

EST. CA

ESTABLISHED CALIFORNIA

**M O V E
M E N T**

ISSUE #2



ESTABLISHED CALIFORNIA / ISSUE #02

We believe, no matter where you call home, you should:

BE ESTABLISHED. LOVE LIFE. LIVE CALIFORNIA.

Established California was created to encourage a community of people to share their own personal Golden State of Mind.

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The sun asks not that the moon and the planets help brighten each day but relishes her role as keeper of the light and a bringer of the dawn.

Movement. In our body, in our mind and in the world. The breaking of stagnant energy to promote a change in surrounding and encourage new ideas and life to thrive. This last year has truly tested our emotional and physical lives in ways we have never experienced before. We were forced to slow down. Isolate. Social distance. Get online. The everchanging circumstances of an external world reacked havoc on our internal worlds.

The first reaction when our bodies sense chaos is to go into flight, fight or freeze. We tense up. We pull away from our relationships. We feel overwhelmed and discouraged. But what happens when we choose to lean into it? Find ways to ground ourselves and remain fluid and continue the dance with life. Go into nature and stand in awe of all her complexity

and simplicity. Have you ever noticed how loneliness seems to melt away when you stop to watch a sunrise?

We've spent a lifetime idealizing the individual. Seeking independence and as a result, felt isolated and alone. Suffering happens when we lack a sense of wholeness within the world, but we are never alone. The sun feeds us with light, the trees provide us air to breathe and gravity holds us in a loving embrace.

So let's dance. Let's flow. Let's soak up every moment we possibly can. You see, we were put on this earth for the sole purpose of being *amazed*. It's our Spiritual responsibility to give thanks everyday and to keep the whole thing shimmering.

EDITOR'S NOTE

Lindsay Vacc





THE FLOW STATE

FLOW CAN ONLY ARISE WHEN ALL OF OUR ATTENTION IS FOCUSED IN THE PRESENT MOMENT AND IN ORDER TO FOCUS OUR ATTENTION ON THE PRESENT WE MAY NEED COMPLETE EXERCISES TO HELP TRIGGER A FLOW STATE BY GUIDING OUR ATTENTION TO THE HERE AND NOW.

I was sitting on an airplane, enroute to Cairns, to embark on a two week diving trip on the Great Barrier Reef. I had recently received my scuba diving certification, after going through a pretty rough patch of “burn out”, so I thought a two-week trip would be the perfect reset for me. Every time I would sit down in front of my computer to create something new - i just couldn't. I was blocked but being underwater felt likt the perfect escape from my screen(s).

“When I'm under the water and observing the massive amount of diversity and life, it's amazing.” I told to the woman sitting next to me. “It's quiet. It's peaceful. I can be completely present in that moment, aware of every breathe and thought. I'm inspired. But

then, I surface and it's just back to the noise and the to-do lists and burnout.”

“It sounds like, when you are diving, you're in the flow.” she said. “It's the place within ourselves that allows for creativity to move through you. You become one within the world around you. You just need to find how to tap into that mindset in other ways.”

I walked away thinking about this idea of tapping into Flow. How could I access that feeling I feel, under the water, on land and trigger a flow state. Turn out there are many ways to focus our attention to the present. The following are some of my favorite ways I've discovered to keep moving forward when you are feeling out of sync with the world.

A black and white photograph of an underwater scene. The top half is bright, suggesting sunlight filtering through the water. The bottom half is dark, showing silhouettes of coral reefs and several fish swimming. The text is overlaid on the bright, upper portion of the image.

Immerse yourself.

i never quite understood the ocean until
i became witness to her wild
complexities.



SOCIAL EXERCISES

- Try making your group interactions more positive; a positive approach can encourage a feeling of togetherness. Say “Yes” to that new challenge and revel in it.
- If you feel your skill level isn’t where it should be in relation to a task – practice! With familiarity comes confidence.
- Take calculated risks and push your abilities to the very limit.
- Be aware of the group goals, familiarize yourself with what is expected of you from others and focus on playing your part as best you can.
- Speak up! If you are hesitant to voice your opinion or convey an idea – go for it. The elevated risk level of taking yourself out of your comfort zone is an effective flow trigger.
- Listen! Try to engage fully in the moment by giving companions your undivided attention.

CREATIVE EXERCISES

- Try taking a different approach when tackling a new challenge, really stretch your imagination, think outside the box and look at problems from a different angle than you would normally.
- Raise the bar for yourself – allow yourself to believe you can do better. When you achieve your latest goal, set another!
- Take a risk and trust that you will succeed – when you take a chance and it pays off, you encourage more of the same. Successfully tackling a problem nurtures your confidence, allowing you to believe in your abilities.
- Immerse yourself in situations that would ordinarily be outside of your comfort zone, the unfamiliar encourages us to see things from a different perspective and come up with solutions we may not have previously considered.







