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Production/Printing – Global Printing Australia www.globalprinting.net.au

Publisher – Vanilla Cakes & Lounge

EDITOR'S LETTER



Welcome to the Winter Issue of Vanilla Magazine! Or should I say the Soccermania issue? As we all wait for the London Olympics opening on Friday 27th of July, we have another huge international sporting event, the UEFA CUP European national team soccer championship, or EURO 2012. Vanilla Cakes & Lounge has secured a deal with SETANTA SPORTS to screen ALL the action broadcast throughout June, live from the host nations Poland and Ukraine.

So I say to all you fellow soccer insomniacs out there, come to Vanilla where you can experience all the excitement and energy of a soccer crowd in the comfort of your favourite café lounge, just like it happens in Europe... You can scream GOAALL...without waking up the kids, or your neighbours. You can engage in deep soccer analysis and indulge in commentary of the highest standard with the other soccer experts that will flock every night to Vanilla. And, if all that isn't enough to convince you, think of the great coffee and delicious snacks you can enjoy during the live coverage. To help you plan out your sleepless nights during this month long soccer marathon, we have prepared a ten page special feature with all the details you will need.

Also in this issue, we have some great interviews and lots of interesting articles, prepared by many new contributors, for you to enjoy reading here at Vanilla or after you take your free copy home. We feature an amazing photographer and human being, my good friend Constantinos Anastasakis, who, just by talking to me about his work, inspired me to be more optimistic about the future of our world.

There is a brand new Fotoromanzo (with many thanks to Charlie's Bar in the city for their hospitality), lots of articles on fashion, beauty and health. We have winter travel tips, more relationship advice from Alex, a new Hilaroscope, plus more. So order your coffee and enjoy the read!

NIKITA BALLAS

THE VANILLA Proposal

CONGRATULATIONS TO *Vivienne and Tony!*



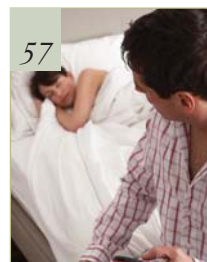
She Said Yes!

'Such a magical dinner date, so unexpected but one of the best moments of my life!' **Vivienne**

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FRAPPÉ WITH NORTH



Photo by Kostas Deves

Vasilis 'North' Kakarikos was recently in Melbourne for the third time, to take part in the Powerplay Showdown event, being welcomed by his manager George Pergialis, and by his mentor Kick Boxing legend, Stan 'The Man' Longinidis.

During his promotion of the event, North came to Vanilla (see Vanilla News) where he experienced firsthand the Greek community's love and support. During one of his visits we had a brief chat.

Vasilis, how did you come up with the nickname North?

My background is from Thessaloniki, Northern Greece, and early in my international career my opponents started calling me North.

What was the turning point that made you decide to follow kickboxing?

I started kickboxing at the age of eight and I immediately realised it was the path I wanted to follow. I ended up winning the Junior World Championship three times.

You have a very strong fighter's spirit, were you born with it or did you develop it with hard work?

Coming from a poor family, I learnt early in my life to have a fighter's spirit and battle hard in order to make ends meet.

My successes in kickboxing were the result of very hard work, sacrifices and lots of sweat.

Do you think anyone can develop a fighter spirit?

I believe one has to be born a fighter and develop, over the years, their fighter spirit. It is not enough to be a fighter only in the ring but also in your whole life.

Speaking of fighter's spirit, Winston Churchill said heroes fight like Greeks...

A Hellene is the personification of hero. As a race, the Hellenes have managed – throughout wars and disasters - to stand tall, facing all challenges with dignity and pride. I believe they are doing the same thing today during this terrible financial crisis. They are bravely standing their ground without conceding defeat.

What's your motto?

Every battle I have makes me stronger. That's my motto.

What is your core value?

I believe that as human beings we should remain true to ourselves and never forget where we came from. The most important thing in life is to be remembered, not so much for your achievements but for being an honourable person.

What do you think of Melbourne and all the Greeks living here?

Melbourne is an amazing city. It is very clean and safe, and Greeks living here feel twice as Greek. They are passionate, emotional, and feel pride. I feel supremely happy with the love and warmth shown to me by all the Greeks of Melbourne. All I want is to make them proud.

When will we see you again?

I will be back in Melbourne October 20th, to fight again for all the Greeks of Melbourne.

PROFILE

Name: Vasilis 'North' Kakarikos
Fights: 154
Victories: 142 (73 K.O.)
Defeats: 12
Team: 'North' KAKARIKOS TEAM
Style: Boxing / Kick Boxing
Height: 1.68 m | **Weight:** 70 kg
Age: 24
Birthplace: Thessaloniki, Greece



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VASILIS "NORTH" @ VANILLA

Greek Kick Boxing Champion Vasilis "North" Kakarikos came to Vanilla together with his manager George Pergialis and his trainer "Rocky". Vanilla owner Thanasis Spanos told North that the whole Greek community is very proud of him not only for his sporting achievements but also for being a great role model for the young generation with his self-discipline and dedication to hard work and success.



Making the Greek Community proud: Vasilis "North" Kakarikos being honored by GOCMV President Mr. Bill Papastergiadis, and fellow Board members Jim Bossinakis, George Kallianis & John Mitsakos



Vasilis "North" Kakarikos, his manager George Pergialis and his trainer "Rocky" from Thessaloniki together with Greek supporters, Arthur Minas, Thanasis Spanos and George Petridis.



Relaxing @ Vanilla before the big fight: (from right) Vasilis "North" Kakarikos with his manager George Pergialis, his trainer "Rocky" and Fusion Martial Arts trainer Con Lazos.

A few nights later, and only a few days before his fight with New Zealand champion Jordan Tai, Vasilis "North" Kakarikos was back at Vanilla as dinner guest of the Greek Orthodox Community of Melbourne and Victoria who honored him for his achievements.

North will be back to Melbourne for more action later this year. Meanwhile, don't miss out on the **Fearless Pride 'Athens VS Melbourne All Stars'** event on June the 2nd at the **Melbourne Pavilion** featuring a Hellenic team of Kick & Thai Boxing superstars taking on Melbourne's all stars team, plus live entertainment with top Greek singer Petros Imvrios and his musicians! For details and tickets (if there are any left!) visit now: www.fearlesspride.com.au



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Photos by Con Milonas



Socgermania

LIVE @ VANILLA

Yes, it is official! Vanilla Cakes & Lounge has secured an agreement with Setanta Sports, and will be screening all the EURO 2012 finals LIVE on its several TV screens inside and on the large screens outside.

So come and enjoy the best in European soccer and admire the great skill of some of the world's best players, who need no introduction, like Ronaldo, Rooney, Iniesta, Xavi, Villa, Ribery, Arshavin, van Persie, Balotelli, Ibrahimovic and, of course, Karagounis!



Who will win the EURO 2012 Championship trophy? Watch it LIVE @ VANILLA



Cristiano Ronaldo



Wayne Rooney

Also, watch out for new up and coming soccer super stars like Sotiris Ninis (Greece), Marvin Martin (France), Andriy Yarmolenko (Ukraine), Sebastian Giovinco (Italy), Ivan Perisic (Croatia) and Robert Lewandowski (Poland) to name just a few, who may well make a great impact on such a prestigious tournament; if their respective coaches trust them enough to throw them into the lion's den.

EURO 2012 POLAND - UKRAINE



The 2012 UEFA European Football Championship, commonly referred to as Euro 2012, will be the 14th European Championship for national football teams sanctioned by UEFA. The final tournament will be hosted by Poland and Ukraine between 8 June and 1 July 2012. It is the first time that either nation has hosted the tournament. This bid was chosen by UEFA's Executive Committee in 2007.

The final tournament features sixteen nations, the last European Championship to do so (from Euro 2016 onward, there will be 24 finalists). Qualification was contested by 51 nations between August 2010 and November 2011.

In a nutshell: Europe's top sixteen national squads will battle it out for the EURO 2012 Championship trophy. Last time it was Spain (2008). Previously it was Greece (2004), the greatest upset in football history. Will there be a new upset this time around? We will find out in the early hours of July the 2nd at Vanilla Cakes & Lounge during the LIVE screening of the Final, direct from Kiev's new Olimpiyskiy stadium



Kiev's new NSK Olimpiyskiy stadium for Euro 2012, which will host the final

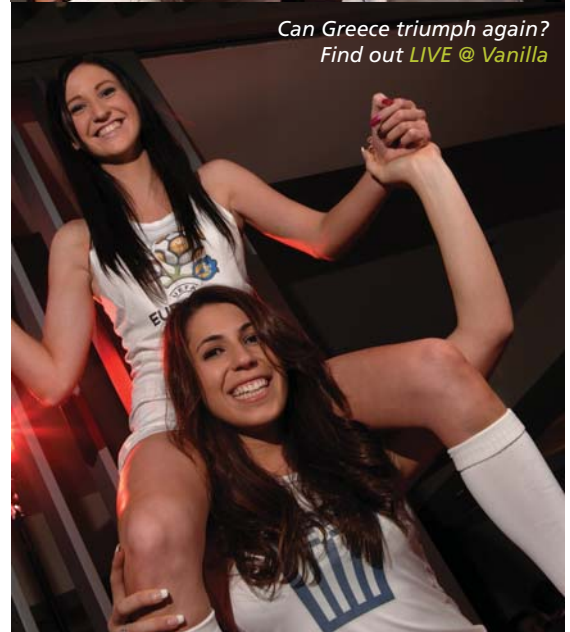
But before the Final there will be some memorable nights of pure soccer passion.

In this special feature we include the full schedule of LIVE screenings throughout the Finals. So pick and choose your favourite matches and make your way down to Vanilla. The Vanilla team will be there every night to welcome you.

During the LIVE screenings, coffee and snacks will be served from the counter. And, just as the matches finish at 6.30 am, a full breakfast menu and table service will be available – for that extra fuel you will need if afterwards you go straight to work...



Soccer + Coffee = EURO 2012 LIVE @ VANILLA



Can Greece triumph again? Find out LIVE @ Vanilla



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Soccermania

EURO 2012 LIVE @ VANILLA

**SETANTA
SPORTS**

tiki taka team (Barcelona) this year by teams displaying more passion (like Real Madrid and Chelsea), the question inevitably arises, will the same thing happen to Spain?

Germany, as always, is a relentlessly stubborn, highly disciplined and focused squad, which has now added to its arsenal the flair of top class players like Mesut Özil. Germany always seems the kind of team that can effortlessly make it to the final but somehow not cut it in the end. Can they go all the way and win the cup this time?

Italy has enjoyed an impressive qualification campaign (eight wins and two draws). They have skill, talent and... luck! They've done it before and they can do it again, and with players like Balotelli in their squad, everything is possible.



By **NIKITA BALLAS**

EURO 2012 is a world-class tournament promising an exciting month – with many sleepless nights for soccer fans in our time-zone. Come and enjoy the live broadcast at Vanilla (thank you SETANTA SPORTS!) of all the action taking place in Ukraine and Poland.



Giorgos Karagounis

The triumph of Greece in Euro 2004 reminded everyone why soccer is the king of sports; it reminds us to take no one and nothing for granted!

Will there be another great upset in this tournament? Spain, Germany, Holland, Italy, France, England and Portugal are considered the favourites to make a claim on the trophy.

The Spanish national team is considered the top favourite, a truly talented squad featuring the famous *tiki taka*, a "Playstation" style passing game which "hides the ball" from hapless opponents who eventually find it resting back against their net. But after the dethroning of Guardiola's ultimate

England may be a squad filled with top class players but on a national level they consistently underachieve. Could this tournament be their chance to finally dominate?

Holland always remains a great power with super star players with only one problem they don't like each other very much. But this time, coach Bert van Marwijk has managed to create a peaceful dressing room atmosphere and when you add a good team spirit to players like Sneijder, Van Bommel, van Persie, Kuyt, Robben and so on, it may be tempting to bet all your money on the Oranje.



Robin van Persie

Can **France** avoid being embarrassed in a third consecutive major tournament? They did very badly in the previous two. Apparently they have been preparing hard to reclaim their rightful place as a great European soccer power. As they say, it's all in the mind.

And then we have **Portugal**. Or should we call it the Cristiano Ronaldo team? Can one man alone win a European Championship trophy? Maybe not, but with the help of team mates like Nani and Moutinho, the Real Madrid superstar may hurt a lot of people's feelings in this tournament.

