



VANILLA

AUTUMN
2012

Frappé WITH
MONASH MAYOR
Stefanie Perri

Fotoromanzo
**ANDARE
AVANTI**



Greek Easter
GUIDE



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Editor – Nikita Ballas nikita@vanillamagazine.com.au

Graphic Design & Typesetting – Adele Vrantsets adelevrantsets@hotmail.com

Photography – Con Milonas, Cover & Chief Photographer
www.photosbyconstantine.com.au
– Petrosphotography Metaxopoulos petrosmy@mail@yahoo.com

Contributors – Tony Tsourdalakis, RAOMA, Dan Moore (Clarity Media)

Mailing Address – Vanilla Magazine, 17-21 Eaton Mall, Oakleigh, VIC, 3166

Advertising – advertising@vanillamagazine.com.au

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EDITOR'S LETTER

Welcome to the second issue, which is bigger and better! Our goal is to continue improving Vanilla magazine, which is served free for your enjoyment.



And speaking of enjoyment, we have a brand new fotoromanzo following the positive feedback we received for Migliore Amiche. Our new fotoromanzo is titled ANDARE AVANTI (moving on) and promises to keep faith with the genre by offering the right mix of nostalgic romance and cheesiness.

In this issue we have more interviews, with Monash Mayor Stefanie Perri, with Melbourne born Hollywood star, Louis Mandylor, and with author, Peter Twohig. Also, we ask Vanilla House Band bass player, our very own Evri, about his recent collaboration in New York with some of the world's best musicians.

And of course, there's lots of infotainment content to keep you company as you enjoy your favourite coffee at Vanilla or when you take your free copy home.

Autumn is marked by the Easter break we all so look forward to. And when we talk about Easter in Oakleigh we mainly refer to the Greek Easter, usually a week apart from Aussie Easter.

Greek Easter week is a very busy time for Oakleigh traders, as Greek-Australians flock to the Oakleigh market area to stock up food supplies for their Easter feasts. Vanilla Bakehouse will be on 'red alert' trying to meet the heavy demand for 'koulouria' and 'tsourekia', especially the latter. If you are not of Greek background you are probably wondering what tsourekia is. For this reason we have, as our cover story, the Greek Easter Guide, which includes a full recipe for this traditional Easter treat.

I wish you all a great autumn season and a happy Easter break, or as we say in Greek, *Kalo Pascha!*

NIKITA BALLAS

"Toula Toulaki", Vanilla's most frequent "check in" user on Facebook also for this season!!!

Easter Hamper

Gift for Toula!

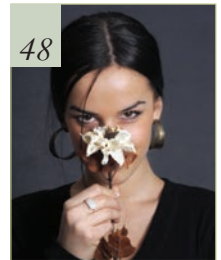
Who will be next? Like and Check in peeps and you could be the recipient of the next Seasonal Hamper valued at over \$100!



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t: 9478 0491

m: 0419 856 736

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e: tony@globalprinting.net.au

w: www.globalprinting.net.au

Greece Office

a: 4th Floor,
6 Papanikolaou Street,
Rethymno, T.K. 74100,
Crete, Greece

m: 6942593167

China Office

a: 206# ROOM,
the 2nd floor, Meikai
Modern Office Centre,
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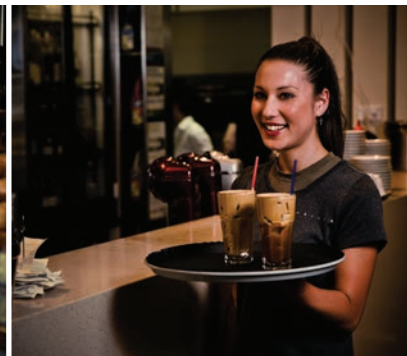
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FRAPPÉ WITH STEFANIE PERRI



Monash Mayor, Stefanie Perri, recently visited Vanilla Cakes & Lounge, and after offering her a refreshing Frappé we couldn't miss the opportunity for a brief chat.

Stefanie, you have lived your entire life in Oakleigh Ward and you have served as its ward Councillor. How do you feel about all the changes that have taken place and how do you see Oakleigh's future?

I'm really excited about Oakleigh's future. I think it has progressed really well over the years to become the dynamic, multicultural and inclusive place it is today. I know that Council is committed to Oakleigh and will invest further in this place, along with traders, other levels of government and the community, so the future of Oakleigh is indeed very bright. The Eaton Mall redevelopment, which will continue from later this year, will see Eaton Mall transformed, to become a place for

people of all ages and abilities, a warm, inclusive and welcoming place that celebrates the multiculturalism of our community and a place that facilitates the development and nurturing of friendships, telling of stories and sharing of experiences, which is synonymous with the Oakleigh experience.

After being very active in the Save Oakleigh Pool campaign in 2008 you were elected to Council. What exactly happened?

I wouldn't consider my involvement with the Save Oakleigh Pool campaign particularly extraordinary. I, like many in the community of Oakleigh and its surrounds, got involved in the Community Life Action Group (CLAG), which worked over a number of years to save the Oakleigh pool, and the Clayton pool before that. My involvement in CLAG inspired me to run for Council because it taught me just how important it is to invest in, and maintain, local community infrastructure and services, and how, while that seems like such a logical position from a community perspective, it is not always correct to assume everyone has the same view of the world.

“Oakleigh is such a special place - rich in character and unique in experience.”

During the Save Oakleigh Pool campaign, I became frustrated with what I saw at the time as a Council that did not always act to deliver to the community what it very clearly said it wanted, and so I decided to get involved and run for Council, to ensure the voices of local residents were heard. Of course, before I was elected to Council, the majority of Council did actually then see things from the community's point of view and decided to join the one or two Councillors who were supporting the Oakleigh Pool all along, so the right decision was arrived at in the end - but certainly being involved in the journey, from the perspective of a local resident, certainly taught me a great deal and, for me, solidified my interest in local government.

You have been enthusiastically promoting, along with other women's issues, the Women's Business Network. What is it exactly?

Monash Council's Women's Business Network holds events four times a year to encourage women to further develop their business skills, network with other business owners and get inspiration from interesting guest speakers.

It's also a great opportunity for women to share their experiences and learn together, and from each other. For more information check out our website at:

www.monash.vic.gov.au/business.



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Froniditha Care AT VANILLA



George Lekakis sharing stories with the elderly

It was a very hot day, but that didn't stop a brave group of **Froniditha Care** residents from their scheduled weekly outing. As proud Greeks, they didn't want to disappoint Vanilla Cakes & Lounge owner Thanassis Spanos and his family, who had invited them to enjoy their favourite drinks and sweets.

Mr. Spanos has a soft spot for the Greek elderly and is always delighted to see them come to Vanilla as he recognises the integral role they played in shaping not only the Greek Community but also the wider Australian society.



Vicki Ballas greeting her guests



Froniditha Care Chief Executive Officer George Lekakis was also present and made sure everyone had a good time. There were some really funny moments and some reflective pauses as they all shared their stories in the relaxed environment of Vanilla. It is truly an eye opening experience to sit down and listen to what the elderly have to say about the meaning of life!

Froniditha Care is a charitable, community based organisation providing services to Australian elders of Greek speaking background. Froniditha has been in existence since 1976 and enjoys broad support from the Greek Community.

As made clear in its mission statement, vision and goals, Froniditha Care exists because it believes that maintaining cultural identity is critical to the well-being of all persons.

Services provided by Froniditha aim to ensure that Greek speaking elderly are able to live in a residential facility or remain at home and be supported by an agency which shares their language, history, religious values, attitudes, rituals, celebrations, music and food.

'In essence, all the elements that have, and continue to play a central role in their lives.'



Become a Volunteer

Froniditha Care was formed by a group of dedicated volunteers. Volunteering can be a rewarding experience, as it allows for opportunities of personal growth and further learning. Training and ongoing support is provided, encouraging the volunteer to have a significant role in community life.

Numerous opportunities exist for volunteers to exercise their skills by becoming involved in the delivery of services in Froniditha's Residential & Community Care Programs. Activities range from direct care (ie. companionship - home and/or facility based), to admin support or fundraising projects, etc.

Volunteers may choose to bring new ideas/projects to the organisation, which may be implemented as part of its continuous improvement commitment in enhancing the care of our elderly and providing better access to services. If you are interested in joining the team of **Froniditha Care** volunteers and participating in a worthwhile cause, **contact Thalia Ioannidou 9552 4144**

www.froniditha.org

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PANCRETAN ASSOCIATION OF MELBOURNE – AUSTRALIA

A PROUD, RICH 40 YEAR HISTORY: 1972 – 2012

By Tony Tsourdalakis (President)



The first official committee of the Pancretan Brotherhood of Melbourne in 1978

The Pancretan Association of Melbourne is celebrating 40 years of a proud rich history. It was created from the unification of the Rethimnian Association of Melbourne – Australia “ARKADI” established in 1972, and the Pancretan Brotherhood of Melbourne & Victoria, established in 1977.

The aims and objectives of both associations since their inception were to unite under one umbrella the Hellenes of Cretan descent that had arrived as migrants and to assist them in their settlement period as such and to promote, educate and enhance the second and subsequent generations of the Cretan values, ideals and traditions by organising educational, philanthropic, recreational, social and cultural activities.

Philanthropic Focus

The Association developed a strong philanthropic vision. It has donated over half a million dollars to various causes including fundraising for the Hospital of Rethymnon, the Austin Research Centre, the Greek Nursing Home “FRONDITHA”, the Royal Children’s Hospital Good Friday Appeal, the “AGAPI” Care Centre and the Australian Greek Welfare Society.

