

Flame

wine • tennis • pizza • relationship

Issue 35

August 2013



Want the Long Lasting Marriage!?

EXCLUSIVE



30 YEARS TOGETHER



TROUBLE IN PARADISE?

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WOMAN OF HIS DREAMS

HOT! HOT! HOT! SIZZLING BIKINI BODIES



CELEB SECRETS

How to drink and stay away from a rehab



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Issue 30 - August 2013

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All characters appearing in this work are fictitious. Any resemblance to real persons, living or dead, is purely coincidental.

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Buckle up and prepare to know the future!

YELENA

'How to drink and stay away from a rehab'



Alcohol is an important part of our lives. Drinking wine makes you happy, stronger and more desirable. The important part is to use the traditional Russian system called "Chut-Chut" which means that you are simply skipping every other glass. Another important rule is to let your body work hard all the time. I have my free time filled in with tennis, yoga, pilates and "black laundry". All those activities are not only keeping my body healthy, but also allowing me to stay in a perfect shape.



HEALTHY DRINKING



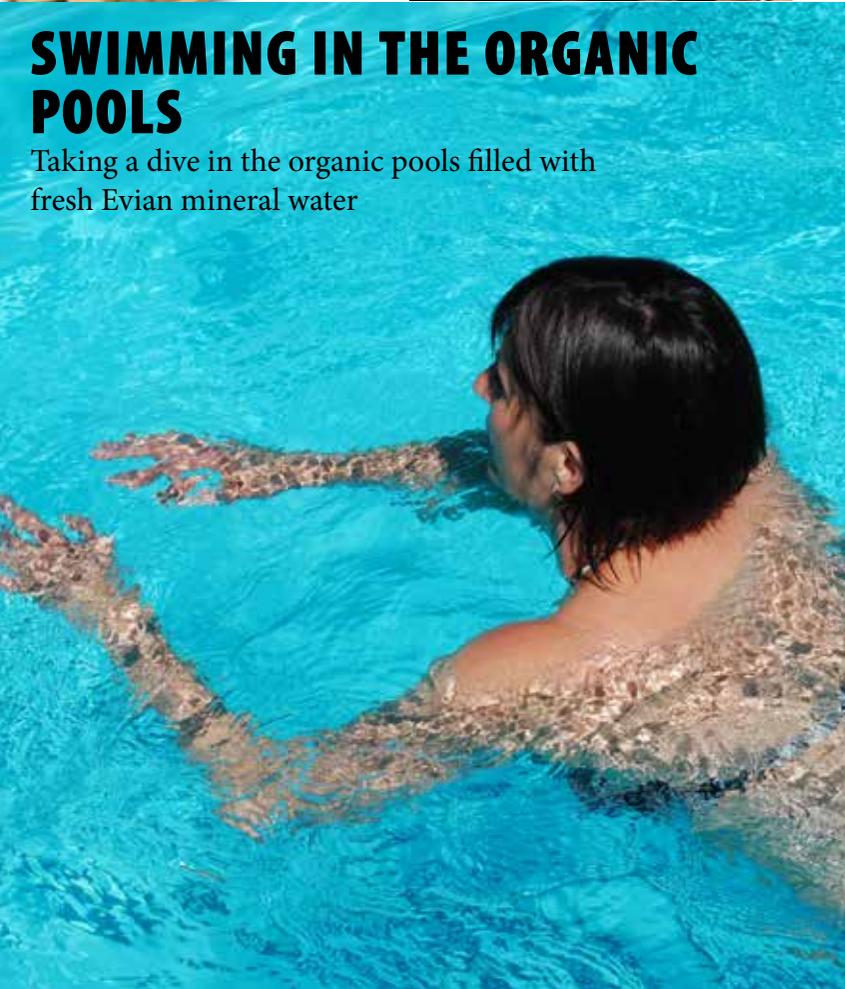
GIRLS JUST WANT TO HAVE FUN!



PAPARAZZI'S CORNER

SWIMMING IN THE ORGANIC POOLS

Taking a dive in the organic pools filled with fresh Evian mineral water



ARE THEY REAL?!?!?

Yelena has been recently caught by our paparazzi, relaxing at the Hollywood public baths

THE LAST GOSSIP

THE CLOSE FAMILY FRIENDS TOLD THE PRESS THAT YELENA IS IN PREPERATIONS FOR THE VOCAL CORDS SURGERY IN ORDER TO FIX HER RHOTACISM.

“



YELENA:

DECLARATION

Nobody tells me what to do — I answer to no-one!

I can and I will defend my freedom and my opinions with the semi-automatic rifle in my hands. My family got used to this. They even insisted on my attendance to the monthly NRAA meetings.