What about the underdogs? **Greece** has done it before (2004) and there is no reason why Karagounis (now 35) and his two "Greek Messi" team mates, Sotiris Ninis and Ioannis Fetfatzidis (if they end up playing...), cannot cause some big upsets. The whole country's morale is pretty low at the moment, but nothing can lift the national spirit like a great soccer victory.



Sotiris Ninis

Russia's star players like Arshavin and Pavlyuchenko, are getting old, so the new blood will need to prove themselves.

The Czech Republic is now a much changed squad under new manager Michal Bilek. It has Petr Cech defending the goalposts and Tomáš Rosický (now 31) and Milan Baroš (30) as star players. It remains to be seen if new stars will emerge. **Croatia** also doesn't have many stars to rely on this time (except Modric). But it still has a strong fighting spirit, which in tournaments can do wonders – especially against the

tired super stars of favourites. That's how Greece did it in 2004...

Poland and **Ukraine** are happy to just be guests at their own party as co-host countries. Even one victory will keep their fans happy. If any of them progress to the next level, it will be pure ecstasy.



Go Poland!

The same goes for **Sweden, Denmark** and the **Republic of Ireland**, who cannot really hope for much. Sweden superstar, Zlatan Ibrahimović, cannot possibly lead his squad past the obstacles of England and France in order to qualify for the next level. But with suicide prone England you can never really know.

There are many questions hanging in the air about this exciting soccer fest called EURO 2012. The best place to have them answered is at Vanilla together with your friends as you enjoy all the LIVE coverage.



Go Greece!



Go Ukraine!





THANASIS SPANOS
Vanilla Cakes & Lounge owner and soccer enthusiast

Semi-finalists:

- A. Greece
- B. Italy
- C. Spain
- D. England

Winner:
Spain



CON TANGALAKIS
Entrepreneur. Former State League soccer player. Current Sth Springvale 'Aris' coach

Semi-finalists:

- A. Spain
- B. Greece
- C. Portugal
- D. Germany

Winner:
Spain

WINNERS OF UEFA European Football Championship

- 2008 Spain
- 2004 Greece
- 2000 France
- 1996 Germany
- 1992 Denmark
- 1988 Netherlands
- 1984 France
- 1980 Germany
- 1976 Czechoslovakia
- 1972 Germany
- 1968 Italy
- 1964 Spain
- 1960 USSR



France – EURO 2000 WINNERS

WORLD & EUROPEAN CHAMPIONS

Spain national football team

The Spain national football team (Spanish: Selección de fútbol de España) represents Spain in international association football. The current head coach is Vicente del Bosque. The Spanish side is commonly referred to as La Roja (The Red [One]) or La Furia Roja (The Red Fury).



The La Roja are the current reigning World and European champions, having won the 2010 FIFA World Cup and the 2008 UEFA European Football Championship. Over recent years, the team has become known for using a style of play which involves roaming movement and positional interchange amongst midfielders, moving the ball in intricate patterns, and sharp, one- or two-touch passing. This style of play has been dubbed Tiki-taka (or Tiqui-taca) and it can be very frustrating to the opponents as they struggle to regain ball possession.

Spanish top league – Primera División (La Liga) – powerhouse FC Barcelona (Barca) has in effect trademarked the tiki taka passing game. It would be fair to say that aside Tiki-Taka enthusiast coach Vicente del Bosque, Barca's tiki-taka masters Iniesta and Xavi (and of course "Cesc" Fàbregas) have also played a great role in the success of Spain in recent times. Thanks to this unique style of football, the Spanish team has become a dominant force in world football

(From various sources)

GROUP A	GROUP B	GROUP C	GROUP D
Poland	Netherlands	Spain	Ukraine
Greece	Denmark	Italy	Sweden
Russia	Germany	Republic of Ireland	France
Czech Republic	Portugal	Croatia	England

09/06/2012	02:00 EST	Group A
09/06/2012	04:45 EST	Group A
10/06/2012	02:00 EST	Group B
10/06/2012	04:45 EST	Group B
11/06/2012	02:00 EST	Group C
11/06/2012	04:45 EST	Group C
12/06/2012	02:00 EST	Group D
12/06/2012	04:45 EST	Group D
13/06/2012	02:00 EST	Group A
13/06/2012	04:45 EST	Group A
14/06/2012	02:00 EST	Group B
14/06/2012	04:45 EST	Group B
15/06/2012	02:00 EST	Group C
15/06/2012	04:45 EST	Group C
16/06/2012	02:00 EST	Group D
16/06/2012	04:45 EST	Group D
17/06/2012	04:45 EST	Group A
17/06/2012	04:45 EST	Group A
18/06/2012	04:45 EST	Group B
18/06/2012	04:45 EST	Group B
19/06/2012	04:45 EST	Group C
19/06/2012	04:45 EST	Group C
20/06/2012	04:45 EST	Group D
20/06/2012	04:45 EST	Group D
22/06/2012	04:45 EST	Quarter Final
23/06/2012	04:45 EST	Quarter Final
24/06/2012	04:45 EST	Quarter Final
25/06/2012	04:45 EST	Quarter Final
28/06/2012	04:45 EST	Semi Final
29/06/2012	04:45 EST	Semi Final
02/07/2012	04:45 EST	Final

The information contained in this list was correct at time www.setanta.com/au/our-sports/soccer/uefa-euro-2012/



Poland v Greece	LIVE
Russia v Czech Republic	LIVE
Netherlands v Denmark	LIVE
Germany v Portugal	LIVE
Spain v Italy	LIVE
Rep of Ireland v Croatia	LIVE
France v England	LIVE
Ukraine v Sweden	LIVE
Greece v Czech Republic	LIVE
Poland v Russia	LIVE
Denmark v Portugal	LIVE
Netherlands v Germany	LIVE
Italy v Croatia	LIVE
Spain v Rep of Ireland	LIVE
Ukraine v France	LIVE
Sweden v England	LIVE
Greece v Russia	TBA
Poland v Czech Republic	TBA
Denmark v Germany	TBA
Portugal v Netherlands	TBA
Italy v Rep of Ireland	TBA
Croatia v Spain	TBA
Sweden v France	TBA
England v Ukraine	TBA
Winner Group A v Runner Up Group B	LIVE
Winner Group B v Runner Up Group A	LIVE
Winner Group C v Runner Up Group D	LIVE
Winner Group D v Runner Up Group C	LIVE
Winner QF 1 v Winner QF 2	LIVE
Winner QF 3 v Winner QF 4	LIVE
Winner SF 1 v Winner SF 2	LIVE

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EURO 2004 WINNERS

Greece national football team

The Greece national football team (Greek: Εθνική Ελλάδος, Ethniki Ellados) represents Greece in association football. Greece's head coach is Fernando Santos. Greece spent most of their history in relative obscurity, having participated only twice in the final tournaments of the FIFA World Cup and the UEFA European Championship, in 1994 and 1980 respectively, until UEFA Euro 2004, when Greece became European champions in only their second participation in the tournament. The Greeks, dismissed as rank outsiders before the tournament with bookmakers giving odds of between 80-1 to 150-1 for them to win, defeated some of the favourites in the competition including defending champions France and hosts Portugal, who Greece beat in both the opening game of the tournament and again in the final.



Since that victory Greece have occupied a place in the top 30 of the FIFA World Rankings for all but 2 months, and reached a high of 8th from April to June 2008, as well as from September to October 2011.

Now with most of its 2004 heroes retired, or ageing, Greece is relying on its new blood to make a difference again. With new talent like Ninis, Christodouloupoulos and Fetfatzidis, Greece hopes to be more creative on the midfield and stop relying on its trademark tight defense and long-ball counter-attack style of game.

(From various sources)



NICHOLAS MYLONAS
HACCI President. Former Chairman of South Melbourne Football Club

Semi-finalists:
A. Holland
B. Spain
C. Italy
D. Greece

Winner:
Holland



ALEKOS KATSIFARAS
Former Radio Sports Broadcaster (SBS, 3XY, Echo Fm)

Semi-finalists:
A. Germany
B. Holland
C. Spain
D. Croatia

Winner:
Germany



APOSTOLOS GIANNOU

Interview by Alekos Katsifaras

He is one more Greek Australian adding himself to the long list of players opting for the League in Greece to further their soccer career. Apostolos Giannou was born in Naousa, Greece and moved with his family to Australia at a young age growing up in Melbourne where he was known as Paul Giannou.

He learnt the secrets of soccer in the junior teams of Oakleigh Cannons and South Melbourne, and was selected for the Victorian Institute of Sports by Ernie Merrick.

In 2006, Giannou represented Australia's under-17 team at the AFC U-17 Championship Qualification.

Giannou was also included in the Australian under-23 squad for a 2008 Olympic qualifier against Iran on 16 May 2007.

He took part in Melbourne Victory's pre-season friendlies prior to the 2006–07 A-League season before he was sent by a FIFA player's agent to Holland for a two week trial with PSV Eindhoven's Reserve and Academy team's.

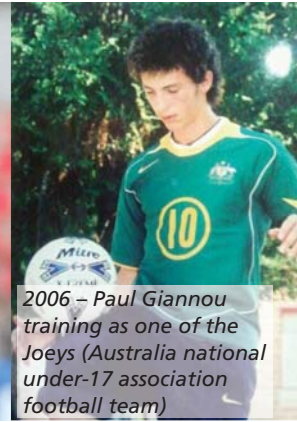
In mid-2007, and at the age of 17, Apostolos Giannou returned to Greece and played for Apollon Kalamarias. His team ended up being relegated, but his talent was quickly noticed by top league scouts, and eventually he signed up for Kavala.

In 2008, Giannou represented Greece at the 2008 UEFA European Under-19 Football Championship elite qualification.

On 5 September 2010 he was selected for the National Greek Team U21.

By this time, the 21 year old Giannou was well and truly noticed by scouts and following last year's demise of Kavala, he was quickly snapped up by Thessaloniki giants PAOK. In his first season with PAOK he ended up scoring 2 goals in 14 appearances.





2006 – Paul Giannou training as one of the Joey's (Australia national under-17 association football team)

We contacted him soon after the end of this season, and just before the Greek *Superleague* playoffs for next year's European tickets.

How do you feel as a PAOK player and how do you see the future?

I feel great stress! The bar is now raised very high, the fans have even higher expectations and the PAOK jersey is very 'heavy' to wear. It is a great feeling playing for this team and at the same time a great responsibility. I have a three year contract with PAOK and I feel ready for greater achievements over the next few years. We have a very good coach, which means a lot to me, since I learnt from him. Boloni has great experience and he works in a way that fits the profile of PAOK. Things can only get better for our squad.

The Greek League, and Greece in general, is going through a deep crisis at the moment. How do you feel about that?

Obviously what is happening lately in Greece is quite troubling, which is a great shame. If Greece had a fairer political system, it would be the best country to live in.

Are you looking at playing soccer in other countries?

Definitely. Before I turned 17, and before I signed up for Apollon Kalamarias, I was tried out by the Dutch team PSV Eindhoven, and things were going well, but unfortunately because I was under 18, I couldn't stay in Holland according to some Australian Soccer Federation rule. I am very happy and honored to be playing for PAOK but just like every other player, I would like to try my luck in a more competitive European league.

How about the A-League back at home?

I wouldn't say no to that. But I am not concerned about changing teams at the moment. I am a PAOK player and I am

focusing on working hard and staying healthy. I would always consider any good offers in the future, but I would love to finish my career playing in the A-League.

Having already made appearances with both Australian and Greek youth national teams, which country's national team would you prefer to play for in the future?

Big dilemma! I would just accept the first offer that was made to me. I would be happy and honoured to play for either national team.

In a few days we have the EURO 2012 kick-off. Can Greece do it again?

You never know with soccer. Greece has some great players and most importantly, a very good coach. Santos has worked in Greece for many years and he knows what he is doing. He inspires confidence just by being on the bench. Greece winning the EURO cup in 2004 was one of the greatest miracles in soccer history. I am not sure if we can do it again, but I believe that we could qualify for the next round, the quarterfinals. What we experienced in 2004 was like a dream. We had luck, but we were also a very good squad.

Who do you think is the favourite? Which teams do you see making it to the semi-finals?

Spain is obviously the big favourite. Germany also has a good squad and we all know they do not easily give up. Italy is always unpredictable and Holland is also a great team. I see these four squads making it to the semi-finals.

What is your view on Lionel Messi?

No one can dispute the immensity of his talent and skill. At the age of 24, he has done unbelievable things with Barcelona, and simply put, he is unstoppable.

