

Take it from The Femme Lens.



Connected Women are Strong Women

A profile on Nerida Bint. Who is she and why do we need to know her name?

How Far Have We Come?

Are we missing something from our screens? Do we see an accurate representation of female voices in filmmaking? This takes a deep dive into the film industry.

A Queer Look at the Future

In talks with Timberlina, we got his perspective on the queer community and all things comedy and the future.

Our Ultimate Choc Fudge

Carefully curated by the 'Clean Kweens,' this is one of the easiest and healthiest ways to cure that sweet tooth you've been craving.

Holistic Healing

Why does wellness actually mean? This article takes a look at holistic health and all things natural. Featuring local naturopath Georgia Hartmann.

THE EMPOWERMENT ISSUE

NOVEMBER '21

Contents

01

On The Cover

4

Connected Women Are Strong Women - A profile on Nerida Bint.

8

The Ultimate Choc Chunk Protein Fudge Recipe.

10

How Far Have We Come - a spotlight on the film industry.

16

A Queer Look at the Future - in talks with local Drag Queen Timberlina.

20

Holistic Healing - How being in tune with our body makes us stronger.



The Three C's

Confidence, consideration and compassion are the focus of this month's health and beauty piece. This looks at all things natural and holistic for a chance to reset.

The Origins of Betsey Johnson

We take a trip down memory lane of fashion designer veteran Betsey Johnson. How she got her start and what makes her designs unlike any others.

What's Hot in the Office? November '21

Wait where did Gladys Berejiklian go?

Did ABBA who took a short (kind of long hiatus) just return with new music?

Astrology November '21

Whether you're on the cutover for your birthday or rather just celebrating those post-lockdown feels. Here is your guide to this next month of your star sign.

02

Featured



Nerida Bint



Bridgette Glover and Lara Simpson



Timberlina and Georgia Hartmann

THE
EMPOWERED
WOMAN

Editor's Letter

You know that thing that you imagine yourself doing. If you could choose a job where you are like 'yes that is for me and i will love it.' Well that is what this magazine is like for me. I never saw myself working under

anyone. I have my passions and my ambition and I know what I want and working for a business I knew would not feed that drive I have to produce something solely my own. This is my baby and as the first issue my readers mean the absolute world to me.

*“I don't know a woman
alive who isn't courageous “
- Reese Witherspoom*

I want this to be a place for anyone. The mag will be filtered with real life girl

bosses who are kicking goals in their industry and are genuinely happy in what they do. There will be a mix of fashion and styling, health and beauty, photography, entertainment and all things feminist based.

When starting this magazine it became clear to me that feminism as a whole is not just one big topic with one perspective. It lives in a

grey area and the opinions and ideas surrounding the topic are interestingly diverse. This is a place to discuss, learn, read and interact with a world that you might only ever dabble in.

The state of the world that we are in right now is less than desirable. There is no doubt about it but there are some silver linings and that is where this mag comes in handy.

Continue through the magazine, and I hope you enjoy. Sending all my love,



Char Lloyd

Editor-in-chief

CONNECTED WOMEN ARE STRONG WOMEN

You hear her before she's seen; always busy, darting from meeting to meeting. She is Nerida Bint, but everyone calls her Nez. Nurturing at best, tough at worst. Many talk of impromptu one kilometre runs at the end of their class if someone has done something wrong. Out of the goodness of her heart of course! The place is scattered with girls coming and going. A young girl, no more than 25 leaves, exhausted while another arrives, hurrying from work, a quick change of clothes, a change of mindset and she's a different person. No man in sight. This is Lissome, Nez's women's only gym.



As you enter the premises you will not see your reflection because no mirrors can be found, only equipment. A rig much taller than the average person sits in the middle of the shed; racks of barbells and weights can be seen in the distance. Woman of all ages, being coached. An intimidating venture for a first timer, intimidation quickly leaves at the sight of a young child running from a room to the right. A woman grabs her three-year-old, lifting her off the chalky floor. Upstairs kids scream beckoning for attention. A woman assures those below that their kids are fine, safe in a fun environment as their mothers get some well-deserved time to focus on their health.