”

COSTA:

I am always very happy to see that my wife is enjoying herself. The important thing that no-one is hurt.



SHOPPING THERAPY

Yelena's favourite type of a therapy is a retail therapy. She loves to refresh her wardrobe twice a season, keeping up the with the Kardashians.

EXTRAVAGANT NEWS

Yelena skiing at Courchevel resort



Drinking spa
biathlon competition
at Dubbo



“

IT'S OPEN SEASON

”



LEISURE

BOYS ON THE LOOSE



COSTA GETS BOARD IN NOOSA

He looked all business when he took a dive at Noosa beach with friends



LONELY HEARTS CLUB BAND

Text Clover Guirski Photo Aperture Value

If you think that schoolies are the worst nightmare of Gold Coast you are dead wrong! The real heavy-weights of the leisure Costa, Michael and their friends arrived to Gold Coast for their yearly vacations. All night pizza parties, soft bard music till dawn - this is what the neighbours of the renowned Malibu Palace will be experiencing for 2 weeks. The owner of the pizzeria situated next to the leisure complex sent both his daughters to private school after the Melbournian company appeared here for the 3rd time.



NEIGHBORHOOD WATCH

TENNIS NEWS

You might have heard about singles and doubles tennis. But you probably never heard about the mixed Double Doubles tennis where the team consists of two competing couples.

Does Double Doubles tennis have a future?

Text Clover Guirski Photo AP

MELBOURNE PARK NEWS

Half of the Double Doubles have been spotted around Melbourne Park venues during the Australian Open. They have not applied for the qualification matches but were present on courts every day warming up Ukrainian team players with the gorilka and salo.



Costa relaxing on the Rod Laver Arena before moving to Hisense Arena.



Yelena is ready to go the Melbourne Park's cafeteria.

We have been following the tremendous success of Double Doubles team at the beginning of the season. The clouds started to gather in the middle of the season when the team's results stalled. They tried to swap partners, racquets and coaches with a little or no impact to the match results. They blamed nervous breakdowns and tennis balls for being too fluffy. After losing a few key matches, they swapped their pairs trying to secure a position in the coming Australian Open. Now the team is working on improving the doubles signalling system. The system may seem a little bit controversial but it really works. Here are the few examples: starting a sudden fight with a fellow team member or vocally encouraging an opponent. The team will benefit from improving their skills in playing at the net, at the base line, at the service line and at both side lines. Also they might need to switch to less fluffier balls.



IMPORTANCE OF THE SERVE
Costa serves for the match against Single Singles team last season



Marriage Secrets Of Highly Successful Couples

Over lunch one day, Yelena was asked about the "secret of your obviously happy and healthy love relationship."

Yelena responded, "I married a wonderful man and made the commitment to apply myself to the relationship with the same energy that I place into other important areas of my life: work, fashion and friendships. I didn't want to be casual about the relationship nor take it for granted. My partner has pretty much done the same thing. Consequently, we make a great team. I can't imagine being without him."

Highly successful couples like Yelena and her husband Costa know that making the relationship a top priority is vital. They don't allow it to derail. They know the ingredients that are necessary to keep each other content, happy, healthy and satisfied. To put it simply, philosopher Paul Tillich observed, "Any deep relationship to another human being requires watchfulness and nourishment."

So listen up: Here are the 10 secrets of highly successful couples from Yelena Pinchuk:

1. Successful couples enjoy each other. It's just that simple. They like to be together, talk together, do things together.



YELENA & COSTA

Married for 30 years and still happy.

**STAYING MARRIED FOR 30 YEARS
DOES NOT SOUND LIKE AN EASY
TASK. YELENA PINCHUK SHARES
HER HANDS ON EXPERIENCE**

2. Successful couples fight skillfully. "In conflict, be fair and generous," is wisdom from The Tao. When two people live together, they are bound to have differences of opinion and disagreements. Successful couples fight but do it skillfully; in a way that leaves the relationship stronger, not weaker. One technique they employ is their choice of words. For example, use plural pronouns ("we", "us" and "ours") rather than singular pronouns ("I", "me" and "mine"). As a result, we were less likely to feel stressed out after the disagreement than couples who used singular pronouns. Using 'we language' during a fight helps couples align themselves on the same team, as opposed to being adversaries.

3. Successful couples seek and offer forgiveness. They may not forget, but they do forgive and let it go.

4. Successful couples are in it for the long haul. "There are only two options regarding commitment. You're either in or you're out. There's no such thing as life in between."

5. Successful couples are positive about each other. In contrast, couples headed for divorce offered less than one positive remark for every single negative remark."