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MIHALIS (MIKE) MANDALIS

By Alekos Katsifaras

INTERVIEW WITH A SOCCER LEGEND

*M*ihalis (Mike) Mandalis may not be well known to our younger generation, but he remains a true legend who made history together with the other South Melbourne Hellas greats in the 60s.

We had a truly engaging and very interesting conversation as he remembered those golden moments that defined his great soccer career. During my years of covering sports for Greek Australian media, and especially during my own research on Greek soccer teams in Australia, I often came across his name and heard many great stories about him.

As he sat down at Vanilla for the interview, it didn't take long for Mihalis to display his passion for soccer.

'That era in soccer was characterised by an unbelievable romanticism. It is almost impossible to describe in words the quality of the experience and emotions that we felt in living our soccer dream. Without wanting to sound overly nostalgic, or putting down modern soccer in any way, the sweet innocence of that era cannot be recreated in today's world. And that is not only true for Australian soccer but for soccer worldwide. Modern soccer has other qualities of course. Every era has its own beauty and magic. Today we have the magic of Barcelona and Messi for example. I am always enthralled watching players like Messi. He is an authentic soccer star, showing the world how football should be played.'



Good old days. 'Soccer News exclusive picture' showing 'the goal that wasn't allowed' scored by Mihalis Mandalis at Olympic Park. Mihalis fondly remembers that eventually that goal was allowed.



Mike Mandalis – 1964 State League top goal scorer

Mihalis Mandalis has more than earned his right to form weighty opinions about soccer. Simply put, he was an outstanding player, having learnt the secrets of 'the king of sports' at a very young age. He achieved a record that remains unbroken till this very day. Mihalis earned the title of top scorer at the age of 17 when, during the 1964 season, he scored 17 goals. Mihalis also shares the honor with another soccer great, John Bedford, as being the only players to have won five premierships in Australian professional soccer (the AFL record is held by Michael Tuck with seven premierships).

Mihalis started kicking a ball in the noisy streets of his birth town Cairo in Egypt. He recalls playing soccer in the narrow spaces of his neighbourhood when he was 11. The next year, 1958, he arrived in Australia and started playing in the South Yarra U14 junior team.

'I felt the pressure of being called a wog at Prahran State school, and I discovered that soccer offered me an escape from racism. That's when I made up my mind that I wanted to play professional soccer in Australia, to make my parents proud, and consequently I discovered that God had given me this talent.

In the same year I played soccer for the club and Aussie rules for the school.'

We asked him about footy.

'I am a Collingwood supporter. I love Aussie rules'

In 1962, at the age of 15, Mihalis became a player for South Melbourne Hellas Soccer Club. He made his debut at Jubilee Park against Ringwood Wilhelmina .

'We had a brilliant coach, Manny Poulakakis. I was fortunate to have him as a coach. He taught me a lot. He believed in my talent and worked with me. Those were great days for soccer in Victoria and the quality displayed has not been seen again. Back then we were passionate about the team. I remember all the top quality players that came from Europe. I remember legends from Greece like Takis Xanthopoulos, Takis Vandarakis, Andreas Roussis, Antonis Hatzieleftheriou, John Margaritis, Boulis Kambouropoulos, Jimmy Pyrgolios, and the great Kostas Nestoridis from AEK Athens.'



1965 – Mike Mandalis breaking the ball in front of Franz Swartz (Lions VSL)

We asked him which was the greatest moment in his career.

'I'm getting goose-bumps as I remember this. It was 1968, at Olympic Park, when we won our first cup, the AMPOL Cup (after defeating Croatia 2-1 at the final). An ocean of Greek immigrants jumped over the fence and lifted the whole team

in the air. It was a crowd of over 20,000 fans. Another great moment was my first goal at Olympic Park, it was with a header, and I can still hear the roar of 20,000 people. They lifted me up and I thought to myself, I want to play soccer forever, for them! I love this country! It has made me who I am. I came here and I was given an unbelievable opportunity.'

As we moved our conversation on to the present, Mihalis expressed his strong optimism for South Melbourne.

'I dream of seeing South Melbourne in the A-League again. There is new blood in charge of the club, young, intelligent people who work very hard to achieve their goals and visions. I am more than certain that they will see the fruits of their labour.'

I asked him about the Euro 2012 Championship. He smiled as he remembered Greece's triumph in 2004.

'I was jumping up and down like a little kid, with tears of joy. Haristea's cup winning header in the final with Portugal will always remain engraved in my mind. I'm looking forward to watching Greece live, from these screens here at Vanilla, trying to pull off another miracle in this Euro.

Greece should qualify for the quarterfinals and as for the favourites to win the Cup, I believe that Spain, Germany, England and Holland will make it to the semi-finals, where anything can happen.'



Mihalis is a long-time friend of Vanilla owner Thanasis Spanos



Male, Maldives: A boy escapes the scorching heat by being sprayed by the crashing waves while standing on the breakwater.

CONSTANTINOS ANASTASAKIS

OUR *Beautiful* CHILDREN

Constantinos (Costa) Anastasakis took his camera and left Melbourne twelve years ago to embark on an extraordinary journey. He visited the most vulnerable regions in over 85 countries around the world. His mission has been, in his own words, 'to capture the energy and spirit of the children of the world, bringing to life their hopes and dreams at an age when they are still untainted by prejudice and politics.'

In his exhibitions, the photographs of children from 'third world' countries are arranged together with photographs of children from so-called 'rich countries'. The message is clear; all the children of the world, rich or poor, share the same human spirit that thirsts for life, love, joy and happiness.

And yet the focus remains on the 'children of a lesser god'. With his amazing photographs Costa has raised awareness

They are all our children and they are all beautiful - Costa Anastasakis



Tower Bridge Exhibition - London





A



B



C

about the plight of children in the 21st century, and has given a face to those who have been overlooked and forgotten. Only he doesn't call them 'forgotten children', or 'lost children' - instead, he prefers to call them 'Our Beautiful Children' - which is the title of a charitable trust that Costa founded, aiming to link businesses and donors with specific causes and deserving communities all over the world.

Costa recently completed in London, where he is also based, a very successful exhibition of his photographs at the Tower Bridge, raising a lot of awareness and support for Our Beautiful Children. He then returned to Melbourne to prepare for his next exhibition, which is scheduled to take place in Federation Square during September and October this year. He spoke to us about his charity work and we asked him to share with us some of his photos together with their unique stories.

Costa, are you happy with the response to your recent exhibition in London?

I'm extremely pleased to have been recognised and appreciated by being offered such a prestigious and prominent location at Tower Bridge, and to exhibit in such a focal year for London with the Olympics around the corner. I have now also been invited to exhibit during the Olympics near the actual site and at Federation Square in Melbourne for six weeks in September/October later this year.

How did you come up with the title 'Our beautiful Children'?

They are all our children and they are all beautiful. Children represent our future and are our common connection to our

humanity. After travelling the world for the past 12 years, the thousands of children I have encountered have all but one face, the face of humanity. We need to reconnect with our point of reference as a human race and take responsibility as a collective.

The contrast between poverty and smiling children seems to be a prominent theme in your photographs...

That's because that's the way it is. For too long the developing world has been eclipsed by the negativity of poverty, neglect and war, yet what became evident to me over the years was the enduring essence of the human spirit in its purest form. No matter what the situation was, I have always been met by genuine welcoming smiles and kindness, even though I would have accepted being robbed or harassed after witnessing the horrific conditions in which people live in today's world.

You have visited the most vulnerable regions in the world over the last twelve years. How do you maintain your optimism?

One word LOVE.

It is the creative evolving force that bonds all. Photography has allowed me to see clearly instead of just looking. The past twelve years have reconnected me with our extended family, which is beyond race, religion and politics. It is a human family that is sustained by our beautiful world. It's only a matter of realising that we are the ones we have been waiting for, connected by the empowering thread of love, our life's force.

IN COSTA'S OWN *words*



Find "Our Beautiful Children" on Facebook
Website: <http://ourbeautifulchildren.com>



A: Canarvan, Western Australia: A young aboriginal boy spear fishing with a spear he made from a tree branch.

B: Kela Village, Malawi: One of the poorest countries in the world yet for these children the pleasure of swimming in Lake Malawi is priceless.

C: Kota Kinabalu, Malaysia: The sea gypsies of Malaysia had arrived by boats some five hundred years ago from regions still unknown. Their fragile makeshift homes line the coast and the only education available to the children is from the sea.

D: Addis Ababa, Ethiopia: All that is needed is a little space and the game is on, even if it happens to be the local rubbish tip.

E: Cairo, Egypt: Built as a burial ground during the Arab conquests, Cairo's City of the Dead is now home to over a quarter of a million displaced Egyptians. As I frame the shot, Alya's mother takes off her shoes and places them on her two year old daughter's tiny grime stained feet. She had preserved a moment of dignity for her child's first ever photograph.

F: Ranong, Thailand: Thailand has played host to Burmese refugees for nearly two decades. Gross human rights abuse by the Burmese government has prompted the outflows and created grave problems for its neighbor. For Mya, five, the problems continue over the border making it extremely difficult for her parents to find employment. Being Burmese, she is forbidden to attend Thai schools.

G: Valenir Lapufului, Romania: As I entered the room the children rose from under the blanket like a litter of stray kittens waiting for their mother to return with food. Matted hair and grime stained faces huddled together to stay warm under an old soiled blanket. The dog lay motionless only to barely open its eyes. Their father is in prison for two years for stealing food for his family. They wait in anticipation for their mother to return after she's been away for months trying to earn some money.

H: San Antonio, El Salvador: For this small community, the canal is a source of food, transport and, for the children, a playground.

I: Serengeti Plain, Tanzania: Sitting around the fire after spending the day hunting with the nomadic bushmen, I expressed to the chief how fortunate I thought they were to live a life totally independent of any society and in complete harmony with nature. He smiled at me and simply said, 'No one follows me, no one bothers me.'

J: Freetown, Sierra Leone: As I was struggling to cope with the appalling conditions and the unbearable stench of the Susans Bay slum, a little girl with sunglasses in hand appeared out of nowhere effortlessly gliding above the sludge. It reminded me of the beauty of the lotus flower that emerges from the mud.

K: Athens, Greece: After a day of begging on the sweltering streets of Athens, Georgia and her little sister transform and embrace the feeling of being children once again.

L: Nairobi, Kenya: Abasi, a student at Valley View School, tells me he loves going to school but when it rains it's hard to hear the teacher and the leaks from the roof wash away the teacher's chalk from the blackboard.

M: Cambodia, Phnom Penh: My camera becomes a pleasant distraction for the children that live and scavenge through the waste in Steung Meanchy rubbish dump. Genuine welcoming smiles make it hard to believe that these children have never had the chance to smell a fresh breeze, a flower or have any knowledge of a world outside of the borders of this wasteland.

N: Kampala, Uganda: Listening to Beyonce is the highlight of the day for these little girls.