The Cretan Village

In the early 80s, the Association built the Cretan Village in Cathie’s Lane, Wantirna South, which became and remains the focal point for the Cretan activities of the Australian Community. The facilities include a large reception centre, a members pavilion, a Cretan library-archive centre, a children’s

playground, a basketball court and three newly resurfaced tennis courts. The Association is now planning for the construction of the Minoan Childcare & Educational Centre.

Preserving Cretan Culture

Having a very strong focus on keeping alive the Cretan culture, the Association has been consistently inviting Cretan musicians from Crete. Since 1972 over a hundred musicians have come from the motherland to entertain the Association’s members and friends.

In 2006 the Association established the first Cretan music school where students learn the lyra, the lute and the mandolin.



Performing live at Vanilla. From left: Kostas Kirkotsios, Sifis Tsourdalakis and Manolis Hamogiorgakis

"the Association has been consistently inviting Cretan musicians from Crete"

The Association's theatrical group has put on the theatrical performances: Kalinixta Margarita, the Battle of Crete, AnthipolohagosZisis, Patouhas, Erotokritos, Zorbas, Cretan Wedding.

A Vibrant Community Group

The Association has also produced several publications over the years like **'Cretan Echoes', 'Voice of Rethymnon', Pancretan News**, and in 2008 it published a book titled

"The Cretans of Oceania from the 19th Century" by author Mr. Socrates Tsourdalakis.

The Pancretan Youth Club has organised hundreds of social, cultural, educational, charitable, sporting and fund raising events together with the Women's Auxiliary, which is the Executive Committee's backbone.

Being a founding member of the national body, the Cretan Federation of Australia and New Zealand since 1980 the Association has now become a leading force within the World Council of Cretans.

For more information about the Association's activities and events visit www.pancretan.com.au, the **Pancretan Youth Club Facebook page** and the **Pancretan Youtube Channel**.



Hundreds of children have been taught the traditional dances from Crete and general Cretan traditions. The Association has three dance group levels. The junior, the intermediate and senior levels.

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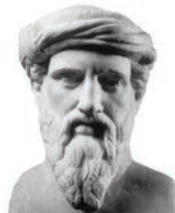
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After the Resurrection the red eggs are used in the popular egg-cracking tradition called 'Tsougrisma'



Greek Easter Guide

PHOTOS BY CON MILONAS - PHOTOSBYCONSTANTINE.COM.AU

*G*reek Orthodox Easter 'Pascha' is the most important feast of the liturgical year. It is celebrated according to the Julian calendar, followed by eastern Christianity, as opposed to the Gregorian calendar being followed by western Christianity – thus the different dates during most years.

Greek Easter is celebrated in Australia in the same way it is celebrated in Greece, except of course, the more restrained use of fireworks! Other than that, all the customs and traditions are faithfully replicated as each generation passes them on to the next one.

As with many other Greek traditions, food plays a central role throughout the Greek Easter season, even during the fasting period, and there is nothing wrong with that. All religious traditions recognise and honour food, both its consumption and its restriction, as an opportunity for communal experiences. Greek Easter is no exception, bringing together families to celebrate their common faith.

The Greek Orthodox faithful observe Lent, the 40-day fast until Easter Sunday. During Lent, the faithful must abstain from meat or fish that has blood. The restricted food list also includes anything that comes from an animal with blood, like dairy products and eggs. The foods allowed during Lent are called 'Nistisima'.



Tsoureki (Greek Easter Bread)

Ingredients

- 1½ cup of milk
- 5 cups of bakers/strong flour
- 1 cup sugar
- 1½ tablespoons yeast
- 3 eggs
- 1 egg beaten for egg wash
- 1 teaspoon salt
- ¾ cup softened butter
- 4 tablespoons orange juice
- 2 teaspoons orange zest
- 1 teaspoon vanilla extract
- 1 red dyed hard boiled egg (shelled)
- 1 pinch Mahlepi spice (available in Oakleigh Greek deli shops!)



12 Step Preparation

1. Dissolve the yeast in 2 tablespoons warm water.
2. Heat milk. Pour into electric mixer bowl and whisk in 1½ cups flour, sugar and the dissolved yeast until it is well mixed.
3. Cover bowl with plastic wrap. Let it rest for 30 minutes.
4. Add the eggs, one at a time, and mix with your hands. Add the Mahlepi spice.
5. Add to the mixture another cup of flour, orange zest, and salt. Warm up in a saucepan and gradually add the melted butter. Then add the vanilla essence, and the orange juice. Continue adding the remaining flour in stages, kneading until it is all moist and smooth. If you want to achieve a smooth texture do not over-knead the dough.
6. Coat the bowl with oil and roll the dough in it to coat. Cover with plastic wrap and allow it to rise in a warm, draft-free place, for 1½ hour until it doubles in size. The dough is ready when a soft touch of your finger will leave an impression.
7. Pre-heat oven to 180°
8. Prepare your baking tray with baking paper
9. Divide the dough into thirds, roll each third into a rope. Braid those ropes and then twist the whole braid into the shape of a ring in the middle of which you place the hard boiled red dyed egg.
10. Mix the egg yolk with 1 tablespoon of water, add some almond flakes (optional) and brush the loaf with it.
11. Bake for approx 25 minutes at 180° (or until you see it turn golden brown). Do not over bake because tsoureki can turn dry very fast.
12. Remove the tray from the oven and let it stand for 5 minutes. You can then transfer the tsoureki to a wire rack to cool completely

The main period of Greek Easter starts with Palm Sunday. The week leading up to Pascha is called 'Megali Evdomatha' (Holy Week / Passion Week).

Although Holy or Great Thursday is a day of solemn reflection, preparations begin for the Greek Easter celebration. Most people bake the traditional Easter bread 'Tsoureki' on this day so it can last over the weekend. Tsoureki is slightly sweet in

taste and is decorated in the middle with a red dyed egg. On this day 'Koulouria', traditional Easter biscuits are also made. As people visit each other over the weekend they take Tsourekia and Koulouria with them. The other big Greek Easter tradition is to boil a large batch of eggs and dye them red. The red dye symbolises the blood of Christ and the eggs symbolise the new life of Resurrection.

Good Friday or Holy Friday, is a day of mourning and solemn reflection. The church bells ring slow and monotonous throughout the day.

In the evening, a procession called 'Epitafios' (a flower decorated bier with an icon of Christ at the centre) leaves the Church headed by the priest, followed by a large crowd of faithful holding lit candles. The 'Epitafios' procession solemnly moves around the parish streets to eventually return to the Church. It symbolises the path Jesus' disciples took after they removed his body off the cross and carried it to His grave.

Midnight Mass of 'Anastasi' (Easter Saturday) marks the beginning of celebrations for the Resurrection of Christ. During the day, people prepare the lamb for the Easter Sunday spit. Preparations are also made for the after Midnight feast featuring the traditional soup 'Mayeritsa'. All the faithful gather before midnight outside their local church to celebrate the Anastasi.



Koulouria', traditional Easter biscuits



Everyone holds an Easter candle, with children showing off their decorated versions. Just before midnight, all the church lights are turned off with just the Eternal Flame flickering at the Altar. The eerie moments that follow symbolise the darkness and silence of the tomb. At midnight, the priest lights his candle from the Eternal Flame and sings 'Christos Anesti' (Christ is Risen). He then lights the candles of those closest to him. They, in turn, pass the flame on to others and so on, until all the people gathered outside receive the Eternal Flame. Everyone greets each other with 'Christos Anesti' and reply with 'Alithos Anesti' (Truly He is risen).

The crowd is then dispersed with everyone returning to their homes,

protecting their flames so that they don't go out. Once they arrive, it is a custom to create a cross on the front door with the smoke of the flame as a blessing for the home. Then the feast begins with the popular egg-cracking game called 'Tsougrisma'. The players lightly tap the ends of each other's red dyed eggs, until they are all cracked by the winning egg. Next is 'Mayeritsa', the traditional soup of lamb entrails flavoured with 'Avgolemono' (egg and lemon sauce) with which the faithful break the Lenten fast. The feast continues on the following day, Easter Sunday, with the traditional lamb on the spit. People will greet each other with 'Kalo Pascha' (Happy Easter). It is a time for families to come together and celebrate Greek style!



Twist the whole braid into the shape of a ring in the middle of which you place the hard boiled red dyed egg



Eggs symbolise the new life of Resurrection





Little Owls by Tsonis



General Educational Books P/L (GEB) is the largest importer and distributor of Greek LOTE materials in Australia and has been supplying books, DVD's, encyclopaedias, maps, posters and other Greek LOTE materials, to the Greek-Australian public and to libraries across all states, for the past three decades.

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Q & A WITH CARTOGRAPHER AUTHOR

Peter Twonig

How did *The Cartographer* come to be written?

The story came to me one day in March or April 2009 while I was out riding my motorbike. The whole story came to me more or less complete in just a minute or two. It was so simple that I was able to write a one page outline when I arrived home, and that page served as the chapter breakdown for the novel when I began writing it in November of that year. The story that came to me was of a boy who was driven to make maps as the result of something terrible that had happened to him. I could see how a kid could do that and it had a certain appeal as a story.



Why did you set the book in the Melbourne suburb of Richmond?

My initial idea had been to set the book in Dandenong, as that was where I lived from the age of seven, but then I realised that the city was a far more malevolent place. And as I spent the first seven years of my life in Richmond, I could remember how exciting it has been. Also, Richmond has always had a reputation for being one of the dodgiest parts of Melbourne, so that settled it. I could see a kid in Richmond easily getting into a heap of trouble.

Why did you choose to give the kid such a distinctive voice, and where did it come from?

When I was a child, there were a lot of adults in my world with waggish personalities. Some of these had hearts of gold, but some did not. At the time, I did not appreciate the difference, and took them all at face value, which is either no way to take an Anglo-Irish Australian or the perfect approach, depending on which side of the law you were on, where your politics lay, where you stood on questions of social justice, which footy team you barracked for, and so on. The kid takes them as they come. As for his voice, it is little more than mimicry but conscious mimicry. He knows, for example, how the Sandersons speak and faithfully reports their speech. He is thus something of an artist.

