WE CHAT WITH
RENAAE AYRIS
MISS UNIVERSE
AUSTRALIA 2012

WE CHAT WITH
LUKE MANGAN

QT FASHION WEEK
AND AWARDS
GOLD COAST 2013
A COMPLETE WRAP UP
Welcome to our latest issue of GCMAG; we are happy to bring you our first mini issue of the year full of all things Fashion and some of our usual favourites.

To kick off the issue I would like to welcome our new team members who have joined us from Brisbane and The Gold Coast and thank them for all the work they have put in after being thrown in the deep end at Qt Fashion Week and Awards, just a few short days after joining us... and all passed the old sink or swim test.

With this issue we are keeping it short and one of our 5 minute round interviews is with Miss Universe Australia Renae Ayris; as her reign comes to an end with the crowning of this years contestant happening on the 13th of July in Melbourne.

We also chat with the one and only Luke Mangan - the man whose international portfolio has him owning and operating ten hugely successful restaurants and wine bars throughout Australia and Asia. Lucky Kayla gets a rare insight and not to mention a tasty Roast Chicken recipe.

We also chat to Courtney Hancock the two-time Iron-woman series winner, and we talk shop and home and in our 5 minute round interviews

And then we roll into all the action from Qt Fashion week and awards. We chat with Designer of Muchacho Clothing - Andy Cameron, Face of Fashion Week - Georgia, Official Photographer - Michael Greves and Designer - Lisa Brown... also wrapping up with our a day in the life of a fashion editors article

Owen George
Editor and Chief
A Special Mention

A Special mention to the designers who collected awards at the 2013 QT Fashion Week and Awards

Muchacho Swim who took out the Whitesands best up and coming swimwear designer

Best Established Designer went to - Josh Goot
http://www.joshgoot.com/
Stay tuned for more of Josh in GC-MAG

And Golden door best up and coming went to

And a top of the week thank you to Michael Greves who has spent hours sorting and providing images for our QTFW coverage all images in this section unless otherwise noted are Michaels amazing work
www.michaelgreves.com

A Few last thank you and from us and QTFW

Danny Camara is a talented young filmmaker from Brisbane, Australia. Also producing on the GC
He is fast becoming known as Brisbane’s & GC’s go-to fashion filmmaker,
Having shot for designers at Mercedes-Benz Fashion Week, QT Fashion Week and dozens of campaign videos for local and national clients - he is one to look out for in the near future!
Check out his work at: www.dannycamara.com

www.ringuetstore.com.au

And ofcourse an amazing thank you to QT Gold Coast the absolute home of fashion on the GC stay tuned for some exciting content from QT in our June Issue
www.qtgoldcoast.com.au
Hey mate, let the world know where you stand...

Swear an oath this White Ribbon Day 25 November to put a stop to violence against women.

www.whiteribbon.org.au

Fact:
One women is killed every week by a current or former partner.

Find out what you can do to help prevent violence against women at www.whiteribbon.org.au.

Hey mate, we can put a stop to violence against women.

Find out how you can get involved in Australia's campaign to stop violence against women at www.whiteribbon.org.au.
Today we chat with Renae Ayris Miss Universe Australia as her reign draws to a close and she gets ready to handover her crown in July.
So first of all we want to get to know who Renae is in a few words how would you describe yourself…?

I am very down to earth, honest and loyal. What you see is what you get.

So being a WA Girl what would you say to someone like myself from the East coast to convince me to head over and check out WA…?

Living in WA is like being on a permanent holiday, with the most gorgeous beaches and refreshing open space. It has that magic aura that you can not help but fall in love with.

With the Miss universe role coming to a close will you have some time to relax and if so what would be your ideal day off like …?

My favorite day off would be heading to one of Perth’s beautiful parks and having a picnic/BBQ with family and friends.

What made you decide that going on the Miss Universe journey would be something you would like to do ..?

I was kind of talked into it by my agent and family to be honest, but I am so glad, it has been the most amazing journey.

And if we role back to the finals of last year when you were crowned and you set off on the journey was it anything like what you had pictured … or more ..?

I was very prepared by my good friend Scherri-Lee who was Miss Universe Australia in 2011. But I must admit the actual event, in Vegas, was way more exhausting than I had imagined!!

And would you describe the night you were crowned Miss Universe Australia in a few short words ..?

It is such an overwhelming moment, it is hard to recall any rational thoughts I may have had.

So between June last year when you last graced the cover of GCMAG to now what would you say has been your top 5 highlights and what has changed most about yourself …?

My mission to China for Operation Smile. The Miss Universe Final in Las Vegas. Driving in the Australian Grand prix celebrity race. Celebrity splash. Although I have learnt a lot and have grown as a person the true me has not changed:)

And if we role back to the finals of last year when you were crowned and you set off on the journey was it anything like what you had pictured … or more ..?

I was very prepared by my good friend Scherri-Lee who was Miss Universe Australia in 2011. But I must admit the actual event, in Vegas, was way more exhausting than I had imagined!!

And would you describe the night you were crowned Miss Universe Australia in a few short words ..?

It is such an overwhelming moment, it is hard to recall any rational thoughts I may have had.

So what is next on the horizon for you …?

You will have to follow my journey to keep updated ;)

We have also seen that your sister stepped in to the miss universe ring this year representing WA what sort of advice did you give her going in ..?

My sister is her own entity and has gone about this whole thing in her own way, not really receiving any advice from me. I am so proud of her!