**PERSONAGGI
E INTERPRETI**

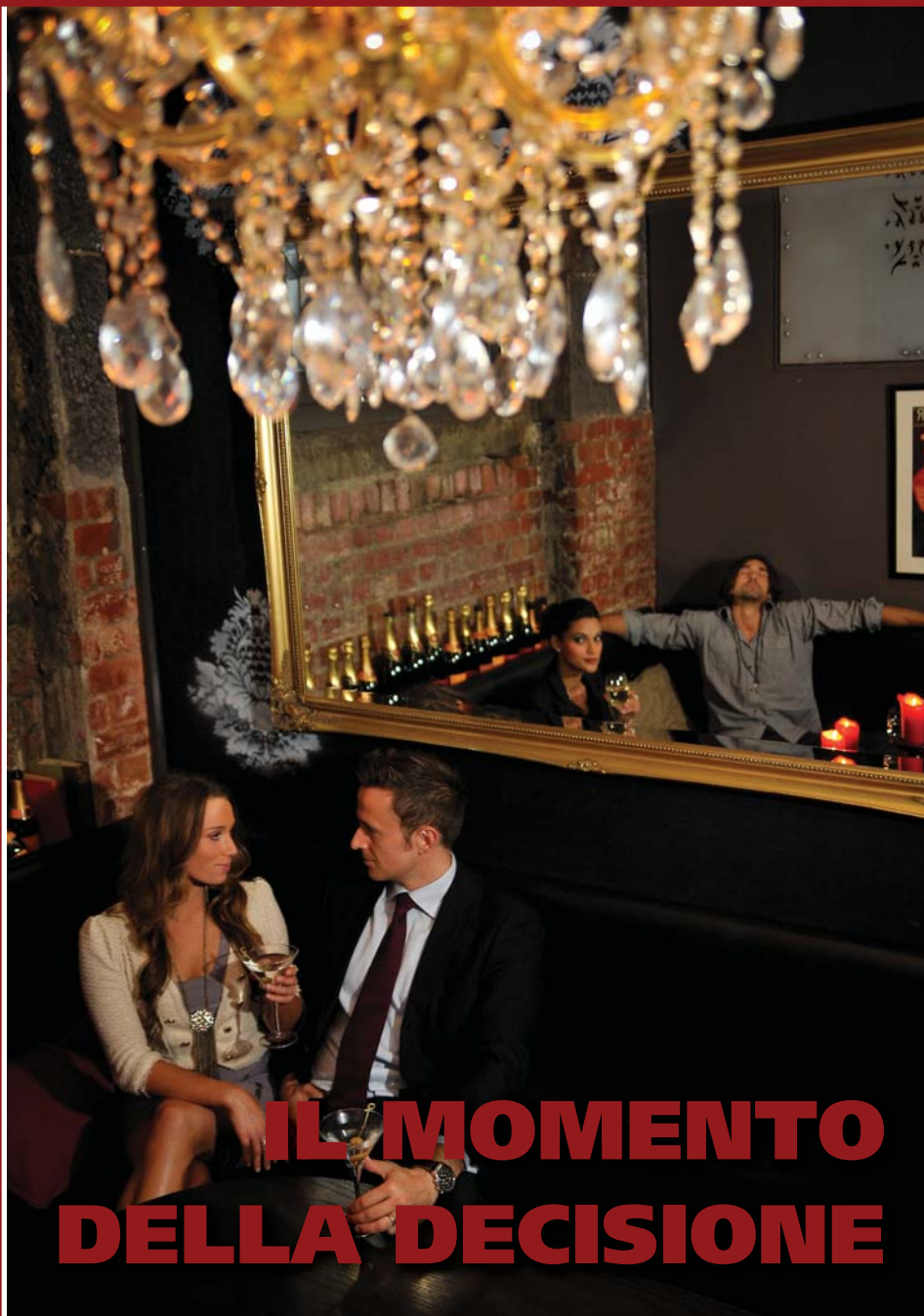
.....
Patricia
CHLOE WILSON

.....
Eleonora
PAREENA NAGGEA

.....
Mike
FRANK HANDRUM

.....
Jake
DEAN STANKOVIC

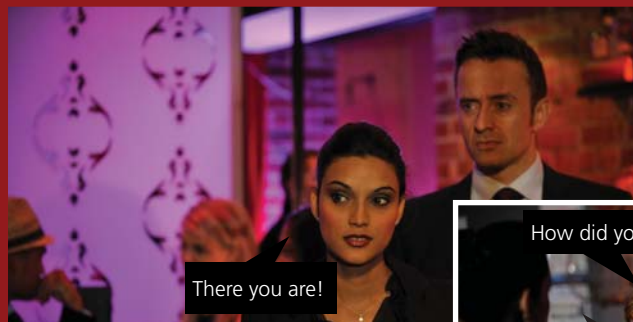
.....
Henchman
PETER RODWELL



**IL MOMENTO
DELLA DECISIONE**

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



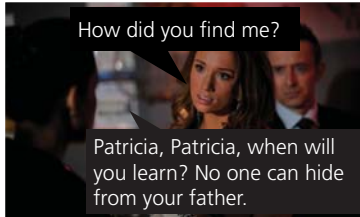


There you are!



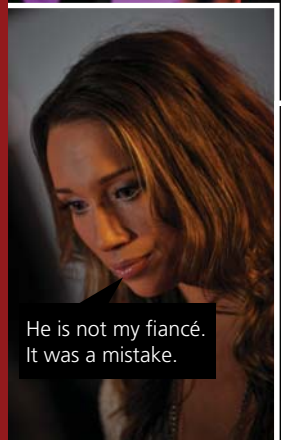
Why is he here?

He is your fiancé.



How did you find me?

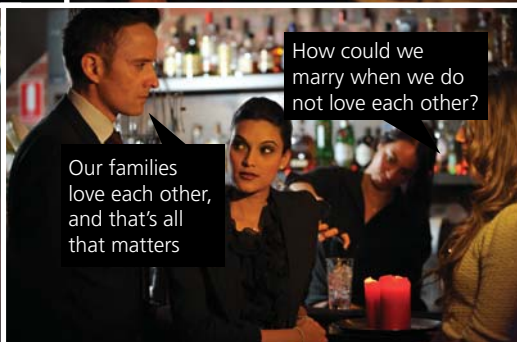
Patricia, Patricia, when will you learn? No one can hide from your father.



He is not my fiancé. It was a mistake.

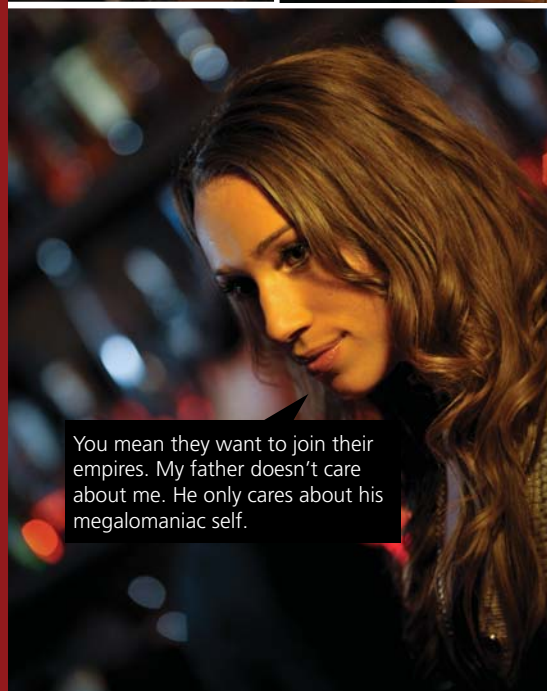


The mistake was you leaving me.

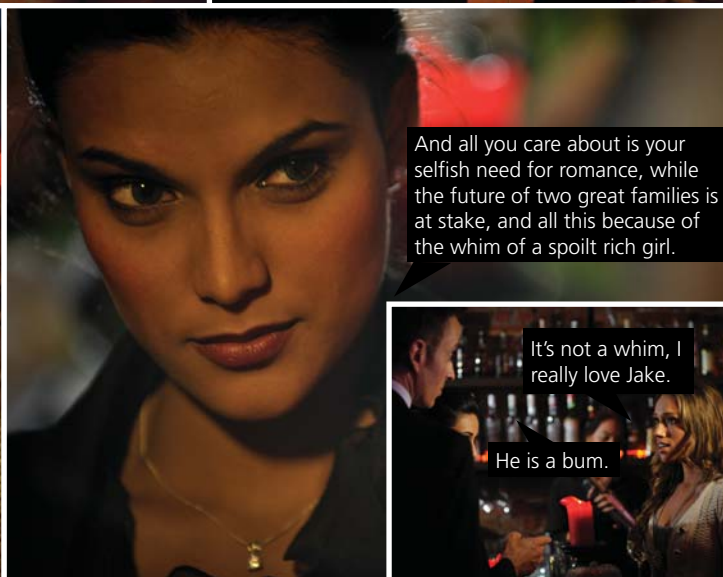


How could we marry when we do not love each other?

Our families love each other, and that's all that matters



You mean they want to join their empires. My father doesn't care about me. He only cares about his megalomaniac self.

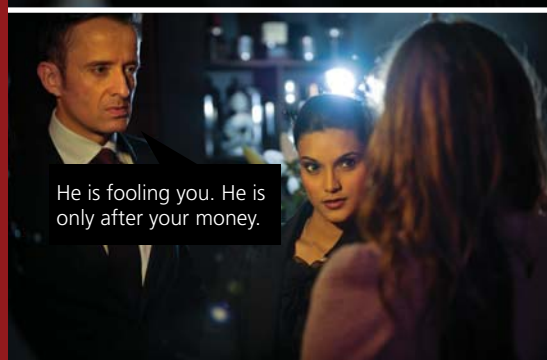


And all you care about is your selfish need for romance, while the future of two great families is at stake, and all this because of the whim of a spoilt rich girl.

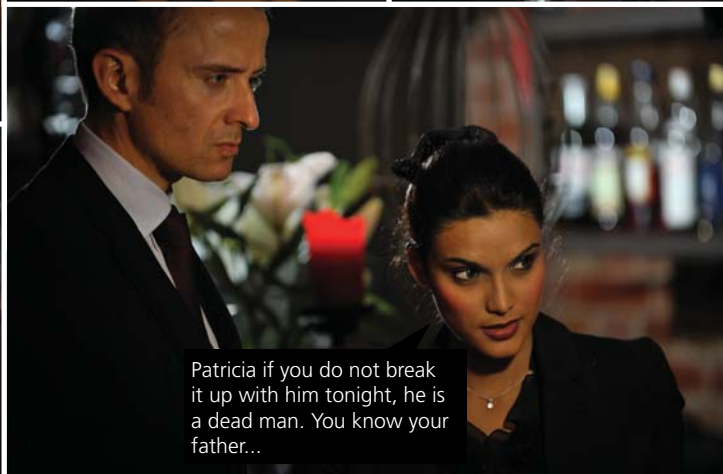


It's not a whim, I really love Jake.

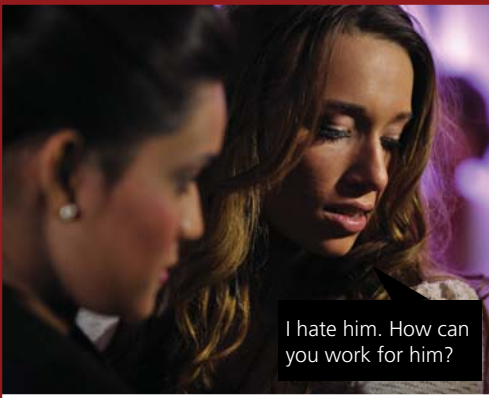
He is a bum.



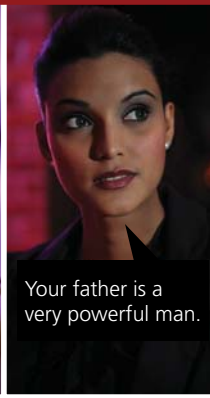
He is fooling you. He is only after your money.



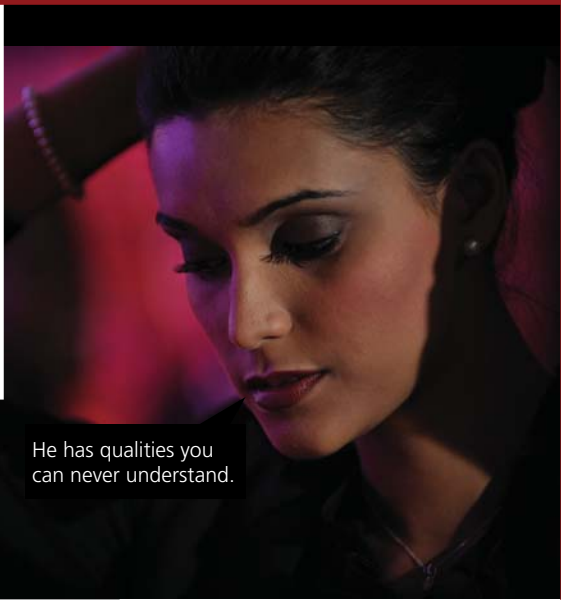
Patricia if you do not break it up with him tonight, he is a dead man. You know your father...



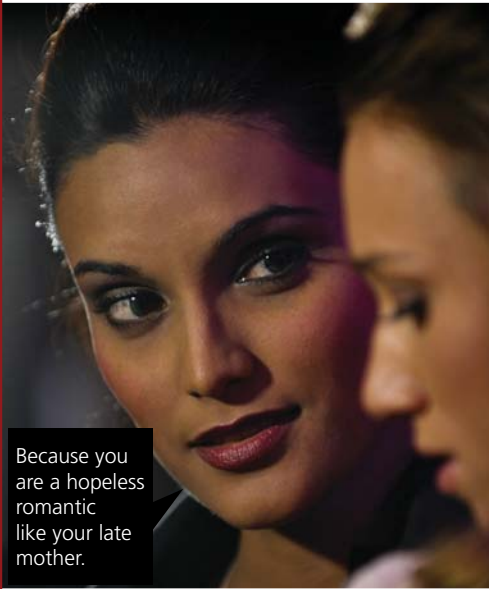
I hate him. How can you work for him?