How do you justify the streetwise aspects of the kid's personality with his total innocence and acceptance of what life throws at him?

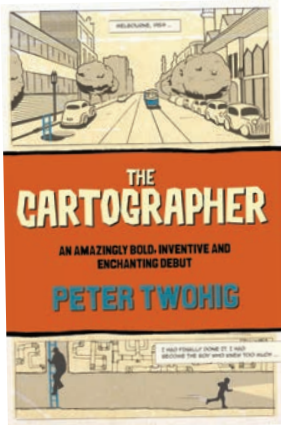
His streetwiseness is largely an illusion; he is, mainly, a kid loose on the streets. His innocence is not an illusion. He may say that he's seen a few things before, but despite his exposure to violence, he is still an innocent. It's true that the kid has an intuitive awareness of what constitutes urbanity, and pretends to it, but that only heightens the reader's awareness of his age.

How much of your own childhood is in this book? To what extent, if any, is it your story?

Well, although I have memories of fragments of some of the events of the book, most of those have just been springboards for the plot. For example, I have a faded memory of a child from our neighbourhood dying in the way Tom did. That was sad, but useful. But the book is not my story at all, nor could it be. As a work of fiction, it really stretches the bounds of believability, and the only thing that saves it from dismissal is the main character and his relationships, which are far from unbelievable. As for me, I was not like the kid at all, being afraid of my own shadow. The chances of me going into a dark place alone would have been zip. I was, however, an explorer. We all were.

Will you write another novel about the kid?

I don't know about the kid, but I am planning novels about the kid's granddad and mother. I found myself curious to find out what made them that way. I'd like them to tell me.



The Cartographer

Author: Peter Twohig
Harper Collins Publishers

The Cartographer is a funny novel about a tragic figure in a dark place.

An eleven-year-old boy watches as a murder is committed. Just one year before, he looked on helplessly as his identical twin died a violent death. God, whom he no longer counts as a friend, obviously has a pretty weird sense of humour.

Having been seen by the murderer, he re-creates himself as a series of superheroes: The Cartographer, Railwayman and The Outlaw, as a result of which he experiences the best and worst that humanity has to offer.

Set in the dark, dangerous lanes and underground drains of grimy 1959 Richmond, *The Cartographer* is a story bristling with outrageous wit and irony about an innocent who refuses to give in, a story peopled with a richness of shifty, dodgy and downright malicious bastards, mixed with a modicum of pseudo-aunts, astonishing superheroes, and a few coincidentally loving characters, some of whom are found in the most unlikely places.

About the Author

As a boy growing up in Melbourne Peter Twohig became one of Australia's youngest Queen Scouts. Peter had a long career in various government departments and as a management consultant before training in naturopathy and homoeopathy and setting up Sydney's largest natural-medicine practice in 1995. He has degrees in professional writing and philosophy. He now lives on the Central Coast of NSW and is a full-time writer. **Cartographer** is his first novel.

Strictly Confidential

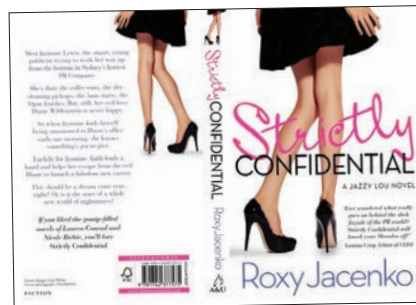
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'Ever wondered what really goes on behind the slick facade of the PR world? *Strictly Confidential* will knock your Manolos off!' Gemma Crisp, Editor of CLEO

Australia's best-known fashion PR lifts the lid on the glamorous world of A-list celebrities in a light hearted, fun filled, fast paced novel for fans of trashy mags and Perez Hilton.

Meet Jasmine Lewis, the smart, young publicist trying to work her way up from the bottom in Sydney's hottest PR company. She's done the coffee runs, the dry-cleaning pickups, the 5am starts, the 11pm finishes. But still her evil boss Diane Wilderstein is never happy. So when Jasmine finds herself being summoned to Diane's office early one morning, she knows something's got to give. Luckily for



Jasmine, faith lends a hand and helps her escape from the evil Diane to launch a fabulous new career.

That should be a dream come true, right? Or is it the start of a whole new world of nightmares?

About the Author

Roxy Jacenko is the 30 year old powerhouse behind Sydney's hottest fashion PR firm, Sweaty Betty. Not only do the products she publicises make the pages of every magazine in town, but so does Roxy herself. It's rare to see her away from the social pages. With access to all the gossip of the fashion and media world, Roxy has written a deliciously gossipy first novel.

The Devil's Queen

Author: Jeanne Kalogridis
Harper Collins Australia

A cold, ruthless murderess and occultist, or a loyal wife and mother, and the most competent monarch France ever knew?

In *The Devil's Queen*, Jeanne Kalogridis examines Catherine de' Medici's attraction to astrology and the dark arts, as well as the political, religious and personal forces that converged during her life. Catherine de' Medici was one of France's most notorious and blood thirsty monarchs, feared by some as an occultist, seen to be consorting with the likes of Nostradamus and thought to have been responsible for the brutal St. Bartholomew Day Massacre.

For many she was loved as a monarch devoted to bringing about



peace during the Wars of Religion. Others saw her as an unfortunate victim of circumstances, struggling to come to terms with the death of her own husband whom she loved dearly, as well as the tragic death of her own parents at an early age.

In Kalogridis's most passionate and thought-provoking novel yet, we follow in the footsteps of France's orphan queen and her rise to power in the tumultuous climate of sixteenth century France.

About the Author

Born in Florida (1954), Jeanne Kalogridis (also known by the pseudonym J.M. Dillard) has a B.A. in Russian and a M.D. in linguistics. She is the author of popular dark fantasy and historical novels like *The Diaries of the Family Dracul trilogy*, *The Borgia Bride*, *The Scarlet Contessa & I*, *Mona Lisa*

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AUTUMN MOVIE GUIDE



A Dangerous Method

Genre: Drama, Thriller

Main Cast: Keira Knightley, Viggo Mortensen, Michael Fassbender, Vincent Cassel, Sarah Gadon, André Hennicke, Arndt Schwering-Sohnrey

Director: David Cronenberg

On the eve of World War I, Zurich and Vienna are the setting for a dark tale of sexual and intellectual discovery. Drawn from true-life events, **A Dangerous Method** explores the turbulent relationships between fledgling psychiatrist Carl Jung, his mentor Sigmund Freud and Sabina Spielrein, the beautiful but disturbed young woman who comes between them. Sensuality, ambition and deceit set the scene for the pivotal moment when Jung, Freud and Sabina come together and split apart, forever changing the face of modern thought.

What the Critics say:

"A trio of astonishingly committed performances and a taut screenplay free of hyperbole and overstatement keep this drama relatively free of melodramatic pitfalls, while still relating a fully engaging story of an intellectual love triangle"

Chris Barsanti - Filmcritic.com

"A Dangerous Method is a suave chamber piece: a series of glimpses of two 20th-century intellectual titans, in friendship and separation, and the story of a remarkable woman who history had swallowed up, brought into the light again" **Liam Lacey** - Globe and Mail

"This is a freaky thing to behold: Knightley's wildly physical rendering of a mentally unbalanced soul" **Steven Rea** - Philadelphia Inquirer

OUCH: *"When at one point Jung spans his patient, you may completely miss the erotic content and simply think what I thought - that somebody, finally, was punishing Knightley for this performance"* **Mick LaSalle** - San Francisco Chronicle



Mirror Mirror

Genre: Comedy, Drama, Adventure

Main Cast:

Julia Roberts,
Lily Collins,
Armie Hammer,
Nathan Lane,
Mare Winningham,
Sean Bean,
Michael Lerner

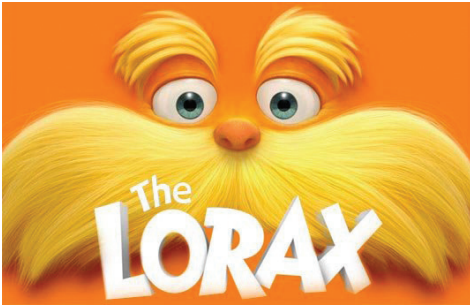


Director: Tarsem Singh

Mirror Mirror is a spectacular reimagining of the classic fairy tale starring Oscar winner Julia Roberts as the Queen, Lily Collins (*The Blind Side*) as Snow White, Armie Hammer (*The Social Network*) as Prince Alcott, Sean Bean (*The Lord of the Rings: The Return of the King*) as the King and Nathan Lane (*The Lion King*, *The Birdcage*) as the Queen's hapless and bungling servant, Brighton.



Dr Seuss's The Lorax



Genre: Fantasy, Animation

Main cast: Danny De Vito, Ed Helms, Rob Riggle, Zac Efron, Betty White

Director: Chris Renaud

Danny DeVito lends his vocal talents to the iconic title character of the Lorax, in this adaptation of Dr. Seuss' classic tale of a forest creature who shares the enduring power of hope. The animated adventure follows the journey of a boy as he searches for the one thing that will enable him to win the affection of the girl of his dreams. To find it he must discover the story of the Lorax, the grumpy yet charming creature who fights to protect his world.

Battleship

Genre: Action, Adventure

Main Cast: Taylor Kitsch, Brooklyn Decker, Alexander Skarsgard, Rihanna, Asano Tadanobu, Liam Neeson

Director: Peter Berg



A fleet of ships is forced to do battle with an armada of unknown origins in order to discover and thwart their destructive goals.