It sits in the industrial area of Carrington, Newcastle. A minute sign hangs on the corner of the road, hoping for those to follow it onwards. Nez, the owner, and founder of this gym that can also be found in Maitland, has created this space for woman of all ages, sizes and backgrounds. A safe space for women wanting to improve their fitness while being supported by a local community. The word 'community' is part of Nez's daily vocabulary. It resonates as she tries and many would say successfully creates a group that is based on acceptance, understanding, and being heard while taking the focus off fitness.

"I'm the only gym owner you'll ever hear that says I really don't care about getting people fit and strong. I really don't. Lissome is so much more than that...The gym is just a vehicle for us to come together...I want people to know they belong to Lissome no matter what," says Nez.

Neric Bin

Her inspiration: 12 years ago, Nez entered a CrossFit gym, excited at the prospect of getting stronger, healthier, and more confident, only to be insulted and dismissed.

A look up and down, and the comment, ‘Darlin this isn’t for you,’ left a lasting effect on her. But rather than being dismayed, it was the impetuous to build a healthy lifestyle that does not focus on the number on the scales but the way we feel.

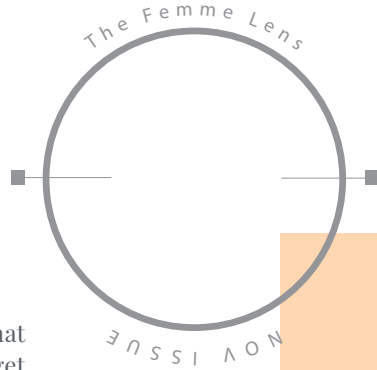
“It’s everyone’s responsibility to curate a diet that is healthy. That doesn’t just mean food, that means what you take in, in the way you look and read and listen.”

At almost 40 and 7 years on from opening Lissome Nez will be the first to say she is not the fittest she has ever been. But by taking the spotlight away from being ‘skinny,’ Nez claims she is happier, healthier, and more in tune with herself than she’s ever been. ‘When there is a focus on learning and being consistent’ she claims, ‘the rest just goes away.’

“We need to shift our focus to who do we actually want to be. If I died tomorrow, how do I want to be remembered. Do I want to be remembered as the girl who had a cool thigh gap, or do I want to be remembered for who I helped, what I did and what I contributed to my community?”

The Three C's

Confidence, Consideration & Compassion



How often do we focus on what everyone sees and dress and get ready accordingly, Hours are spent doing make up, skincare, hair, fake tanning, using techniques that will make us feel good and most importantly impress others. But is this where our focus should lie. It's all well and good to use these techniques for yourself and yourself alone, making you feel confident and building your self-esteem is always a plus. But there are so many more techniques we can use to make ourselves feel better, without focusing all our attention on how we look from the outside.

Loving Yourself Sick

So many of us put little effort into our appearance and looks that we often leave the house feeling deflated and with extremely low self-esteem. Yet the same can be said for those who do put copious amounts of effort in. Spending their mornings making themselves look their best, but with this also making no change in their self-esteem. And there is a reason for this.

When we take part in these actions it can feel like we're conforming to society's expectations of what we should look like. So by approaching your morning (and nightly routine) in a much more holistic way this can be avoided. Not doing the things you enjoy doing like a bold eyeshadow is where most go wrong. By wearing clothes, make up, whatever it may be, in a way that makes you feel confident and doesn't come with any expectations is the key.



“Taking pride in your body and your appearance is a beautiful thing.”

- Zoe Foster Blake-



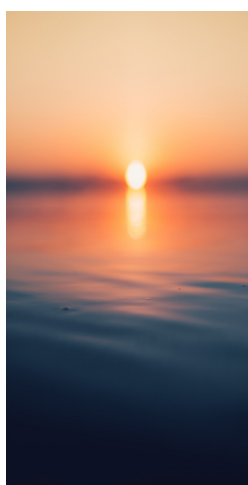
Do we have enough Vitamin D? Probably not

Vitamin D is that much loved thing that we get from the sun. Not only does it help our muscles to stay strong and healthy, it also our best friend for all round health.

While this is all well and good, research has shown that we're lacking in it. Back in 2016 there was an study published called 'Sunlight Effects on the Immune System,' which basically comes up with some reasons as to why we might be lacking in some tan lines this summer. Telling us that UV radiation while essential for energy light and warmth is also causing us into an immunosuppression, a defective immune response that affects the skin primarily thereafter triggering the whole body.