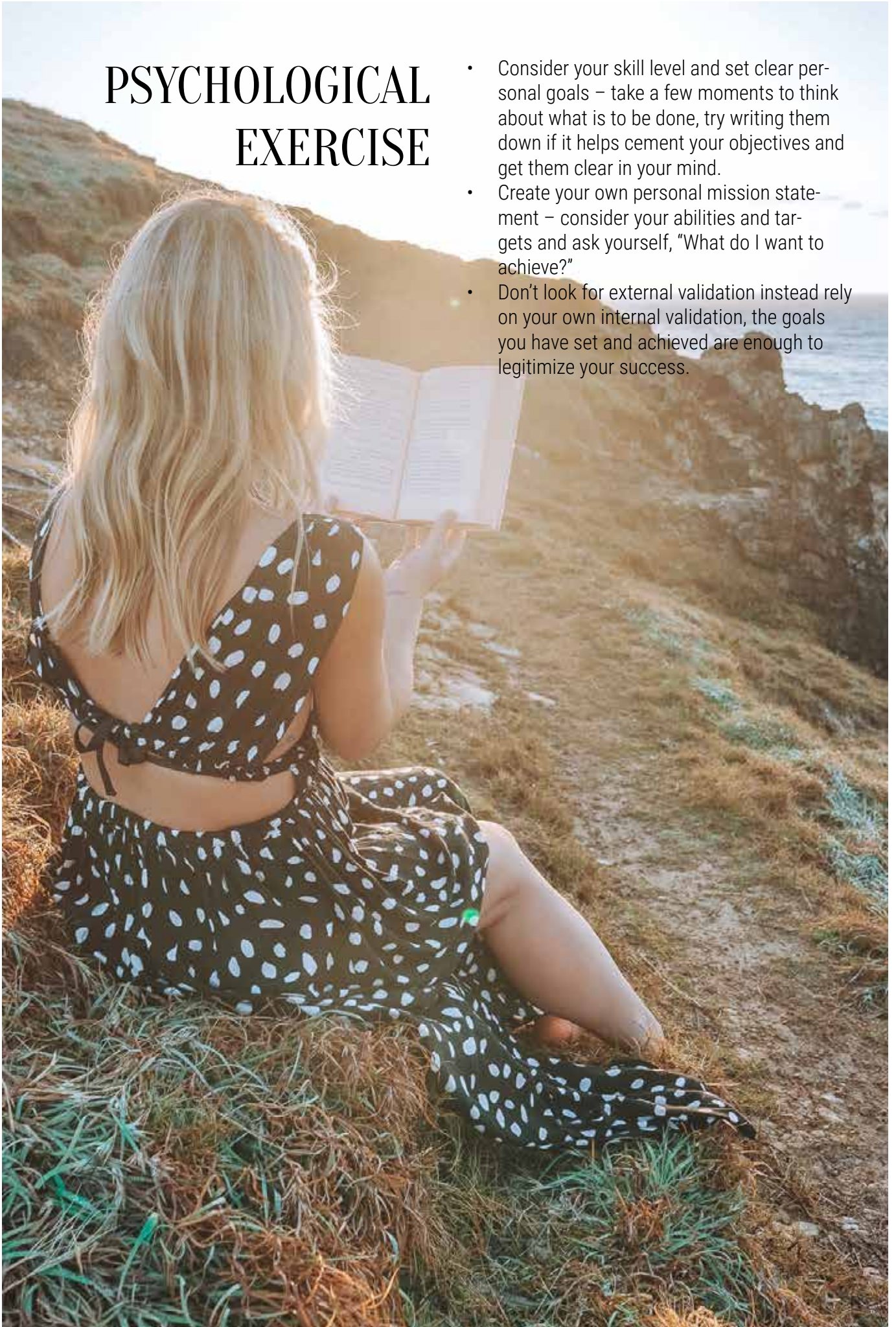
Play.


We don't stop playing because we grow old;
we grow old because we stop playing.

George Bernard Shaw

PSYCHOLOGICAL EXERCISE

- Consider your skill level and set clear personal goals – take a few moments to think about what is to be done, try writing them down if it helps cement your objectives and get them clear in your mind.
- Create your own personal mission statement – consider your abilities and targets and ask yourself, “What do I want to achieve?”
- Don’t look for external validation instead rely on your own internal validation, the goals you have set and achieved are enough to legitimize your success.



- 
- Immerse yourself in new experiences and environments – unpredictable situations make us pay more attention to what is happening in the moment. Why not try playing a new sport or joining a social group either online or within your local community?
 - Take part in activities that have high consequences for you personally – whether they are emotional, intellectual or social risks, try pushing yourself to achieve things you never thought possible. Never took part in a marathon before? Sign up! Too intimidated to speak up in that meeting? Clear your throat and go for it!
 - Take a walk – remove yourself from the familiar and immerse yourself in nature. Be mindful of your own body and movements to encourage complete physical awareness.

ENVIRONMENTAL EXERCISES



Walk barefoot.

“Adopt the pace of nature,
her secret is patience”

Ralph Waldo Emerson

*A Golden State of Mind
is in those who
search for it.*




FIND YOURS.