Peter Berg (Hancock) produces and directs **Battleship**, an epic-scaled action-adventure that unfolds across the seas, in the skies and over land as our planet fights for survival against a superior force. Inspired by Hasbro's classic naval combat game, **Battleship** will certainly entertain as this autumn's big-budget blockbuster action flick.

The Three Stooges



The Three Stooges

Genre: Comedy



Main Cast: Sean Hayes, Will Sasso, Chris Diamantopoulos, Jane Lynch, Jennifer Hudson, Sofia Vergara, Craig Bierko, Stephen Collins, Larry David

Director: Peter Farrelly, Bobby Farrelly

Left on a nun's doorstep, Larry, Curly and Moe grow up finger-poking, nyuk-nyuking and woo-woo-wooing their way to uncharted levels of knuckleheaded misadventure. Out to save their childhood home, only **The Three Stooges** could become embroiled in an oddball murder plot... while also stumbling into starring in a phenomenally successful TV reality show.





Tell us more about your new film project 'How to rob a bank in 10 easy steps'.

My friends and associates Artie K' and Michael Schivello, sent me a script last year and I loved it. A young girl who fails an assignment titled How to Rob a Bank in Ten easy steps, feels like maybe she has to prove a point and goes and robs a bank!

When can we expect to see it released?

Post production begins now and we should have something in 4 months from now.

Why did you decide to produce a film back at home?

Good script, joint venturing with some good Aussie film makers and story tellers. Its home here for me! Let's not forget that!

How would you compare producing a film in Melbourne as opposed to L.A.?

Well, it's usually all about budget and I have made films from studio budgets to guerrilla independents as we call them. It's all the same to me! But being here made it a little strange at times!

Speaking of comparisons how did you find life in Melbourne compared to L.A.?

Ha! Well, I must say I have had FUN! Melbourne is a cool city, really it is. I like many a part of it as well, different pockets and peeps!!!

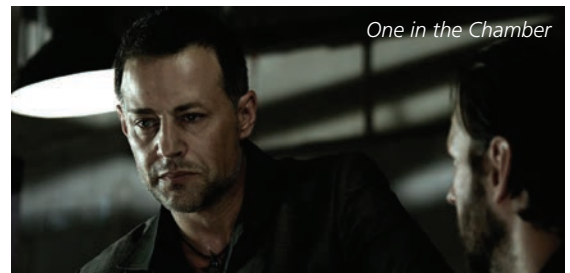
You seem keen to do more productions in Australia. What's next?

I have a few planned for here yes, but it's a funny thing film making, you never know which project will fall into place! I now must go and deliver my Elwood project!! It's starring Ron Perlman, it's on IMDb, with a website coming very, very soon. Exciting! Besides Elwood, a good action flick or two would be 'Sinners n Saints', I am in that with Costas (Mandyolor) and associate produced it. Also I am in a cool flick called 'One in the Chamber' coming soon with Cuba Gooding Jr!!

Melbourne born Greek-Australian actor, director and producer, Louis Mandyolor is set to make his presence felt more back at home after a star studded career in the US. With numerous credits, including 'My Big Fat Greek Wedding', award winning 'In the Eyes of the Killer', 'Relic Hunter' (as Derek Lloyd), 'Martial Law' (as Det. Louis Malone), 'Suckers', and of course, the memorable guest appearance in 'Friends' as Carl, Joey's pretend twin brother.



Sinners and Saints



One in the Chamber

Fresh from enjoying rave reviews as a director for his most recent project, short film 'Elwood', Mandyolor was recently in Melbourne shooting for his new film production titled 'How to rob a bank in 10 easy steps'. During his stay he was delighted to discover the vibrant café culture in Oakleigh Eaton Mall and at every opportunity he would visit Vanilla to relax and enjoy a frappé and to share with us his stories from Tinsel Town.

We couldn't help asking him for a mini interview:

Louis, it is great to have you back in Melbourne.

Well may it be the first of many!

What did you think of the Underbelly series?

Loved it! I enjoyed it very much, although some of the subject matters affected me! I wish I was in one of them shows!!



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ANDARE AVANTI



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

PERSONAGGI E INTERPRETI

Jessica
EMILY COUPE

Lisa
TINA EVANS

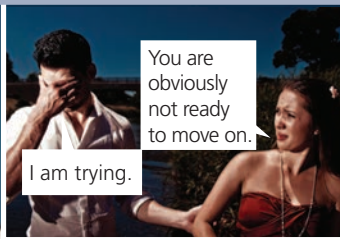
Simon
STEPHEN WALDEN







She is always on my mind.



I am trying.

You are obviously not ready to move on.



But it is not easy to forget.



I need you.

So why did you call me?



She fell without saying a word.



I cannot go there alone.



She just stared back



with pity in her eyes

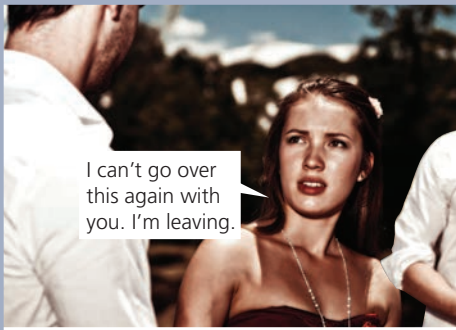


Accept what happened. You cannot undo the past.

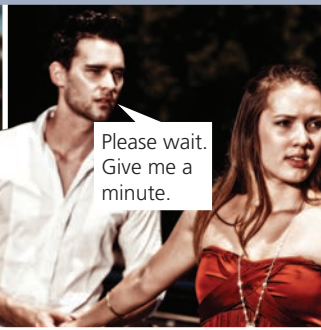
I never got a chance to tell her how sorry I was.



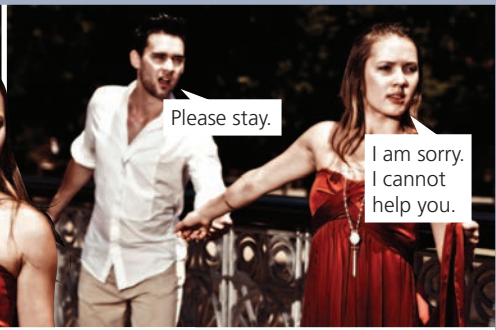
and with anger.



I can't go over this again with you. I'm leaving.



Please wait. Give me a minute.



Please stay.

I am sorry. I cannot help you.



I have to do this!



I am so sorry!

I never wanted to push you over!



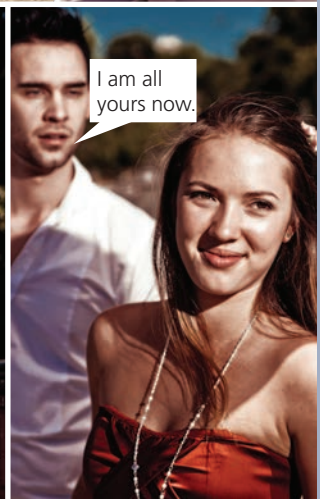
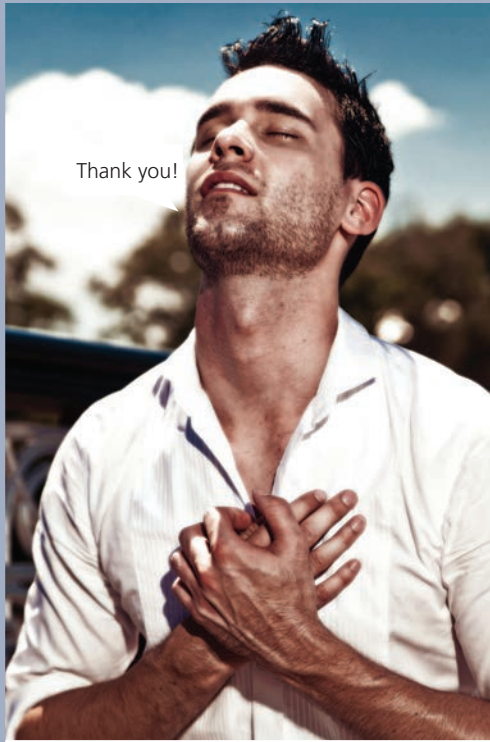
I was blind with jealousy! Please forgive me.

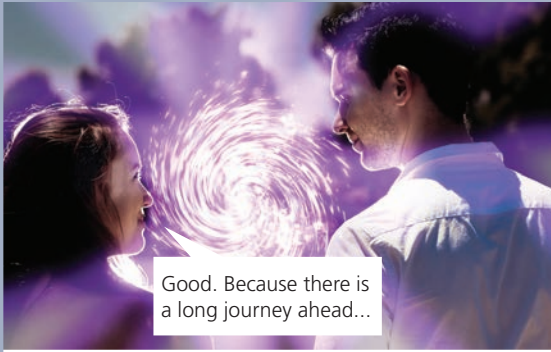
Please let me see you smile again.



Just once!







Good. Because there is
a long journey ahead...



