

VANILLA CAKES & LOUNGE MAGAZINE - SERVED FREE

ISSUE 1



VANILLA

SUMMER
2012

Migliori Amiche
Fotoromanzo
IS BACK!

Ann Barker
CaféCulturalism

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enough?

Mary's
Got

Talent





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Free magazine of Vanilla Cakes & Lounge

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EDITOR'S LETTER

Welcome to the launch issue of Vanilla Magazine!

This magazine celebrates our wonderful “café-culturalism” thriving at the heart of Oakleigh, offering informative and entertaining material. It is served free for the enjoyment of our valued patrons and will be made available to the wider community through various distribution points.

All great stories deserve to be chronicled and Vanilla Cakes & Lounge is a great story, and so is the rest of Eaton Mall area.

So order your favourite Vanilla coffee and relax as you read our magazine. In this first issue Member for Oakleigh, Ann Barker, talks to us about the multicultural dynamics harmoniously at work in Oakleigh's vibrant café culture. We also ask Urban Design Manager, Charles Nilsen, for a brief update on the redevelopment of Eaton Mall which marks one more stage in its transformation to a major café precinct. Do you want to go out on a Monday night, have a decent coffee and see a few people? Head down to Eaton Mall, Oakleigh. Do you want to enjoy a European style breakfast on a Sunday morning without having to sit by the side of a busy road? Where else but at Vanilla Cakes and Lounge!

“Vanilla's Got Talent” organiser and host, Mary Melabiotis, talks to us about this very successful event, which, for a second year in a row, showcased some beautiful talent and offered great entertainment to you, our valued patrons. Events like this, together with “Vanilla House Band” every Thursday night, and the periodical live sets by resident DJ Jimmy Liakos, along with many new surprises, will no doubt turn 2012 into a great year.

Also in this issue we will attempt to resurrect *fotoromanzo*, better known as photo-novella, a genre that died an unfair and untimely death, but which we believe could easily make a comeback in this weird new multimedia landscape rapidly unfolding before our Twittered eyes. So enjoy browsing through our own *fotoromanzo* Migliori Amiche (Best Friends) as you sip your frappe’.

Needless to say, our chefs will also have their own forum in this magazine. As a start, find out what really goes on inside the Vanilla Bakehouse. You can also read how learning a second language can help your children perform better at maths, get some very useful health and fitness tips, receive insightful relationship advice from our contributing counselling psychologist Alex, have a giggle with our “hilaroscope”, plus more.

If you are in a hurry, you can take this free magazine with you, together with your Vanilla take away coffee. And when you finish reading it, please pass it on!

NIKITA BALLAS

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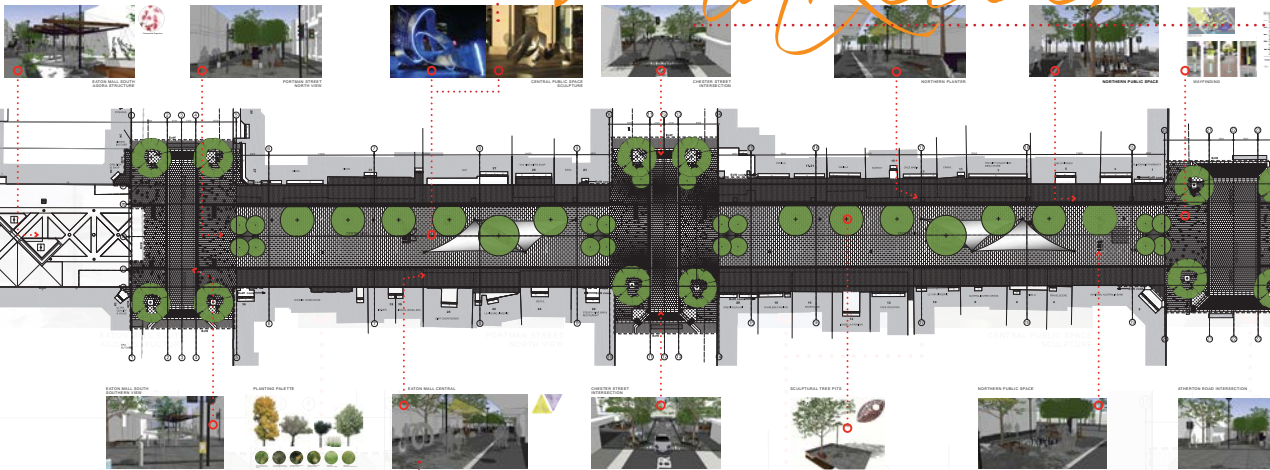
SUMMER SHADE



'MELODY' SCULPTURE WHICH IS PLANNED FOR EATON MALL

EATON MALL

Makeover



The Eaton Mall redevelopment is continuing this year with the much anticipated Stage 2 major works promising an exciting makeover for Melbourne's new favourite café district. But fear not coffee lovers, you will still be able to enjoy your frappe. Urban Design Manager, Charles Nilsen, reassured us that disruption to the Mall is to be kept to a minimum, *"A detailed works plan will be established with the successful contractor to maintain access to shops at all times and limit the area that is under construction at any one time."*

The current design for the redevelopment remains without any significant changes since the last Reference Group meeting. One of the most frequent questions we are asked at Vanilla is "what is going to happen with that tree outside with all the kids climbing..." Kid safety has been one of the main concerns being addressed by the community consultation and planning process. Mr. Nilsen is confident that enough child-friendly features have been incorporated into the design *"We have included a child friendly sculpture 'Melody' that illuminates at night and which children can engage with. The raised tree planter can also be safely climbed on by children."*

Asked about any plans for additional sails or other shade-providing solutions along the mall, he replied that the avenue of trees has been designed to provide summer shade. *"In addition two (2) shade sail pavilions are proposed. Shade structures will be provided in public open space areas of the mall as discussed at the Reference Group meeting."*

As for enhancing the already strong sense of security around the Mall area at night time, Mr. Nilsen referred us to the overall lighting strategy which *“includes light poles, architectural façade lighting on two heritage buildings, the ‘Twig’ seats at the intersections, lights beneath the custom timber/steel furniture, as well as the light elements provided by the ‘Melody’ sculpture.”* The City of Monash official added that no CCTV is part of the plan as *“the design intention is to promote ‘Eyes on the Street’ in preference”.*

The Stage 2 works are scheduled to commence in late January 2011.



To view more design images, have your say or follow the redevelopment progress, visit: www.my-oakleigh.com.au

OAKLEIGH'S CULTURAL PRECINCT

– OPPORTUNITIES FOR PEOPLE TO CONNECT WITH ONE ANOTHER

It is sometimes difficult to believe that such a change could be made in the Oakleigh shopping centre, particularly in Eaton Mall, in just a few short years. While there were a small number of cafés previously, it is only in the past few years that our café culture has really come alive, with Vanilla playing a major part in this vibrant development. Eaton Mall and surrounding streets are now filled with people from all cultures every day of the week, ensuring a safer and economically strong local community.

Monash Council will shortly begin the upgrade of Eaton Mall with the assistance of \$1 million through the State Government's Cultural Precincts fund. This announcement was made in October 2010 due to the recognition of Oakleigh as a strong cultural precinct, and more particularly, due to the recognition of the Greek culture and identity, which continues to enhance and strengthen our community.

The Cultural Precincts Enhancement Fund was put in place to deliver visual projects to support multiculturalism and ensure that the contribution of diverse communities through their settlement in that area, remains preserved and showcased for generations to come. By visibly communicating the social and economic benefits of Australia's cultural diversity to the whole community, we can clearly show that diversity works for all.

The post-war migration, which saw many of our Greek community come to Australia, transformed our country and strengthened our economy. It made Australia a culturally richer, more varied and interesting place to live and the skills and labour it has brought have helped build our national industries and infrastructure. We all recognise that we now live in a nation shaped by that migration and the arrival of new and exciting cultures continues to develop our pluralistic society.