6. Successful couples learn and grow together. For example, after being married for 29 years, we decided that we would both return to university for master's degrees in liberal arts. The end result is a stronger emotional bond.

7. Successful couples never stop dating. One common element to many marriage masters is their ability to keep the romance going. Some set aside one evening a week for a date, e.g. "Friday jour fixe".

8. Successful couples bring each other joy.

9. Successful couples adhere to the 80/20 rule. Most people think marriage is 50/50. It's not. It's 80/20. You give 80. You take 20. And that goes for both of you.

10. Successful couples have shared values. It is quite an achievement. It's important to have the same basic values. In other words, if you're a free spender, marry someone who understands that. Fortunately, we had the same values on most things. We usually had the same goals -- we believed in education; we wanted to be moral; we wanted to raise children to be good citizens and to be responsible in terms of finances.

MY HUSBAND'S SWEETHEARTS

It is not very common in traditional relationships to accept the spouse's crushes. But Yelena Pinchuk holds another opinion - let your husbands be romantically involved with other women as it helps them cherish their marriage.



JULIANNE MOORE

Costa often mentions the Big Lebowski as his favourite film, but in fact he just likes to watch Julianne's play. She is one of his first foreign passions.



NICOLE KIDMAN

A sexy Australian actress who has a room in his heart.



EMILIA CLARKE

Another good reason to watch all 117 episodes of Game of Thrones



SARAH MICHELLE GELLARD

She knows truth about the vampires



ALONA BONDARENKO

The reason he started to play tennis



NEXT PASSION?

Who is she?

Old relationships could be easily revamped

Going to a dressed party could spice up your relationship. What a surprise when the mysterious lady you partied with all night turns out to be your long term partner!



10

your relationship

MASKED SEXY LADIES, MYSTERIOUS ROMAN KNIGHTS, STINKY HIPPEES, CUNNING INDIANS AND SANTA'S RAINDEERS... CAN YOU GUESS WHO IS WHO? SOMETIMES YOU GET THE ANSWER ONLY IN THE MORNING AFTER THE PARTY...

Text Clover Guirski Photo Pappa Razzi

FEELING LONELY?

Join our Sgt Pepper's Lonely Hearts Club Band



**ways to
to revamp
relationship!**



CAESAR:
O tempora,
o mores,
o Jesus!





Expert tips
Our expert shares her tips and tricks on how look great and choose flattering styles

Garbage handling gloves could be a fashion item too!
\$199



Purse-Enigma
\$199



BODY WISE
Don't worry about the size on the label. Buy your actual size.
Wear your clothes with confidence. A glass of wine will help to gain it.



Long sleeve jacket is a must for potato picking
\$199

You have a right to remain fabulous!

Text Clover Guirski Photo David Jones

Tiled walls are perfect for the background
\$199



Hairy scarf is a hot item of the month
\$199



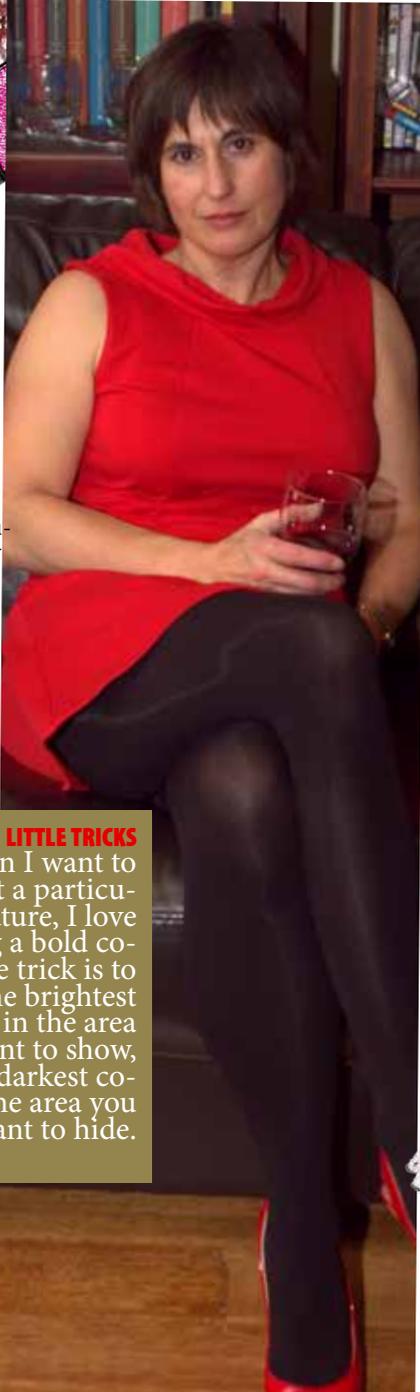
Rose is a symbol of love and beauty
\$199



Wrist hoola-hoop
\$199



Want to look sexier? Wear red
\$199



Chastity trousers are coming back
\$199



LITTLE TRICKS
When I want to highlight a particular feature, I love wearing a bold colour. The trick is to wear the brightest colour in the area you want to show, and the darkest colour in the area you want to hide.