However, there are people more susceptible to this deficiency such as those with cultural dressings, or even obesity. But there is a fine line between being low in Vitamin D and faring dangerously close to those UV rays.

The easiest way to fix this is by knowing how much sun we need by our skin type and sticking to it. The fad of tan lines is on it's demise and slowly but surely we are putting our health first.



Making Complimenting the S*** out of someone norma

Sometimes it's hard to receive a compliment and even harder to give one out. It has become the norm to see someone's outfit and either 1. judge it or 2. love it and not say anything. You may think it or you might even say something to a friend but there is a kind of joy that comes from both giving out a compliment and receiving one.

If you see someone with skin that is glowing, a nice haircut or style, or a pair of shoes that you just love, ask what she uses, where she goes, how does she do that. This is a surefire way to build you know-how and a way to boost someone's confidence which, let's be honest, we all need!

The Ultimate Choc-Chunk Protein Fudge

Newcastle-bred Dietitians and best friends the 'Clean Kweens' are the ultimate go-tos for anything sweet, gut friendly, and drool worthy with the sweet kick we all want. And these are next on our list.

Abbey and Lily both from different places across Australia met at Newcastle University, the rest is history. But now they run a successfully instagram page that talks all things health, eating and how to manage this in a consistent and balanced way. Now working together on the coast, Abbey and Lily use their instagram @clean.kweens to inform their friends and followers of their latest homemade recipes, from savoury to sweet these girls have it covered. And if you're one for a sweet tooth craving, this is the recipe for you.

Ingredients:

3/4 Cup of smooth peanut butter

1/3 Cup of melted coconut oil

1/4 Cup of Naked Harvest Choc Swirl protein (or equivalent)

2Tbs honey/rice malt syrup

1/3 Cup of desiccated coconut

1/3 Cup of choc chips

Method:

1. Combine PB & coconut oil in a mixing bowl.
2. Add all remaining ingredients & stir to combine.
3. Line a small loaf tin with baking paper or glad wrap.
4. Pour mix in & sprinkle with any left over choc chips.
5. Place in the freezer for a few hours to set!
6. Enjoy!!!!





How Far Have We Come?

A Spotlight on Women in the Film Industry

Margot Robbie. Isla Fisher. Nicole Kidman. Rebel Wilson. Naomi Watts. Samara Weaving.

Cate Blanchette. Rose Byrne. Asher Keddie. Toni Colette. And I could go on. These are some of the women who have forged forth to leave their mark on the film industry, both within Australia and beyond. These are the names we hear and love but is women's visibility on screen just as visible off camera? So often women are stereotyped in film roles but the same can be said for women working in other roles in the film industry.

Australia is taking strides to create space that gives opportunity for women to pursue films that often offers funding systems for female creatives to fight the gender gap in

the industry. For years the male dominated the cinema industry has created a female narrative that inaccurately represents women. Consequently, from speaking on taboo topics to directing major blockbuster films, women are using the platform to mainstream the universal women experience. Independent cinema and the Melbourne's Women's Film Festival are fighting to close this gap which support women filmmakers and helping fellow creatives find a career in film. However, 'The Boxed In' study from 2017-18 shows that from the top 100 grossing films women only represent 8% directors, 10% of writers, 2% of cinematographers, 24% of producers and 14% of editors.

PhD student at the University of Newcastle Bridgette Glover, has used both her master's and her PhD to analyse women's visibility in the film industry and in particular the stories that women are telling. The Bechdel Test looks at three rules that a film must follow. There must be at least two women in the movie, those women must talk to each other, and the conversation must be about something other than a man, and many films are yet to pass this. Lara Simpson, an Honours student working alongside Bridgette says.

“By placing women in small parts who are only capable of talking about men, the film industry renders women invisible.”

One of the taboo topics Bridgette has been researching is menstruation on screen. From 2015, television specifically has made waves to tell these stories in a more graphic way. Previously, scenes of women experiencing menstruation were dominated by a traumatic first period symbolising transformation into a woman, following which, it once again becomes invisible.

“We're kind of just scratching the surface because we could have had decades where we could have looked at menstruation and just didn't and it's done a lot of damage. And it's really emphasised the stigma that surrounds it,” says Glover.