Each wave of new migrants has challenges and this has always been the case. But each wave of migration brings even more cultures and customs that we can all embrace and respect. Governments at all levels have responsibilities to provide services and

facilities for our migrant communities, particularly new arrivals. At a local level, a strength in developing a multicultural society is to provide opportunities for people to connect with one another.



That is why the development of the welcoming and vibrant café culture over recent years and the forthcoming development of the area as a Cultural Precinct, will continue to provide those important opportunities for people to connect with one another.

A number of migrant communities arrived and settled in our local area. The Greek community, in particular, have retained and shared their cultural heritage with all of us, and have contributed significantly to the development of our local cultural identity. We have all respected and embraced Greek culture – now we can all respect and embrace further new and exciting cultures and make our community an even more dynamic, forward thinking and inclusive society.

And the best part of all of this is that we can all celebrate and enjoy our diversity in the wonderfully vibrant café culture of Oakleigh.

Ann Barker MP
State Member for Oakleigh



Photo: Petros Pro Photography

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Little Owls by Tsonis



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Education

The Gift Of Learning Greek....

PROTYPO in Greek – “Πρότυπο” means: “a model, an archetype, pattern or standard”. The name was chosen over 30 years ago because its founder was passionate that the school would strive ahead and break tradition, become exemplary by breaking norms and creating new standards!

PROTYPO GREEK CENTRE was established in 1981 and is centrally located in the Oakleigh community. In 2011 it broke traditions with a current enrolment of over 600 children, including toddlers' and babies' programs, parent classes, and full classes of 3 year - old kindergarten to VCE Greek language and learning. Protypo pushed the boundaries when in 2011 it began the first Adult Beginners class, made up of non-Greek speaking parents in the school community. The school population is predominantly second and third generation and from diverse Greek and multicultural backgrounds. A large number of the students come from homes where only one parent is Greek. In many instances, children are currently learning three languages!

The school population is predominantly second and third generation and from diverse Greek and multicultural backgrounds. This line is unclear. Maybe it could say '...is predominantly second and third generation Greek and from diverse multicultural backgrounds.'

At a time when there is a sense of doom and gloom surrounding the maintenance of Greek, Protypo believes that our current generation of parents are different, they demand and seek curriculum and programs in Greek learning that are radically different to those they may have experienced. Listening to this generation of young Greek-Australians with hybrid identities, has been the cornerstone of Protypo's success. Each Protypo class includes a program of music, dance, drama and literacy learning based on CLIL (Content Language Integrated Learning).

Protypo is ready for another great year. Take a walk through the school and you will experience a “bilingual buzz” as you see young Protypakia learning the Greek alphabet using “STOMP” dance moves,

kinesthetically moving their bodies to mimic the form of the letter whilst singing the phonetic sound.

You will witness the same CLIL principle at work in every class and as you move past the Performing Arts building you will again see parents entranced at the visual presentation of the 'The Bilingual Brain', learning what and how their child learns a first and a second language. Protypo's Principal has just returned from Texas in America, where she participated in brain-based new learning, which she actively shares with parents. Protypo is a dynamic bilingual, bicultural community and one of the best kept secrets of Oakleigh.

With Maths, a second language increases the ability to solve complex problems...!

Bilingual education is the right of every child and even more important for those who have a heritage language like Greek. Research carried out during the last few years has shown that learning a second language, regardless of gender or race, can enhance children's overall mental development. This results in increased language skills, self-esteem, thinking and reasoning skills, maths ability plus earlier reading. For example with maths, a second language increases the ability to solve complex problems, with English, a second language increases the vocabulary available to a child. This results in both languages reinforcing each other, giving the bilingual child an edge over their mono-linguistic contemporaries. Children can learn much about English by learning structures and words in other languages.

Bilingual children, in another study, were found to have a larger density of "grey matter" in their brains. And those who had been exposed to a second language from an early age, proved to have the most grey matter, i.e. that part of the brain which is responsible for processing information, including memory, speech and sensory perception. Learning Greek is a gift!

Bilingual children... were found to have a larger density of "grey matter" in their brains.!

Protypo continues re-designing their curriculum and programs to sustain, maintain and re-package this gift for our third and fourth generation children. Greek learning is not in danger, traditional methods are in danger...

Protypo sincerely wishes the dynamic Greek community of Oakleigh – and friends and parents that have their Saturday morning Greek coffees at Vanilla after dropping their children off – an amazing summer and extends a heartfelt thank-you for keeping the Greek spirit, language and culture safe for the next generation.



Information and visits to the school can be organised from
tel: 0402 535 031 or the following
emails: simone.gindidis@protypo.com.au / gshrc@protypo.com.au



WHAT IS CLIL?

The term CLIL (Content Language Integrated Learning) was coined by David Marsh, University of Jyväskylä, Finland (1994), who defined it with these words: "CLIL refers to situations where subjects, or parts of subjects, are taught through a foreign language with dual-focused aims, namely the learning of content and the simultaneous learning of a foreign language."

He later added "This approach involves learning subjects such as history, geography or others, through an additional language. It can be very successful in enhancing the learning of languages and other subjects, and developing in the youngsters a positive 'can do' attitude towards themselves as language learners..."

This breakthrough could only have happened in Finland where they have a very relaxed, almost playful, approach to language learning. This happens by casually promoting two or more extra languages to compliment the mother tongue, without stressing too much for proficiency, focusing instead on the joy of learning and integrating new conceptual vehicles.

And this is exactly the insight offered by CLIL. Language is a vehicle, not an entity or end unto itself. Language becomes like a desirable or even necessary skill, which the pupil can use to learn or enjoy experiences in the new globalised landscape made possible by the Internet.

This almost "utilitarian" use of language may sound unappealing to purists, but on the other hand it achieves something every teacher or parent would consider the golden egg of education: MOTIVATION!

So CLIL is here to stay. It is not even an innovation. In a way it has been around since ancient times. It was practiced in Babylonia. It was practiced in Rome by the upper-middle classes who wanted their children to be educated in Greek.

Today, CLIL is being consciously applied as a scientific principle into the curriculum of several innovative schools across the globe. Learning a second language has never been so much fun.

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Fotoromanzo!

“IL FOTOROMANZO E’ UNO SVAGO SANO E LEGITTIMO” MARISA MELL

By NIKITA BALLAS

What does Hugh Grant have in common with George Michael? Well, other than their overpublicised scandals and before they made it big in their respective careers, rumour has it they both tried their luck as photo heart-throbs in girls mags like Blue Jeans, and Jackie and Romeo – the UK versions of *fotoromanzo*.

the photo novella is a healthy and legitimate way of relaxation



They would probably not feel keen to remember those days due to the low status of *fotoromanzo* in the English speaking arts and entertainment world. But had they lived in Italy, their careers could have taken a whole new direction. They could have become *fotoromanzo* stars.

So what is *fotoromanzo*? The answer is very simple. *Fotoromanzo*, also known as photo-novella or photo story, is a genre of romantic comics illustrated with photographs rather than drawings. Each photograph is properly directed and staged to capture a key moment in the fictional story together with the traditional comic book dialogue bubbles and narrative textboxes.