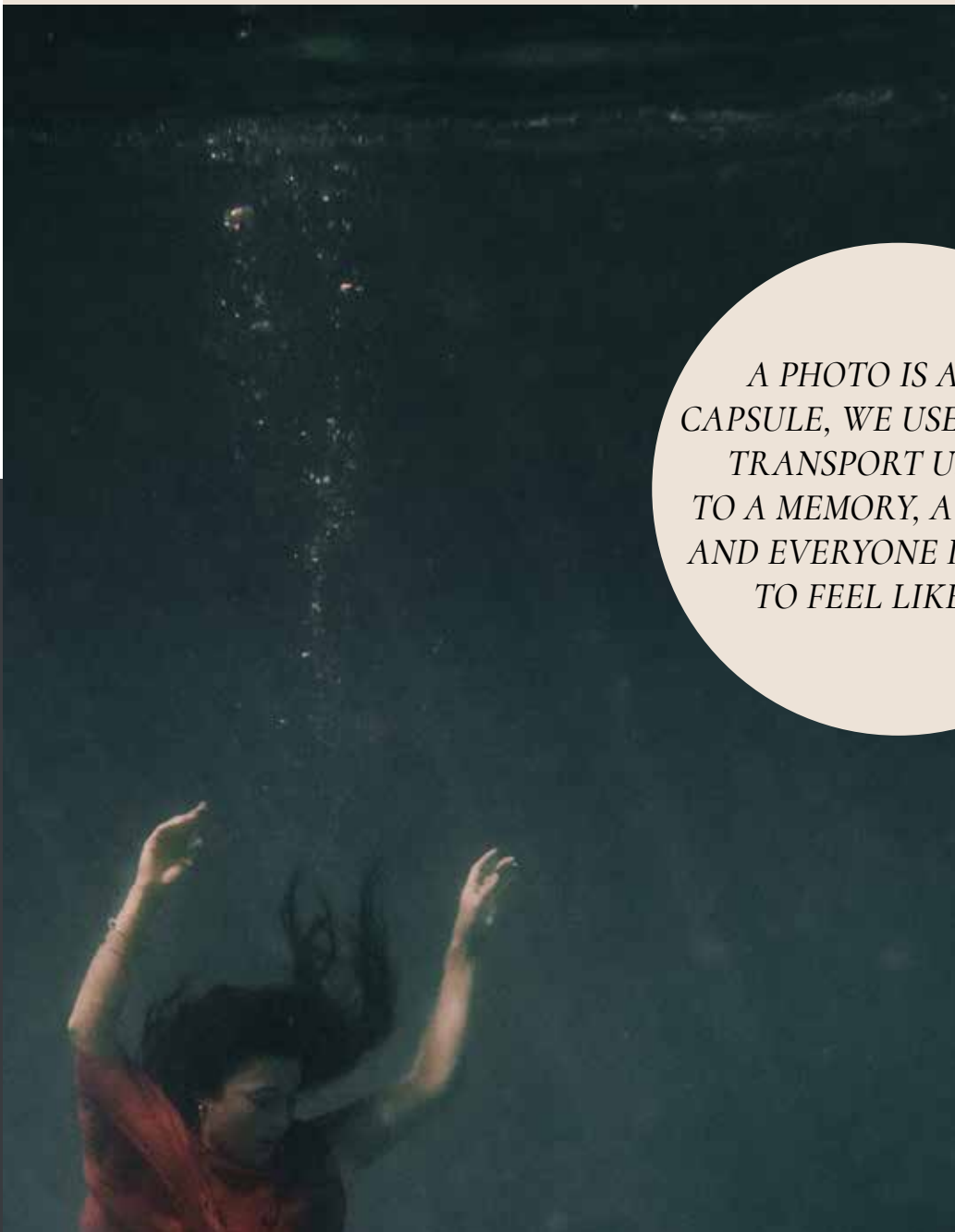
Photography | By Damon Lobie



WHEN YOU'RE A *photographer* INTERJECTING YOURSELF INTO SOMEONE'S *orbit* YOU HAVE TWO OPTIONS: BE A *fly on the wall* OR INTEGRATE. I CHOOSE TO *integrate*. THROUGH MY *conversations* WITH PEOPLE I HAVE BUILT AN *incredible* COMMUNITY THAT I *love*.



A PHOTO IS A TIME CAPSULE, WE USE THEM TO TRANSPORT US BACK TO A MEMORY, A FEELING. AND EVERYONE DESERVES TO FEEL LIKE ART.



Q&A: JESSIE MCCALL

What's a typical day look like for you?

Not sure I really know what a typical day looks like. For me typical is anything that lasts longer than a month for me. A piece of my morning routine I can't live without is my matcha. I have a little routine with collagen powder and matcha and oat milk. No matter where I am or what I'm doing I do my best to have slow mornings to get my bearings.

What keeps you inspired?

Working with new people and constantly trying to change at least one variable in my shoot routine. Sometimes if my go-to variable change isn't working then I like to travel to somewhere new and shake up my surroundings.

What advice would you give your 16 year old self?

Stop worrying so much about guys - they will notice you in a few years and the thrill of it will never be as great as finding acceptance and love for yourself and all your messy tendencies.

What's one thing that most people don't know about you?

I'm pretty transparent on my socials, I feel like 95% of my life is available to be public knowledge. I'm tiny, 5'1 - that doesn't always come through in my photos. Driving in unfamiliar places makes me nervous. I still get anxiety on flights. I was single for 8 years in my 20's.

Favorite thing about California?

The landscape. The weather. The dry heat in the foothills in the summer. The crystal clear river where I grew up near Tahoe. California is my childhood memory, the environment that raised me. No matter how volatile the fire season gets, I keep coming back for more. Deep down CA will always be my first love. Also my parents still live there so that's a big part of why I keep coming back for more.



What's the most memorable moment you had while traveling?

Dancing to "Love is All" by Tallest Man on Earth on the top of Machu Piccu Mountain with my sister. It was my first time traveling abroad and I was terrified heading into that trip and it ended up being an incredibly formative adventure that would shape my 20's

A close second is being on tour with Gregory Alan Isakov in Europe in 2018. I'm a big fan of his music so to be in these incredible venues day in and day out listening to the band soundcheck, roaming the streets of Paris or Edinburgh with the guys. Not much tops the intoxicating experience of rolling off a bus in a new city every day with a group of strangers that then become your friends.