Besides the traditional role models or pop culture icons who inspires and motivates you most ..?

I’m comfortable in my skin and I like to be my own person, I have never really had a role model.

Well thanks for taking the time to take a few minutes to chat with us and we look forward to chatting you down the track and seeing what has been unfolded on your Journey.
The twin USB powered 5 Volt sockets are perfect for charging mobile phones, including iPhones, iPads, iPods, tablets, handheld devices, games, electric shavers, digital cameras, video cameras, mp3 players, GPS navigation devices, etc. No longer do you need those bulky charging transformers that take up too much room on the socket or go missing. Your device plugs straight into the USB socket on the power point and leaves the two 240V plugs free for your normal home appliances.

All our range are direct replacements to the standard Australian double power point. So no messy wiring issues however we do recommend a qualified electrical contractor does the swap for you.

Takes just minutes to install!

Charges All USB Products
- Mobile phones
- Digital cameras
- Video cameras
- Electric shavers
- Lamps
- Games
- Smart tablets
- Handheld devices
- GPS units
- Wireless devices
- Power tools

Our patent pending range comes with Australian standard approval certificates

White / Aluminium
Black
Black / Aluminium

Email us at: charge@USBsockets.com.au
or visit our website to order...

www_USBsockets_com.au
A Week In the Life of a Fashion Editor

Monday

Being a fashion editor, stylist, model, event co-ordinator, style director, styling teacher and the head of the styling department at a fashion academy, means my entire world is about fashion. When I first started announcing that I wanted to work in the fashion industry, everyone told me that it is not as glamorous as it looks, and usually that is true. A lot of my time is spent doing prep work for shoots and events from my office at home in my daggy old pyjamas, not having time or motivation to do my hair and makeup unless I am going to be seen by my industry peers and working insanely long hours. Not to mention the only slight visible form of a social life I have is with my television.

But this particular Monday was one of those rare “glamorous” days. With the QT Fashion Week and Awards launch party that night, I had a big week ahead of me as a Fashion Editor, and what is more important in the fashion world than what you wear, right? So after a few meetings at the Australian Institute of Creative Design, where I also work, and Katz Management with my modelling agent, I practically whistled and skipped my way into Igedo at The Oasis, to pick out my entire wardrobe for the week. After about an hour, and with the assistance of the lovely staff, I definitely wasn’t skipping and whistling back to my car, not due to lack of excitement, but due to the fact that I was heavily weighed down with seven different outfits, one for each day, which Igedo had given me to wear during the week.

That night was the launch party, a room filled with the who’s who of the fashion industry, all dressed to impress. If the night was a sign as to how the week was going to go, it was going to be one big explosion of decadence, trends, socialites, jaw-dropping fashion.

After tirelessly networking until close to midnight, it was time for this little fashion editor to make the hour and a half drive back to Brisbane to get her beauty sleep.

Tuesday

I awoke bright and early raring to throw myself in the first day of shows. I selected my first outfit from Igedo and I was on my way back down the coast! Another perk of being a fashion editor is being allowed access backstage. This is where the real action happens. With one big table in the middle of the room were the makeup artists from Runway Express and the hair stylists from Tony & Guy, working their creative magic on the 12 stunning
As I made my way to the back of the room, I was instantly and uncontrollably drawn to the racks of the most incredible lingerie I had ever laid my eyes on. Marlies Dekkers was showing that night and the designs were all lined up ready for the models to work on the catwalk in only a matter of hours.

It was the perfect show to begin the week, the perfect mix of luxury, sophistication and fashion, that left the audience in awe.

**Wednesday**

Wednesday was a night of flawless, statuesque beauty, as the models stood elevated above the crowd, in the jewels and dresses that dreams are made of. Nomiki Glynatsis welcomed guests into a world of Spanish love at the installation show, where they would be captivated by the designs in her new collection "A Touch of Romance", and serenaded with Spanish music by Trio Serenata.

**Thursday**

Thursday morning after selecting my next outfit from my "Igedo Wardrobe" and writing a review on the Nomiki Glynatsis show for GC MAG, I was headed back down the coast for day 4 of QT Fashion Week and Awards. Up first was Rumar by Rochelle and Niki Teljega. Rumar by Rochelle, with her carefully designed dresses to suit women of all different shapes and sizes, was a favourite of the week. Each dress was displayed in a different and wearable way on the runway, in bright bold colours and angelic white, accented with stunning headpieces and accessories of fresh flowers. It was certainly a hard act to follow, but Niki Teljega more than rised to the challenge. This designer’s collection demonstrated a mix of femineity and fashion forward thinking. In keeping with the fast paced turnovers of fashion, the models were rushed backstage for a hair and makeup change, before heading back out on the runway for the second show of the evening. Talulah and Minty Meets Munt were the next designers on show. Both labels were featuring their new collections and were both strong favourites of the week.

**Friday**

The QT Hotel was the place to be on Friday for the Designer Lunch. It was the chance of a lifetime, as the designers showing during the week were answering questions and mingling with guests whilst enjoying lunch at Bazaar in the QT Hotel.

After an afternoon of rubbing shoulders with the who’s who of the fashion industry, there was plenty of buzz about the evenings event. It was time for the long awaited swimwear shows. Saucy Rose, Peony, La Biquini, Muchacho, Carmel Simone and Mijanou was not your usual swimwear parade! These designers were also competing for the White Sands Best Up and Coming Swimsuit Designer Award. It was a touch competition with the designers pulling out the goods with tassels, salsa dancers and headaddresses, but as they say salsa is the dance of love, and the judges definitely loved Muchacho, who were awarded the prize.