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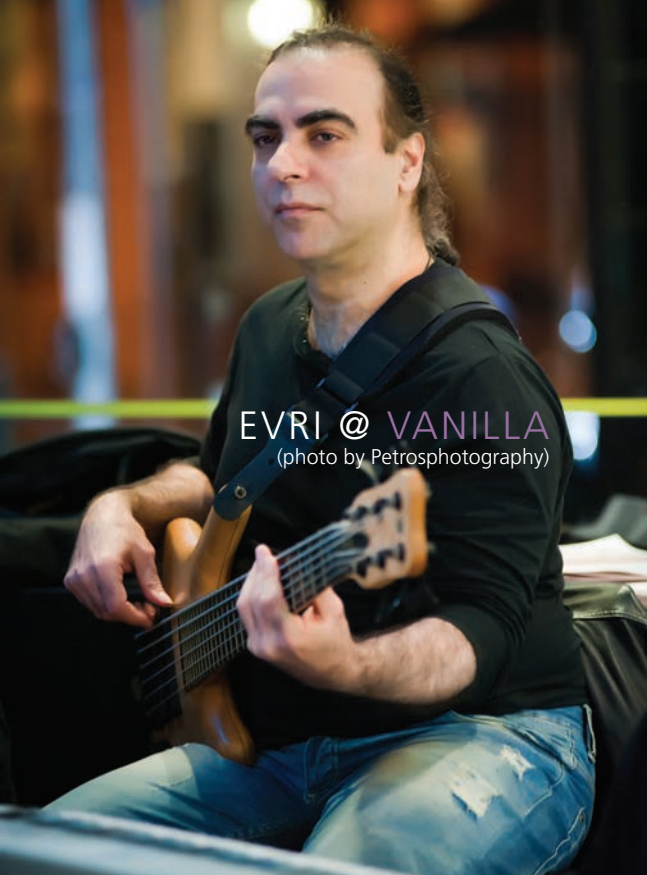
VANILLA HOUSE BAND

EVERY
THURSDAY
NIGHT
@ VANILLA



Vanilla House Band promises more great gigs this autumn season. Do not miss out peeps! For regular updates and guest appearance announcements find and like the **VANILLA HOUSE BAND** Facebook page.





EVRI @ VANILLA
(photo by Petrosphotography)

EVRI'S A *Long Way* FROM HOME

'Our new CD is titled *'Long Way from Home'* and is scheduled to be released under the well known Jazz label ENJA this April with a follow up tour starting from Australia in June, then in Europe and in the US. Our website, www.itraveldiary.net, will be updating our tour schedule.'

Does this mean we will not be seeing Evri at Vanilla for a while? 'Yes, it looks like there will be a two month break from my favourite hangout, but I will certainly be coming back with renewed energy!' he replied with a smirk.

Vanilla House Band bass player Evripides Evripidou, or Evri, as we all love to call him, is making us very proud and at the same time slightly nervous...

Evri has recently been collaborating with French Jazz guitarist, Albare. The two have written a number of acid jazz songs, which they recorded in New York recently together with some of the world's best musicians like Antonio Sanchez, Leo Genovese, George Carzone and Hendrik Meurkens, under the band name itraveldiary.



Evri in New York with Leo Genovese (left) and Antonio Sanchez (right)

'It has been an amazing experience working with these guys' he told us making us both proud and worried he will be leaving us for a career overseas. So we asked him to tell us more about his new work.

Evripides was born in Cyprus and migrated to Australia when he was fifteen years old. Since the age of six he has studied mandolin, piano, clarinet, saxophone, guitar and bass, and completed courses in classical and jazz guitar.



'Evri transcends the usual role of the bass with his musicianship, creativity and the sheer beauty of his playing. The vibe he creates lifts everyone around him.'

– James Morrison

Influenced by the strong rhythms and melodies of a Mediterranean culture, the freedom of jazz, the discipline and elegance of classical and flamenco styles of music, and his deep experiences as a long-term meditator, he has found his 'sound' and fulfilment in expression through his original compositions performed on a vast selection of basses, guitars, keyboards, and many ethnic and orchestral instruments.

[Evripides has gained a reputation as an inventive and electrifying player by taking bass playing to the extreme through innovative use of his six and seven string basses and a variety of electronic effects.]

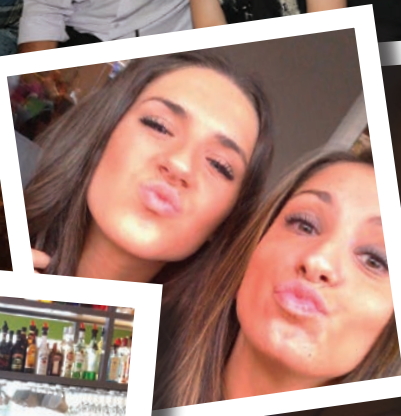
He has written, performed and produced music for a wide range of clients around the globe. His music and innovative playing can be heard on countless tracks commercials and production music library tracks and promos.

He has worked with an amazing array of artists, including James Morrison and David Jones, Christine Sullivan, Peter Andre and many others.





VANILLA
CAKES AND LOUNGE



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Vanilla Bakehouse



Vanilla Cakes - made with lots of love





VANILLA *Specials Menu*

Ask your waiter for **VANILLA'S SPECIALS MENU** and discover new mouth watering dishes. You will find a great selection of entrees and mains and, of course, the soup of the day and the fish of the day.

Entrees include delicacies like 'Lahano-dolmades', 'Spetsofai', 'Imam Baildi', stuffed zucchini flowers and 'Bamies'. Mains include 'Yemista', roast lamb, beef or chicken, 'Papoutsaki', 'Bakaliaros' fish, risotto and many surprise dishes from our chefs. There is also a great range of soups taking turns in the Specials menu, like the traditional Greek lentil soup 'fakes'.



Zucchini Flowers

Oven baked zucchini flowers filled with rice, flavoured with cumin, parsley dill and mint.



Bamies

Oven baked okra in olive oil with fresh tomatoes, onion, garlic and parsley.



Imam Baildi

Oven baked eggplant stuffed with fresh tomato, parsley, garlic and onion.



Available on *specials menu*



Lahano-dolmades

Cabbage rolls with mince (beef and pork) filling cooked with dill, mint, and parsley. Served with fetta and 'Avgolemono' (egg and lemon) sauce.



Spetsofai

Spicy 'horiatiko' (Greek country style) leek sausage cooked in fresh tomato salsa with red and green capsicum and onion.



Lentil soup

Traditional Greek lentil soup 'fakes' with garlic, onion, bay leaves, oregano and a touch of tomato.



Artichokes & Broad Beans with lemon sauce

Casserole cooked artichokes and broad beans in lemon sauce with onion, olive oil, garlic and dill.





Fish & Chips

VS



Bakaliaros Fish

Fried salted cod served with 'scordalia' (traditional Greek garlic dip with mashed potato, lemon and olive oil). Also served with fresh beetroot salad. **Could this be the Greek version of fish and chips?**

You decide!

Available on *specials menu*

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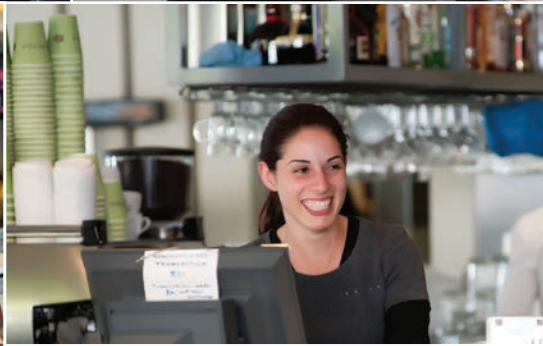
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- Toberone** 18
Decadence in a glass
Frangelico, Kahlua, Baileys and cream
- Jelly Bean** 16
Tickle your tastebuds
Ouzo, Blue Curacao, lemonade and a touch of red cordial
- Midori Splice** 16
Childhood memories recreated
Midori, Malibu, cream and pineapple juice
- Mojito** 16
The Cuban classic
Mint, Rum, sugar, lime and soda
- Vanilla Surprise** POA
Ask your waiter for the barman's specialty







Leather bomber jackets were strictly for pilots during WWII, but caught on with the trendsetters in the 80s after people like Madonna started wearing them, chic and a little tough at the same time. Worth keeping if kept to the original style. Leather cuffs are more classic than the ones with the knit ribbing. Toss it if it's exaggerated in any way, e.g., tight sleeves, loose bodies or belts.

Fashion comes around in cycles and enduring fashion pieces can be found in your grandmother's or elderly aunt's wardrobe. Many items in our wardrobe can be thrown away at the end of a season, but some things can be held onto for more wear at a later date. But what should you keep and what should be discarded? Lets have a look at some recurring fashions, the good, the bad and the ugly.

Tie neck blouses keep coming back and are worth keeping if it is made by a big name designer or if it has something to make it a statement piece, like an extra long tie. Chuck it if it's a cheap, mass-produced piece, as it's likely to show its era.

Baby doll dresses were popular in the 60s and 80s, and even just recently, because they are very forgiving and can be worn by the thin and not so thin. Keep it if it is made from a good fabric like silk or wool, and if it has a trapeze

WHAT TO Toss, What TO KEEP

or A-line shape. The most recent revival was of a voluminous kind, almost like maternity wear, and unlikely to be trendy again. Keep the subtler shapes that flare gradually away from the body. Throw it out if something about it makes it too youthful looking, such as a hot pink colour, ruffles or being too short. If you are unsure whether it is right for you, then it probably isn't.

Uniforms. Like military, band, nautical, etc, the jackets and boots come back in fashion time and time again. Try to stick with muted colours. Epaulets and brass buttons will keep them in fashion.

Peasant skirts – it's the elastic waist and floaty feminine style that makes this everyone's favourite. These can be kept unless they are a bright colour as these are unlikely to come back in fashion, and if they do you should be able to get a new one cheap.

Leggings are a great way to show off your legs without showing any skin. They can be dressed up or down, and they are perfect for layering in winter. This is why they keep coming back. Keep them if they are good quality leggings as they are not getting any cheaper. Any pairs in dark colours without any fancy trim are worth keeping, and can be worn as tights when leggings are out of fashion.

Low rise jeans expose the hips, stomach and lower back. Originally made in the 60s, the last decade has seen them come back into fashion. This has led to other fashion trends such as 'butt cleavage', the exposure of the top of the butt, or a 'whale tail', when a woman wears a g-string with low rise jeans, and muffin top, when a little excess fat bulges over the top of your jeans.