What's one thing you found challenging but eventually overcame?

Moving to Australia was pretty challenging at first. I really didn't want to leave the US, my community, my family, my cats, my house - but decided to move over to Oz for the summer and to nurture my relationship. Then the pandemic happened and my 5 month plan has turned into a 15+ month plan. But there's been a lot of trial and adjustment both in finding a happy medium in my relationship and in where we've chosen to live in this fine country. I've started to build community here, an online business, we moved to a climate that I love vs the big city hustle. Everything is starting to come together now. People told me it'd take a year but I've always been impatient.

Beyond that the self discovery journey can be pretty challenging at times. Definitely haven't overcome my demons but I am learning how to live with them and provide them space when they rear up and need attention. Moving from denial and shame to a place of comfort and acceptance. The more I lean in to who I am, the more I am okay with my edges, the more they naturally begin to soften.

”

THE MORE I LEAN IN TO WHO I AM, THE
MORE I AM OKAY WITH MY EDGES, THE
MORE THEY NATURALLY BEGIN TO SOFTEN.





What's next for you?

Focusing on developing more question cards for my Naked Conversation card deck. I'm super passionate about this product I created during our last lockdown in Melbourne. It's definitely a pivot from my underwater photography but it melds two things I'm really passionate about which is connection and creativity. I drew all the card front images (78) from photos I have taken with a few additions from some friends. My partner and I were definitely struggling to connect during our saturated time together so I selfishly went to work creating this deck of cards. Once it was complete I realized how much these cards could serve the community around me as well so I pulled the trigger and went for it. Building a commerce business has been SO much fun, I'm hooked now. It definitely takes a lot of work and I'm learning a lot but ultimately it's been a really fun journey even in it's toughest days. Beyond that I'm still super dedicated to continuing to create my underwater art show it at galleries

WHERE TO CONNECT

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Breathe, darling.

*This is just a chapter, not
your whole story.*





MOVEMENT

Photography & Words | By Allie Bengtsson

The idea of flow and movement for me always relate to some sort of natural magic. The breaking of a stale idea or forced stance or position. A stale mindset or energy. Movement is fleeting energy in motion.

Movement energy and flow are what help fuel the soul. Open the windows let the air move through your home to provide new air and new life. Take yourself on a hike.. or a stroll through nature.. get the blood flowing through you. Listen to the sound of the wind in the grass. Feel the breeze on your face. Take note of the sounds of the stream flowing over the rocks as you rest and looking up underneath a tree watching the branches sway in the breeze. Watch as that very movement allows the sun to dance in and out of the shadows of the tree.. Even just imagining this kind of movement and flow has so much power to feed and fill you up. The power in "movement's" magic knows no bounds.



THE IDEA OF
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ALWAYS, FOR
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magic.









WILD & FREE

A SOLO TRAVEL STORY

The idea of solo travel has always filled me with equal parts excitement and trepidation. As I neared the end of my creative writing degree, I began pining for a sense of freedom which I felt could only be truly instigated by adventuring alone. In my final year of study, I started planning my first solo travel for the following year: backpacking around Europe. I envisaged myself sprawled on the glittering sands of Grecian beaches, hiking into the hills of the Scottish Highlands, and driving past the picturesque vistas unique to Tuscany. As the date of my departure drew closer, butterflies swarmed in my stomach. This was it. I would be off and away in a matter of weeks with only my backpack as company; sure, I was going to meet fellow travellers along the way but, for the most part, I was going to be entirely independent. However, as the world plummeted into chaos, and international travel became a mere mirage on distant horizons, the butterflies were stopped mid-flight, their wings slowly disintegrating into the dust of a once realised dream. After wallowing in self-pity, I was forced back to the drawing board. The more I consulted the guidebooks, the more I realised there was so much that I hadn't yet seen in Australia. Slowly, my European travel plans were cast aside in favour of a trip in my very own backyard. Looking back on a recent solo-stint along the East-Coast, I can happily say that I discovered freedom in a time of restriction. From swimming metres away from a dolphin, to careening through sand dunes on a quad, this trip has further fuelled my fever for adventure. But not only that. In a matter of weeks, I have also grown closer to myself in more ways than I could have imagined. If you've ever considered traversing the globe solo, then I hope that in sharing the many benefits I discovered from my adventures, you will be encouraged to set off on your very own solitary expedition.

You gain a whole lot of confidence

There is something especially daunting about setting off on an adventure without a familiar face by your side.

When you travel alone you surrender to complete self-reliance. For many of us who are used to consulting others for immediate advice, the idea of not having someone to turn to is plain anxiety inducing. Travelling alone teaches us to trust in our own decisions and instigates a strong confidence within. I would be lying if I said there weren't moments of discomfort. Like anyone that you spend too much time with, it can be hard spending copious amounts of time in your own head. But when the discomfort does set in, it is important to regard it as a powerful tool to work through things and get to know yourself better. If you aren't venturing too far off the beaten track, then there are always other travellers to connect with. The beauty of travelling alone is that you can immerse yourself in a strong social scene, or you can retreat into your own solitary cocoon. Hostels are a hub for people with a common goal: to see the world and meet other like-minded souls. In general, I found that people were therefore open to connecting. Striking up conversation with a complete stranger can be nerve-racking, but as time went on I gained much more confidence in my ability to connect with people from all walks of life.