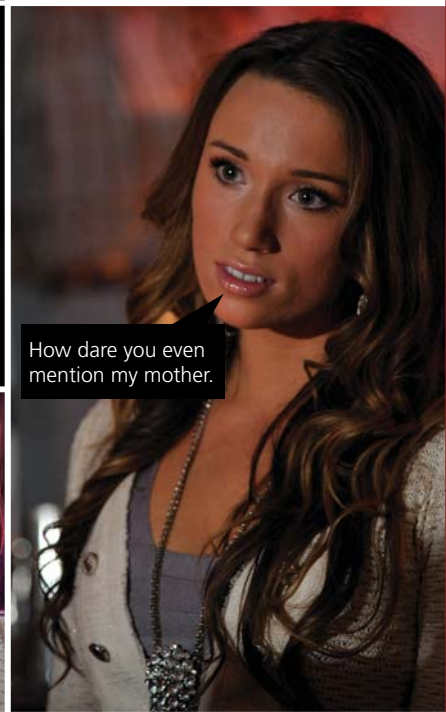
Your father is a very powerful man.



He has qualities you can never understand.



Because you are a hopeless romantic like your late mother.



How dare you even mention my mother.



Patricia, come to your senses. If you want this guy to live, cut him loose.



I don't want him to die.



Then do what Eleonora says. Deep down you knew this adventure would have to come to an end.

I suppose I did.

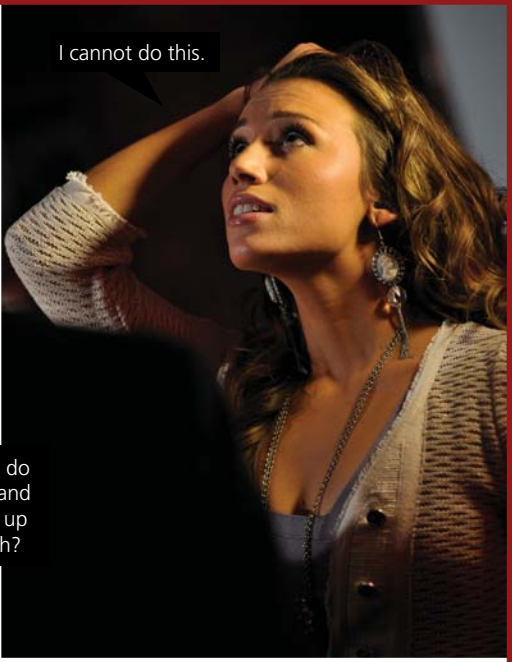


Good girl. Now, you know what you have to do.

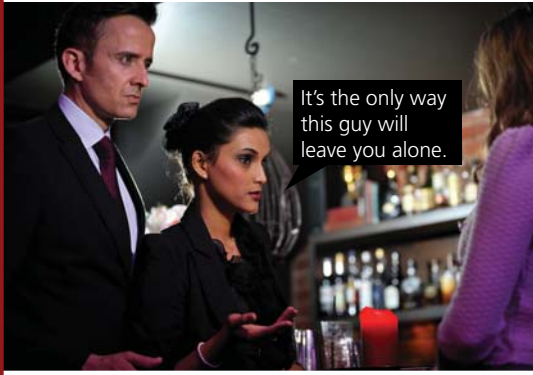


Are you ready Mike?

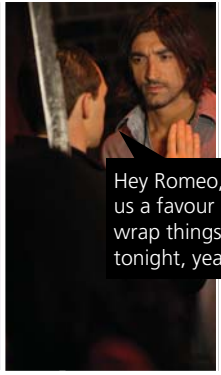
I'm always ready to reclaim what is mine.



I cannot do this.



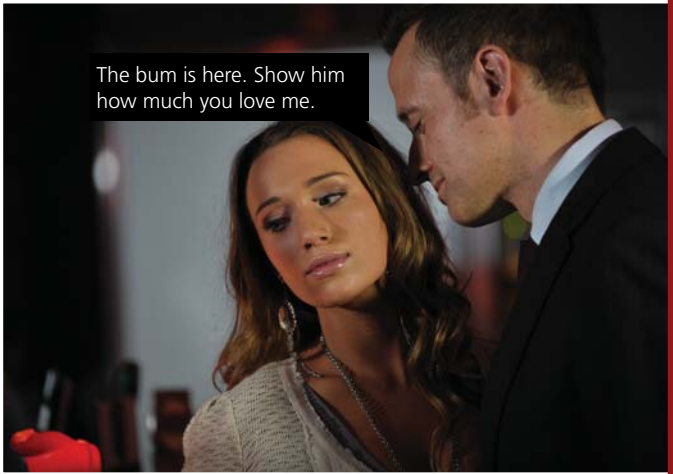
It's the only way this guy will leave you alone.



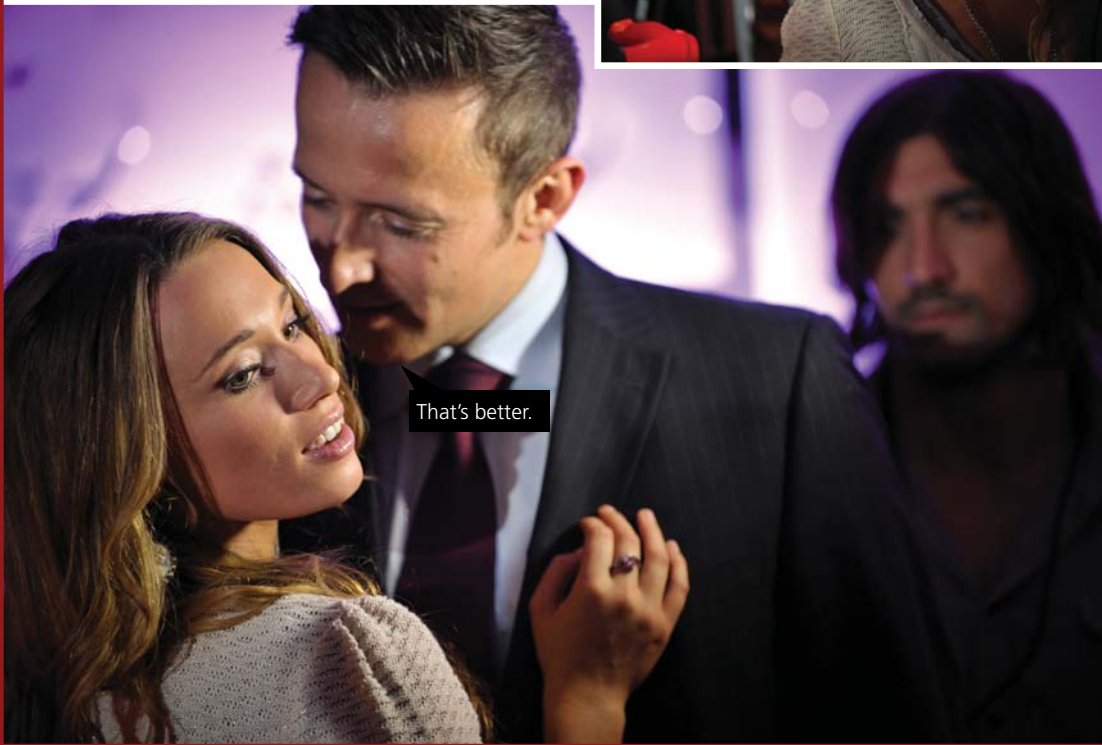
Hey Romeo, do us a favour and wrap things up tonight, yeah?



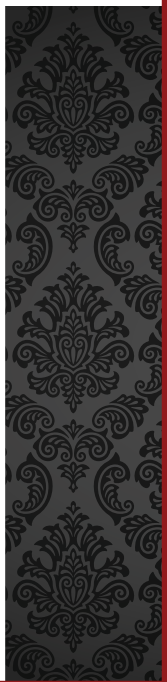
She is not for you.




The bum is here. Show him how much you love me.

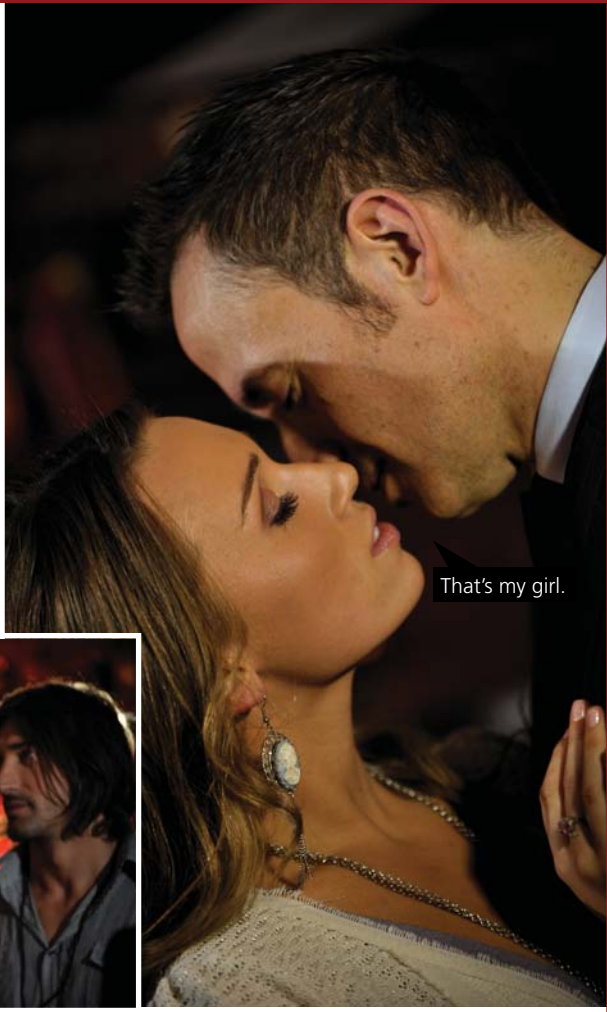


That's better.







And now a little kiss.



That's my girl.




What are you doing with him?



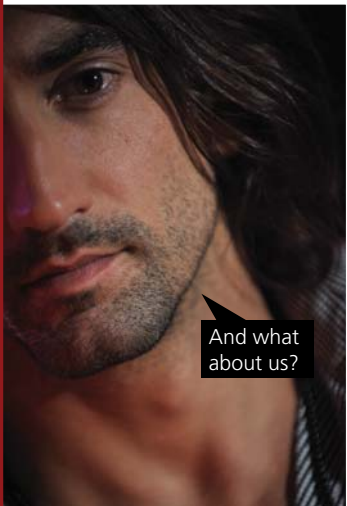
Patricia?

Sorry Jake. This is Mike, my fiancé. We had a bit of a break but now we are back together.




I thought you hated the guy.


I was just angry with him.



And what about us?



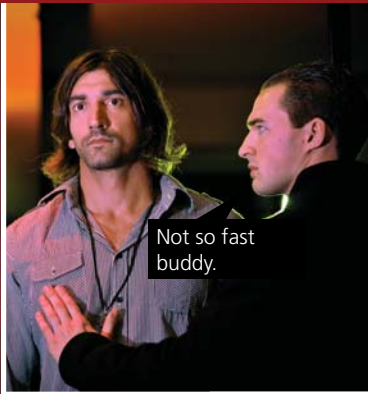
There was never any us. You were just a distraction. I never stopped loving Mike. I'm sorry.



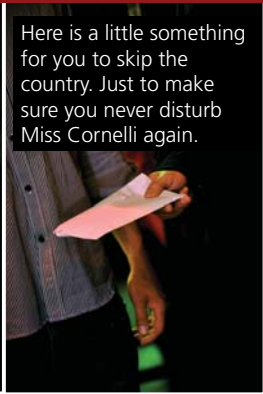
I'd better be going Nice knowing you.



Goodbye Jake.



Not so fast buddy.



Here is a little something for you to skip the country. Just to make sure you never disturb Miss Cornelli again.

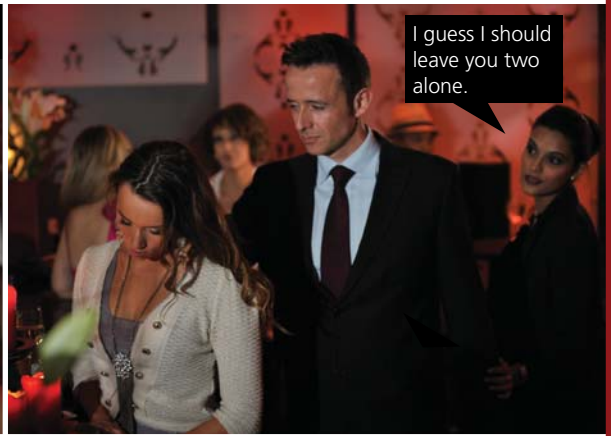


Unless you prefer this.