It was another whirlwind turn around backstage for the KS Swim and White Sands show. There could have been two more contrasting collections, with KS Swim showcasing their Egyptian inspired pieces and White Sands looking pretty in pastel floral’s.

**Saturday:**

The day had finally arrived that guests had been talking about for months! Mac & Bain, La’Or, Ringuet, Muchacho Clothing and Threadbare featuring Josh Goot, Ellery, Dion Lee, Hyde Leather, Mok Theotem and Story by Tang were all showing over three separate shows. Josh Goot took away the prize of Best Establish Designer of 2013, Ringuet won the Gold Door Australia Best Up and Coming Designer. Ringuet in particular has left everyone talking, and would have been one of my favourite collections of the week.

**Sunday**

After a long week, QT Fashion Week and Awards was coming to a close, but not before going out with a bang. Lisa Brown and Nicola Finetti closed the week with their collections. It was the perfect way to end a week full of decadent fashions. I am already counting down the days for next year, but in the mean time, my feet have healed from the ordeal of 5 inch heels, my skin has had a chance to breathe from under all my makeup, and regrettably I have returned all my gorgeous clothes to Igedo. It isn’t always a life of glamour as a fashion editor, but I do live for each fashion week and QT Fashion Week and Awards was unforgettable.

Until the next fashion week, I will be busying myself with interviews with celebrities and fashion icons, and organising fashion editorials for our upcoming issues. Don’t be fooled, what this actually means is you can find me in my p/j’s on the phone, running around stores like a maniac, glued to my laptop or crying myself to sleep, all in the name of fashion!
EDYN
Viviens Models

BIANCA
Division Models

Photography by Michael Greves
A chat with designer Andy Cameron

By: Gina Theron  gina.theron@gcmag.com.au

Today we chat to Andy Cameron of Muchacho clothing. Muchacho specializes in on trend street-wear and swimwear, and had the opportunity to feature in the recent Gold Coast QT Fashion Week and Awards. Andy gives us an insight into this amazing label and what the hopes are for Muchacho in the future, including their partnership with SPEEDO, to be released in August.

How did you get the idea to use your photographs as your prints?
I really got the idea when I fell in love with photography. I studied a little at the ACP in Sydney and then decided to combine that with fashion so I quit my day job of working in an investment bank and I haven’t regretted it one bit.

Were you excited to have your line at QT Fashion Week and Awards?
Yeah for sure, it was great to be a part of – there were loads of good designers and it’s also a great introduction into the Queensland market for me. It fit quite well to debut my swimwear line here.

How long had you been planning Muchacho clothing and swimwear for? And what inspired you?
I have thought about swimwear for a while but didn’t want to rush into it as it’s a whole new ball game, but having just teamed up with SPEEDO and them showing such confidence with the range we did together (which is due out in August… plug plug) I decided to have a go at the things we didn’t do together. Boardies, bikinis, and some one pieces with some vintage style prints were the result.

Did you do a course of some sort in design or photography or is it all just Andy Cameron inspired?
I think you can study too much, really the best photos are taken just because you love what you’re doing and you get out there and do it. You’re not going to get the best photos everyday but if you keep doing it you will.

By: Gina Theron  gina.theron@gcmag.com.au

Photography by Michael Greaves
countless flights airport lounges. I was taking photos about 6 hours each day if I could. From that I used about 30 photos. And I loved it – found myself walking round the streets of Havana with a cigar in one hand and my camera in the other, truly fooling myself that I might be half Cuban.

There has been a lot of controversy around the issue of whether having clothes Australian designed and made is more effective and the more ethical way of working. What are your thoughts?

I think honestly if everything was made in Australia people would quickly realize that the local cost of manufacturing is not to their liking. The fact that production has gone offshore is just a force of economies. I make some things here – like my swimwear – I wish I could make it all here but it’s not financially viable.

What is and was your biggest vision for Muchacho? Did you have a certain way you wanted your customers to feel in your clothing?

Relaxed. Not too serious. I am trying to find a medium between beach and streetwear and I really think that what you wear can make you feel good – so why not wear something that feels good.

What would be your biggest dream for Muchacho in the coming years?

I’m pretty excited to be going to share the love with Europe in their summer and then who knows. A goal of mine, it’s a bit of a way off yet, is to start a gratis design school in impoverished areas, where I have taken inspiration, and help kids nurture their creative side.
After her success at QT Fashion Week and Awards, Ally sits down to chat with designer, Lisa Brown.

Lisa grew up in Maitland NSW and moved to the Gold Coast when she was 20. Happily married and proud mother to two girls aged 11 and 12, her family is her main priority, but is closely followed by her growing label.

You recently showed your A/W 2013 range at QT Fashion Week and Awards, were you happy with the outcome?

I had a great time showing at QT Fashion Week, I wish I had advertised on social media a little more, as my last show in Brisbane was a sell out and would have loved for that to have been the case this time.

Was that the first time you have showed the collection?

The collection has been released and is in stores but it was the first time it has been shown on the runway. I have held back a little as it has been a very busy few weeks, I have just finished working on my Summer 2014 collection and have been ordering fabrics for next Winter.