You get to call the shots

When you travel by yourself the only person you need to take into consideration is you. Sure, you probably wouldn't want to live your life entire like this, but for periods of time this can be utterly liberating. You don't need to confer with friends over breakfast, or how the day should take shape, and you don't need to compromise eating Mexican when everyone else feels like Italian. Travelling solo allows you to be in charge of your every move and to say 'yes' to any opportunity sent your way. There were times during my travel where I would check into a hostel for the night with no idea how my next few days would take shape. Suddenly, I'd find myself invited to join in on other people's expeditions and it took me to places that I would have struggled to conjure up in my wildest dreams. A weekend



A photograph of a person with long, wavy brown hair leaning out of the open window of a car. The car is on a paved road that winds through a mountainous landscape. The background features steep, rocky hillsides covered in green coniferous trees, with snow-capped mountain peaks visible in the distance under a blue sky with scattered white clouds. The overall scene conveys a sense of freedom and connection with nature.

“In short, all
good things are
wild and free.”

HENRY DAVID THOREAU

in Noosa ended up with me tagging along to Fraser Island with a group of other travellers, where I found myself in a seaplane soaring over topaz seas. While another spontaneous trip found me in Moreton Island, where I got to witness wild dolphins swimming each night to the jetty for food. Watching the calves chasing each other under translucent water was an experience I am not soon to forget.

At times constantly calling the shots can be tiring if you have a naturally indecisive nature like me. I found myself occasionally wishing that someone else could step in and relieve me of my decision-making duties for just one day. In these times, I was forced to stand back and truly listen in on myself and what felt right in that moment. Fear not though, if you really are having a bout of decision fatigue there's always someone to lend a helping hand, whether that's a tour company who can point you in the right direction, or the waitress at a café who helps you choose between menu items.

You meet friends from all over the globe

When you travel solo you open yourself up to connecting with other travellers. Often fellow solo-adventurers will be drawn to one another like magnets. In only a matter of weeks, I have met a plethora of people from all over the world, many of whom I will stay in contact with. Adventuring proves to be a domino effect, from one undertaking sparks another. With the connections I have made there is a now a whole new box of adventures waiting to happen in far-off places. It is incredible the closeness you can feel to people on the road in such a short time. These people, although you know little about them, become a family to you and provide a sense of home away from home.

You gain trust that the world is inherently good

There was a night I went to a full-moon bonfire party and, after dancing the night away, realised I'd misplaced my wallet and phone. I was distraught and frustrated that in a moment of carelessness I'd lost my possessions. After frantically searching the beaches until the wee hours of the morning, I exhaled in relief; someone had found my things and posted on a group Facebook page. They even drove to the hostel the next day and returned them to me. Admittedly, when I first discovered that I'd lost my belongings I was convinced that I'd never see them again. I believed that someone would have undoubtedly found my things, pocketed the cash, and stolen the phone. From a very young age, we are taught to distrust the world we live in, and yet, in most cases, people are there to help one another. From that night, I was forced to change my perception. I'd return someone's wallet, so why wouldn't other people want to do the same? A few days ago, I broke my foot, I wish I could say it happened from doing



something adventurous—a failed backflip off a cliff, a skydive landing gone wrong, a flipped quad-bike—but it was simply a rolled foot on a very mundane pavement. I have been blown away by the amount of support I have received from complete strangers in the last week. People have driven me to the shops and doctor's appointments, and they've even piggy-backed me so I can go sit on the beach. As a solo-traveller, you appreciate these acts of kindness so much that, in turn, you become more aware of the value of being kind to others.


You take in the magic of life

When you go on adventures alone you are entirely present in the moment. Some of my favourite moments on my trip were spent in my own company, notably days ambling through National Parklands. During this time, away from the distraction of conversation, I was completely present and able to take in my surroundings. I felt the cool tingle of the sea air on my skin, heard the warble of the birds above, and witnessed the fins of dolphins slicing the water below. My breathing slowed and my mind followed suit. I found myself surrendering to my own rhythm, experiencing a sense of one-ness unlike I ever have before; a one-ness with the earth and an understanding that life has beauty in every corner, your eyes just need to be

open to seeing it.

There are varying definitions of freedom, but for the most part to be free is to have the choice to do what one pleases without restraint. I've always taken my freedom for granted in Australia, never questioning that the world was my oyster: I could travel to far off lands, do what I pleased—within reason!—and had the security in knowing that possibilities were infinite. As the world disintegrated into chaos, imposed restrictions that altered my plans entirely, left me grappling for air in a world that no longer made sense to me. More than ever we are being forced to think outside the box, I would have never dreamed of doing “travel” in a place relatively familiar to me. From swimming naked in the ocean under glowing amber skies, to flying along highways in a van, I have discovered that, now more than ever, freedom is something that comes from within. How will you choose to unleash it?



A woman with long brown hair, wearing a black one-piece swimsuit, stands in shallow, clear blue water. She is viewed from behind, looking out over a large body of water towards a forested hillside under a clear blue sky. The water is calm with gentle ripples. Her shadow is cast on the sandy beach in the foreground.

“Traveling alone
teaches us to trust
in our own decisions
and instigates a strong
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ISSUE #02

#VanLife

van • life: a rapidly growing lifestyle where people all over the world are converting vans into rolling homes to explore more, connect with nature and the people who live in small towns, and spend more time on their creative passions while lowering the cost of accommodations on longer road trips.



#VANLIFE: MEET KENDALL AND HER CONVERTED VW, VANCE

Tell us a little bit about yourself.