Who am I to argue with Marisa

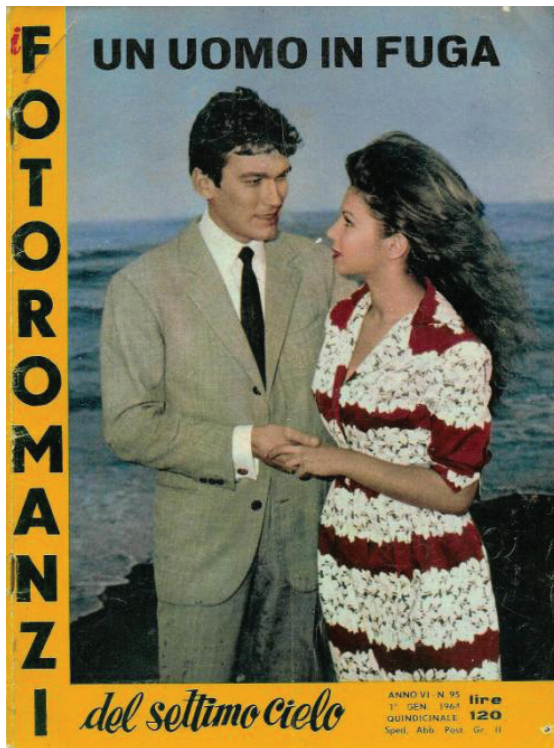
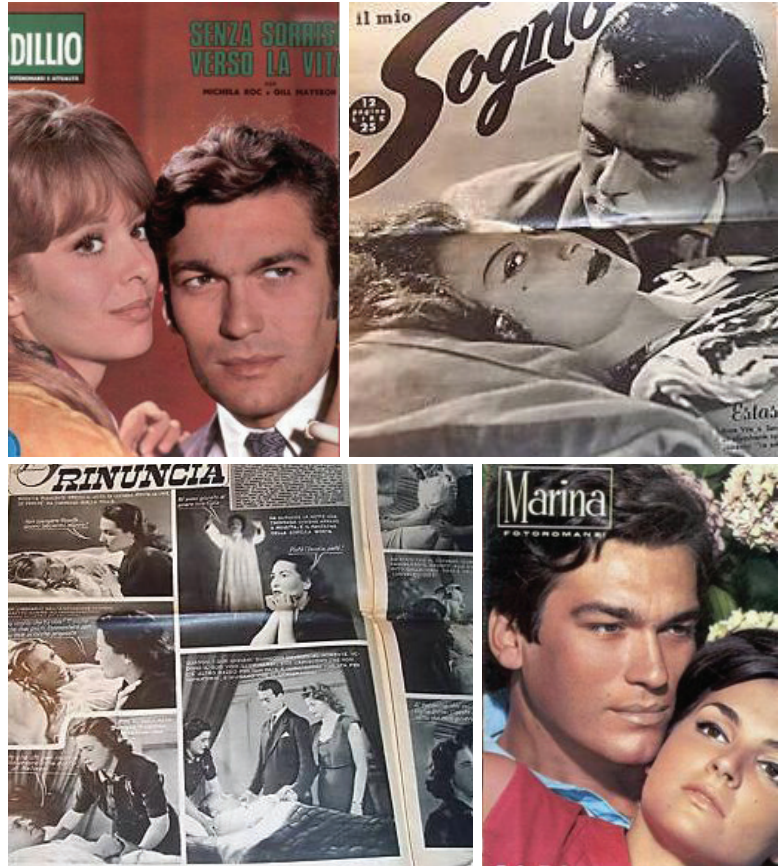


Going back to Italy, the *fotoromanzo* genre enjoyed massive popularity from as early as the late '40s and '50s, and especially in the '60s and '70s, evolving side-by-side with Italian cinema. Great Italian cinema stars like Florinda Bolkan, Sophia Loren, Gina Lollobrigida and later Ornella Muti were also *fotoromanzo* stars. Even the well-known cinema villain, Ivan Rassimov, explored his sensitive side in the earlier days of his career as a *fotoromanzo* romantic lead, perhaps with some embarrassment, as he used the alias Gill Mayeron.

By 1976 more than 8 million copies a month were sold in Italy alone. Fotoromanzo became hugely popular in other countries like Spain, Greece, and in most of Latin America. I still remember the Romantso magazine, the Greek version of fotoromanzo, (and the Greek-Australian version, 'Ellinis') religiously bought by my mum.

The popularity of fotoromanzo started waning after the '80s and many would argue that it is dying a natural death and should be left alone to die and take its rightful place in some small corner at the museum of obsolete art forms. I beg to differ. In a rapidly evolving multi-media landscape, with technological changes making it more feasible to cater for niche markets, we can expect to see genres like fotoromanzo be revived and made to flourish. So hurry up to register for the first fotoromanzo app!

And just to get things started, I proudly present in this launch issue of Vanilla Magazine, a brand new fotoromanzo, "Migliori Amiche"!



Ivan Rassimov on the cover of a fotoromanzo (1964)



ROMANTSO magazine, the Greek version of Fotoromanzo



MIGLIORI AMICHE

SCENEGGIATURA: NIKITA BALLAS | FOTOGRAFIA: CON MILONAS (PHOTOS BY CONSTANTINE) | ORGANIZZAZIONE: ADELE VRANTSES

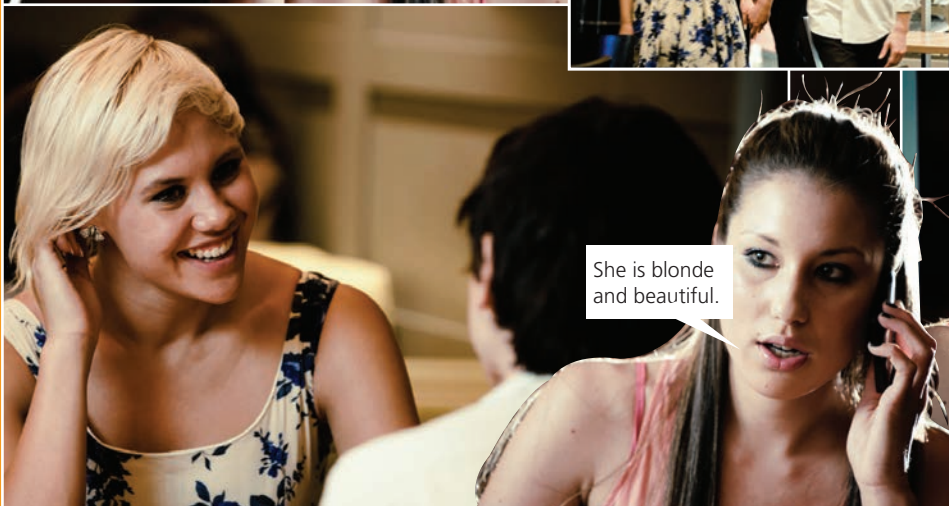
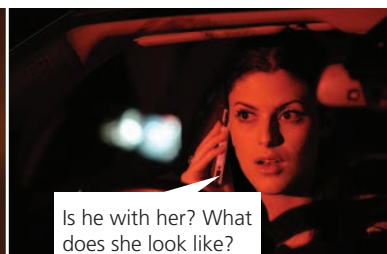
PERSONAGGI E INTERPRETI

Jenny
Chantal Correale

Suzie
Renee Isle

Jasmine
Alexandra Churchward

Mark
Christopher Talbott





I hate him Suzie.

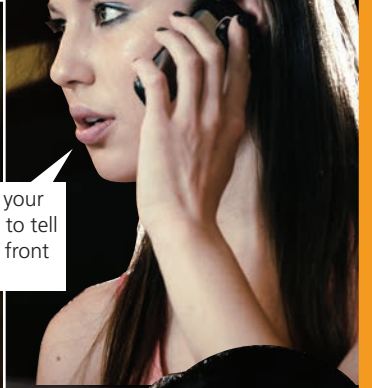
I'll be there in a minute.



You sure I should do this?

You owe it to yourself.

There you are!



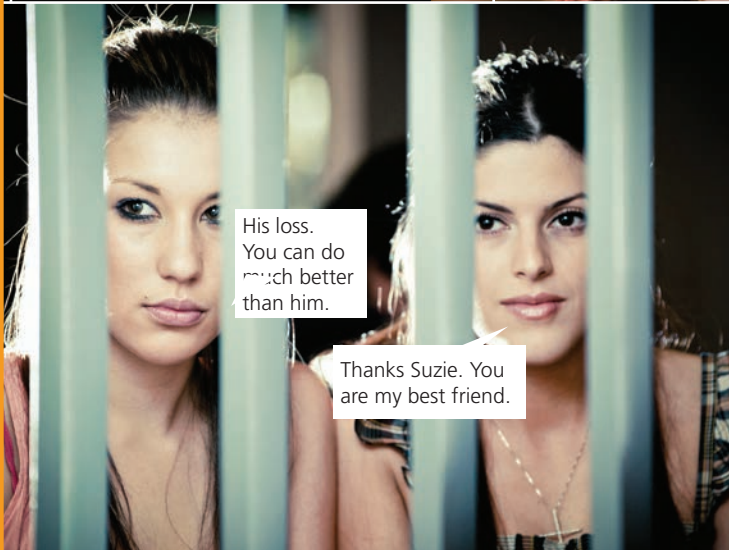
Now is your chance to tell him. In front of her!



