

THE *Curves*® MAGAZINE

diane

AUSTRALIA | NEW ZEALAND | SOUTH AFRICA

WINTER 2007

SOUP TIME
QUICK WINTER
WARMERS

HOT STUFF
TAKE THE
HEAT OUT OF
INFLAMMATION

SMILE
it's a great
tonic

CURVES MEMBER
Sue Eastcott
"Curves saved me"

THE
power
of friends

SUPPORTIVE
CONNECTIONS

WALK TALL AND
COMFORTABLE



Soul Singer

TEXT: LOUISA DEASEY

One of Australia's most beloved singers, Kate Ceberano, has been performing since the age of 16. Maintaining longevity in a business where many rise fast and fall faster, her rule has been to follow her heart and not her head.



With a voice more soulful than mainstream pop, Kate has always valued personal ownership over material success at the cost of self-determination. Eschewing the money in favour of freedom kept her safe from being forced to lose eight kilos and train the soul right out of her voice, a decision, she says, which later saw her oscillate from certainty to “what have I done?” when the financial pressures arose.

But her star did rise—and on her own, unique terms. With a lust for life and creative passion which has seen her perform roles as diverse as *Jesus Christ Superstar*, recording

in Paris and New York and teaming with the West Australian Symphony Orchestra, Kate's magnetic personality has led to a career which plays to her strengths. She has been nominated for ARIA awards seven times—a figure only Kylie Minogue can match—and it seems they both have a less musical passion in common.

In between her recent win on *Dancing With The Stars*, coaching ex-Olympian Daniel Kowalski in *It Takes Two* and the release of her latest album, *One Lime Avenue*, Kate has recently taken up the role of Victorian Ambassador for the National Breast Cancer Foundation.

Kate took a moment out from her hectic schedule to chat to *diane*...



The passion Kate has shown for her music is reflected in her enduring success...

Daughter Gypsy is an important part of Kate's life and the pair spend much time together.



diane: There are more than 70,000 charities in Australia, all desperately vying for celebrity endorsement. Why did you choose to become the Victorian Ambassador for the National Breast Cancer Foundation?

KATE: I like to be as involved as I possibly can in causes I feel strongly about. The National Breast Cancer Foundation has a whirlwind bunch of people who really get things done. The research they have been doing is getting real results and they are successful at getting the message out there. I have personal reasons for supporting the cause and the individual I support is proud that I can use my platform to help others...that makes me happy!

diane: You had an unusual upbringing, growing up in a bohemian household with your grandma, mother and you in the same house. Now with your husband Lee and your daughter, Gypsy, you share a house in Melbourne with your mum, don't you? Some would see this as unusual too.

KATE: Yes. Gypsy actually completes a "trinity" for me that was actually a little lost when my grandmother passed away, because there had always been in my house three women. My "trinity" (my grandma, mum and I) were fortunate enough to respect and agree with a lot of ideas about life. It made for a very secure place from which you could launch off without fear

of failing. I've seen a lot of artists succumb from fear of failing, and I've been lucky to have that female strength behind me which has helped me avoid that.

diane: What is it about music that inspires you?

KATE: I think it's actually more about the "performance" for me. The music becomes the catalyst, the "excuse" to communicate at high voltages! I've always loved the soulful, passionate divas—Kate Bush, Nina Simone and Grace Jones. I was obsessed with flamenco music for a time, and had my friends over for flamenco classes!

diane: You've always loved dancing! Tell me about *Dancing with The Stars*? (Kate won the second series of *Dancing With The Stars*). And now *It Takes Two*? What prompted you to explore these projects?

KATE: I had a positive experience on *Dancing*, much more than I had expected to. I loved it but also I received a lot of support and encouragement from women who felt that my image was helping them to feel more confident about themselves.

It was inspiring them to contemplate doing things they wouldn't have done, i.e. dance lessons, dressing up, or new mums wanting to get back into the game again... all great stuff! That made me feel good.