Hi! I'm Kendall. I'm originally from San Diego, California. I studied abroad in Sydney in 2015 which is when I met my now boyfriend, Glenn. We did a lot of long distance at the start of our relationship until I officially moved to Australia in 2017, and we've been here ever since! We've spent the last year living in our van Vance travelling the country – hands down the best decision we've ever made.

What's a typical day look like for you?

No two days are the same on the road, but we do like to keep our morning routine the same every day. We wake up with the sun, make a yummy coffee and then plan our day out. Sometimes it's spent exploring new places – hiking, swimming, surfing, rock pool hunting. But other times it's a lot less fun – doing laundry, running errands, going to the mechanics. It's all a big balance but we love it!

When did you first get your home on wheels?

We bought our Vance about two years ago initially just as a weekend van to take on trips out of the city. Safe to say we fell in love with the lifestyle and quickly made plans to turn him into a full-time home on wheels.

What was the build-out like and how long did it take?

We did our build at a community workshop that had all the tools and space necessary to get the job done. We paid for a month's use of the space, so we worked every single day until it was done in about a month's time! We didn't have any major challenges, but a

lot of the time our days were spent problem solving. Working with such a tiny area like a van means every little space matters, so every decision (e.g. how far out to make the bench top, how to maximize underbed storage, etc.) had to be really thought out. It can be really overwhelming but it's also so empowering!

What's your favorite part of your home?

Hands down our favorite part is our pull-out kitchenette that allows us to cook out the side of Vance. It doubles as our pantry storage as well, and we love it! Other than that I'd say our next favorite is our pop-top. Being able to stand up inside the van is a luxury I'll never take for granted.

Where to next?

We're planning on heading to Western Australia next and will most likely spend about a year there. After our entire trip is done, we want to also do a trip in Vance to NZ once the borders open. I'd also love to do vanlife over in the states in a few years time. So many places to explore!

Best advice or tip for those wanting to choose #vanlife?

Be prepared for things to not go to plan. Between breakdowns, bad weather and good ol' covid, we've had to change our plans a lot more than we thought. But that's okay! The more you're able to go with the flow, the better. This lifestyle is full of ups and downs, and that's all part of the adventure.

WHERE TO CONNECT

Instagram: @kendallbaggerly





What is the most difficult challenge you've faced living in your van or on the road?

We had a really bad breakdown at the beginning of our trip, which was a massive headache (and bill!). And right after we got it fixed, we were hit with travel restrictions due to covid and got stuck in a small town for three months. It was a really hard time, but in retrospect it taught us to slow down and never take our time on the road for granted. There's always a silver lining!

What song is a "must" for the road trip playlist?

You can never go wrong with a little Bohemian Rhapsody! We always add that song to our road trip playlists for a little mood booster. Aside from that, we're big fans of Rufus, Ziggy Alberts and Crooked Colours :)

What's the most memorable moment you had while traveling?

We recently travelled to Streaky Bay on the Eyre Peninsula in South Australia with some friends. One afternoon we went exploring to a hidden beach to escape the crowds, and as soon as we got onto the beach we were greeted with around 30 dolphins that came near the shore. We all went running in to swim with them and instead of swimming away, the dolphins stayed around and hung out with us for a bit. It was one of the most magical experiences getting to see so many of them in their natural habitat, playing in the waters with us. We were all completely speechless. Definitely a moment that we'll forever cherish!

How do people find you/connect?

My Instagram is @kendallbaggerly and we're also on YouTube under Kendall and Glenn, which is where we share a little more in-depth content of our travels around Aus, including that memorable dolphin swim!







#VANLIFE:

CHIARA & MARCO: TWO ITALIANS TRAVELING AUSTRALIA IN THEIR CONVERTED TROOPY

What's your name?

Chiara (Chiaresse on IG)

Where are you from? Tell us a little about yourself!

I'm italian (My city is Milan) but I'm living and working in Australia since 2018! I'm 29, I love travel and to do many difference experiences!

What's a typical day look like for you?

Vegetarian breakfast, stretching, sport, lunch in the nature or on the beach, travel and discover new places, read a book or play an instrument, vegetarian dinner and watch a movie or the sky!

When did you first get your home on wheels?

In 2019 here in Australia when me and my boyfriend Marco started our first conversion of our previous econovan!

What was the build-out like and how long did it take? Any difficult challenges you faced?

All conversion of our troopy was a bit hard and we learned everything on YouTube channel! My favourite part is the shower! We can take a relax hot shower everywhere!

What's your favorite part of your home?

Our rooftop tent. It's definitely magic and we can see a lot of amazing sunset, sunrise and lookout!

Where to next?

Currently we are travelling all around Australia until August 2021 and then we will decide what's going on! My dream is to ship our troopy in New Zealand, but if there's the possibility to stay in Australia we definitely decide to stay here permanently!

Best advice or tip for those wanting to choose #vanlife?

Start to think and live in minimalist way! Travel with less is the key to enjoy better the vanlife!

What is the most difficult challenge you've faced living in your van or on the road?

Weather condition something aren't good, so living in van could be very uncomfortable!

What song is a "must" for the road trip playlist?

The lazy song- Bruno Mars

What's the most memorable moment you had while traveling?

When we had an amazing 4WD track in the jungle, we were just me and my boyfriend and we had a shower naked in front of the ocean!