But remember, you must not act jealous.

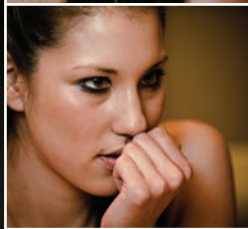


Easier said than done. He is obviously over me.



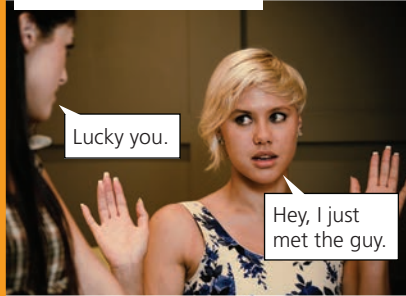
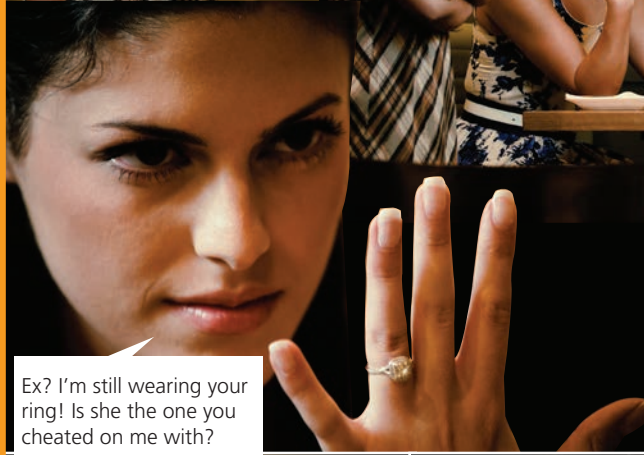
His loss. You can do much better than him.

Thanks Suzie. You are my best friend.



OK, here I go!

You get stuck, turn and look at me and I'll come to your rescue.





I'm Jenny and this is Mark.



a pathological cheater and liar.



Don't say I didn't warn you.



Don't cry darling.



He is not worth it.



Mark, I'm sorry, but this is too much for me. Good luck.



Let's call it a night honey. Go home and get some rest.



I've got some unfinished business to take care off.



Don't you dare pull a stunt like that again lover boy.



I just cleared your schedule for tonight, so don't be late.

MARY'S GOT

Talent



Mary Melabiotis has been very busy over the past two years organising events for Vanilla Cakes & Lounge. But best we let her explain.

It has definitely been a busy couple of years. We had the Antipodes in the Park concert where Chris Ballas had asked me to assist him with the event. Then we had Oakleigh's Got Talent, which I was asked to organise and host in February 2010. In 2011 we did a similar show but called it 'Vanilla's Got Talent', to not deter applicants from other suburbs. And somewhere in between I also produced and directed the short film 'Stuffed', which had Vanilla as one of its major sponsors.

How did the talent show come about?

Vanilla has been providing a platform for young singers and musicians to showcase their talent, over the last 3 years with the Thursday night Vanilla House Band and other special events. It seemed like a good idea to create a separate event that would provide more opportunities for local talent to flourish. Vicki Ballas suggested I organise a

talent show and I was happy to take on the challenge.

What did you enjoy most with Vanilla's Got Talent?

I enjoyed bringing different cultures together and giving the opportunity to young people to showcase their talent. It is a good way for performers to build their confidence in front of an audience, while also receiving valuable feedback from the judges, so they can further develop their talent.

Do you believe there is more talent out there that could benefit from such events?

There is A LOT of talent out there but due to their lack of confidence they hesitate to apply. In the second event there were more applicants. To me this shows that after seeing the first year's event they didn't feel as intimidated. But there is a lot more talent out there that should be applying and we expect, in the third show, to have many more applicants.

This time around it seemed there were younger contestants.

Parents felt more comfortable this time round to allow their children to enter. I was happy to see parents encouraging their children and being part of it and supporting each other, as opposed to being competitive. It would be very hard to allow young children to enter into a show like this because of schooling and

other commitments, but I believe that any young applicant needs to have a balance between schooling and their passion. The parents can support their child's passion while maintaining a balance with school and other obligations.

Does talent have an age?

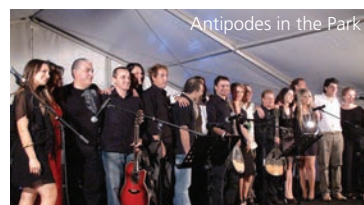
Age has nothing to do with it. You could be 5 or 55, but never had the chance to bring the talent out. That's why there are no age restrictions in this event. This show is all about exploring and developing your talent no matter how old you are.

Vanilla's Got Talent 2011 had some new judges. Were you happy with the changes?

We did have new judges, which was fantastic! Except for Addie Babington who was also a judge in 2010. She is not only a dear friend, but also a well-respected singing teacher and I know she has been an integral part of both shows. I'd definitely want her back for future shows. I was amazed at how she was able to bring out the best in the contestants and how she offered them constructive criticism in a friendly and well-received manner.



Mary Melabiotis during filming of Stuffed the Short Film.



Antipodes in the Park

What about the new judges?

Because it is an all round talent show, this year I wanted to bring judges with different backgrounds so the contestants could receive valuable feedback in areas like stage performance and playing musical instruments. This time we had a lot of contestants performing with instruments. Tony was very helpful because, as a professional musician, he was able to not only give great advice on the singing, but also on instruments used like guitar and piano. Yvonne has a drama, dancing and musical background. She was fantastic in helping the contestants improve in their stage appearance and overall performance. The three were the perfect blend of professions and personalities – it worked! And they got along really well and became close friends.

And the guest judges?

At the quarterfinals we had the pleasure to have, as a guest judge, Vince Colosimo. When he turned up he didn't know what to expect, but he was amazed by the overall energy and excitement. His parting words were: "I think it is a fantastic thing what you have done here for these young talents, and I am very happy to have been a part of it".

In the semifinals I was delighted to have, as guest judges, our very own local talents, Jenny Apostolidis and Rebecca. They gave some great singing and career advice to the contestants. It was good to have five judges on the semifinals because it added spice with all the different opinions.

In the finals we were pleased with the opportunity to have Nuria Santalucia as our guest judge. She shined with her sweet and humble personality adding a beautiful aura to the night.

Oh, and I definitely don't want to forget mentioning my appreciation to the guest singers Jenny Apostolidis, Amanda Strawn and Spiridoula Manolis who wowed the audience with their beautiful voices.

Is there going to be a next one?

I hope so! If there is, it'll most probably be summer of 2013. So to all the talented people out there, get yourselves ready!



VANILLA'S GOT TALENT 2011 FINAL.

From left:

- Yvonne Manis Gorgorinis,
- Nuria Santalucia,
- Addie Babington,
- Thanasis Spanos,
- Tony Iliou &
- Mary Melabiotis

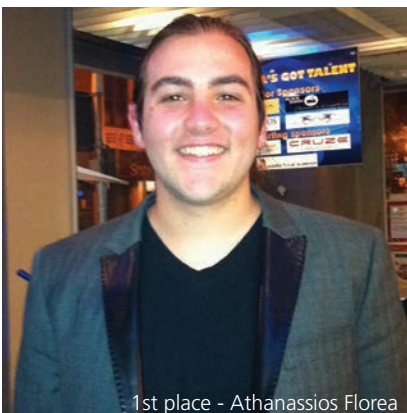
VANILLA'S GOT TALENT 2011



Vanilla's got talent 2011 marked the ending of another great year of entertainment and community building right at the heart of Oakleigh. Again we saw all these young talents rise up to the challenge of competing in front of a live audience, giving out their best and we loved every minute of it.

The finals were particularly noteworthy as several guest performers and judges made those last three Tuesday nights even more special. We have captured some memorable moments worth being immortalised in this launch issue of Vanilla magazine.