Wedges are usually made of cork, natural sisal or Lucite, these shoes keep coming back in almost exactly the same way, so keep the ones that have that vintage look. Chuck the winter ones, as this is a style mostly worn in the summer.

Animal prints make women feel wild and fierce and this trend has been around since cave-dwelling days. Keep them if the pattern is of the large cat variety, like cheetah or leopard, or black and white zebra stripes, which stay in fashion. Get rid of them if the print is too bold, like giraffe, cow or spotted quoll, or if it is in unnatural colours like hot pink or lime green. Wear your prints wisely so as to show off your best features. If you are top heavy wear a print on the bottom half, if you have a small waist wear an animal print belt to draw attention to it.

Make-Up TIPS

The only way to know what make-up suits you is simply by trial and error. It is impossible to know if blue or pink eye shadow suits you unless you try it on. A great way of doing this is by having make-up parties, where a professional comes and gives advice and also has every colour of foundation, eyeshadow, lipstick, mascara, etc, under the sun for you and your friends to try out. Also, you have your friends there to give you their honest opinion. Here are some important tips on wearing make-up.

- Every make-up bag should have cotton pads for applying make-up, eyelash curlers, Vaseline, a pencil sharpener for your eye and lip liners (you can now buy liners and pencils that come fitted with a sharpener), and a small pocket mirror.
- Use moisturiser under your make-up, it will help your foundation blend more easily. Apply moisturiser and foundation downwards, in the direction the little hairs on your face go, for a smoother look.



- Choose the foundation that is for your skin type. Oily skin and dry skin will have different foundation. It is also important to choose the right colour of the foundation, it must match the colour of your skin.
- After applying your foundation, pat it lightly with a clean sponge to remove any excess and use concealer to hide dark spots and blemishes. Lightly apply a face powder. This will ensure your foundation stays on.
- When using an eyeliner pencil, put it in the fridge for 30 minutes before you need it for a more precise line. Don't use eyeliners if you have dark circles, it will make under your eyes appear even darker.
- To make your eyelashes really curly, warm your eyelash curler for 2-3 seconds with your hair dryer (MAKE SURE IT'S NOT TOO HOT) before using them. They will be EXTRA curly. Apply mascara to set the lashes.

Make-up is every girl's friend, but, if not handled carefully, it can become their enemy.

- Or, if you want to have lusher lashes without using mascara, apply Vaseline to your lashes. It will make them seem fuller and darker, especially if they have a bit of curl.
- If you have sensitive eyes, apply mascara only to the tips of your lashes. Then, before they dry, brush them with a clean lash brush to remove any excess mascara.
- If you want your eyeshadow to be darker, dampen the application sponge.
- Apply blush to the apples of your cheeks, outwards towards your hairline.
- Use lip liner to shape your lips.
- Try something different on your lips; line your lips with a pale blue eyeliner pencil and blend the colour inward. Now apply a shimmery pink lipstick to your lips. The blue edges help to soften the colour.
- To prevent lipstick from bleeding, dot concealer around the edge of your lips and rub in along the lip line. This will act like a barrier and prevent lipstick bleed.
- To moisturise your lips, use balm, it will also add shine to your lips.

Good skin care is imperative when using make-up and care has to be taken so that you don't strip your skin of moisture. It is important to keep your skin moist. Be sure to cleanse and tone twice a day with a mild, non-abrasive cleanser and toner. Try not to use make-up when exercising as the make-up can block sweat pores and cause a break out. And at the end of the day, no matter how tired you are, make sure you remove all your make-up with a gentle cleanser, then tone and moisturise your face.

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RAOMA Zen Do Kai Kidz Karate is a program offered to juniors from the age of 5 years through to 15 years. Instructors Kyoshi Ivan and Sempai Leanne are inspirational teachers to the junior students. They teach the fundamentals of Zen Do Kai through Kyoshi Ivan's specialised kidz karate curriculum, they guide the students both physically and spiritually until they're invited to join the senior classes.

RAOMA also offers Weapon MMA (Mixed Martial Arts) and Weapon Boxing. For whatever discipline you wish to improve your hand skills whether in MMA, Karate, Muaythai, Boxing or Kickboxing contact **0403 221 072**

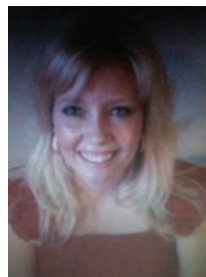
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And if that isn't enough for you all! Leanne is now bringing her Secret Heath Smoothie Shakes to RAOMA! Every Friday Night before Strength and Conditioning and all day Saturday. YUMMMMM. If you've ever had one you will never turn back!



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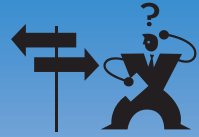
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Childhood Obesity



Childhood obesity is a very real problem in Australia. Our children are in danger of developing lifelong illnesses like type 2 diabetes and heart disease simply by over-eating the wrong kind of food and by not being physically active enough.

Instead of going outside and playing, they tend to hang indoors, watching TV and playing computer and video games. This is asking for trouble, especially when combined with the convenience of fast food. There are fast food restaurants around every corner and they have easy access to snack foods full of saturated fats and sugars.

It is a well-known fact that overweight children become victims of bullying, low self-esteem and everything that goes with it; isolation and a more difficult life than is necessary.

More and more studies are pointing to the fact that once weight is on it is difficult to take off, and keep off, due to all sorts of hormones and chemicals in our bodies. Recently, scientists have discovered a hormone called 'ghrelin', which prevents weight loss. It is believed that the amount of food eaten as a child may determine the amount of ghrelin produced, so the more the child eats, the more ghrelin hormone is produced, causing the child to eat more, setting the child up for a lifetime of overeating and obesity. This is why it is important not to let our kids get fat in the first place.

As parents we do the shopping for our children so it is important to not fill our cupboards and fridges with unhealthy foods. If it's not there they can't eat it and it will help us to stay healthy too.

So let's implement diets rich in fruits, vegetables and whole-grains. We can make eating enjoyable and healthy by preparing food together and eating together as a family. Fast-food should be limited and saved for special occasions.

Even more important is to encourage our kids (and ourselves!) to exercise regularly through sports or play. So get your darlings to give their Xboxes a rest and join you for a walk in the park!

“Our children depend on us to show them the way.”



Some Helpful *Advice* if Your Child is *Overweight* or *Obese*

*I*f your child is overweight or obese, they need your support more than ever! Self-esteem and confidence issues abound in overweight children.

Try not to criticise them, harp on at them or berate them for their weight. Let your child know they are loved and appreciated and address his weight issue with positive confidence. Do not make jokes about your child's situation, this is not the place where humor helps. Do not try and place blame on the child as this will probably result in the opposite of what you want.

Simply let them know that you will work on this issue together and that there is nothing 'wrong with' them because they are overweight.

Make sure that you have a clear picture of your child's life, at school, socially and elsewhere, if he is suffering from abuse from other children, even from his friends, or is suffering more

direct, aggressive bullying problems. Work on rebuilding the child's confidence by focusing on what they does well and by constantly reinforcing the idea that everyone is special and everyone has problems – they are no different, no better or worse than anyone else, no matter how little confidence they may have at this time. Keep the main focus on health and not esthetics or weight, stress the importance of health. Focus on gradual changes in your family's physical activity and nutrition, and allow plenty of time for everyone to adjust and to feel good about the small changes they are making.

These are huge changes you need to make and the first baby steps are crucial for you and your child to feel that it is within your power to make the change. So pay careful attention to the start, as it may prove to be the most important part. With many teenagers the first step is the most important to recover their confidence and self esteem. Setting smaller goals will also allow your child to lose weight gradually and to 'grow into' their additional weight as they grow in height. Some children have a lot of weight to lose and they will need to have longer-term goals with lots of short-term milestones to keep them motivated. For these children, you may want to consider rewards or recognition.

Overcoming Shyness

Building up hope is not the way - building up confidence is another matter.

Are you of a timid nature when it comes down to dating? Does your shyness prevent you going a step further at the introduction of your possible first date?

There are ways to get rid of obstacles that are stopping you moving forward in overcoming shyness. A good way to start is to face up to yourself. If an opportunity arises where interest is shown towards you then do something fast. You may be letting your future husband or wife slip through your fingers, all because of the world of silence that holds you hostage

If you want to make it possible to handle situations that involve you being present in company, then practice being another person to overcome your shyness. This person can be a famous film star or Joe Blog from next door. Imitating the habits of others may help you break the barrier that is holding you back. Just remember that if and when contact comes between you and that special person you have to end the pretence.

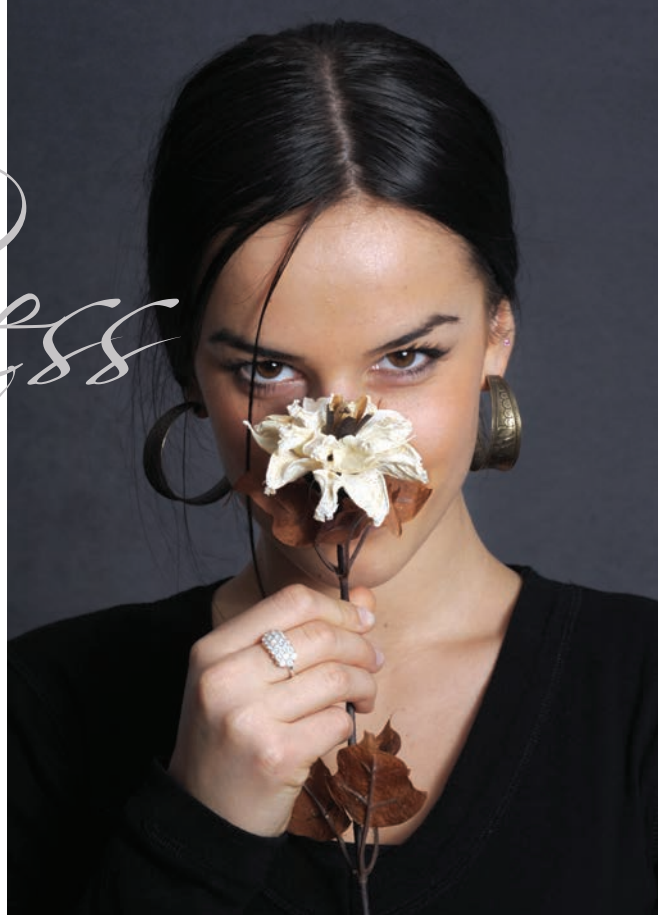
*Life is all about challenges so why not challenge yourself to a duel with the perpetrator who is holding you back - who might that be you ask
YOU OF COURSE.*

Face up to your fears by asking yourself why you are shy. The first step is to build up confidence and by doing this you may achieve satisfaction in being able to put yourself out there and mingling with the rest. There are a lot of books that can give you guidance with your confidence building, to help overcome your shyness around the opposite sex.