WHERE TO CONNECT

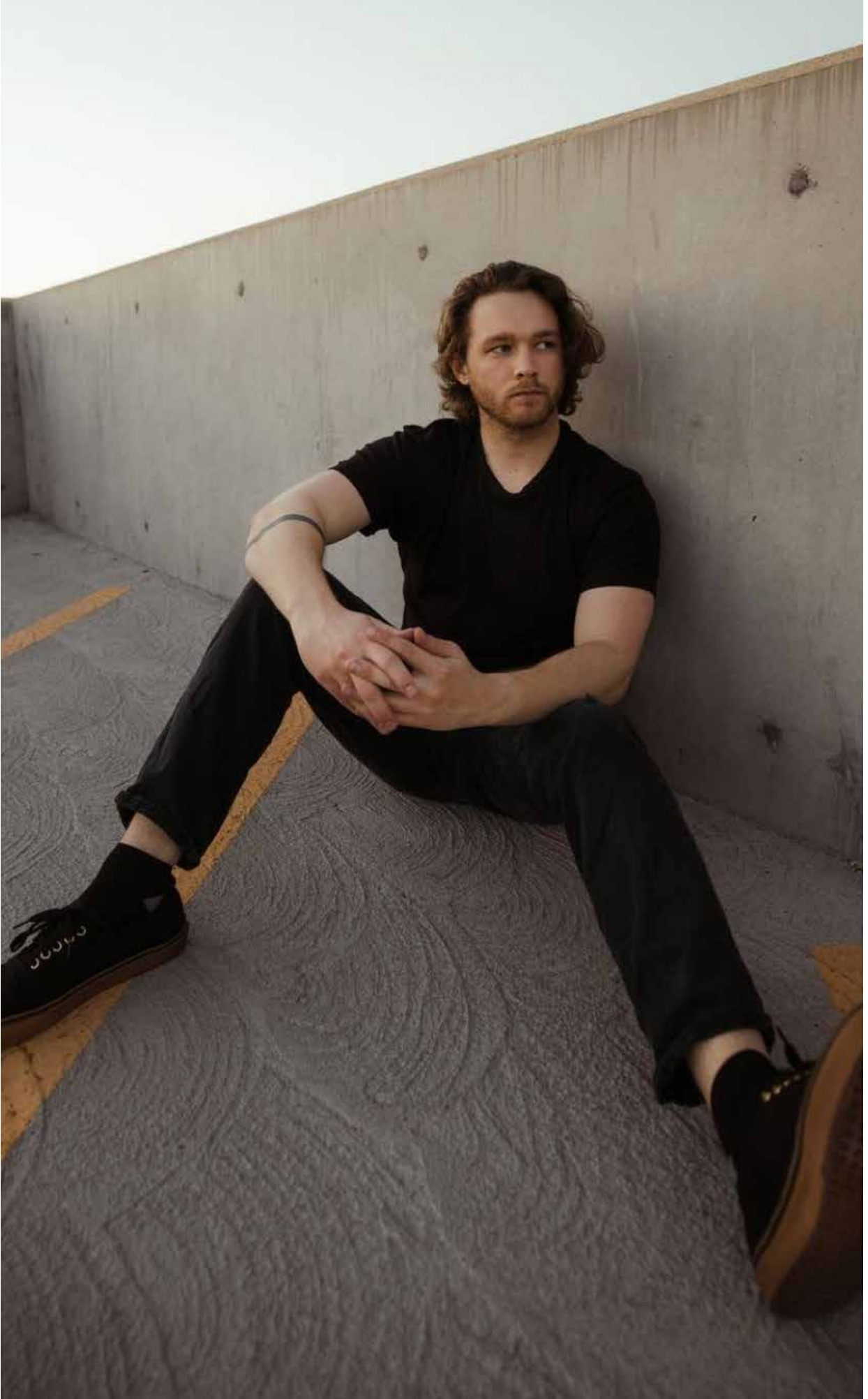
Instagram @Chiaresse
and @Letmetravelmore

”

ACTUALLY, THE BEST GIFT YOU COULD HAVE GIVEN HER WAS A LIFETIME OF ADVENTURES.
— LEWIS CARROLL







Exploring with: **TREVOR STONE**

THIS NORTHERN CALIFORNIA PHOTOGRAPHER
DECIDED TO LEAVE SMALL TOWN LIFE FOR NEW
ADVENTURES IN LOS ANGELES

What's a typical day look like for you?

Are usually take every day as a new day, so no routines really. I do however start it with a cup of coffee no sugar no milk. The plan is always to try to make myself as happy as I can as much as I can every day.

What keeps you inspired?

The thing that keeps me inspired is knowing that every single person that I or you look up to started somewhere and most likely similar to where you and i started even the people with millions of followers and all the money in the world.

When was the last time you did something for the first time?

About two weeks ago when I moved away from my hometown for the first time and saw Los Angeles for the first time.

What's one thing that most people don't know about you?

Something most people don't know about me is that I am a very shy person, I will act like I'm not shy and force myself to not be shy and be more outgoing, but it really used to affect me in a major way, then one day I kind of realized that everyone is a little shy and that helped me a lot.

Favorite thing about California?

My favorite thing about California is that you have a little bit of everything here, there's desert, forest, beaches, city, suburbs, and everything in between.

What's one thing you found challenging but eventually overcame?

Honestly, the move to Los Angeles. The plan was to move here with two roommates, they both backed out due to different reasons, i had to interview 3 times for a job transfer, and once i got the job transfer i had a deadline to find a living situation (which i didn't find till a week that i had to be in LA) through this process i realized that i have a path, everyone has a path, and that we all have this thing in us. Some people call it Instinct, some people call it your gut, some call it your heart. I describe it as my arrow, and as long as I didn't think about the big picture and just thought about that arrow and where it showed me to go and listened to it, everything ended up working out.