You sent some gorgeous evening dresses down the runway, are you focusing more on eveningwear these days?

There was a beautiful range of formal dresses in this collection, mixed with our usual lifestyle pieces. My lifestyle pieces are where my biggest sales are, however there is a growing demand for formal eveningwear and I am expanding my range to cater for that demand. I am excited about my plans to expand my collections to incorporate custom bridal and formal gowns.

What type of fabrics and styles are featured in this collection?

The AW collection featured draping knits in threaded, textured wool blends, gorgeous silk dresses with feather embellishments and Jodhpur inspired pants reminiscent of cowboy pants with stirrups. This style of pant were popular in an edgy black fabric in last season's collection, so I reinterpreted them using a poly-suede fabric in more neutral tones to emulate the earthy feel in this collection.

For Summer 2014, I am creating a collection of relaxed lifestyle wear with resort influences as well as an increased range of formal evenwear and will also make custom pieces for clients.

How would you describe the AW look?

The look for Autumn-Winter 2013 is bohemian and earthy with a Northern American Indian influence. I don’t like to restrict myself to one specific theme or print, I like to be more liberated-blending my inspiration with a bohemian style to create a series of looks and appeal to different markets.

What was the inspiration for the collection?

I saw a beautiful photograph of a gorgeous American Indian woman with lots of fringing and braids. It inspired me to work differently with fabrics, weaving and threading to create the luxurious and unique textures featured in the collection.

What has been your career highlight thus far?

Definitely winning the National Retail Awards in 2008. The bonus was that I won a car that we desperately needed- I still drive it around! Another career highlight was meeting Kate Hudson when she purchased one of my pieces whilst filming Fool’s Gold in Australia.

Lisa Brown is stocked in selected boutiques (including online boutiques) nationally. A detailed list of stockists can be found at www.lisa-brown.com.au

www.lisa-brown.com.au

Ally Clark ally.clark@gcmag.com.au
ELIZA
Viviens Models

GINA
Katz Management
Today I caught up with globe trotter and established photographer, Michael Greves to find out a little bit more about the local photographer, entrepreneur and adventure seeker.

How did you get into fashion photography?
I have been in photography for 5 years now and I started in runway photography in 2009 at the Gold Coast Swimwear Fashion Week. At first I didn’t really understand fashion, but after my first few jobs I soon realized that shooting beautiful fabrics and eccentric colours really complimented the models, the location, and lighting which resulted in amazing photos.

What made you want to pursue photography and more specifically fashion photography?
Well it kind of runs in the family, my mother and grandmother are in the fashion industry. My grandmother was one of Australia’s leading designers back in the day. My cousin, Nick has also really motivated me to pursue photography and I have also had prior experience with graphic design.

What do you specialize in and what are your main clients?
I specialize in producing high end fashion lookbooks and editorial photos for designers, models and agencies. For my clients I aim to capture their story, brand and image so the photos exceed their expectations.

What are your future goals?
My short term goal is launching my new business called Hustle Brand. Hustlebrand.com.au will sell electric skateboards and must have gadgets. Skating has been one of my hobbies for years so it’s a logical fit for me.

Whose work has influenced you the most as a photographer and why?
I have been guided in my work by various mentors all over the globe. Nick Koudis my cousin is a digital pioneer and has been by my side through thick and thin.

Tell me about the notorious Le Truck?
Le Truck took two years to design and then another six months to build. It’s basically a media centre on wheels. It’s where we do make-up and editing and often ends up backstage at a lot of shows. The beauty of it is that I can drive it to just about any location and the processing is faster which means faster turnaround results, “you can also find more about Le Truck at www.letruck.com”

What publications have you been featured in ..?
I have had my work featured in many publications but I am most proud to have had my work published in Grazia France and Vogue Spain.

What was it like to shoot at Paris Fashion week?
It was definitely a challenge at first but I eventually got there. It was an experience I will never forget and has helped advance my career.

What is the best part about your job?
I would have to say working with a diverse range of business owners and creating amazing images and a functional workflow to suit their needs.

Check out Michael’s website at http://michaelgreves.com/ Or add him on Instagram to view his latest work @michaelgrevesphotographyaustralia
BRIGETTE
Katz Management

VITORIA
London Mgmt

Photography by Michael Greves
Today I sat down with the face of QT Fashion Week, Georgia Ansell, to find out a little bit more about the stunning blonde runway model.

Tell me a little bit about yourself and what you are interested in?

At the moment I am studying doing a Diploma of Events at Tafe on the Gold Coast. I have been on the Gold Coast for about a year and a half now and previously lived in Coffs Harbour. At the moment I am just really enjoying modelling and along with studying it is keeping me pretty busy.

What made you want to pursue modelling and how long have you been modelling for?

Well when I moved up to the Gold Coast from Coffs Harbour my mum mentioned it to me. We both thought it would be idea to send some photos around to a couple of agencies to see if they would take me to do modelling. So when mum finally sent some photos around, Katz were the first to eagerly respond and arranged an interview with me and I have modelled for them ever since. I have been a model for about a year and a half now, since I moved to the Gold Coast.

How do you find working with Katz?

Katz is a really great agency. Kathy is so lovely and all the girls that I have met from Katz as well have also been really lovely. When I started doing jobs for Katz I was able to form really great relationships with the other girls through various jobs.

So was Kathy from Katz the one to get you involved with the Face of QT Fashion Week competition?