So, are we now doing enough in front of the camera to present relative topics through an authentic female lens, fostering an arena for female creatives behind the camera?

In Lara Simpson's opinion, "The Australian film industry is slowly but surely fighting the gap for equality, however again there is still a fight left to be had. I am excited for the future of film and the kind of stories that will get to be told. I really encourage all female filmmakers to find confidence in themselves and continue to make amazing art."



LET'S LOOK AT THE STATISTICS



8% of 10% of writers
2% of cinematographers
14% of 24% of producers
editors 8% of directors



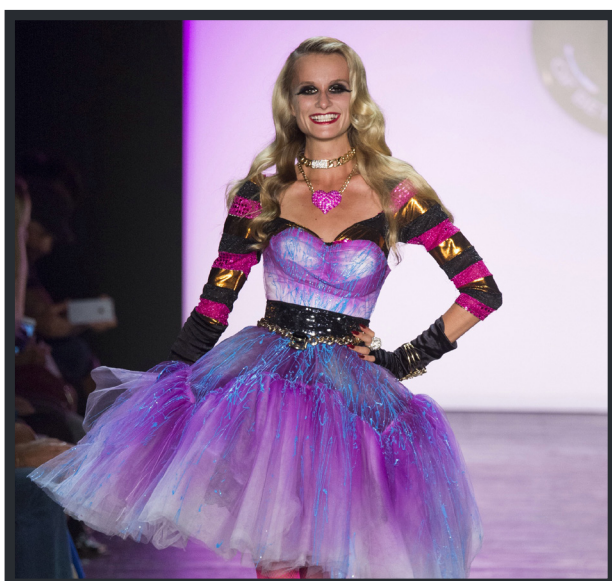
An Empowered Woman



The Origins of Betsey Johnson

Considered one of the most influential fashion designers who came to prominence in the late 70's. Designing garments that are both 'over the top' and embellished, this brought a revival of punk vs feminine fashion.

Johnson's 50th Anniversary Fashion Show of Spring/Summer 2016.



Johnson's 50th Anniversary Fashion Show of Spring/Summer 2016.



Johnson's 70th Birthday Fashion Show 2012 'BesteyMania.'

“Hard
times
always lead
to
something
great.”



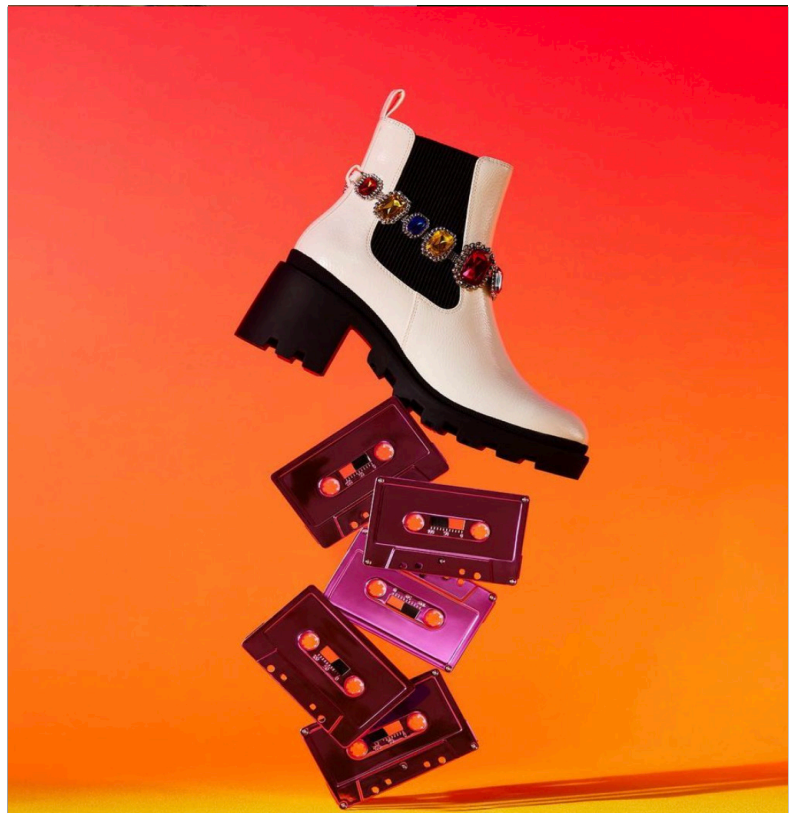
PHOTOGRAPHED BY ALFAN STUDIO
STYLED BY GEUPAP TEAM
ART DIRECTION BY KAMPRETCO INC

Betsey Johnson’s start came from being 22 and working as a ‘guest editor’ in the fabrics department of Mademoiselle’s. This came from winning a summer scholarship that would unknowingly but soon enough lead to something bigger.