Everything has an
end, all the good
things and all the
bad things.

Photography by Trevor Stone



WHERE TO CONNECT

Instagram @itstrevorstone







“I OPEN A WINDOW. A *breeze* sends a chill DOWN MY CHEST ... THE AIR SMELLS *of rain and salt*. The BARREN AND LIFELESS *desert is gone; in its* PLACE, DENSE TROPICAL *gardens percolate* WITH ACTIVITY.”

What’s your go-to remedy to a bad day?

So something i learned that is a popular idea in buddhism is the idea of change, the idea that everything changes therefore everything has an end, all good things and all bad things. So always let go of any bad things that happen to you because that will change and eventually end, and always hang on and savor the good, because that will change and eventually end.

What’s the most memorable moment you had while traveling?

Honestly i think in the near future I’m going to have way better memorable traveling moments than this, but the most memorable moment i think I’ve experienced is after moving to LA, i definitely saw it and thought “Wow this place is big!” However what i was referring to was the tall buildings and a small



portion of the surrounding area. It wasn't until i went to visit the Hollywood sign and saw the entirety of Los Angeles and it literally blew my mind at how MASSIVE this place is. I had never seen an area of land that big in that perspective in my life.

What would you name this chapter of your life?

Trevor Stone 2.0

What's next for you?

So I've always been known for photography, which is amazing, but I've always been much more fascinated and more passionate about filmmaking and video production, so i feel that my next chapter or step in my life journey is really targeting video production and seeing what i can do in that space.



*Roasted Pumpkin &
Farro Salad with
Caramelized
Shallot Dressing*

Photos and Recipe by Nicky Kruss

*Chef's
Table*



Serves 2

Ingredients

for dressing

- 1 tbsp + 1/2 cup olive oil
- 3 shallots, very thinly sliced
- 2 garlic cloves, thinly sliced
- juice from 1 lemon
- 1.5 tbsp red wine vinegar
- 1 tbsp maple syrup
- 1 tsp salt
- pinch of pepper

for salad

- 4 cups arugula
- 2 cups farro, cooked
- 1/4 japanese pumpkin
- 1/2 cup pine nuts
- 1/2 cup feta cheese, crumbled
- 1/4 cup fresh parsley leaves
- 1/4 cup fresh mint leaves
- flaky sea salt

simplify DISHES SO THE
ESSENTIAL *ingredient* CAN
shine, IN A WAY THAT
EVERYONE IS *able* TO
understand.



Instructions

1. Preheat the oven to 200C (400F). Scoop out the seeds and pulp from the pumpkin with a metal spoon. Laying the pumpkin flat on one side, cut into 1" wide slices. Place pumpkin slices in a bowl and coat lightly with olive oil and salt. When ready to bake, place pumpkin slices well spaced from one another on a foil-lined baking tray and bake for 30 to 35 minutes or until golden brown and easily pierced with a fork.

2. While the pumpkin is cooking, begin making the dressing. Heat 1 tbsp of olive oil in a medium non-stick pan over medium high heat. Add shallots and thinly sliced garlic, and season with salt and pepper. Cook, stirring occasionally, until the shallots have become totally softened and caramelized with golden-brown fried edges, 15 to 20 minutes.

3. While the shallots are cooking, toast the pine nuts. Heat a small pan on low heat, add the pine nuts, and, shaking occasionally, toast until the pine nuts are lightly golden brown. Remove from heat and set aside to cool.

4. When the shallots are done cooking, add them to the blender along with the lemon juice, red wine vinegar, maple syrup, salt and pepper. Blend until combined, then continue to blend on low while slowly pouring in the olive oil until well emulsified. Season with additional salt and pepper to taste. Set aside.

5. Assemble the salad. In a large bowl, combine arugula, parsley and mint leaves, farro, half of the pine nuts, and half of the feta. Drizzle lightly with the salad dressing and toss until evenly coated with dressing. Taste a few leaves as you go, adding more salad dressing as needed (less is more)!

6. To serve, divide dressed salad into two bowls. Arrange half of the pumpkin on each bowl, and top with remaining feta, pine nuts, and flaky sea salt. Enjoy!



.01

GOLDEN SILK

Photography by Warren Fox

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Established California is only as successful as the community that is a part of it. We love hearing your stories, seeing your photographs and learning about your version of a “Golden State of Mind”. Whether it’s a quote, a short story about a special moment, an amazing meal, a song that moved through you - our goal is to provide a platform for you to share your journey. So, we invite you, and encourage you, to share with us and others by using hashtag **#estcalifornia** on your social channels.

#ESTCALIFORNIA

“TRAVEL ISN’T FOR ANYONE BUT YOU. IT’S AN OPPORTUNITY TO FIND YOURSELF. THAT IT IS A RISK WORTH TAKING.”



.02

MAUI, HAWAII

Photography by Miranda Tillinghast

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.03

ROAD TRIPS THRU THE PHILIPPINES

Photography by Aquila Bergstrom

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GIRL ON A SURFBOARD

Photography by Clementine Bourke

Instagram: @clementinebourke

.04



.05

WEEKEND GETAWAYS

Photography by Daniel J Schwarz

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the design
kollektive

CREATIVE STUDIO | PHOTOGRAPHY & DESIGN