Yes, Kathy was the one who mentioned it to me to enter into the competition.

How did you find QT Fashion Week and Awards?

Fashion week all up was a good experience. It was great to be able to meet and work with some amazing designers. Once it was finished I was exhausted as the week was so full on, but I am really glad I got to be a part of it and was able to do it with some really great people.

What did you think of the clothes and which collection was your favourite?

Loved the clothes! Some of my favourite designers were Talulah, Josh Goot, White Sands, Nicola Finetti and I really loved Ringuet’s collection.

What sort of feedback do you receive as a model?

The feedback I get is mostly from my agency, but it is always good to hear positive feedback.

Tell me about your future goals and where you see yourself going?

At the moment I am still trying to figure out what my long term goals are but next year I would really love to do as much modelling as I can and focus more on working internationally.

Is there anyone in particular who has helped you get this far in modelling?

Probably my mum because she is the one who got me into it in the first place.

Can you describe your own personal style?

I don’t really have a particular look or style, I just like to wear a variety of styles.

What are some of your tips for aspiring models?

To aspiring models, I say just get out there and stay focused on your goals in whatever you seek to do in the industry.
ASHLEE
Division Models

CHELSLEY
Viviens Models

Photography by Michael Greves
My Boutique

www.my-boutique.com.au

Be the real you

“I’m confident recommending IsoWhey Complete® to my clients.”

Zoe Bingley-Pullin, Nutritionist and Chef.

IsoWhey Complete® is a low-carb, low-fat formula boasting 15g of high-quality whey protein per serve. IsoWhey Complete® contains no artificial flavours, colours or preservatives, is low allergenic, and has the following key benefits:

- 15g of pure whey protein per serve
- 23 essential vitamins and minerals
- Prebiotic fibre Litesse®, probiotics and digestive enzymes
- Low in sugar, naturally sweetened
- Only 0.8g lactose per serve
- Gluten free

Available in Double Chocolate, French Vanilla, Strawberries & Cream, Banana Smoothie, and Classic Coffee.

www.isowhey.com.au

nicki derrick

French Inspired Australian Made
www.nickiderrick.com.au

ISOWHEY®
Weight management solutions.
Real Taste, Real Solution, Real Results.
A n exciting collaboration has arrived from the iconic denim brand, Levi’s, and the leader in print design and textiles since the late 1800’s, Liberty London.

In a meeting of the minds between the brands, Levi’s X Liberty London collection is made up of 15 pieces including the iconic 501 jean short, Trucker Jacket, boyfriend skinny jean, a bustier and a small collection of covetable accessories all featuring Liberty prints designed exclusively for the collection.

The Liberty fabric design studio visited their archives to create two exclusive prints for the collection with the hero print being named Carlin. Carlin, named after Levi’s designer Jenny Carlin, was inspired by a print in the archive from the 1970’s which was redrawn with watercolour pencils and put into a repeat design to create the painted, colourful and flowing floral print seen on the finished garments. The second print, Kerr Bandana, is floral and Pointillist in design and is inspired by a painting from the Liberty archive that dates back to the late 1940’s.

Carlin, Levi’s Senior Designer has said that “its been such an inspiring creative process to share our American heritage and perspective with this quintessential British brand to create a collection that is feminine and whimsical with a modern edge”.

While Managing Director of Liberty London, Ed Burstell has said of Levi’s that “working with the world leader in denim has opened up our print house to a new global customer. We are honoured to be the first brand Levi’s has partnered with on their women’s line and can’t wait to have the collection swinging in our store”.

Look for the collection at Levi’s stores worldwide

BY: Lisa Burness  lisa.burness@gcmag.com.au
YOUNG DESIGNER COMPETITION SHOOT

Sharnee Lambs dream is to become successful within the fashion industry. Her label, self-titled S H A R N E E creates high-end fashion pieces at an affordable rate, while still paying attention to the finer details. Her dream got a little bit closer when she came runner up in the first MMA Young Designer Competition. Her prize included a fashion shoot with a professional creative team. The S H A R N E E photo shoot was all about texture, layering and point of difference. It was created to inspire, excite and electrify its audience.
SHOOT CREDITS

Photographer- Emma Nevison- www.emmanevison.com
Hair & Make-up- Josleen Hawas- www.josleen.com
Stylist- Thea Rowan
Fashion Designer- S H A R N E E
Model- Provided by Mirror Mirror Agencies

Image 1
Necklace- Lambert Designs - www.lambertdesigns.co
Ring- Ruby & Prankstar- www.rubyandprankstar.com
Wrist wear-
Luke Mangan...

“He’s an Entrepreneur.. you have to be more than just a chef to become a successful chef these days, and you have to be media savvy, good on television.. You’ve got to have substance behind you, and he’s got substance.”- Sir Richard Branson

Welcome to the life of Aussie chef Luke Mangan, one of Australia’s leading food icons. Juggling multiple roles including internationally renowned chef, restaurateur, best selling author and business entrepreneur Luke is in high demand both here and overseas, but, like a lot of our home grown success stories Luke keeps his down to earth persona intact. His international portfolio has him owning and operating ten hugely successful restaurants and wine bars throughout Australia and Asia where he splits his time equally. For all of us budding ‘masterchefs’ in the making, taking a leaf from Luke’s book might prove highly beneficial, having cooked for the likes of Bill Clinton, Sir Richard Branson, Tom Cruise, Crown Prince Frederik and our very own Princess Mary. Luke may be the shining example of Australia’s culinary culture, but as we find out he loves nothing more than to come home to a relaxing Aussie BBQ.