Often described as “pretty and punk” Johnson’s work is unique at worst. This aesthetic almost takes a signature look at pop culture mixed with high femininity. The idea of contrasting tulle with some animal print is one of the lesser extremes that could be taken in Johnson’s work. Sweet and Salty. Sugar and Spice. A mix of a good girls kiss mixed with poison.

As a way to make money while having ties to paying rent, Johnson decided to make an extra stream of income by designing women’s tops. Becoming more confident in her designs, Johnson



wore them to work. After a customer saw the designs and asked where she could buy them, that was it. When a sweater of Johnson’s was put on a mannequin, actress Kim Novak wrote requesting one, Johnson put a simple handwritten note in the parcel. “XOXO, Betsey.”

In 2002 Johnson was inducted into the Fashion Walk of Fame and the rest is history. Today Betsey Johnson has taken a hiatus from designing after her 2010 Spring/Summer Ready-to-Wear collection. Once a pioneering designer, Johnson is an experience veteran of the fashion world, making waves still with her designs today.



A Queer Look at the Future

Newcastle's very own drag queen Timberlina talks all things queer, comedy and the future in this exclusive interview with Charlotte Lloyd.

If you are going to 5 Sawyers, on Newcastle's Darby Street on a Thursday night, you are in luck. Timberlina's Drag Bingo is a regular occurrence, full of music, laughs and sexual innuendos. Unsure of who I am talking about then let's backtrack. At the age of 12 a boy moves to Newcastle from the outskirts of Dubbo and as of four years ago has built his name as one, if not the biggest, drag queen in the region. Although still technically classified as a 'drag baby,' this feels far from the case.

Tim uses regular events, such as getting vaccinated, as an opportunity for Timberlina to show her face. He says 'she is just a hyper version of Tim. And she just gets away with a lot more things.' As a member, advocate and creative of the queer community Timberlina is continuing to make strides in the Hunter and beyond. In the last four years of being active as a queer member, Tim says he's finally starting to see some changes.

"I feel like now more than ever, we're all connecting because everybody will be like 'Oh you're Timberlina' which is great but then they are also supporting the queer community and normalising that stereotype of a drag queen..."



Coming from a small central western town near Dubbo, Tim talked about the lack of diversity and acceptance that there is in comparison to a region such as the Hunter. While still classified as a regional city, Newcastle seems to be, from a queer perspective, helping step the area out into normalising drag. From starting in Newcastle to travelling to small regional towns, one way Timberlina uses connection is through children.

“Kids are taught to be rude and disrespectful...So I feel like acceptance for them, they don't care who you are, what you're wearing, as long as you're being nice and accepting them for who they are, they're gonna love you no matter what,” says Tim

While not always seen in a feminist light but represented as a female on stage through drag feminism and the queer community both advocate for marginalised groups. In a way Timberlina pushes the rights of the queer community just as a feminist would and this is what

Tim explains to be the basis of what he does.

“I guess I use my show to educate people and I will always say that.”

(Tim)berlina, an influence both on and off stage says that one thing he always does is to step back and ask, ‘Can I do better?’ ‘What is my end goal?’

When asked about what is something that he keeps with him, something that would hold up throughout his whole experience as a cis gay male, the words simple but true are universal.

“Don't let other people change what you do. Just keep doing what you're doing.”

“My end goal is to always entertain and make people laugh...People take life too serious so if I can make people laugh then I've done my job.”



What's Hot in the Office

Taking a look back at some of the most talked about things this month from, celebrity gossip to skincare, we've got you covered.

Something so many of us have been waiting for is finally here. Sex Education season 3 has been released on Netflix...need we say more. Returning to Moordale are the likes of Otis Milburn, Maeve Wiley, Eric along with all your favourites. Leaving us on a cliffhanger last season, this season is sure to take us on a ride full of unexpected highs and lows, within a short 8 episodes.

