

# OH!

ISSUE 9 OPTIMUM HEALTH

## magazine

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# KATE CEBERANO

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# KATE CEBERANO

## IN HER OWN WORDS

*Toni Krasicki catches up with Aussie superstar Kate Ceberano, to chat about her impressively enduring and acclaimed career.*

**"N**othing was as intoxicating as being on the Brooklyn Bridge where they stopped all the foot traffic just for me – I will never forget that walk and looking at New York and thinking 'I own this place'.

That was two decades ago, but Kate Ceberano retells her experience when filming the QANTAS commercial (I still call Australia home) with such enthusiasm, that I'm not surprised she identifies it as 'one of her career highlights'.

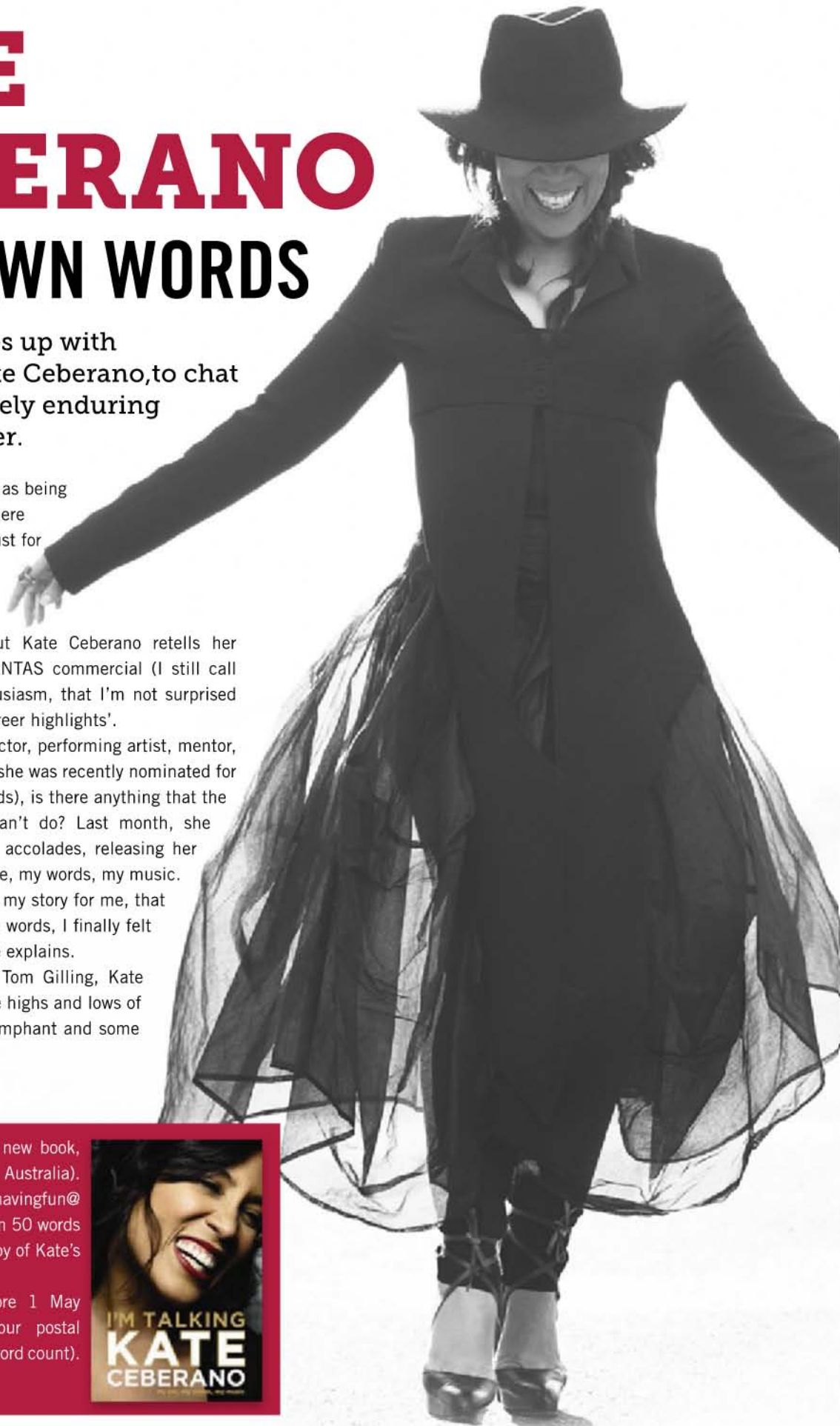
Singer/songwriter, musician, actor, performing artist, mentor, Artistic Director and fashionista (she was recently nominated for the InStyle Women of Style Awards), is there anything that the multi-talented Kate Ceberano can't do? Last month, she added author to her long list of accolades, releasing her autobiography, *I'm Talking: My life, my words, my music*. 'I have had so many people write my story for me, that by doing it myself and in my own words, I finally felt like I own my own life again', she explains.