But because history remembers foremost the winners, we had a brief chat with Athanasios Florea, winner of Vanilla's Got Talent 2011.



1st place - Athanasios Florea

Who got you interested in singing?

I grew up with music. My grandfather and auntie were folk singers in Romania and they "infected" me with their passion, although I followed a different path.

Such as?

Well, my main influences, each in their own different way, are Pavarotti, Stevie Wonder and John Legend.

Why did you take part in Vanilla's Got Talent?

I really wanted to test myself in front of an audience.

How did that work out?

Well, I was a bit nervous at the start, especially when I saw the quality of other competitors, but that only pushed me to improve my stage presence and give out my best. I realised by observing the other contestants that I should focus on drawing emotion out of the audience through my performance and this helped me free up myself.

When did you start believing you could win?

Towards the end of the competition, actually, during the semi finals, I started believing I had a good chance to win.

What next?

Now I feel much more confidence in performing in front of an audience and I want to pursue a career in singing.



2nd place - Sarah Rzek



3rd place - Sarah Aarons



Rachael Costanzo



Adelle Petropoulos



"It was a great experience for me. The crowd and contestants made the most of the occasion. It's encouraging to see so much young talent giving it their best in what I think would be a daunting exercise. Their enthusiasm and confidence is something to be proud of."

Tony Iliou - Vanilla's Got Talent 2011 judge



From left: Guest judge Nuria Santalucia, with judges Yvonne Gorgorinis, Addie Babington & Tony Iliou



Guest judges Jenny Apostolidis & Rebecca



Guest judge Vince Colosimo



"I was extremely impressed with our local talent, especially the last seven contestants. Taking into consideration how young they all were, they carried themselves with great maturity, grace and professionalism!

They were all very unique in their own way, and I respected the fact they remained true to themselves.

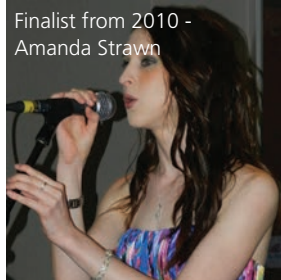
Their yearning and passion for singing was truly remarkable, and their commitment to this competition was outstanding!

I grew very fond of all the contestants, and hope we allowed them to grow in a positive way.

For me the experience was unique, challenging, exciting, entertaining and overwhelming. It was an experience that took us on a roller coaster ride of emotions that I would take part in all over again!!

Thank you to all who attended and showed their support, especially my family and friends - luv to you all!!"

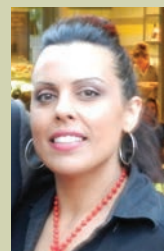
Yvonne Manis Gorgorinis - Vanilla's Got Talent 2011 judge



Finalist from 2010 - Amanda Strawn



Guest Singer - Spiridoula Manolis



Over the last seven weeks I have had the pleasure of watching some exceptionally talented singers grow and develop a stronger foundation with their music and singing.

My aim for the performers was to ensure throughout the seven weeks of the competition, that each and every singer developed, matured and refined their skills; coming out the other

side of the competition with a new found knowledge of themselves as a singer, a performer and ultimately, an artist.

It gives me great joy to see just how many of the performers took onboard the advice of the judges and flourished over the weeks.

I couldn't be more proud of our finalists and I would really like them to know that they are all extraordinary in their own individual way!

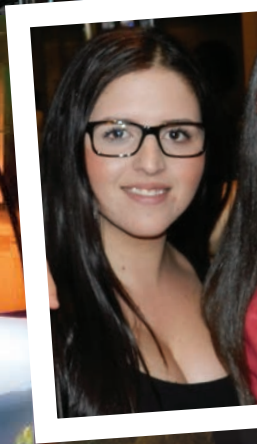
I wish each and every singer that took part in Vanilla's Got Talent 2011 the VERY BEST of luck with their future music career.

This was only the beginning... determination has no boundaries!

Addie Babington - Vanilla's Got Talent 2011 judge & singing teacher @ Adalia Vocal Academy www.adalia.com.au



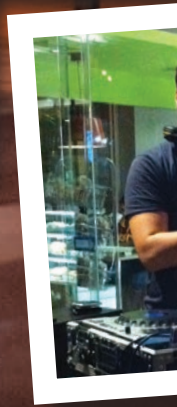
The finalists judging the judges!



VANILLA

VANILLA

 VANILLA
CAKES





VANILLA
AND LOUNGE



VANILLA HOUSE BAND



Vanilla House Band continues to belt out popular tunes. This summer season promises some memorable Thursday nights.



GREEK COMMUNITY TELEVISION

BROADCASTING ON FREE TO
AIR TELEVISION SINCE 1995.

GREEK COMMUNITY TELEVISION has been a full member of Melbourne's non-English speaking media since 1995. Greek television has played a major part in informing the Hellenes about the country they now live in.

Good Evening Melbourne, a weekly program on Channel 31, is very popular within the Greek community.

GCTV's goals are to provide the Greek community of Australia, the opportunity to explore themselves and to cover issues of interest in the general community, through television.

Turning on the television, for news and current affairs is such a routine part of most adult Australians; few of us ever wonder how new immigrants, or long term residents from overseas, obtain the news and information which is such a natural part of the day.

For people born in Greece, now living in Australia, the Greek media is a means of retaining contact with the ethnic community in Australia. Greek newspapers and radio programs in Australia inform Greeks on issues and news, but, due to busy lifestyles Greeks prefer television.

C31 is a communal and culturally diverse television station that reaches over 3.5 million viewers per month.

Your weekly Hosts: , George Tzanopoulos, Sotiris Sotiropoulos.
Reporters: Michael Liagourdis & Harry Zaverdinos.





In the end it all comes
down to Team Pride



Vanilla Cakes & Lounge

The true story behind every delicious cake at
Vanilla Cakes & Lounge



*Marco Ciccarelli,
George Giannou,
Michael Germanos and
Andjela Stankovic*



*Vanilla Head Pastry
Chef, Marco Ciccarelli,
demonstrating his
leadership skills*

Pasteryhouse

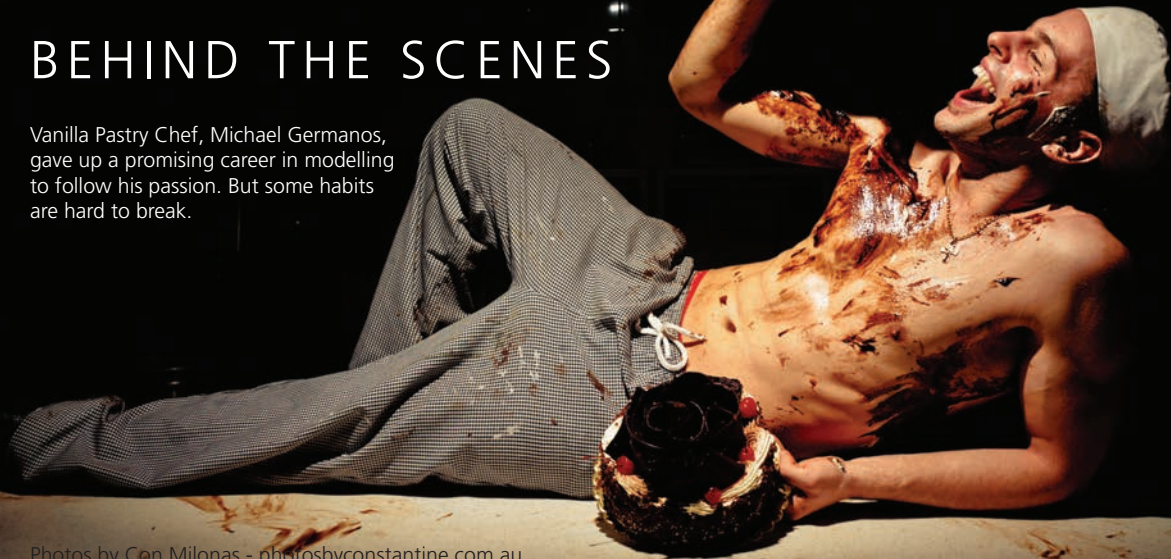
BEHIND THE SCENES



Vanilla Bakehouse

BEHIND THE SCENES

Vanilla Pastry Chef, Michael Germanos, gave up a promising career in modelling to follow his passion. But some habits are hard to break.