With a reputation that epitomises culinary expertise and a world that revolves around food, where did all this food fascination stem from? Definitely from my mum! As a young kid I never liked school much but always enjoyed cooking with my mum. At the age of 15, I decided school wasn’t for me so I completed two weeks work experience at South Yarra restaurant Two Faces, under owner Hermann Schneider and haven’t looked back since!

Working under some of the most renowned chefs in Australia, this where you learnt the art of fine food? Absolutely, I was privileged enough to work for some of the best Australian and international chefs; Hermann Schneider, Michel Roux and Rowley Leigh. They taught me everything including discipline in the kitchen and realising that cooking is not a 40-hour a week job.

How does being a celebrity chef, who cooks for some of the biggest names in the world, compare to the days when you were just starting out.. Do you miss the anonymity?

I have had the privilege of cooking for the likes of Bill Clinton, Richard Branson and Princess Mary so it is definitely different from when I first started out, spending hours peeling potatoes in a hot kitchen – but everyone needs to start out somewhere! I do love being in the kitchen and I love the interaction with the chefs but I also enjoy being able to get out of the kitchen to say ‘hi’ to my customers.

You have an outstanding collection of achievements, awards and career highlights. If possible to narrow down, is there a favourite moment that best resonates with you? It would have to be 1999, when I opened my first restaurant, Salt. It was just before the Olympics, which proved to be great timing because of the promotion Australian tourism, including restaurants, were enjoying at the time. That was a fantastic time for me and a real defining moment in my career.

With your well recognised ‘Salt Grill’ and ‘Glass Brasserie’ restaurants and wine bars in Hilton hotels, Australia and various locations throughout Asia; your international portfolio of restaurants have quickly become well known fine dining establishments. So for all us budding entrepreneurs out there, what is your recipe for success?

I think our restaurants have always kept to the same philosophy; simple, fresh flavours using the best quality produce and ingredients, without following food trends.

‘The Making of a Chef’ is the title of your autobiography. What do you think draws people to the high intensity, fast paced lifestyles of elite culinary chefs as yourself? I started my cooking career at a time when chefs weren’t given the celebrity status that they are today. It was a hard slog and not your ‘nine to five’ job, but I think people are definitely drawn to the opportunities that can come with being a chef, it can really open doors to travel and work in some of the best restaurants in the world.

Not just a contributor to the kitchen, you also regularly assist with charities and foundations in...
need. We think it’s wonderful you’re using your celebrity platform to raise awareness and money to such worthy causes.

We always try to support our chosen charities and foundations as much as we can by way of dinner events, cookbook recipe contributions and raffle donations.

We have a great team of chefs and hospitality staff that really get behind these foundations too.

As if ten restaurants, producing best-selling books and charity work don’t keep your hands busy enough, you are also a business entrepreneur in your own right, this year launching the ‘Luke Mangan Providores’ and ‘Baby Bites’ ranges. What are these brands all about?

I developed the providores range so A can enjoy chef-standard products when cooking at home. We use this range every day at all my restaurants because it’s such a simple way to boost a dish. I’m passionate about developing products that turn a good home-cooked meal into a great one.

The providores range consists of locally sourced, cold pressed olive oils, vinegars, an extensive range of spice rubs, dukkah, relishes and mustards.

The newly launched Baby Bites range is a range of healthy meals for toddlers over ten months. It is the first fresh baby food range in Australia developed by a Michelin starred chef.

Feeding your children healthy, clean food gives them the best start in life. I appreciate that not everyone has the time to cook three homemade meals for their toddler each day. I also enjoy being home in Sydney, I love a Sydney summer cooking on my BBQ.

I am really fortunate enough to travel over 6 months of the year and with restaurants interstate and overseas I try to divide the time equally.

If you’re not cooking then I am out somewhere eating! I love to scout out new restaurants and try new places. It’s all about tapas and shared plates for me at the moment, it’s a great way to share a meal with friends and try lots of different things on the menu.

I think the key to delicious, healthy food is to try and have the best possible produce you can and to keep it simple – ingredients like fresh herbs and good quality olive oil can really make a difference to even the simplest of dishes. Always broaden your horizons with food and try new things and new ways of cooking them...

Sydney, Singapore, Jakarta, Gold Coast and Tokyo are just some of the locations of your restaurants. You must be working up some serious frequent flyers points! Where do you like to spend most of your time?

I couldn’t pick just one place; each city is great for different reasons. I love the dining scene in Singapore, there are some great international chefs opening up some amazing restaurants but I also enjoy being home in Sydney. I love a Sydney summer cooking on my BBQ.

I am really fortunate enough to travel over 6 months of the year and with restaurants interstate and overseas I try to divide the time equally.

Sydney, Singapore, Jakarta, Gold Coast and Tokyo are just some of the locations of your restaurants. You must be working up some serious frequent flyers points! Where do you like to spend most of your time?

I couldn’t pick just one place; each city is great for different reasons. I love the dining scene in Singapore, there are some great international chefs opening up some amazing restaurants but I also enjoy being home in Sydney. I love a Sydney summer cooking on my BBQ.

I am really fortunate enough to travel over 6 months of the year and with restaurants interstate and overseas I try to divide the time equally.