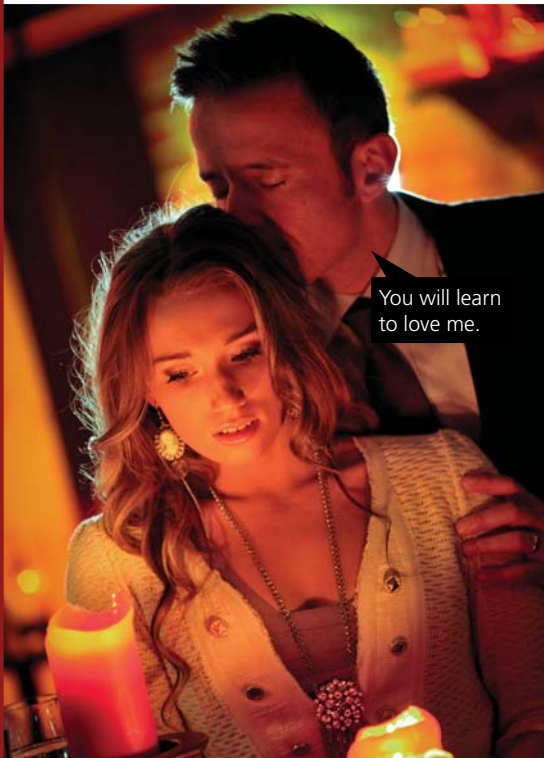


You made the right decision Patricia.

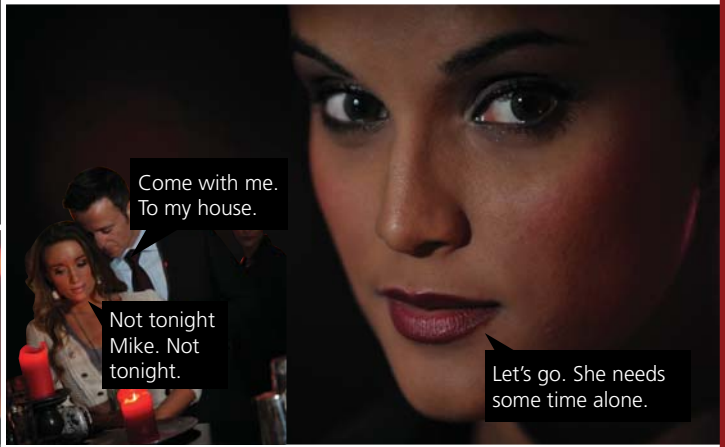
Time will tell.



I guess I should leave you two alone.



You will learn to love me.



Come with me. To my house.

Not tonight Mike. Not tonight.

Let's go. She needs some time alone.





What are you doing here?



Decision time!



Get in quick, before anyone sees you!



How did you know I would come alone?

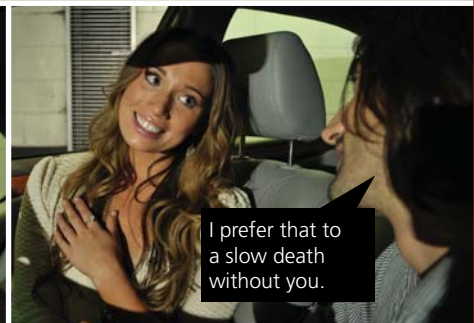
Your performance in there was so lame... Did you really expect me to believe you?



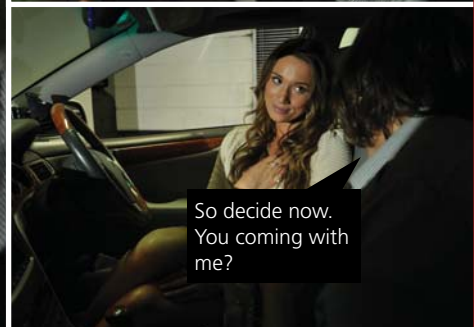
I was serious. We cannot be together.

Yes, we can.

My father will track us down and kill you.



I prefer that to a slow death without you.



So decide now. You coming with me?



What's your plan?

We go back to your apartment; you pack up and then straight to the airport.



Your father gave me this to skip the country. So I took his offer.

I don't understand.



You know I won't be able to use any of my cards. And I don't have any cash on me.

We are off to Africa. Remember that village town I was telling you about? It's time they have a hospital built.



We don't need money. We have each other!



Patricia? Are you regretting this?

Time will tell.

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Vanilla House Band rocked the stage @ Antipodes Festival Glendi. And we were there to see them! For regular updates and guest appearance announcements find and like the [VANILLA HOUSE BAND](#) Facebook page.

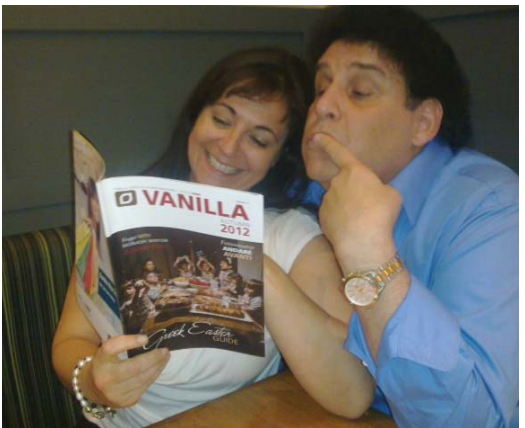




WAYNE BLAIR @ VANILLA

Australian Indigenous actor and film maker, Wayne Blair, said he felt like he was in Europe as he enjoyed a meal at Vanilla with his good friends, Thanasis, Christos, Antonios, George and soccer legend, Mihalis Mandalis.

The incredibly talented and humble Wayne is looking forward to the release of his new Australian feature film *The Sapphires*, which he directed and which was recently acclaimed and acquired by international film distributors. *The Sapphires* has also been short listed at the Cannes Film Festival this year. It features Jessica Mauboy, Deborah Mailman and *Bridesmaids* funny man, Chris O'Dowd. It is an endearing story set in 1968 about four young, talented Australian Aboriginal girls who learn about love, friendship and war when their all-girl group 'The Sapphires' entertain the US troops in Vietnam. We wish him every success.



COMICUS VANILLUS

These COMICUS ERECTUS guys just cannot act normal. Not that we mind having them over at VANILLA. Never a dull day!

Our very own Tahir (left, with the Vanilla girls) and Basile, direct from the USA (above, together with Roula Krikellis KkRock Chic), stirred up trouble at Vanilla during their promotion of *Comicus Erectus – The Ethnic Comedy Evolution*.

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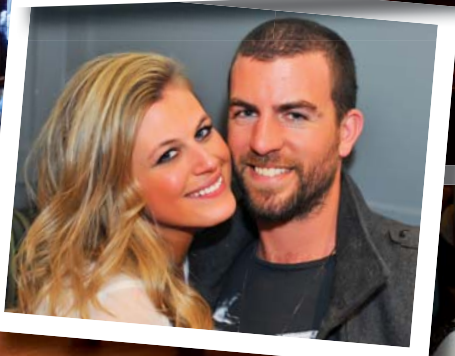






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THE ULTIMATE WINTER COFFEE TREATS

Bougatsa



Bougatsa is a traditional Greek breakfast fillo pastry with custard filling served hot sprinkled with icing sugar and cinnamon.

Spanakopitta



Spanakopita (spinach & feta pie) is a Greek savory fillo pastry with chopped spinach and feta cheese filling. Served hot – but can also be served cold.

GLYKA TAPSIU (SYRUPY SWEETS FROM THE BAKING DISH)

SARAGLI (Syrupy sweet with rolled pastry fillo sheets filled with nuts and spices)



KATAIFI (syrup soaked shredded fillo pastry with almond and walnut)



NEW "VEROIA" RAVANI (Semolina Cake with Orange or lemon Syrup)



PORTOKALOPITA (Orange Pastry Cake) OMG!

THERE'S SOMETHING ABOUT COFFEE



By Sonja van As

Coffee, the elixir of life. But it is so much more than that. Coffee has a long history going back as far (and maybe further) as 600AD when, in Ethiopia, a goat herder called Kaldi noticed his goats behaving friskily after eating the leaves and berries of a coffee shrub. Of course, he had to try it for himself and the rest, as they say, is history.

Coffee is good for us!

Caffeine doesn't accumulate or get stored in our body. Antioxidants in coffee are our number one source of antioxidants (because of the amount we consume) and coffee is known to have beneficial effects on our health other than just giving us a boost of energy. Regular coffee drinkers have about one-third less asthma symptoms than non-coffee drinkers, and it is now thought that drinking five cups of coffee a day may reduce the risk of developing Alzheimer's. It can also reduce the risk of liver disease, reduce muscle pain after exercise and increase your brainpower. But it will not reduce the affects of alcohol, although people still think a cup of coffee will sober up an intoxicated person. Coffee as a medicine reached its highest and lowest point in 1600's in England, when wild medical contraptions to administer a mixture of coffee and an assortment of heated butter, oil and honey became treatments for the sick.

In the 14th century the first commercially grown and harvested coffee originated in the Arabian Peninsula near the port of Mocha. It was the Dutch who literally brought

the coffee plant to the rest of the world. They brought the first coffee plant from Mocha to Holland in 1616. The first coffee house in Europe opened in Venice in 1683, but mainly for the rich.

Coffee facts

Today coffee is the second most traded product in the world after petroleum. Worldwide annual coffee production tips the scales at about 6 million metric tonnes, with the average adult consuming about twenty-two kilos a year.

Until the late 1800's people roasted their coffee beans at home, stovetop frying pans were favoured. The type of roast affects the flavour and caffeine amount, in general the lighter the roast the higher the caffeine and the brighter the flavours. Commercially flavoured coffee beans are flavoured after they are roasted and partially cooled to 100 degrees, when the beans' pores are opened and more receptive to flavour absorption. Once ground, roast coffee can lose up to 50% of its flavour in 4 to 6 weeks, but if stored properly can last 3 to 6 months. Refrigeration or freezing doesn't increase the shelf life, it just makes them cold.

Packaging is more important, breathable bags are best. When you buy bagged or canned coffee you don't know when it was roasted, it could be weeks ago, you need to get to know your roaster.

Our sense of smell, more than any of our senses, makes our final judgment on coffee, and coffee, along with beer and peanut butter, is on the national list of the '10 most recognizable odours'.

Some interesting coffee statistics

In the last three centuries 90% of all people living in the western world have switched from tea to coffee. Over 50% of all coffee is consumed over breakfast and 37% of coffee drinkers drink their coffee black. Australians consume 60% more coffee than tea, a six-fold increase since 1940. But we're not the only nation indulging, and every country has its own rituals and methods of drinking it.

But however you drink it, the most important thing is to enjoy it.

Coffee romance

And next time you feel like something is missing from your life remember this little fact, coffee is also an aphrodisiac. Drinking coffee, improves the mood, and may increase feelings of romance, partly thanks to the actual coffee ingredients, and partly thanks to the comforting and pleasurable effects of its mere aroma, another very good reason why you should come to Vanilla more often.

Have you tried
Smirnoff North yet?



SERVED CHILLED

@ VANILLA

Flavoured with Nordic berries and triple-distilled for an extra smooth texture, this vodka sensation is a great choice for shots.

Rakomelo
Perfect for Winter!



This traditional Cretan drink is made by combining Cretan Raki (Tsikoudia) with honey and various spices, such as cinnamon and cardamom. It has a long history of being used as a medicine and is considered a great nostrum for sore throats (taken in moderation off course...). It is also delicious!

COCKTAILS

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



Vanilla Menu

Loukaniko

Spicy Greek-Style Sausage flame grilled to perfection.

Photos by Con Milonas



Meat Platter

Flame grilled loukaniko, beef, chicken and pork served with salad.



Katsikaki

Slow cooked oven baked kid goat with lemon herbed potatoes.

Zucchini Flowers



Bamies



Imam Baidi





Bean Salad

A combination of beans, herbs and diced vegetables.



Mousaka

Layered and baked dish with eggplant, potato, zucchini, mince and a béchamel sauce served with a side salad.



Gemista

Stuffed Vegetables – tomato, capsicum and zucchini with a rice filling.