Photos by Con Milonas - photosbyconstantine.com.au



Vanilla Cakes - made with lots of love

Art + Craft



TASTE OF *Summer*

Nothing says summer like dining out with some good company or simply enjoying a lazy brunch at Vanilla Cakes & Lounge. Our summer season menu is filled with delicious dishes that will delight your taste buds. Yet there are always the favourites, and this summer we suggest you try these two:

CLUB SANDWICH - SIMPLE IS BEST



This summer order the delicious Vanilla Club Sandwich - made with slices of hot chicken and bacon, layered with cheese, lettuce and tomato, mayonnaise and served with fries.

WARM PAN FRIED SWEET CHILLI CALAMARI



A top of lettuce mix, tomato, cucumber, capsicum and Spanish onion salad with a homemade sweet chilli mayo dressing. Yum!

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ICE COLD FREDDO!

This summer enjoy Vanilla's delicious Freddo – the ice-cold version of espresso coffee. Ask for Freddo, Freddo Espresso or Freddoccino (with milk).



VANILLA'S SPECIAL SMOOTHIE

Vanilla's Special Smoothie is made with seasonal fruits and it is irresistible on a hot summer day. The fresh ingredients used make it an ideal healthy choice as a drink, meal, or snack.



COCKTAILS

- Cosmopolitan** 16
A touch of NY right here in Eaton Mall
Vodka, Cointreau, cranberry juice and a twist of lime
- Tabletone** 18
Decadence in a glass
Frangelico, Kahlua, Baileys and cream
- Jelly Bean** 16
Tickle your tastebuds
Ouzo, Blue Curaco, lemonade and a touch of red cordial
- Midori Splice** 16
Childhood memories recreated
Midori, Malibu, cream and pineapple juice
- Mojito** 16
The Cuban classic
Mint, Rum, sugar, lime and soda
- Vanilla Surprise** POA
Ask your waiter for the barman's speciality



THE

Art OF FRAPPÉ



Impress and refresh your friends this summer by making them a delicious Frappé coffee! What is Frappé? It is an ice coffee drink (the word frappé means chilled) with a characteristic creamy froth made from instant coffee. Frappé is strongly linked to instant coffee brand Nescafé, and for good reason. It simply tastes great with the distinctive Nescafé flavor. Nestlé has been heavily marketing Nescafé Frappé in Greece and in other European countries for decades, contributing in a big way to its popularity.

In Greece, Frappé has attained the status of national drink, especially during summer. It would be almost impossible to find a café in Greece not serving Frappé.

And now Frappé is becoming the new coffee sensation in Melbourne, thanks largely to the emerging Greek style café culture. It is one of the most frequently ordered items at Vanilla Cakes & Lounge where the baristas treat it like an art form.



Making a good Frappé is simple, yet tricky. You will need:

- Nescafé Blend 43 Instant Coffee granules
- Sugar (optional, but it helps to make a creamier froth)
- Cold water
- Ice cubes
- Cold milk (optional)
- Small hand blender
- Tall, straight glass
- Straw

Preparation

1. Take the glass and put in one or two teaspoons of coffee granules.
2. Add sugar (optional – but it helps create a creamier froth).
3. Add a small amount of cold water. This is where it gets a bit tricky. If the initial water is too much, it creates a bubbly froth as opposed to a creamy froth. The tinier the bubbles in the froth, the longer it will last. If it is not enough, the froth won't achieve the desired volume. Practice makes perfect!
4. Use your hand blender to blend the ingredients until you see a thick, creamy froth forming.
5. Add some ice cubes.
6. Slowly pour enough water to raise the froth to the top of the glass (leaving some room if you want to add milk)
7. Add milk (optional).
8. Insert a straw, give it a little stir to allow the milk to twirl itself into the drink and you are ready to serve your delicious Greek style Frappé and proudly call yourself a FRAPPER!

NESCAFÉ
Blend 43



Chamomile Oil

IT'S ESSENTIAL!

Aromatherapy is the practice of using essential oils to maintain health and wellbeing. Chamomile oil is one of the commonly used essential oils in aromatherapy. It has relaxing and sedative benefits and smells of fruity apple and straw. It is prepared through steam distillation of the flower.

BENEFITS OF USING CHAMOMILE OIL

Mental – Calms the mind and eases fear, anxiety, anger, worries and tension during times of physical and emotional stress. Brings peace and patience and enhances overall feelings of calmness and relaxation. Chamomile herb, taken in the form of tea, helps in treating insomnia.

Physical – Provides a nervine action, relieving pain associated with the nerves such as: neuralgia, headaches, toothache and earache. A gentle relaxant for menopause and menstrual cramps and pains. Chamomile is a good remedy for gastrointestinal problems. Provides relief to those suffering from gastritis, diarrhoea, colitis, peptic ulcers, flatulence, and inflammation of the bowels. Also useful for genito-urinary tract problems. Possibly useful for liver problems such as jaundice. Has mild effect on children facing teething problems and earache.

Skin – Chamomile is also used in treating skin problems, providing soothing, calming and cleansing action -- useful for burns, blisters, inflamed wounds, ulcers, boils, dermatitis, eczema, rashes, wounds and hypersensitive skin problems. Also used for dry, itchy skin, puffiness and allergic conditions in general. Reportedly smoothens out broken capillaries, blisters -- improving elasticity and tissue strength. It can also be used to lighten fair hair.

USING CHAMOMILE OIL

- For bath or massage, add 10 drops to a warm bath for relaxation. Diluted with a carrier oil, it can be massaged in and used as a compress for headaches.
- It is also an excellent household disinfectant.
- A calming massage of Roman Chamomile, diluted with a carrier oil, relaxes sore, overworked muscles or inflamed joints.
- Diffuse fragrant Roman Chamomile in a Crystal Diffuser to ease headaches and nervous tension.



STAY

young

IN THE SUN



Taking care of your skin may seem to take a lot of effort. But you only have one skin.

People enjoy the relaxing experience of tanning. And they also love its result, a fabulous bronzed skin. But exposure to the ultraviolet radiation, whether from outdoors or from tanning beds, will cause the skin to age considerably. The tanning process takes away skin oils that make the skin elastic and young. Tanning can lead to the appearance of lines and wrinkles. And frequent tanning may make a person look older than his or her age. To prevent this undesirable effect of tanning, one should consider skin care products.

Skin care products are made up of cleansers, masks, toners, moisturisers, and sun blocks. The cleansers, which come as creams and gels, deeply clean the skin. The masks, which are also known as mud packs or exfoliants, peel off old skin. The toners, which should be non-stringent, remove stubborn dirt lodged in the pores. The moisturisers return the protective skin oils. Moisturisers should be different for various types of skins. And the sun blocks shield the skin from the damaging radiation from the sun or tanning bulbs. Then, there are also specialty skin care products, such as eye creams that are meant to lessen facial lines, and lip protectors (for lips have special skin) that are used to prevent the lips from chapping due to freezing or scorching temperatures. Women have

cosmetic foundations that have SPF (Sun Protection Factor), which range from SPF 5 to 15.

The range of skin care products seems overwhelming but all these are important to give maximum protection for the skin. Professionals, such as models, actors and actresses, and salon owners, invest in such skin care products because the condition and age of their skin is vital to their jobs. As for regular guys and gals, the use of skin care products will enhance the beauty of their skin and slow down the process of aging. These products also contribute to the health and suppleness of the skin.

The skin care products preferred by most consumers, are those made from naturally occurring substances. Synthetically produced substances for skin care products and cosmetic products, may create detrimental side effects. This is why most skin care products are composed of extracts from leaves, roots, flowers and fruits. These botanicals are known to be safe.