I think the key to delicious, healthy food is to try and have the best possible produce you can and to keep it simple – ingredients like fresh herbs and good quality olive oil can really make a difference to even the simplest of dishes. Always broaden your horizons with food and try new things and new ways of cooking them...

What is your advice about how people can become better in the kitchen, helping to ensure they get enough nourishment and vitamins from their food?
Luke has been kind enough to provide us this lovely recipe

Stuffing
4 slices white bread, diced in 1cm cubes
1 tbsp dried, fried onion (found in Asian Grocers)
2 tsp Luke’s Provencal Herb Mix or (equal measures of thyme, sage, parsley, rosemary and chives)
50 ml of milk
1 egg
5 ml (1 tsp) lemon juice
Salt and Pepper

Ingredients
1 whole fresh, free range chicken size (1.4-1.6)
Sea salt and cracked pepper
1 tsp Luke’s Provencal Herb Mix or (equal measures of thyme, sage, parsley, rosemary and chives)
3 tbsp extra virgin olive oil
1 cup chicken stock
2 tbsp dry white wine or verjuice
12 chat potatoes (baby potatoes)
6 acorns or baby squash
12 peeled baby carrots
6 baby turnips
150g whole, peeled shallots or baby onions
8 garlic cloves, peeled
12 button mushrooms
1 bunch green asparagus

Method
Preheat the oven to 215˚C (420˚F)
To make the stuffing, place all the ingredients in a large bowl and mix well with your hands.
Stuff the chicken cavity with the mixture.
Season the chicken with the salt, pepper and herb mix and place in an ovenproof baking tray, breast-side down.
Drizzle the olive oil, chicken stock and dry white wine or verjuice around the tray and roast for 20 minutes.
Add the potatoes, squash, carrots, turnips, shallots and baby onions and garlic around the chicken.
Cover the tray with foil and return to the oven to roast for a further 30 minutes.
Remove the foil and turn chicken breast-side up.
Add the mushrooms and asparagus, and then baste the chicken and vegetables and cook, uncovered for a further 20 minutes until the juices from the bird run clear.
Remove the baking tray from the oven.
Transfer the roasted vegetables onto a platter.
Place the chicken on top of the vegetables and cover loosely in foil to keep warm, allowing the chicken to rest for a few minutes to ensure a juicy, evenly cooked bird.

Sauce
2 garlic cloves, crushed
1 tomato, seeded and diced
1 tsp plain/all-purpose flour
½ cup white wine
1 cup chicken stock

Method
Make sauce using the roasting juices from the baking tray.
Transfer the baking tray onto the stovetop and fry the garlic.
Add the tomato.
Add the flour and fry a little.
Add the white wine and the stock and bring to the boil.
Leave to simmer for 7-10 minutes, season to taste and strain into a sauce jug.
Serve the chicken and vegetables with the sauce on the side.
Today we chat with two time Australian Ironwoman champion Courtney Hancock after her recent victory.

SO FIRST OF ALL HOW WOULD YOU DESCRIBE YOURSELF IN A FEW SHORT WORDS …?

Lover of life.

WITH SUCH AN INTENSIVE OCCUPATION YOU MUST HAVE TO REMAIN MOTIVATED AND DEDICATED AT ALL TIMES WHAT IS THAT MOTIVATING FORCE FOR YOU ….?

Absolutely. If you aren’t motivated or have the right amount of dedication, you are never going to do those little extras, for example train as hard as your body can go; and most importantly, you will never be the best athlete you could possibly be.

SO FAR IN YOUR CAREER WHAT WOULD YOU SAY HAS BEEN YOUR ULTIMATE HIGHLIGHT …?

This is a hard one to pick. I have been so blessed to of had so many amazing moments in my career. Such as winning this years Australian Ironwoman title is such a stand out to me. It had been such a hard season for me to get through, as my life was very up and down with some things. So to finish on top like that with one of my best races yet, I could not be more ecstatic.

It has been two weeks since that win and I am still bouncing around and with my winning grin still plastered to my face :)

AND HEADING INTO A COMPETITION WHAT IS YOUR PREPARATION LIKE AND WHAT’S INVOLVED?

Well for starters my emotions are very on edge about week out from competition; I am very sorry to my family and boyfriend for that.

Around a month out I very focused on eating plenty of good foods: such as pasta, fruit, veggies, rice and of course, drinking plenty of water. I also ensure I am consistently getting good night sleeps, incorporating stretching into my daily routine, checking in with my physio at “Surf life physio” at least twice a week and most importantly, chilling out and not thinking about the race ahead. I never think of the race or what result I want. I just focus on getting myself the fittest, healthiest and strongest person I can possibly be on that start line. It’s then up to my body and mind to do the rest.
HOW IMPORTANT IS THE SUPPORT OF OTHERS IN YOUR SUCCESS ...?

If I didn’t have the support of my amazing family, friends and boyfriend, there is no way I would ever be where I am today. They are my rock and have been there for me through the amazing races, and the not so amazing ones. They all mean the world to me and have been there every step of the way. Their belief in me is phenomenal and it is such an unbelievable feeling after winning, seeing my family with such proud smiles.

AND WHAT IS NEXT FOR YOU ...?