Positive thinking is beneficial when asking for a date or handling the date you are with. Confidence is a sure way to abolish shyness.

Start to change a few things about yourself to boost your self-worth. Consider a new image where hairstyles and clothes are replaced. This alone will give you a boost before you go out on the pull - so to speak.

Conversation plays an important role when trying to be attractive - make whatever you have to say interesting, or better still, let your partner do the talking. Great listeners become great companions down the line.



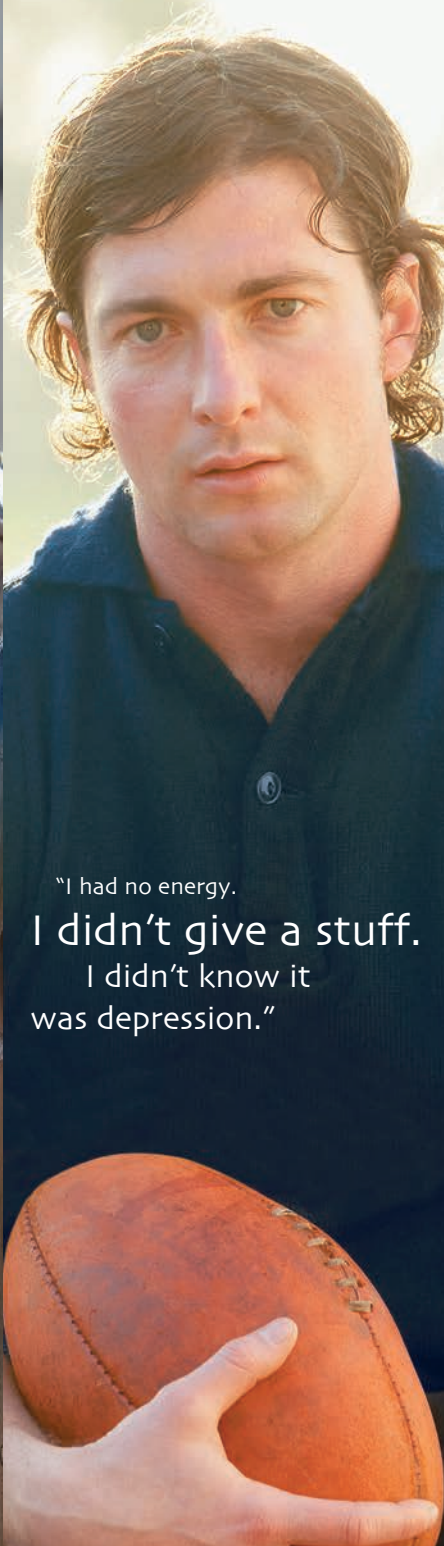
Shyness is a powerful force that can turn your whole life upside down by not allowing you to say what you feel or do what you want to do. Well, it's time to put a stop to that, whether it's asking someone out or just getting on with your life.

Have you ever wanted to say to someone how stunning they look or that you found them very attractive? Remember the challenge factor. Go out and compliment a stranger if need be and watch their reactions - maybe a little startled at first but warmly welcoming your compliment. So remember, the familiar face you have been attracted to for some time will gladly listen to what you have to say. Everyone loves to be complimented.

If rejection is behind your fear of coming forward then hold up - surely you have experienced rejection in other departments, so what's the difference? If your brother or sister says you cannot borrow this or that - or the boss says no to extra holiday pay... These are all rejections, so if you can handle them, then surely being turned down by a potential date shouldn't matter.

The person to whom you are attracted to may also be shy - so it is up to you to take control and make the first move. Another way of overcoming your shyness is to admit it right from the beginning. Explain that you are not comfortable with the direct brash approach - and by doing this the person opposite you will have insight to the honest person who they are about to date.

If you feel you are not quite ready to talk one on one then start the process of getting to know this special person within a group of friends. Within that "safety net" make a really good effort to get to know the person you are interested in until you feel enough familiarity and confidence to take it to the next level.



"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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Autumn Escape

Autumn, a time of multi-coloured foliage, crisp air, bare trees and chilly winds. For some people the thought of autumn in Australia instinctively makes them want to go into hibernation, not emerging until spring. Some will choose to migrate to warmer climes, spending the colder months bathing in the sun of a tropical island, or travelling around Europe, chasing dreams and adventure. While these are both very appealing and viable options, sometimes it's nicer to appreciate the autumn treasures Australia has to offer. Here are some autumn travel options and tips for the homebody in all of us.

Relaxing Retreat

Wine country in Australia is a beautiful option for those wanting to travel in autumn. Acres of shivering grape vines as far as the eye can see, long strolls through orange and amber lanes, cheese tours and intimate dinners, ending with a few glasses of wine and animated conversation in front of an open fire. For a relaxed autumn holiday, places like Yarra Valley in Victoria and Barossa Valley in South Australia are the perfect retreat and autumn is also a great time to experience wine country events, such as the Loveday Long Lunch in the Hunter Valley or the Margaret River Wine Festival in Western Australia. These events incorporate gourmet food tastings, live music and, of course, wine consumption for a well-rounded cultural experience.

To make the most of your wine country retreat the best thing to do is plan in advance, do some research and pack wisely. If you research in advance you can get the top pick in accommodation, take advantage of early-bird deals and have a truly great experience. Make sure to pack plenty of warm, comfortable clothing, and bring along a picnic basket and blanket for those colourful strolls.

*"Beautiful surroundings
+ amazing food + great wine = relaxation bliss."*

Into the Wild

For those of you who want to experience autumn in a more rough-and-ready, adventurous way, camping may be an option for you. Grab some mates, pitch a tent and experience Australia's spectacular autumn in surround-sound. The best part about this option is that it's affordable and the area choices are almost unlimited. Litchfield National Park in the Northern Territory, Innamincka Regional Reserve in South Australia and Rainbow Beach in NSW are a few beautiful camping spots, with hundreds of others around Australia to choose from.

*"Nature + adventure + creativity =
fun for all."*

Camping holidays have the added bonus of being completely creative, meaning you can personalise your camping trip to incorporate anything you want it to. Go kayaking, bushwalking, rock climbing, caving, fishing, snorkeling, swimming, sunbathing, see the local sights, go very rough or go in luxury. You can add a twist to your camping experience by going out on a house-boat, renting a caravan or utilising local sheds and huts (with permission, of course). The only thing you truly need for a great autumn camping experience is a sense of adventure, an open mind and warm clothing.

Making the most of your camping experience varies greatly on what you want from your trip. You could pack some board games, lanterns and a few bottles of wine and have a laid-back trip with family, you could take fishing and snorkeling gear and have an active trip with a group of friends; you can do almost anything. The only must-do's for a successful camping trip is to research, make sure you book ahead, pack lots of warm clothing and food supplies, and to be creative.

Information on wine country and camping, plus all travelling in Australia is readily available online, so whatever your autumn travel plans are, just don't forget to do your research and next autumn consider staying close to home.

Welcome to Greece



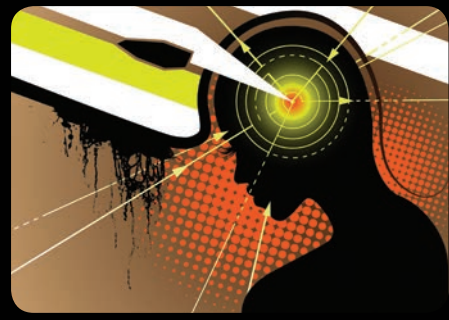
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Exercise Your Brain!



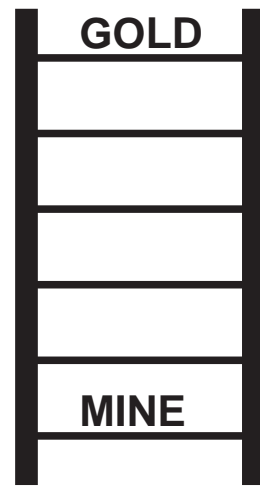
Sudoku Place 1 to 9 into each row, column and 3x3 box.

		8	6					
9			1				4	
				7		8	6	
3			2		6			
	4			9			2	
			7		1			8
	2	9		5				
	5				7			6
					2	4		

			9			3		7
	2	3						
	9			7	5	8		
				4	9			
4		9				7		8
			8	6				
		1	4	2			7	
						9	8	
8		7			1			

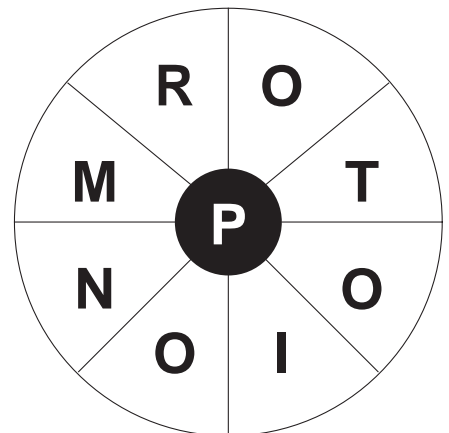
Word Ladder

To solve the word ladder puzzle you must find a chain of other words to link the two words shown, where at each step the words differ by altering a single letter.