One of the most talked about taboo-crushing TV shows this speaks about things we can all relate to and in such a funny way, you'll be wanting more...trust us! But remember, don't watch it too quick, because there is still another year around the sun until season 4.

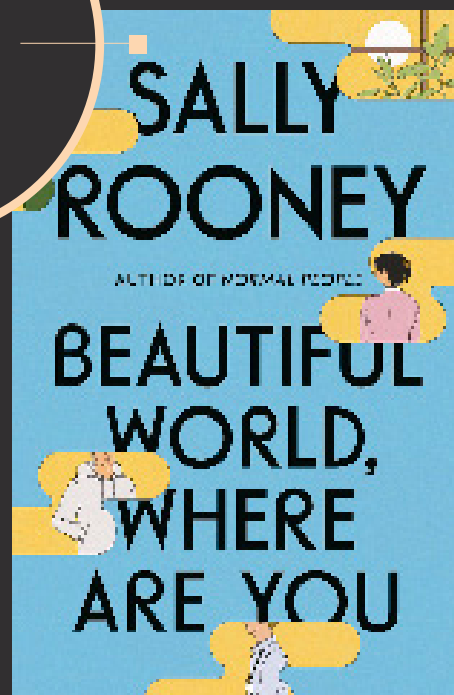
BELOW The much anticipated release of Sex Education Season 3



RIGHT Tanya Burr's all-new range, Authored. Tinteed Moisturiser



Let us just do a rewind to the YouTube days of 2013. Someone you haven't probably heard in a while is Tanya Burr. After a sudden break up and a few years pursuing acting, she has just brought out her new skincare range, Authored. The range although simple is all we really need, including a tinted moisturiser, mascara, lip balm and brow gel. Plus it's vegan, climate neutral and cruelty free.



LEFT Author Sally Rooney's new release 'Beautiful World Where Are You.'

'Beautiful World Where Are You,' where do I begin? Described by many as 'effortlessly realistic' and a book you 'can't put down.' While some say Rooney's books are frustrating at times, but the character dynamics, however awkward articulates the characters and our own thoughts surrounding social issues. With a rating of 4.5 stars this is a must read which following on from 'Normal People' sounds about right.

what's hot



LEFT: 70's pop band ABBA's new single cover for 'I Still Have Faith In You/Don't Shut Me Down'

'Dancing Queen,' 'Fernando' and 'Gimme! Gimme! Gimme! (A Man After Midnight). Did you ever think you'd see the day when 70's pop band ABBA would be back, releasing new songs? We didn't! So that's why the new singles 'I Still Have Faith in You/Don't Shut Me Down' were a big surprise.

Influenced greatly by both the break-ups within the band, many of ABBA's songs speak from personal experience and these are no different... Sure, they're not classics, but it is a nostalgic trip that just adds to the diverse range that they can produce Surprising considering their small (rather large) hiatus. Listen to them enough times and you'll be jamming for sure.

"My resignation as Premier could not occur at a worse time, but the timing is completely out of my control"

Gladys Berejiklian

A shock has stirred the state after NSW Premier Gladys Berejiklian has resigned after an investigation into a potential preachment of public trust over her relationship with former MP Daryl Maguire.

Berejiklian led us through the devastating bushfires of 2019/2020 and through the pandemic that started in March of 2020.

The resignation has had mixed opinions. Some that believe in Berejiklian say she shouldn't have resigned. 'This wouldn't happen to a man.' Or is it time to acknowledge that resigning was the right thing to do and emphasises that we need to raise the bar for accountability in politics to ensure both men and women are held to the same standard.

BELOW: NSW State Premier Gladys Berejiklian has resigned following an ICAC investigation following her ex-boyfriend and their involvement during 2018.