Taking care of your skin may seem to take a lot of effort but you only have one skin. You spend money on it so that it will have a perfect tan. But you must also invest in skin care products to protect your skin from the aging process caused by tanning, and to keep your skin healthy and younger looking.

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Some

Common Myths

That Keep Women From Weight Training



Weight training has long been known to improve health, improve strength, step up vigor and improve the physique. Men have been taking advantage of this fact for many years now, but many women have avoided weight training and continue to do so because they see it as a masculine thing, meant to bulk up muscle.

Many women have abstained from training with weights because of some misconceptions associated with women and weight training. If you have never given any thought to working out with weights before, it is probably because one or more of the common myths about women's weight training is stopping you.

Let's take a look at some of these myths and let's find out just what the real truth is and why you should not let them stop you from taking advantage of all the benefits weight training has to offer.

One common myth is that some women think they are too old to work with weights. The truth is, you are never too old to be able to strengthen and tone your muscles. By using lighter weights and a relatively low intensity program you can still benefit from weight training. It has been proven through studies that people as old as 80 and even 90, who started weight training, saw up to a 200% increase in strength over a one month period.

Another common myth is that some women think they will lose their flexibility with weight training. The truth here is that weight training will actually help you to become more flexible. By doing weight training exercises through a full range of motions your muscles are put into a stretch with

each repetition, and by strengthening them they are less prone to injury while doing stretching exercises.

This next myth is probably the most common one by far. Many women think that if they lift weights they will develop big muscles and look bulky and unfeminine. Nothing can be further from the truth! The fact is, women don't have near enough of the male hormone testosterone and testosterone is the major growth hormone that will produce bulky muscles. Unless women use supplemental means like steroids and growth hormone, they cannot bulk up like men.

Weight training will get you firm and toned but by no means will it make you look manly.

One myth that is fairly common is that some women think that weight training is just boring and tedious. The truth is that weight training can be done with a friend and you can make

each other laugh as well as help keep each other on track. You can listen to music as you exercise. You can mix different exercises into your routine and change up your routine from time to time. You will also find that as your strength and your body are improving, you will feel so much better about it all. When you reach a certain goal, give yourself a reward like eating out in a fancy restaurant or taking a weekend vacation somewhere nice.

Now that you know the truth to some of the myths that have been stopping you from enjoying the many benefits of weight training, there is no reason for you not to make it a part of your exercise regimen. Weight training is no longer strictly for men only. So get up, get to the weights and get fit for life.

Many women think that if they lift weights they will develop big muscles and look bulky and unfeminine. Nothing can be further from the truth!

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“We all have dreams. But in order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline, and effort.”

JESSE OWENS

SELF DISCIPLINE

When examining the vital characteristics of great leaders and successful people, one characteristic seems to stand out above all the rest: self-discipline. Why? Because life is full of unforeseen challenges and problems on the path to success and achievement. To overcome these challenges, leaders must learn to demonstrate the four key ingredients to living a self-disciplined life, including self-control, motivation, persistence, and goal setting.

In a world where children have limited experience with delayed gratification and lives are saturated with messages of instant gratification from technology and advertisements, it is important, now more than ever, to teach the value of self-discipline. The frantic pace of family life and extremely busy daily schedules, provide very few opportunities for people to think before they act. As a result, it is increasingly more important to develop the personal discipline to make sound decisions and take the responsibility to complete tasks. Having self-discipline means you control your actions: your actions do not control you. Just like your muscles can get stronger, so can your self-discipline with exercising and using your inner strength.

In a world where children have limited experience with delayed gratification and lives are saturated with messages of instant gratification from technology and advertisements, it is important, now more than ever, to teach the value of self-discipline

At KMA Martial Arts, we focus on developing key character traits, such as self-discipline, through the teaching of martial arts. Unlike other sports, which require the athlete to have already developed many of these character traits, we specialise in developing them. Many sports, such as soccer and football, allow children that already have these traits to excel, while those that don't are often 'benched' or do not receive the same attention. At KMA Martial Arts no child is benched and every child is given specific training on how to develop physically, mentally and emotionally. Many of our students then go on to begin other sports in combination with their martial arts training and they improve faster because of it.

Enquire for yourself and find out exactly how character development is taught through the programs at KMA Martial Arts. If you would like your child to have a head start on developing the characteristics that will make them great leaders and successes in later life, then enroll them in martial arts today.



KMA Martial Arts Centre

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IS LOVE

enough...

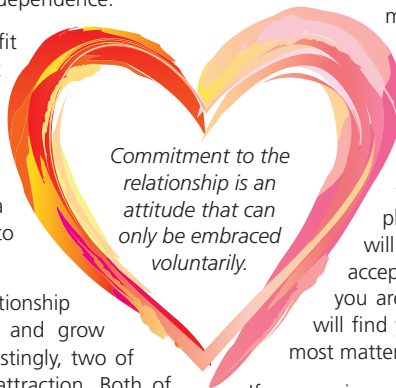
You have probably heard that some of the following are necessary for a successful relationship: mutual respect, personality homogeneity, love, trust, similar goals, physical attraction, common interests, similar value sets, admiration, independence, interdependence.

In an ideal world, you would benefit from all of the above as being present in your relationship but life gets in the way where personal stresses, work overload, children(s)' requirements, social engagements, juggling family and social relationships, to name a few, can act as hurdles when trying to achieve a perfect equilibrium.

There are really three factors in a relationship that allow a relationship to evolve and grow healthily over the longer term. Interestingly, two of these factors are love and physical attraction. Both of these elements have a tendency to evolve as couples grow. It is also common for love and physical attraction to wane and fade at different points of the relationship. The best way to understand its evolution within a long-term relationship is to perhaps look at couples that have been married for over thirty years, where you will often hear that the relationship has evolved into a 'brother-sister' relationship. Whilst it is hard to imagine that any young couple would strive to achieve this type of relationship, it is interesting to note that the elements underlying such a relationship are fundamentally what allow its longevity.

COMMITMENT

The third, all-encompassing factor in a relationship is commitment to meeting your partner's needs and placing them on par with your own. It is perhaps the most important factor because it is required constantly, not sometimes or 95% of the time but 100% of the time. Commitment to the relationship is an attitude that can only be embraced voluntarily.

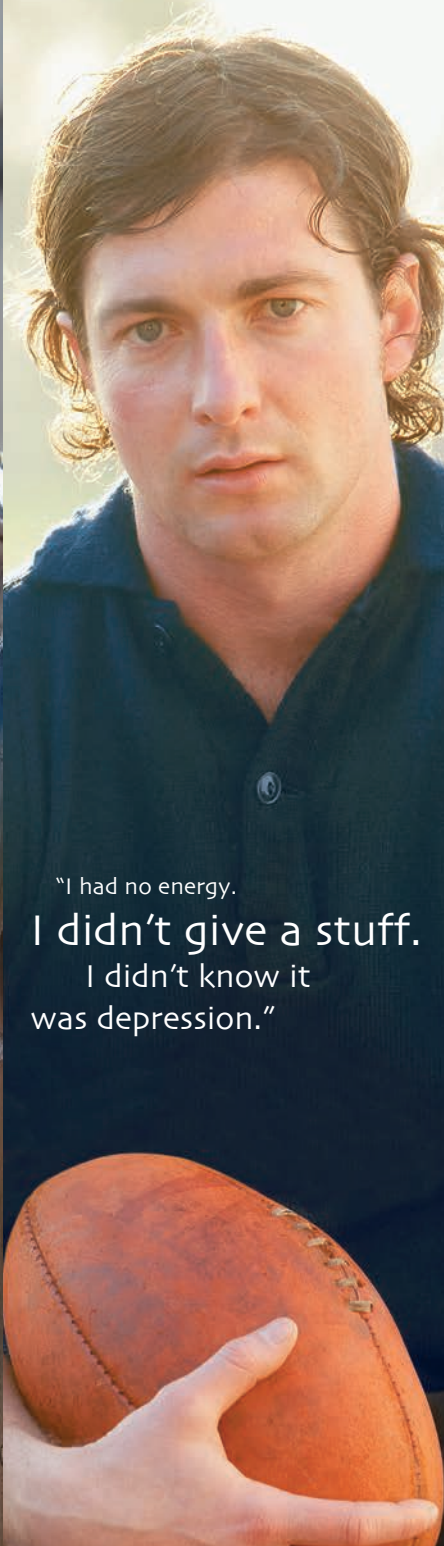


Commitment to the relationship is an attitude that can only be embraced voluntarily.