Spetsofai



Lentil soup



Artichokes & Broad Beans with lemon sauce

Seafood on the grill

Nothing beats the grill when it comes to seafood. Prepared with the traditional Greek lemon, olive oil and oregano marinade Vanilla's grilled seafood dishes are the perfect combination of great taste and a healthy meal.

Char grilled Octopus

This is a Greek classic! Great char on the outside with tender succulence inside. Enjoy it with ouzo or wine.



Left to right:

Char grilled Calamari

Enjoy the mild sweet taste of Calamari on the grill made perfect with lemon.

Baby Snapper

Keeping it simple... Served with Greek salad.



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Stay WARM!

Summer has once again drawn to an end (although for some of us, it seems that it barely began) to make way for the colder months of winter. With this in mind, now is the time to start preparing with appropriate winter attire.

Most important are the staples of a winter wardrobe. Jeans are at the top of this list, as jeans not only provide warmth and protection, they are also very versatile and can be dressed up or dressed down. This season, coloured jeans are the way to go. With colours like sky blue, emerald green, fuchsia pink and fire engine red, jeans now give wearers the chance to be adventurous and creative in a way that they couldn't

before. Added to these colours are various jean styles; skinny leg, flared, high cut, low rise, straight leg and combinations of all of the above. A pair of jeans no longer limits your wardrobe to a laid-back, 'I-didn't-know-what-else-to-wear' look, but instead opens it up to many possibilities.

A good lengthy jacket

A good jacket and great pair of boots are the other two winter staples. The cropped jacket is thankfully now not so popular (they don't provide nearly enough warmth), and length is now coveted. Find a good quality, high-length jacket or, if you are a little more daring, go for an ankle-length jacket, if the



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right one is found it will look amazing. Make sure your jacket of choice is tailored to fit and sit well, and it will be the only jacket you will need all winter.

Boots are now higher than ever, with ankle-length, sky-high platforms being the 'in thing' this season. However if, like me, you are unwilling to run the risk of breaking a leg for fashion, flat, military-style boots are thankfully still very fashionable and pose much less threat to one's health. Avoid the standard, boring black and go for softer grey or brown tones.

Dress for warmth and comfort

Layering is still very much a great look but is mainly filler, so you can do pretty much whatever you want to complement your winter staples. Dress for warmth and comfort, with confidence and creativity, and you will always look incredible. Saying that, the following winter styles are to be avoided at all costs:

- Any kind of ugg-boot: This is particularly true if coupled with leggings or a mini-skirt.
- Fingerless gloves: These became all the rage with the release of touch screen phones, but as with beanies, somewhat resemble hobo fashion. There are far better options that don't reek of dereliction.

- Tracksuit pants and oversized hoodies: Yes, they are warm and comfortable and possibly the greatest clothing invention of all time, but they simply scream 'I don't care how bad I look'. As with ugg-boots, these should be saved for the privacy and comfort of your own home.

If you avoid the above fashion don'ts (seriously, just don't) and dress with confidence, you can't go too wrong. Now, rug up and stay warm!



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WINNING THE Winter Battle

By **REBECCA ROBERTSON**

Winter is harsh on a woman's looks, sapping the moisture out of hair, skin and lips. In winter it is even more important than at any other time to make sure you keep your skin and hair in good condition as winter takes a toll on both. But getting the motivation to do all of these things becomes harder during the colder months, when the last thing you feel like doing is standing half-naked in a freezing cold bathroom while you go about your daily beauty regime. Often it's easier to just bypass the moisturising, exfoliation and hair removal in favour of wearing tracksuit pants 24/7 and spending the majority of your time in bed; if nobody sees it, it's no big deal, right? Wrong!

Neglecting your beauty regime, or even easing off a little over winter, only makes it that much more difficult to get your body back into shape and to get into a routine when spring comes around and you feel like going out in public again.

Thankfully, we modern women have it much easier than our mothers and grandmothers did when it comes to maintaining winter beauty, thanks to all the new technology and information available to help us in our pampering.

There are a few simple routines and beauty tricks for during the winter months, to keep yourself as healthy and beautiful as possible:

- **Moisturise regularly:** You lose a lot of moisture from your skin during winter, so make sure you moisturise at least twice daily, face and body.



- **Exfoliate:** This should be done once a week to shed off dead skin cells and help your moisturiser absorb properly.
- **Wear sunscreen:** You are still exposed to harmful UV rays on a daily basis in winter, even if it's not as noticeable as in summer, so make sure you lather up to avoid permanent damage.
- **Treat your hair:** As with your skin, your hair loses a lot of its moisture in the cold weather, so make sure you use a conditioning treatment once a week and avoid blow drying too frequently.
- **Limit hot baths and showers:** Spending prolonged periods of time in hot water strips the natural oils from your skin, making it far more susceptible to dryness.
- **Use a humidifier:** Research shows that using a humidifier during the colder months not only helps improve your airway, but also keeps your hair and skin from losing too much of its moisture.
- **Condition your lips:** Lips are probably the things that suffer the most in winter, often getting dry, sore and chapped. Avoid licking your lips, always use lip balms or conditioners and exfoliate your lips once a week for your pout ever.

Following all of these simple, quick beauty tips will ensure you look your best over winter and that you don't have to work too hard to regain your full beauty potential when the warmer months arrive. Look after yourself, inside and out.



WINNING THE Winter Battle

Hair Removal

One of the oldest known hair removal techniques known is threading, which involves using a cotton thread pulled along hair in a twisting motion, trapping hair in a mini lasso and pulling it out of the follicle. While threading is experiencing a revival, it is very similar to waxing and has all of the same cons.

While waxing has improved over the years, it has to be one of the most painful forms of hair removal around. Any woman who has been waxed can tell you just how much it hurts to have the hairs from your underarms ripped out by the roots, and this pain is made worse when it's cold. Waxing needs to be done every six weeks and becomes a chore that you anticipate with dread, knowing the pain that is to come. And while it makes hair grow back slower on the legs, there is evidence that it actually promotes hair growth on underarm and bikini areas.

The latest form of hair removal to emerge in recent times is laser hair removal. From experience and research, this seems

to be the best hair removal option, particularly during the winter months, and nowadays it is relatively cheap and easy, along with being the most effective.

Laser hair removal involves using a specific wavelength of light and pulse, matched to selectively heat dark target matter (melanin in hair follicles) while not heating the rest of the skin. It was performed experimentally for 20 years before being released commercially, meaning that we now have the benefits of optimal performance with this hair removal technique.

The best part – it is often permanent! Depending on the pigmentation of your hair and skin, you only need to have 3 to 8 sessions of laser spaced 3 to 8 weeks apart, to permanently remove hair. Occasional touch-ups may be required depending on your skin and hair type, but these touch-ups are generally needed infrequently on larger areas. There is some pain involved (though the use of numbing creams reduces this quite a bit), but unlike waxing, this is a longer-lasting hair removal treatment. You can now find amazing deals on laser hair removal and, in the long run, you will be better off financially, making it the best value and most effective hair removal technique available.



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WINNING THE Winter Battle



Smart eating

The food you consume is obviously a big influence on your weight and, during winter, a salad is far less appealing than a nice hot meal, which is why soup is the ideal meal to keep you warm and help you maintain your weight. Unlike foods such as hot chips, burgers or pastas, soups can be delicious, filling, high in fibre and low in fat. Eating chunky vegetable and lentil soups in particular, makes putting on weight near impossible, as you are eating healthily and naturally. For an added treat, add a piece of wholegrain bread with some tahini smeared on it- delicious!

Hit the gym!

While eating and drinking well in winter can help maintain your weight, nothing works better than exercise. Exercising is harder in winter when the mornings are darker and the temperature is frigid, but it doesn't mean you should abandon it altogether. If you exercise in the mornings, move your sessions to the afternoons when it's brighter and warmer, or enlist a friend or trainer to keep you motivated.

Weight Management

The hardest thing to maintain during the winter months is weight. Historically, winter is a time of hardship and deprivation, a time when hunters couldn't hunt and gatherers couldn't gather. Because of this, our bodies are hard-wired to store weight to get us through these hard times, but it doesn't have to be like this.

Water is the key

One way to keep off weight is by drinking plenty of water, which is relatively easy when it's hot and thirst constantly reminds you to drink, but becomes a little harder when it's cold outside and all you feel like drinking is hot beverages. While there are certain types of tea that can aid in weight loss, the best and easiest thing to drink when maintaining your weight is lemon in hot water.

Drinking lemon in hot water not only gives you a serving of good old H₂O, it also flushes out your bowels and encourages your liver to produce bile, meaning improved digestion and metabolism. Lemon also contains pectin fibre, which helps fight hunger cravings. Particularly when drunk first thing in the morning and straight after meals, lemon water is a great aid in maintaining weight and flushing impurities from your body.



While eating and drinking well in winter can help maintain your weight, nothing works better than exercise.

Another way to exercise during winter is to do it at home. Pilates, yoga and body balance are designed to be low-impact exercises that tone, strengthen and lengthen your body, and the best thing about them is that you can do them in the comfort and warmth of your own home. So go out there, grab a DVD or a partner and get fit! You'll thank yourself for it when summer comes.



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Boxers Corp prides itself on its challenging training regimen and achieving visible results, all whilst doing so in a welcoming, non-confrontational environment with great atmosphere.

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ABOUT THE GYM

Boxers Corp Gym is an all-purpose built boxing and kick boxing fitness facility which brings together the well-established benefits of boxing and the enjoyment of personal and group fitness training. Based locally in Oakleigh, Boxers Corp has become popular with a broad cross-section of the community thanks to its excellent facilities, highly regarded trainers and tailor-specific boxing/fitness programs for all individuals.

WHO WE ARE

Boxers Corp offers training for all comers at its all-purpose built boxing and fitness gym.

The Boxers Corp gym comprises every possible boxing element and our **Professional Accredited Trainers** incorporate all styles of training tailored to your physical needs.

Our specialist trainers are very friendly and highly knowledgeable in their specialist fields of boxing AND fitness, ensuring that Boxers Corp is perfect for everybody- from our current stable of elite professionals, to the inexperienced novice looking to get fit, to Mums, Dads and kids... There is something for everyone at Boxer's Corp. Our members range from young to old, male, female, children and from novice to professional athletes...



ABOUT OUR TRAINERS

HEAD TRAINER JOHN BOXER is highly regarded in boxing circles as one of Australia's premier trainers. With over 30 years toiling in the craft of boxing, John's wealth of experience is derived from a prestigious professional fighting career under the tutelage of some of the country's most distinguished boxing/kickboxing trainers and coaches, and subsequently as an accredited trainer having guided many of Australia's top amateurs and professionals to various state, national and international championships and titles.

All our trainers have significant fight experience or have been involved at the highest levels of boxing and kick boxing both nationally and internationally. This is something we pride ourselves on, and it is this level of expertise that sets Boxers Corp apart from most other gyms.



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HIMALAYAN PINK SALT

the salt of life

"Salt is born of the purest of parents; the sun and the sea"
Pythagoras 580 BC – 500 BC

By JOANNA PSARAKIS

Natural salt is essential for life, we simply cannot live without it. It is crucial for maintaining vital functions in the body. Historically salt was seen as a 'food of the gods' and its ability to preserve food, a foundation of civilisation. Before modern drugs were formulated, salt was already used by many to combat certain symptoms. Hippocrates encouraged the use of salt water to heal various ailments.

Conventional 'table salt' is chemically cleaned and stripped of all its natural properties through industrial processing. The human body however needs minerals in order to function properly. When your body is craving salty food it's your body's way of letting you know you need minerals.

Himalayan pink salt is found deep in the Himalayan Mountains. It is the highest grade of natural salt in its original unaltered form, containing 84 of the 92 natural minerals and trace elements that exist in our bodies. It has been crystallising in the earth for over 250 million years. It is mined and washed by hand and contains no environmental pollutants or toxins, thus earning the reputation for being the purest salt available. It is known as 'white gold' or 'the salt of life'.



Himalayan pink salt benefits

- Regulates the water content throughout your body
- Promotes a healthy pH balance in your cells, particularly your brain cells
- Serves as a source of balanced electrolytes
- Enhances overall immune system function
- Promotes blood sugar health
- Promotes the absorption of food particles through your intestinal tract

- Ensures optimum delivery of the key minerals for good bone density
- Regulates healthy sleep patterns
- Promotes vascular, respiratory and sinus health
- Naturally stabilises heart rate and regulates blood pressure
- A natural treatment for Athlete's Foot
- Promotes oral hygiene
- Supports libido
- Helps reduce the signs of aging
- It's a natural ioniser eliminating air pollutants
- Helps people with bronchitis or asthma.