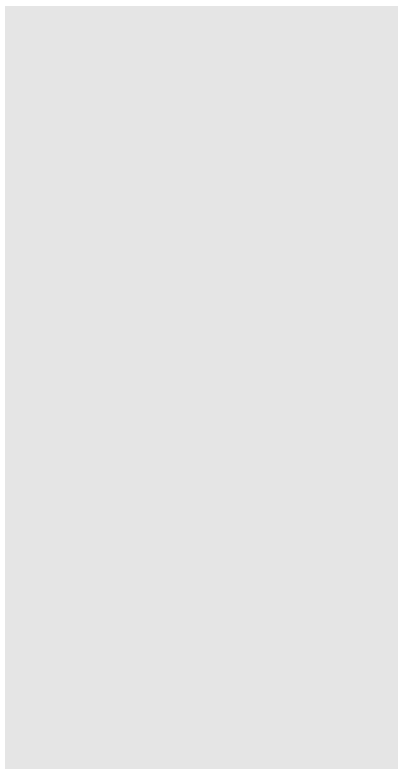
in the
office?

Holistic Healing

How being in tune with our bodies makes us stronger

Do we really know what is happening inside our bodies and do we really care? If we aren't sick, then why do we need to take anything? But if we were to look inside our bodies and analyse our habits, some would say otherwise. For so long, traditional medicinal practices have been known and trusted and still not much has changed, except for one thing.

Naturopathy is a holistic approach to health and has been emerging as a highly regarded way to think and treat our bodies, with or without an official diagnosis. The idea of becoming more conscious of our bodies and systems may be true but without observing this critically and learning about our individual characteristics, how do we really understand them.



Georgia Hartmann, a local Hunter-based naturopath specialising in women's health and fertility is making this mindset more available.

As well as the obvious impacts of the pandemic, Instagram has acted as a game-changer for her now virtual business and for many is a high driver of revenue and allows quick interaction between her target market. Similarly, Instagram itself is used not only for businesses but as a spreader of opinions, perspectives both professional and personal, and while this is needed, it also causes major hinderances. For Georgia, as someone who specialises in mind, body, and spirit, this is her biggest paradox.

4 Simple steps for natural wellbeing

- 01.** Exercise to make yourself feel better, not for punishment.
- 02.** Listen to your body. When you need to rest, rest.
- 03.** Take time to stop and reset. Even just a 5 minute meditation.
- 04.** Eat a rainbow of foods to fuel your body.

Audiences are quick to consume the good and the bad with little filter, but Georgia has a similar mindset to Nez, describing this as your 'diet.' A new term that looks not directly at what you consume nutrition wise but, what you watch, listen, read and the people you surround yourself with. Being mindful of your 'diet' has become a holistic way to stay grounded and to understand what is going on physically, emotionally, and spiritually.



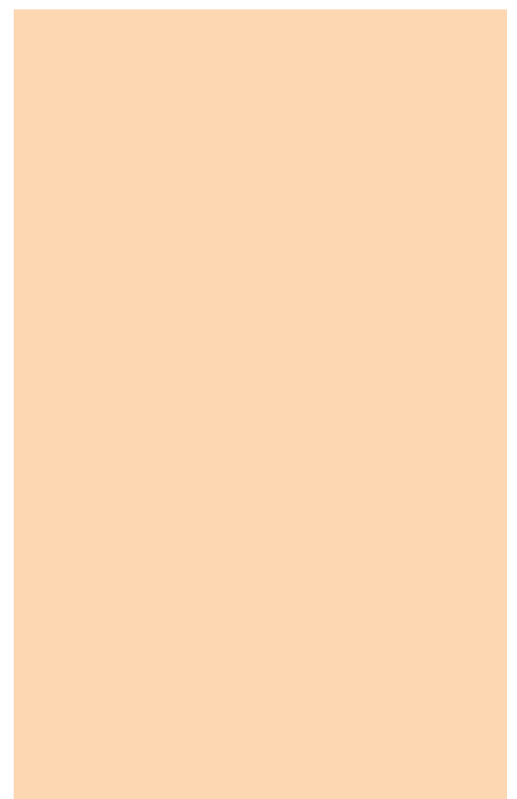
As a specialist in holistic women's health Georgia's focus is educating women on their hormonal habits and cycles.

"We often are not taught about our bodies in-depth and by the time we reach our 20s or 30s we are so out of touch. It is important for me to educate women so they can be empowered to get back in the driver's seat and take control of their health," says Georgia.

A massive issue that is seen every day in her clinic is women being uneducated on the risks and realities of hormonal health and ovulation.