If you are unlucky with boobs hide them under the blouse
\$199



Make sure you have the right bra and panties for the occasion
\$199



Don't forget your baggage upon your leave
\$199

High heels is a must for adventure seekers
\$199



The wedding of



THE LAST MINUTES BEFORE THE CEREMONY

The abandoned potato labour camp was hired for that occasion.



Lena met Costa during at the potato labour camp and eight month later the couple were engaged. The loverbirds tied the knot on 27 August, 1983, in Chuguev, Ukraine, in a civil ceremony. The wedding was attended by 100 guests including the best citizens of the town.

Text Clover Guirski Photo Very Old

the century



THE LOVE STARTED IN THE POTATO LABOUR CAMP

They have met at the potato labour camp, she was the chief potato gatherer and he was a chief potato quality controller. Their union was already pre-defined.

THE VERY FIRST JOB

To earn some money for the wedding Yelena started to perform Gypsy songs.



COOKING FOR PARTIES
The couple dazzle as they show guests how to cook pizza a la bouche.



THE PARTY OF OUR LIVES



BACHELOR OF THE YEAR

Parties Non Stop

Our Glen Waverley couple is famous for hosting the most wildest parties in the whole South East of Melbourne. Their friends and guests and just passing by strangers are invited for the whole night parties where wine, pizza and soft bard rock swings all night.



HAUTE SOCIETE
We are pleased to confirm that everything is up to the standards.



Text Clover Guirski Photo Clover Guirski



BRIGHTON EAST
In our suburb parties have more what French call 'Je ne sais pas quoi'.

ANOTHER PIZZA JOUR FIXE



Dominoes or Generic?

FANCY HAWAIIAN PIZZA
Who can possibly say no to it?



MAFIA



WHERE AM I?



NOT NOW!

SHALL WE EAT?



PARTY ANIMALS



THE TRIANGLE OF JUDGEMENT



PARTYING WITH YOUR FAMILY?!
This could sound boring but not in this case!

NEWS & GOSSIPS



YELENA SHOWS OFF HER SIZZLING BIKINI BODY AT WELL EARNED HOLIDAY VACATIONS

Yelena continues to wow us this year with her sexy bikini pics from all around the world.

And why shouldn't she? The 49-year-old looks absolutely stunning. In fact, she looks hotter than she had in years. But to be honest, that impressive figure we can't stop admiring didn't come easy. All we can say is that those tough workouts and strict Russian monks diet have certainly paid off.



KULTUR



STAYING IN THE LUXURY HOTEL ROOM



Every hotel has a different system of room service and exploring the differences is my favourite hobby.



RELAXING AT THE REMOTE JAPANESE BATH HOUSE



Japanese hot baths provide the best relaxation for your body and soul. As the part of the service the bath attendants are carrying you to and from the tubs. The next comparable thing in line would be the maidan yoga and pirozhki cooking class.



SOAKING IN HOT SPRING BATHS



Going swimming in the hot springs baths has always been an enjoyable activity. The only thing you have to be cautious about is not to be caught by your wife!



BEAUTY THERAPY SESSIONS



I enjoy going to beauty parlours with my lady friends. Some men don't pay enough attention to their appearance, but hey, it's important, man!



REDECORATING AND REARRANGING FLOWERS



I do love redecorating my chateau and wainscoting. I'm always glad when someone brings me a bouquet of flowers as I can take it apart and rearrange flowers to brighten up my chateau. So much time, so little to do!



JUST LEAVE ME ALONE!



My idea of the "getaway" is to get away from everybody and everything. Literally.



MUSIC

Costa has recently finished recording another LP "Singing like Makarevitch, singing better than Makarevitch" and now he is working on his own guitar label - Pinchester. The guitar will be cut from a single piece of wood.



ARTS

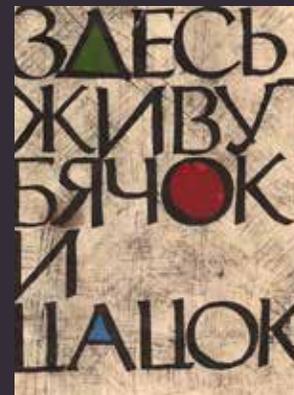
Costa has finished the portrait of his loving wife. The drawing is made using the traditional Ukrainian technique - oil, salo, canvas. This masterpiece will be auctioned in late August at the Anniversary party.