With *It Takes Two*, the shoe is on the other foot and I'm able to help Daniel to have a positive experience (which he is having and I'm stoked for him). As an Olympic athlete the idea of having fun in competition was an anomaly.

diane: You've reached success on your own terms, and enjoyed what many would call an unconventional path to success...Tell me about your proudest achievements.

KATE: The choices I've made instinctively have led me to live a less structured career. This has sometimes been to my financial detriment, but always to serve an artful goal. I have been able to drift to wherever my imagination wanted to go...film, theatre and, of course, rock'n'roll.

RCM INTERNATIONAL/GETTY IMAGES

Breast Cancer

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FACTS: Breast cancer is the most common cause of cancer for Australian women following non-melanoma skin cancer. One in 11 women will be diagnosed with the disease before the age of 75.

The survival rate is on the increase, due to increased media attention and subsequent research funding, early detection and more self-monitoring. According to the NBCF, from 1994 to 2003 the breast cancer death rate declined by an average

of 2 per cent a year. The five-year relative survival rate for Australian women with breast cancer during 1992-97 was 84 per cent, an improvement of more than 12 per cent from just a decade earlier. Research into the disease is coming up with some interesting clues, but it seems the danger period is for women between the ages of 50 and 69, the period in which 48 per cent of diagnosed breast cancer cases fell in 1999.

Source: www.nbcf.org.au

LIFESTYLE: Factors such as not smoking, regular exercise and a healthy diet appear to have an impact on the disease, with a new study published in the Archives of Internal Medicine revealing that vitamin D and calcium may play a role in the disease. After a study of more than 31, 000 women aged 45 or older, it was revealed that pre-menopausal women whose calcium intake was in the top 25 per cent were 39 per cent less likely to develop breast cancer than those with the lowest intake. Intake of vitamin D in the top 25 per cent reduced breast cancer risk by 35 per cent. Vitamin D and calcium are both found in dairy foods such as milk, cheese, yoghurt and butter.

I don't feel I have been stereotyped by any of those experiences and because of that I feel free. I've often felt like a character from a Fellini film—dramatic and often surreal.

One of my most recent experiences (which in a wacky way has been my favourite to date) was dancing on television...go figure! The more surprised I am by my own commitment to things, the more satisfying the experience.

diane: Who inspires you, and why?

KATE: My grandmother, because she had the ability to see the best in anyone and could grant people the right to be themselves ... even when they were being irrational. Ultimately, tolerance and acceptance inspire me.

diane: What is your attitude to your own health and your body?

KATE: I believe illness can be precipitated and prolonged by a depression of the mind. I think that I'm not the only

one that agrees, including doctors.

I actually see it very clearly in children, considering there are bugs left, right and centre to pick up, every day their immunity being tested, but it's only when my daughter Gypsy is tired or misses either mum or dad, she's unstable and more likely to catch something. This is something I have observed happen more than once. On the other side of that, when things are all in good order and Gypsy is happy and secure in her surroundings, she appears immune to most things.

diane: Did you ever doubt you would be successful? How did you stay "up" when you were quietly slogging your way to the top?

KATE: I suppose my goal has never been to be "successful", just as my goal has never been to make money. These things are the spoils of hard work and progress. I love what hard work does for my morale; I am just as prone as

the next girl to depressions, but I feel that energy toward some known goal is a cure that I can be responsible for. I know that when I put my mind toward something, there is little that can get in my way. It's like my own personal game with myself.

In fact, just this last week I observed Daniel (on *It Takes Two*) do something that I'm so familiar with. He set up diversity to overcome, i.e. his song was extremely tough and very personally challenging. He was struggling through the week with his confidence about it. When he finally overcame the fear and just did it without fear of the consequences, he was elated.

It's exactly that philosophy that inspires me to challenge myself and outdo my own expectations. It's a quiet, internal game, hard-core but necessary to feel that joy of accomplishment. I suppose what I'm saying is that the only way out is through, and that's what becomes the addictive part of creation. ●