"Throughout our teens we are taught to fear pregnancy. Comments like 'whatever you do - don't get pregnant have helped perpetuate this. However, what we aren't taught is that you're only fertile for 6 days of your cycle. Or that you only have a 20% chance of conceiving each month...education is what's missing from women's health."

As a naturopath Georgia is passionate about providing women with the tools to understand all aspects of their health, to look at the big picture, as she says that 'we cannot simply think of an isolated symptom and treat it; we need to step back and think about the body as a whole and treat it thereafter.'



Astrology

November 2021

Aries

The focus of November for you is to focus on the mundane aspects concerning your everyday life. In these areas you will quickly learn new skills and find opportunities in unexpected places. Do not fall back into auto-pilot this month Aries. You could be pleasantly surprised by the results.

Pisces

Your emotional state during this month may not be what you expected. The experience of mood swings is one we can all relate to. Make sure to feel your feelings both joy and sadness without trying to push past being in the moment. Mindfulness this month will be a big decider in how these feelings rule your life.

Taurus

You may be tempted this month to finish all your activities and responsibilities early in preparation for a much needed rest. It can be easy to hide away from the hustle and bustle outside, but it is important to put all your efforts into these tasks in order to completely enjoy the holidays.

Gemini

This is a time for you to slow down and pay attention to the new found free time. This will be a good time to devote your time to family and friends making memories that have so long been lost. Make sure to savour this time with those you love most.

Cancer

This month will push you out of your comfort zone but it shouldn't lead you to discomfort. This is a time to check in with how you view the world. Getting to know new places, traditions and cultures can lead to unexpected places. Use this time to shift your mindset off yourself and onto others.

Leo

You may find yourself in a somewhat state of limbo, a waiting period. This will give you more time to care and worry for the loved ones that surround you. When you're constantly thinking about other people it's hard to feel sorry for yourself. You may feel unsure of this, however, you only need very little to be happy.

Virgo

Your professional life is going to get a look in this month Virgo. This may be an area of your life you haven't paid much attention to recently. You need to look at what needs to change or stay the same, what could be the reason for disappointments? In saying this, it is important to not make any drastic changes to this area of your life at this time.

Libra

This month there could be a change in your behaviour and this could awaken some instincts. Do not immediately act on these thoughts. This is merely here as a refresh in order to take a deeper look into what you really want out of life. Take advice from those around you to avoid causing further consequences.

Scorpio

This month could lead to you becoming more social and hospitable than usual. This is not something to be afraid of. This could take you on many adventures with those close to you while also having unexpected experiences. But be prepared to have a lot going on this month affecting both your energy and money.

Sagittarius

You may need to feel the need to prove yourself this month both in your personal and professional life. You will show your true colours while representing where you stand. You are not one to make promises you can't keep so make sure to stick by this mantra this month. It could help you in the long run.

Capricorn

By taking big strides at work, this month will be a very successful for the professional life of a Capricorn. Some of the questions you have been pondering thus far could see their resolve which will settle your uneasiness. Be open-minded to these changes and remain objective. This is the best outlook to have in a work environment.

Aquarius

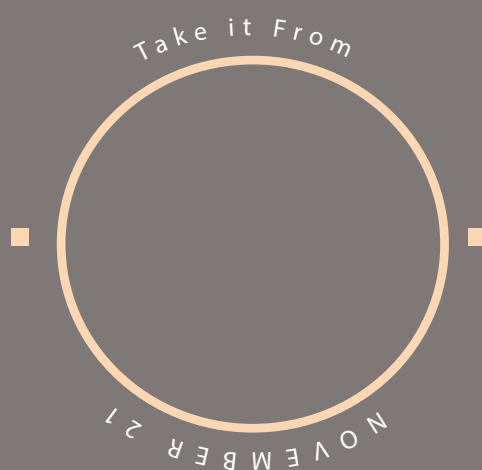
Alike Capricorn this month, some uneasiness surrounding some recent thoughts will see their resolve. This means both the good with the bad. It is important that from this you ask for help when you need it. You will have to prove yourself a little to the people who are willing to help. This requires your responsibility and trustworthiness.

When you notice all the beauty there is in the world you are recognising the beauty that is within you.

For you could not see it without being it. ”



The Femme Lens.



AVAILABLE

IN-STORE AND
ONLINE.