was fourteen, I decided to build a motorcycle – for my Grade 9 metal work project. I started with an old, weather-beaten Postie bike (a Honda CT110). It ended up as a Chopper, with forward controls, ape-hanger handlebars, custom exhaust and a rigid tail.

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## There are many ways to start riding.

I myself started out riding on a rural property. It was mostly uneven ground, so I learnt to keep my eyes open, focused on the terrain ahead. If you didn't grow up in a motorbike environment, the best way is to complete a Q-ride pre-learner course, get a learner permit, find a 'light' motorcycle and get involved in a riding

school or club. The best bike to start with and learn on would be a 'standard' bike, standard components, standard ergonomics. I would recommend a Suzuki GN-250, or similar – a light bike that is best around town, but can still take a beating while you're learning.

## There are many different types of motorcycles, all with different purposes.

There are two main categories – road and off-road. Road bikes are built to travel well on tarmac surfaces. They have the following sub categories – touring, sport, cruiser and standard. A touring bike is a comfortable bike, often equipped with luggage compartments. Sport bikes are fast and good on the road or track. Cruisers are heavy, comfortable bikes that are often seen on roads. (Harley Davidsons, common cruisers, are often used by the serious biker types.) Standard bikes are comfortable, easy to ride, light and capable.

The off-road bikes are also known as dirt bikes. In this category there are motocross, trail and trials. Motocross are used on off-road tracks that have obstacles with jumps. Trail bikes are suited for both off-road and on-road usage and are used for specific competitions. Trials are small, compact stunt bikes with no seats.

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## Motorcycles can be dangerous.

As with cars, there is no such thing as zero risk. But there is an added risk with motorcycles because they are harder to see on the road. To reduce the risk, motorcyclists are required to wear helmets, but should also wear jackets, long pants, gloves and boots. Motorcyclists can react and

manoeuvre a lot quicker than cars, so a skilled rider can avoid most obstacles.

## Unlike car drivers, motorcyclists are exposed to the elements,

such as wind, rain, snow, bugs – just to name a few. But motorcyclists tend to know what goes on around them more than car drivers. I think this is why I love bikes so much. Being in contact with nature makes me feel free – free from the stuffy confines of a car. What I love the most about motorcycles is being able to ride in contact with the air, and preferably not the ground!

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Motorcycle club members, often referred to as either 'bikers' or 'bikies', are unique individuals from various backgrounds. Bikies can often be recognized by their vests, their patch identifying which club they belong to and their club location. While most people who ride motorbikes are just ordinary people, not everyone is safe to approach. It's smart to be aware that some riders do enjoy the 'tough' image and may have a different set of values from your own. Be aware of your surroundings, use your head, and don't set yourself up for confrontation that puts you in a vulnerable position, just like you wouldn't necessarily be too friendly to a random person on the street! But my experience of bikies has been that despite different outlooks, I have been respected and looked after above beyond my expectations! There is more to a person than their tattoos or leather jackets. But believe me, you need that leather to stay safe and warm!







# groovy grandfolk

After contracting a severe case of poliomyelitis at age four, Jan Young had to re-learn how to crawl, talk and walk. The disease left her partially paralysed, and she was never to have full use of her legs again.

Fast forward a few years, Lex Young's life was in danger when he was involved in a serious motorbike accident. The doctors managed to save his life, but he was left with only one arm and one leg.

Little did these two know that the tragedies that had rocked their worlds and left them so devastated, would be the very things that brought them together.

While Lex was recovering in the rehabilitation centre, Jan's father passed away in a tragic accident. Needing to support the family, Jan went back to rehab to brush up on her typing and mathematical skills so she could get a job. It was there that the two met. The spark was instant and they were married within the year.

In Lex's own words, *"My accident saved my life"*. Lex was a self-confessed selfish young man who spent all his time riding his motorbike, drinking and wasting his money. If it hadn't been for that humbling accident, he never would have met Jan and had the wonderful life he's had.

Together these two power forces have faced the odds to raise a family and pursue a great passion of theirs – horses. I sat down with Jan to chat about the life she and Lex have built together, the challenges they have faced, and how they continue to overcome these challenges every day.

**How old are you both?** We are 71 – we were both born in 1946

**Did you have a family together?** In 1971 and 1972 we had two children. It was amazing that I could have them without any hardship – I just had to have caesarean deliveries. I couldn't walk at all towards the end of the pregnancies though, because of the extra weight.

**How did you manage raising the children? Did you have any help?** Not at first. Lex was still working full-time at that stage. Then when my daughter Kylie was 3 months old my mother passed away, so I also had to raise my teenage brother and sister. I was on my own a lot and it wasn't easy – although the teenagers used to help me out a bit. But by the time the kids were two and three they knew how to ride a horse, which made it easier. We would go riding every day. The horses took up a fair bit of our lifestyle, but they kept the kids out of mischief until they left home!

**So would you say the horses have helped you cope with your disabilities?** Yes! Horses are my legs. Although I can't ride anymore because I'm too weak, I still drive the cart, as does Lex. When I walk, I can hardly walk. But when I get in the cart I haven't got a disability. I can fly. I feel like I'm free. A lot of people can't understand that. The horses are my freedom.

I'm always training them, whether I'm going down the road or down the paddock, because I'm a competitor at heart! Lex and I both drive and train the horses. And then we travel around showing them in events.

**What events do you compete in?** In the early days we used to compete in cross country, dressage and show-jumping events. The kids used to show their ponies in all sorts of events, too. These days we just do the harness competitions. We dress up in all our best gear and the horse's mane gets plaited. The judging is 50% for presentation and the rest for technique of the horse.

The carts we use are all made by Lex. He has made and restored a lot of carts over the years, and he's very good at it. We had this little old work vehicle that Lex did up nicely, and we took it to the Australian championships. We were up against other carts worth tens of thousands of dollars, and we ended up winning every class!

**What changes have you had to make so you can keep living at home?** We have walkers, walking sticks, shower seats and ramps. I get some home help each week, and Lex gets false legs made – every couple of years he wears out a leg and needs a new one. We have a quad bike each, which is how we get around the farm. Lex does a lot of things that I can't do anymore – like I can't lift my arms, so he hangs up the washing with his teeth and one arm.

**What advice do you have for anyone with a disability, or struggling with any sort of problems, either physical or mental?** Find something that you're really passionate about and go for it! Get a good hobby that you like and persevere. Animals are a good hobby because they are good therapy. But whatever it is, the key is P for perseverance!