Well at the moment I am in my “off season.” So I’m off to Hawaii soon for a whole two weeks, YAY! However, after this little holiday, I will be straight into training for the Gold Coast half marathon; which I am lucky enough to be an ambassador for. I am also working on some new designs for my swim wear range “Kozii Courtz”, which I am very excited to launch. After this, I will back into training for the iconic event, the “Coolangatta Gold.” I am quite a busy person, but I love it so much and I could not be more thankful for the life I have.

TIME FOR A PLUG -

A day in the life of my sponsors and I:
I wake up at 5am, get ready for swim training, put on a pair of my Kozii swimwear, pop on one of my Tara wolf bracelets, make an Endura choc shake, place Willi thongs on my feet and then jump into my Skoda Yeti car (thanks to James Frizelle).

Straight after swimming I put on my ISC compression pants to assist with recovery, eat my Kelloggs Nutri Grain and do some updates on my website www.courtneyhancock.com.au

For my afternoon session, I pack my Xcel board, Gibbons ski, Bennett ski paddle, Oakley sunnies and my hot pink Newton shoes. I’m then set to head off to Northcliffe Surf Club for a tough training session.
TOP NEW ALBUMS

DAFT PUNK - RANDOM ACESS MEMORIES
Daft Punk’s first single “Get Lucky” featuring Pharrell Williams & Nile Rodgers rocketed to #1 in 46 countries around the globe including the US, UK, Australia and France. RANDOM ACCESS MEMORIES also hit the number 1 spot on iTunes in Australia off the back of the release of “Get Lucky” So imagine what is to come with the release of the new album set for this month www.randomaccessmemories.com

SHOCKONE - UNIVERSUS
ShockOne is back in storming form, with his killer debut album: ‘Universus’. Karl Thomas released his first EP as ShockOne in 2009, which featured the smash hit: ‘Polygon’ and the experimental Dubstep anthem: ‘Adachigahara’s Theme.’ Since then, he has been behind a string of successful singles that have seen Beatport and iTunes number ones, For more information head to www.onelove.com.au

BLACKCHORDS - A THIN LINE
The Blackchords Release Their second album A Thin Line which follows on from the group’s debut it’s more ambient, more electronic, yet pulsing with energy. Recorded in the Yarra Valley and with help from renowned producer David Odlum (The Frames, Gemma Hayes, Josh Ritter, Luka Bloom) Blackchords crafted their strongest musical statement to date. http://shop.abc.net.au/products/blackchords-a-thin-line-cd

MELBOURNE SKA ORCHESTRA - DEBUT ALBUM
After more than a decade of sold-out shows and electrifying festival appearances the MSO has come together to produce a different kind of record. Their self-titled debut showcases the versatility of a genre that has influenced some of the most venerated names in music, from Bob Marley to Gwen Stefani www.melbourneskaorchestra.com

JIMMY EAT WORLD - DAMAGE
Jimmy Eat World will release their seventh studio album ‘Damage’ on June 7th 2013. ‘Damage’ is the follow up to 2010’s critically-acclaimed ‘Invented’, and the first release on their label partner RCA Records. ‘Damage’ was produced by Jimmy Eat World and Alain Johannes (Mark Lanegan, Chris Cornell) and recorded in Autumn 2012 at the producer’s Los Angeles home www.jimmyeatworld.com

ANDREW STOCKDALE - KEEP MOVING
Andrew Stockdale is the front man, singer, riff maestro and prolific song writer of Wolfmother. His songs, recordings and performances have been the soundtrack to millions of folk’s festival experience and He his here with Keep Moving - the EP, the Album and the Tour! www.andrewstockdale.com for info
BELIZZA
MAKEUP
makeup for every occasion

www.belizzamakeup.com
enquiry@belizzamakeup.com

Green Spark
ELECTRICAL & SOLAR
0414 352 982

PAUL CAISLEY
ELECTRICAL CONTRACTOR
paul@greensparkelectrical.com.au
www.greensparkelectrical.com.au

Tired of having too many chargers and not enough power points?? CALL US NOW!!

Get these new Power Points with built-in USB charging ports for your iDevices and other phones, navigation, camera's, etc... and free up the other 2 sockets for general Electrical plugs!
Only $88 inc GST Installed Each!
CALL US NOW to arrange a time to have these installed in your home!

DO YOU NEED ELECTRICAL WORK DONE IN YOUR HOME OR WORK?

CALL YOUR LOCAL GOLD COAST ELECTRICIANS!
WE DO ALL ASPECTS OF ELECTRICAL WORK:
*ENERGY EFFICIENCY *SAFETY SWITCHES *RENOVATIONS
*SWITCHBOARD UPGRADES *EXTRA TV & POWER POINTS
*OFF-PeAK HOT WATER & POOL CONNECTIONS (Up to $350 in Energex Rebates Available) *L.E.D's *NEW HOUSES
*EXTRA LIGHTS & SWITCHES *REPAIRS & ALTERATIONS

HAVE A LOOK AT OUR SOLAR POWER SPECIALS:
2kW GERMAN SMA SYSTEM $3999 inc GST INSTALLED
3kW GERMAN SMA SYSTEM $4999 inc GST INSTALLED
4kW GERMAN SMA SYSTEM $5999 inc GST INSTALLED
5kW GERMAN SMA SYSTEM $6999 inc GST INSTALLED

CALL US NOW!
0414 352 982
BORDERLINE TATTOOS
1716 GOLD COAST HWY BURLEIGH HEADS
075576 4538
tim@borderlinetattoos.com.au
FOLLOW US ON FACEBOOK