In collaboration with author, Tom Gilling, Kate tells her warts-and-all story of the highs and lows of her incredible journey, some triumphant and some

### ★ PRIZE ALERT!

Win a copy of Kate Ceberano's new book, *I'm Talking* (\$32.99, Hatchette Australia). To enter to win, email [havingfun@ohmagazine.com.au](mailto:havingfun@ohmagazine.com.au) and tell us in 50 words or less why you want to win a copy of Kate's tell-all book.

Entries must be received before 1 May 2014 and should include your postal address (not included in the 50 word count). Good luck!





TONI KRASICKI

quite traumatic. 'He [Tom] is a great researcher and unearthed a lot of buried bones that I had well forgotten about. The bones he delivered were in all sorts of decay and some held meat that I thought... you know, I sort of wanted out when that started happening,' she says. 'I looked at all the things that I took up, some were very uncomfortable and some very private but I wanted to open up a discussion'. She refers to the book's inclusion of her first sexual experience, likening the whole event as something out of Puberty Blues.

Has this made her a fiercely protective mother to ten-year-old daughter Gypsy? She says by sharing her experience it's a reminder of the importance in knowing where your children are and that 'shit

### LESSER-KNOWN FACTS ABOUT KATE



The recording of her performance with John Farnham in Jesus Christ Superstar went platinum four times.

#### Her top ten hits include:

- 'Trust Me', 'Do You Wanna Be?' and 'Holy Word' (I'm Talking)
- 'Bedroom Eyes' and 'Pash' (solo singles)

#### Her tally of awards include:

- 2 Countdown Awards,
- 3 ARIA Awards,
- 3 MO Awards (for jazz),
- Outstanding Achievement in the Arts in Asia Award,
- 3 People's Choice Awards and a Logie (for most popular music video).

... *'Having written the book, it will make it much easier to get on with what I want to do, and that is to make music.'*

happens' to all of us, regardless of whether we are good or bad people.

Warm and exuberant, Kate is not one to dwell on regrets or grievances, preferring to take a didactic approach to past experiences. Her 'beyond-all-dreams' kind of life is more than a kid from suburban Melbourne could have wished for. Describing herself as a 'simple child with no huge aspirations', she grew up on a diet of musicals featuring Gene Kelly, Ava Gardiner, Shirley McLean and Barbara Streisand. Coming up-close-and-personal to international musicians in the 80s during the Countdown era was a turning point, when aspirations became possibilities and then opportunities.

'The fourth wall disappeared and I didn't just aspire to become it I just went "oh, I'm going to do that"', she says, 'Then when I got the opportunity, someone said "there's a field, start running," and I just never stopped!'

Fronting the funk band I'm Talking at the tender age of 14, what followed was a career spanning 25-years, and one that has produced more than 20 albums. Her 21st and the first original material in 10

years, Kensal Road, was released in 2013. 'This album was very liberating for me because it got me back to writing my own material. Then when I went on to tour it, I had a different sort of set up where I was playing drums and was very much a part of the band'. In addition, two aspiring performers joined the tour, enabling Kate to don her mentoring cap as she helped promote and support the girls, passing on valuable performance skills.

When her three-year tenure as Artistic Director at the Adelaide Cabaret Festival ends this year, Kate will hand the reins over to Barry Humphries. The festival, now in its 13th year, was an opportunity for Kate to combine her passion for performing, with curating some incredible talent to produce diverse world-class programs. Her involvement has also ignited in her, the desire to write shows and become more involved with musical theatre. 'There's been many things I have been allowed to do that have given me the opportunity to give other people gigs', she says.

Discussing her stint on Dancing with

the Stars in 2007 (DWTS), Kate

confesses she relished the opportunity to build on her Flamenco dancing skills and perform. Having the endurance for a two-hour gig is quite different than the five-hour training sessions that were required for her to win the DWTS title. She says that playing the drums and simultaneously singing at the top of her voice is where she gets her workout these days.

What about healthy eating? Her lifelong pledge is to eliminate processed foods from her diet. Gone are the alcohol and cigarettes, and next on the agenda is sugar, with the aim to eat whole and organic options whenever possible. 'Most people may think it's a crock of crap and they're entitled to their opinion. But for me, I'm more into what's going to happen to my body in the next 30 years'.

So, when the dust settles after the book promotions and the Adelaide Cabaret Festival winds down, what's next for this enduring and endearing artist? 'I suspect I'm going to be asked to speak to a lot of different people about how to follow your dreams. I just think that's the essence of the book. But, otherwise, I'm going to travel and do some significant butterfly catching. I just want to go into this next phase of my creative career studying my art or getting more involved.' **OH!**