Word Wheel

Find as many words of three or more letters as you can in the wheel. All words must use the central letter. There is at least one nine letter word to be found.



**grassroots
organic**



Hilaroscope!

The FUNNY HOROSCOPE that reveals nothing really

Autumn 2012



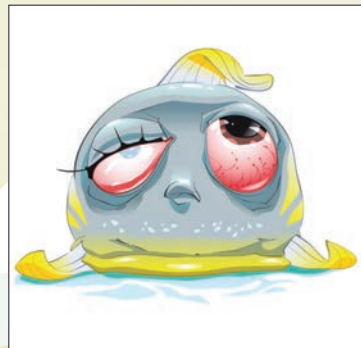
CAPRICORN:

With Mercury, the planet of communication, entering your 2nd House this month, you will have the ability to hypnotise. Your spouse and colleagues will be your playthings, who can say no to you? Teenagers, that's who. If only they'd look you in the eye... You will eliminate any obstacles as you make a complete transformation of your life. At least, that's your mantra while hypnotising yourself in the mirror.



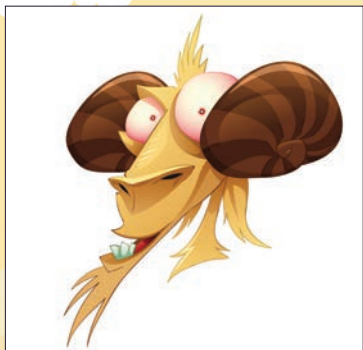
AQUARIUS:

With Saturn moving retrograde until the end of June, that project to expand your horizons will come to an end, an unhappy end as council orders you to demolish your 'Tower to the Sun'. The new moon in Aquarius is a time of renewal. Freedom and travel beckon to you but certain parts of your home life do not agree, like your spouse, children or a certain tower...



PISCES:

Uranus has moved into your 1st House of Self and normally this is your time of the year to relax, but let's be realistic, if you relaxed any more we'd be arranging your funeral. You will become a lightning bolt of energy and you may find yourself suddenly in, or out, of a committed relationship - with a straight-jacket and an asylum.



ARIES:

The Sun moves into your House of Friends this month and it's going to light up the lava lamp. With Mercury moving through this same house, it's going to be mighty crowded. Time to put on the party face. In fact, there's no point telling you about the rest of autumn as you won't remember it anyway...



TAURUS:

The Sun is shining on your career sector this month and things could get hot, so hot your paypacket may self combust. Be careful where you open it. Mars moves into your House of Self, making you feel like you have more sex appeal. Don't be fooled, it's only there for a little while, not long enough for that much change.



GEMINI:

Lots of business trips in the first half of February, and we all know what happens on those 'business trips'. But, as they say, what happens in Vegas (or whatever the motel is called) stays in Vegas. There are planets moving through your House of Friends, and while your friends are falling apart you'll get stronger and they'll look to you for leadership. Scary huh?

Hilaroscope!

The FUNNY HOROSCOPE that reveals nothing really



CANCER:

Mars moves into your House of Buddies and Big Plans (where is this house? Show me the way!), and you'll need to be prepared for a big opportunity. You'll have problems with joint money matters and you may need to hire a financial advisor to help you sort it out, as well as a referee for when you get your hands on that 'joint' person...



LEO:

Your financial standing is set to improve so spend time strategising. Dig up your balaclava and tune up the get-away-car. You may also be feeling alluring, which is normal for the Leo. But, for a change, your committed other could also be looking alluring and seductive this month. Don't take this as a challenge to your Leo ego, just enjoy, they don't often look this good.



VIRGO:

Jupiter is in your 1st House of Self, you may be concerned about your physical appearance, and you have good reason to be. Jupiter, being the largest planet and being in your House of Self, will make you feel as if you are the largest planet too. The only difference is, the world doesn't revolve around you. A make-over will do you good.



LIBRA:

A romantic partner could be giving you some interesting food for thought. You vacillate between common sense and wishful thinking. Could you be in love again? Could he be the one? What if he is a psycho? Put him to the test by asking for the moon and the stars. If he delivers dump him straight away.



SCORPIO:

Matters surrounding the home front you will keep you so busy you will barely leave the house. You tell everybody you've become allergic to the sun but fail to tell them about the detention bracelet on your ankle. Romance could creep up from behind so watch out for stalkers. Gluing mirrors to your sunglasses may help, but then, you're not going out for a couple of months are you?



SAGITTARIUS:

Communications could be garbled and unclear this month. There could be unintentional misunderstandings in vital information. It could be that you have forgotten to remove your new (and very comfy!) mouth-guard. For those looking for work, it could be offered on a silver platter. Remember to take the job not the platter, or the only job you'll qualify for is making number-plates.

Facebook

ETIQUETTE

'Etiquette'. One small word that encompasses many social rules and behaviours, a word that for a long time had been almost extinct. There was a time when etiquette meant how to behave appropriately and politely in social situations but in later times was most probably mistaken for a type of car. With the introduction of this modern world with its fast food and faster lives, for a while there it seemed that etiquette was doomed to be forever lost...that is, until a new form of etiquette was introduced into our society. In particular Facebook, which has become the world's leading social networking forum, has brought about a whole new and modern set of rules, social guidelines and regulations, known as online etiquette.

In a world where etiquette and decorum have long been lost to us, it can often be difficult to realise or remember what is acceptable and what is unacceptable online behaviour. If you are one of these people who is somewhat clueless when it comes to online do's and don'ts, and if you wish to avoid future Facebook faux pas, the following tips can help steer you in the right direction:

Only send a request to somebody who is *actually a friend*, or at least an acquaintance of more than 5 minutes.

Tip #1- Don't Frape

While it can seem quite amusing to post something on a friend's wall (possibly declaring their fondness for wearing leather chaps and drinking too much), it can be actually downright rude and inappropriate. You and your friends might get quite a laugh from the occasional 'frape', there are often grandparents, parents and children who may not find it quite so amusing and will probably find it offensive. And it isn't always hilarious to tag THAT photo of your friend with their eyes rolled back in their head and their tongue lolling out. And for heaven's sakes, do not post photos of friends

that look ...unflattering. Here the golden rule applies; do unto others as you would have them do unto you!

Tip #2- Avoid Stalking

I often hear about people 'stalking' other people on Facebook, but I only have one tip in regards to this: just don't do it. While it seems like harmless fun (and generally is), there is usually a trail of signs left when you have been keeping a close eye on someone's profile. This not only opens you and your profile up for close scrutiny, but it can also earn you the reputation of being a closet weirdo. Even if you are, there's no need for anyone else to know.

Tip #3- Keep It Clean, Keep It Friendly

The written word can be misconstrued very easily, so keep it friendly. Earning yourself a reputation for starting arguments, belligerent or bias comments, or any snideness, will not win you any friends, so restrain yourself from criticising or judging other people's personal beliefs or opinions (ie: their posts). It will never end well.

Tip #4- Don't Be A Serial Requester

This should really be the number one tip- don't be a serial requester! We all know the sort; that somebody who meets somebody else at the pub for 5 minutes and the next day sends them a Facebook request. These people are quite easy to recognise, as they often live in a two pub town but have 586 friends. These serial requesters put people they barely know in an awkward position, have hundreds of meaningless connections with 'friends' and just look desperate.

Tip #5- Avoid Over-sharing & Constant Updating

This is more like a commandment: THOU SHALT NOT annoy your friends with constant updates about every single thing you do or think about. That's what Twitter is for! Do you have a special song in mind or want to share with your friends the discovery of an awesome new track? That's all good, but resist the temptation to share numerous YouTube links. Unless of course you want people to curse you as they are scrolling down their smart phones.



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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.

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- 2 Basto - Again and Again (Extended Mix)
- 3 Jean Elan Ft. Cosmo Klein - Feel Alive
- 4 David DeeJay Ft. AMI - Magnetic
- 5 Akcent - I'm Sorry
- 6 Antonello - Hold Me
- 7 Tristan Casara - Amour (Love Her)
- 8 Liviu Hodor feat. Mona - Sweet Love
- 9 Abio Da Lera & Alex Mica - Mi Corazon (Dj Andi Club Mix)
- 10 2 Ontrack feat. Yolanda - La Fuerza Del Destino (Club Mix)
- 11 WaWa feat. Fabal - Sombrita (Wawa Club Mix)
- 12 Laurentiu Duta ft. Andreea Banica - Shining Heart
- 13 Euro Latin Beats ft. Marco Leiva & Rigo Fuego - Alejandra
- 14 AlexUnder Base ft. Soel - Set Me Free
- 15 Morris - Because of U (LLP Remix)
- 16 Desperado feat. Play & Win - Inside I Want You
- 17 icko - Break me
- 18 Nely Vanessa - Firestarter (Addictive Elements Remix)
- 19 Elena Gheorghe - Your Captain Tonight
- 20 Cherry Coke - Milky Way
- 21 Marcus Maison & Will Dragen - Another Dimension (Original Mix)
- 22 Cristian Marchi & gianluca Motta - love Comes Rising
- 23 Nari & Milani, Cristian Marchi ft Shena - Take Me To The Stars
- 24 Anthony Louis feat Julie Blax - Groovebox (Libex Remix)
- 25 Caitlyn - Una Noche Mas (A Deepside DeeJays Prod.)

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