LEGAL READING IS BETTER THAN ILLEGAL PAINTING

GENERAL READING

We are pleased to announce that the book 'The life of Costa & Yelena' was published last week by the good people at Penguin Books. The book has already become an all time classic. It tells us about a simple and happy life at the potato labour camp.



The woman of my dream

I've recently had the chance to evaluate my romantic needs, and I have finally managed to narrow down the attributes present in the woman of my dreams.

Funny

It's always nice to be around someone who makes you laugh. I like women with a dark sense of humor. Plus, I know she'll be fun to have around at funerals.

Deep knowledge of songs by Machina Vremeni

It's going to come up. It's better she knows about it.

Strong opinions I don't agree with

I am drawn in by anyone who hates my favorite movies or songs and is willing to tell me why I'm wrong about everything.

Specific attributes

- Speaks a foreign language perfectly and has a little accent when she speaks English.
- Doesn't mind eating pizza late at night
- Is comfortable with her body to a degree that she doesn't need to say she is comfortable with her body.
- Doesn't litter.

So, if you fit this description, please feel free to contact me, as you are probably my soul mate.



COSTA TALKS ABOUT HIS SOUL MATE





LENA
I am always trying to stay beautiful and gorgeous - it leaves your husband no chance to notice anyone but you.



ANNA
Arguing once a day is a secret to a happy marriage. It makes the relationship stronger and happier.



MARINA
Convince your husband to work from home - all those office lady colleagues are treacherous predators looking for a good catch!



YELENA
I am using a scientifically proven approach: *double-dating*. It is a key to improve your relationship. Not only it increases the attraction for each other, but also the understanding of the opposite sex.



NATASHA
Send your husband to the long overseas voyage, preferably every month or two. Psychologists call it a "sailor's effect". Your marriage will be stronger than ever!



LINA
Use the modern technology to keep the romance fresh - send SMS to your husband's phone every minute. Or get the newest 10-voices Karaoke machine.



ARIES 21 March - 20 April



ANYA

Stay away from horses, they could ruin your life. Do not forget your earrings before leaving home - they will bring you luck.

TAURUS 21 April - 21 May



MITYA

Just take it easy, man! You could achieve some results in other aspects of life besides the procreation.

GEMINI 22 May - 21 June



COSTA

As you are getting older you will become more mature. Your inner age will increase from 7 to 11 years old.

CANCER 22 June - 22 July



ANGELINA

It is a good time to think about your career shift - singing & dancing could be a good opportunity. Baking cakes is not a good idea in the long run as it could be disastrous for your shape.

LEO 23 July - 23 August



MICHAEL

Stay away from the kitchen ovens, closets and other bulky items. Do not try to jack up your car without a proper jack. Remember: bend your knees and keep your back straight while lifting.

VIRGO 24 August - 22 September



KOSTANTINE

You are very close to finally make a few important decisions including which tennis balls to choose and which car brand you are going to consider to buy.

LIBRA 23 September - 23 October



NATASHA

Your nostalgia will come to the end very soon as all countries will be absorbed under one Ruler. One ring to rule them all!

SCORPIO 24 October - 22 November



SERGE

The future will be hard on you as many beautiful ladies will try to win your heart in Crimea. Gym is a must for you as vareniki do not go easy on your muscles.

SAGITARIUS 23 November - 23 December



STARIK KROUPSKI

Do not worry about the album "Singing with Makarevich, singing better than Makarevich" released by Costa in the past month. You will write many more great songs in the coming years pro & against Mr. Putin.

CAPRICORN 24 December - 20 January



MALAHOFF

In the new year you will be invited to host Australian shows "Let them twit" and "La Grande Lessive Noire". All this will happen with the enormous support from Yelena.

ACQUARIUS 21 January - 18 February



YELENA

Make yourself a coffee, sit down and read the Odnoklassniki. Wait, this is what you do everyday anyway, right?

PISCES 19 February - 20 March



ANNA

Your sufferings will come to the end very soon - you will finally find a perfect manicure salon and an exquisite boutique next to the place where you live.



PEOPLE MARRIED IN AUGUST

A romantic hotel break may be just the thing to spark up your love life this weekend. Some suggestions are: cover the bed in rose petals, place some chocolate croissants under your loved-one's pillow, get the champagne ready... and don't forget to brush your teeth before the love of your life arrives!