Nobody can force you to commit, nor will commitment last, if you are doing it to please others such as the children. Sacrifices will need to be made and you will have to accept that not all your needs will be met and you are not always going to be the priority. You will find yourself compromising and negotiating on most matters with your partner.

If an ongoing commitment is present by both parties, then the relationship will override any 'curve-ball' that life throws you. I would tend to agree with the view that sometimes love is not enough to maintain a relationship; as circumstances can get in the way and the flame of love can be extinguished for periods of time (but love and physical attraction can always return in a relationship as long as they were there to begin with) but if mutual commitment is omnipresent, then nothing will get in the way of a healthy relationship.

ALEX PANAGIOTOPOULOS
Counselling Psychologist



"I didn't want people
to think I was weak.

I'm a man
and men don't get
depression."

"I had no energy.
I didn't give a stuff.
I didn't know it
was depression."

"When you're growing up
you're told you have to
be the strong one.
But depression
doesn't care."

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Hilaroscope!

The FUNNY HOROSCOPE that reveals nothing really

Summer 2012



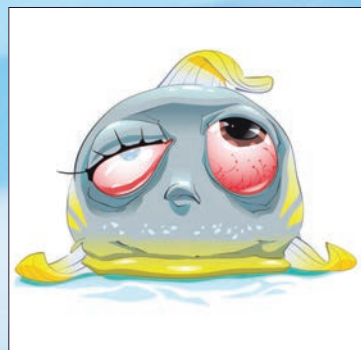
CAPRICORN:

This summer you will be tempted to fight fire with fire, but remember that it's best to use water. Or pee on it. You will accidentally stumble upon the meaning of life and the hidden secret of the universe. You are advised to throw out all out of date medication. Above all be responsible, don't be like the Capricorn lookout boy on the Titanic who saw the iceberg too late.



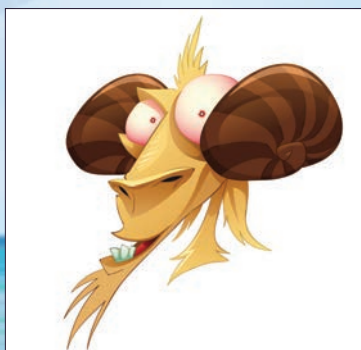
AQUARIUS:

Neptune's in your sign, so you can feel a bit confusing, a bit foggy, to everyone. So when in doubt, just mumble. If your Facebook relationship status says, "It's complicated", you should stop kidding yourself and change it to "Single". Time to thank yourself for always being there for you.



PISCES:

You are inventive and imaginative, which explains your habitual lying. Take a long, hard look at yourself in the mirror. If you see nothing, be open to the possibility you may be a vampire. Avoid eating garlic bread or making the sign of the cross



ARIES:

That lucky escape you had a few years back, wasn't actually a lucky escape at all. You died, which is why your kids always seem to be ignoring you. Its time you knew the truth, it's not just that they're teenagers.



TAURUS:

Your New Year resolution will be a flop. Set a new goal. To make sure you don't feel like a failure this time, lower your standards by 50% and include an exit clause. Warning: Do not take a sleeping pill and a laxative on the same night.



GEMINI:

You will run out of cash at least once this summer. A word of advice: try borrow from a pessimist, he won't expect to be paid back. Learn to take life with a grain of salt, ...plus a slice of lemon, ...and a shot of tequila. That's all the universe has to say right now...

Hilaroscope!

The FUNNY HOROSCOPE that reveals nothing really



CANCER:

This summer you will rediscover yourself. You will also find yourself in a hole. As soon as you realise it, stop digging! The more you complain the longer you will have to live.



LEO:

You will be challenged this summer by all your desires. A word of advice; Go get 'em! Cause they ain't coming to you. Don't be irreplaceable; if you can't be replaced, you can't be promoted.



VIRGO:

A shift of focus has occurred. You will find yourself seeking wisdom, becoming somewhat of a philosopher. You will want to understand the world better from inner levels. All your life you've been focused on the outer but now you will seek knowledge of things greater than yourself. And all that crap.



LIBRA:

Work continues to be rather overwhelming. But if you ask your angels for help by making them lists of work needing to be done, they'll get to it quickly and efficiently. Don't forget to tip them. It's time for you to evaluate important legal matters. Your expired fishing licence for example.



SCORPIO:

New Beginnings are upon your event horizon. Exercise due care lest they are sucked in by the black hole of Old Endings. You may have to come to terms with the strong possibility that your sole purpose in life is simply to serve as a warning to others.



SAGITTARIUS:

Big decision time. Remember this: Love may be blind but marriage is a real eye-opener. You have the right to remain silent. Anything you say will be misquoted then used against you.



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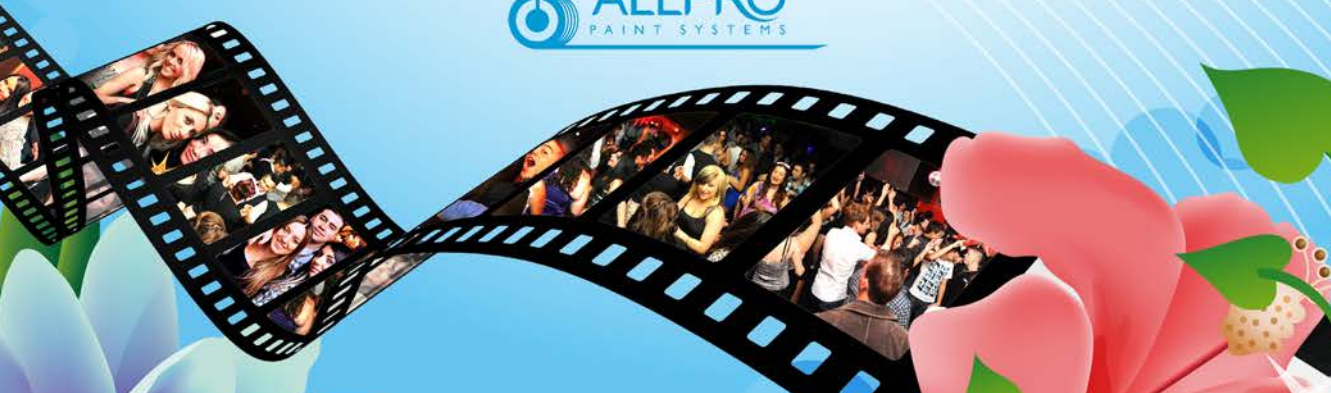


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VANILLA CHART

SUMMER 2012



1. Basto - Again and Again (Original Mix)
2. David DeeJay Feat. P Jolie & Nonis - Perfect 2
3. Milk Inc. - I'll Be There (La Vache 2011)
4. Tom Boxer & Morena ft. J. Warner - Deep In Love
5. Matt Caseli & Danny Freakazoid - Long Legs Running 2011
6. Basto - Live Tonight (Gregorys Theme)
7. Andreea Banica feat. Dony - Samba
8. Alexandra Stan - Mr. Saxobeat (Bodybangers Radio Edit)
9. Morris - Angel Eyes
10. Mattyas feat. Kristina - Secret Love
11. Andreea Banica - Electrified
12. Tom Hangs & Shermanology - Blessed (Avicii Edit)
13. Celia ft. Kaye Styles - Is It Love (Sahara Edit)
14. Roxana Nemes - Give A Little More
15. Inna - W.O.W
16. Karma - More & More
17. Moris Feat. Cortes - Uh La La
18. Andreea Banica feat. Play & Win - Sexy
19. Loredana feat. Jay Ko - Monalisa
20. Edward Maya And Vika Jigulina - Stereo Love (Molella Remix)

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