Himalayan pink salt comes in several forms: fine or granulated for sprinkling on food or use in cooking, salt lamps and candle holders to ionize the air and neutralise electromagnetic radiation, salt chunks or bath salt for a healthy soak or detox.

Himalayan rock salt is available from reputable health food stores and online. Experience the endless supply of health benefits of Himalayan pink salt. Be warned, the taste may be addictive!



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Spas

'solus per aqua'

maintain a good balanced diet, good exercise and enough rest has become a real challenging issue for both men and women. They get stress from working all the day and get even more aggravated when doing the household chores after the day's work.

Different kinds of spas

There are different kinds of spas like the day spas where the person has to make an appointment and get treated. Resort spas are like staying in a hotel, spas on cruise ships as one of the relaxing ways, medical spas which are run by medical practitioners to treat patients, home spas for daily indulgence in homes etc. The spa treatments include facials, massages, sauna and other skin and body treatments like pedicure, manicure etc. Some spas are dedicated to particular health aspects like weight loss regime or for back pain treatment.

Spa technology

Latest breakthrough in spa technology involves ultrasonic waves, ozone negative ions and far infrared rays into a single portable home spa machine. This machine provides relief from stress and from common illnesses. Studies have revealed that five minutes of ultrasonic bubble treatment is equal to massage done for an hour. Like the traditional massage of applying pressure directly on the body tissues, this too applies pressure by dilating the cells and penetrating the skin. This ultrasonic home spa provides relaxation and massage to the body, cleans deeply, provides internal warming, beauty contouring etc. For an aroma hydrotherapy to be done at home, one needs to add few drops of herbal oils like the sandalwood oil, citrus oil or lavender oil to enjoy and feel the natural healing of a waterfall, forest bath or a hot spring.

Health benefits of home spas

Apart from making the person relaxed and rejuvenated, a home spa can even benefit them health-wise too. A home spa can improve the health of a person when used with bath oils and spa salts. It improves the removal of metabolic wastes and toxins from the body. It enhances the oxygenation of the extremities and joints, blood circulation is improved. The muscles are toned with a youthful and glowing complexion. It increases the metabolic rate, enhancing the power to burn calories quickly and promotes weight loss.

It normalizes the blood pressure levels, lowers the cholesterol levels, balances acid-alkaline levels in the body, boosts immunity, improves the flow of lymph, reduces aches and pains of the muscles and joints, enhances the mood and improves the digestive system. Without having to leave the comfort of your own home you can enjoy all these health benefits of spa.

Water is a vital source of life, so it is only natural that being immersed in it feels good and soothing. Spas are places where a person can get a wide range of health treatments and beauty treatments that are meant to relax and relieve the person from stress and strain. Due to extreme stress in modern life, spas have become more popular offering relaxation treatments with a bigger price tag.

Health through water

The word spa has been associated with the Latin phrase 'solus per aqua', which means health through water. The spa concept of immersing the body of the person in water to restore and maintain health is considered to be very important to life. According to Sebastain Kneipp, father of hydrotherapy, water and herbs mixed in the right combination can be used to cure any illness. Today's modern life style has made people feel sick, stress and exhausted. To

Culture AND HEALTH

Among the Greek elderly, health is closely linked to religion and God, as they see health as a manifestation of God's will. Savva shared the story of his daughter's illness, "God protected my daughter, she had a terminal illness, was very sick. The doctors were giving me no hope. I prayed to the Virgin Mary and asked for God's help. My daughter's health returned. It was her fate and God's will for her to be ok".



How culture builds resilience among the Greek elderly

Chronic illness is a significant life event on a number of levels. One such illness is cardiovascular disease (CVD), which is a major health problem in Australia. In 2011 a study was undertaken in Melbourne Australia that investigated the cultural understanding of health and adjustment to cardiovascular disease among the Greek elderly.

Culture can be good for the heart

Culture influences how people think about illness and/or health as well as their general attitudes towards healthcare. The way individuals adapt to a chronic illness is closely related to the cultural and linguistic factors that are an integral part of personal identity. The Australian Greek population is one subgroup whose linguistic and cultural background is significantly different from the English-speaking mainstream and who display a high prevalence of CVD risk factors. Kouris-Blazos (2002) studied what she calls the 'morbidity mortality paradox of 1st generation Greek Australians'. Her study found that this group, despite its high prevalence of CVD risk factors, has mortality rates 35% lower than Australian born individuals.

Stoic acceptance and resilience

The findings from this present study show that traditional health beliefs affect the way in which this group respond to medical advice and adapt to their own condition. The Greek elderly of Melbourne perceive illness in old age as part of an individual's fate and has to be approached with stoic acceptance. This group largely sees health to be an aspect of fate/luck (τύχη = tyche; γραφτό = graphto). For this population, words such as these do not have the connotations of randomness that they do in English.



The Greek word *γραφή* has a significant and powerful meaning associated with religion and God and a person's predetermined fate.

Acceptance of a predestined lot among these elders is a means of resilience to illness particularly in old age as fate or luck is not random. The belief held by this group is that health in advanced age is a matter of fate that has been pre-determined by God. Since "it's all in God's hands" the prevalent attitude becomes "let's live life and whatever happens, happens".

Religious beliefs provide a means of adaptation and resilience for elderly Greek Australians and a way of coping with and understanding chronic illness such as CVD. This resilience, in turn, is shaped by their cultural framework, of which religion is a part, and that has been maintained even in diaspora in Australia. This highlights the importance of culture in shaping experience and suggests, for this population at least, that traditional interpretations still represent a powerful support for resilience and adaptation to illness in old age.

The need for more research

Studies like these are important as the basis for interventions to this cultural group and can assist health professionals in developing appropriate services and supports when working with elderly Greek members of the community. Further, similar research examining the conceptualization of health of other cultural groups in Australian society will support a better understanding of the impact of culture on health and allow for the needs of all Australians to be met more effectively.

MS. MARIA-IRINI AVGOULAS



Ms. Maria-Irini Avgoulas teaches at Latrobe University as an Associate Lecturer. In 2011 Ms. Avgoulas undertook a study examining the cultural understanding of health and adjustment to CVD among the Greek elderly of Melbourne, Australia. This study is part of a PhD research project that Ms. Avgoulas commenced in 2012 at Deakin University examining the Transmission of Culturally Determined Health Beliefs among Three Generations of Greek Families in Melbourne, Australia. To date, the data has been used for four refereed conference presentation/publications. Ms. Avgoulas has already attended the Aging and Society Conference at University of California-Berkeley (November, 2011) and will participate in the Second International Conference on Health, Wellness and Society Conference at The University of Chicago in March, 2012, the 6th Annual International Conference on Psychology in Athens, Greece in May 2012 and the Second Aging and Society Conference at University of British Columbia in Vancouver in November 2012.



Winter Blues

BY SONJA VAN AS

When the winter blues sneak up on you, make an effort to go for a walk in the sunshine, do some light exercise and get in touch with friends.

Many people have experienced, or will experience, winter blues at some point in their lives. General lethargy, finding it hard to get out of bed, craving carbohydrates, weight gain and moodiness are all part of having the winter blues.

While most of us will suffer a mild form of winter blues every now and then, there are many people who suffer from a more severe form of it, year after year. This is a condition called Seasonal Affective Disorder (SAD), where sufferers experience depression, lethargy and weight gain during a particular season each year, most commonly during winter.

We need Vitamin D

It's not surprising that people often feel morose during the colder, darker months of winter, with sunlight being one of the best sources of Vitamin D. While further study needs to be done, studies so far show that Vitamin D can greatly decrease the incidence and severity of various forms of depression. Vitamin D regulates glucocorticoid (stress hormone) output, increases serotonin (mood regulator) production, regulates the immune response and increases catecholamine production (dopamine and adrenaline), are some of the factors that are believed to help decrease depression.

Eat more fish

Statistics show that Scandinavian countries, which have longer and darker winters than much of the world, have a higher rate of depression than other nations. Up until 15 years ago, Finland had the highest rate of suicide per capita than any other country, with the decrease being attributed to better

mental health support and treatment. The exception to this is that of Scandinavian countries who consume large amounts of fish, such as Iceland. It is believed that this may be because fish contains (you guessed it) Vitamin D.

However, these facts aren't necessary to inform a person how they feel in winter compared to how they feel in summer. Personally, in summer, I am always far more energetic and happy. I'm much more inclined to exercise, go out with friends and go for my morning walks. Winter is the time when I feel like curling up in my bed, under the safety of my doona with a big packet of extra cheesy nacho chips. Winter is also a time when I'm more likely to suffer from mood swings or cry in public.

Go out!

So, while the studies on the positive effects of Vitamin D are not yet definitive, they are very persuading. What is a sure thing is that when you start feeling down and suffering from winter blues, staying locked away alone inside, regardless of how warm it is, will not make you feel better. When the winter blues sneak up on you, make an effort to go for a walk in the sunshine, do some light exercise and get in touch with friends. Making sure you don't allow yourself to feel isolated and alone is extremely important in beating those blues, as is taking care of both your physical and mental health.

And it may be worth eating more fish and taking Vitamin D supplements to aid in boosting your spirits. At the very least you will have a healthy immune system, and it may just help to put you back on top of the world.



I didn't know who I was
or what made me happy,
but the psychologist helped me deal with it.

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Body LANGUAGE

We all know the basics of body language; we know that when a person crosses their arms or holds something in front of them that they are putting up a barrier between themselves and other people; we know that the touching of one's face means that the person is being dishonest; we know that fidgeting and fiddling shows anxiety or nervousness, that playing with hair is flirtatious and that a person who keeps their eyes on the floor is shy and insecure.

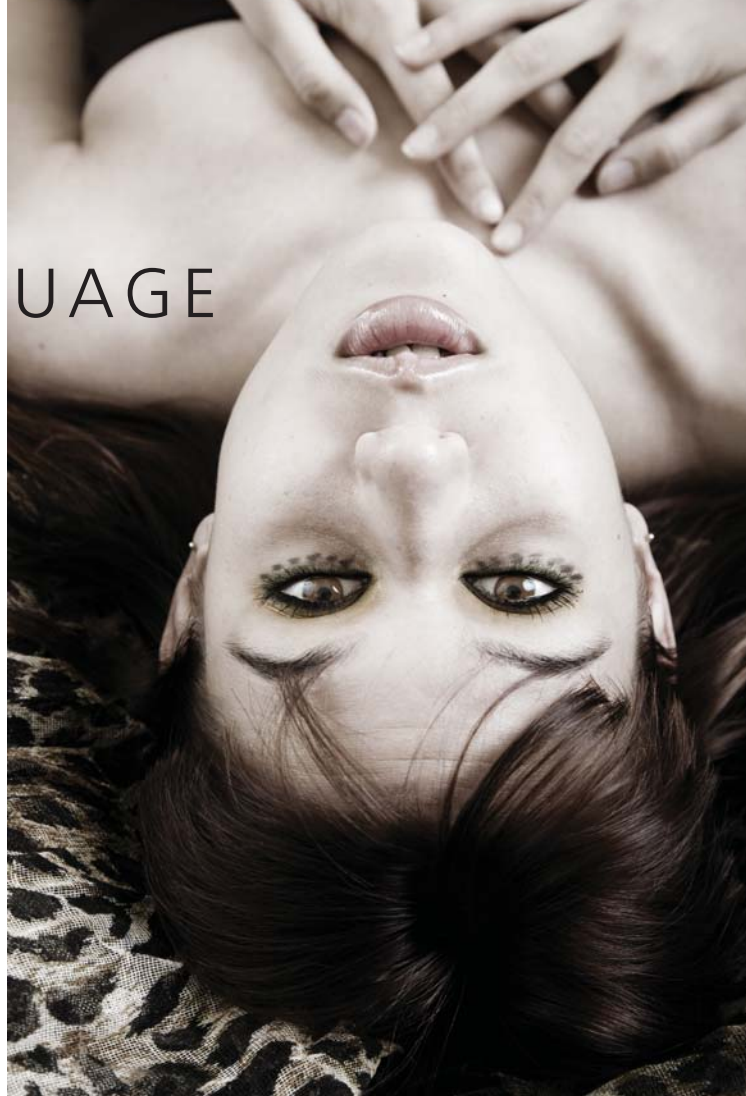
What most people don't know as much about are the more vague, subtler types of body language, and how body language can betray a person's innermost feelings, feelings that they are often not aware of themselves.

Lying to self

Looking through photos of a recent wedding, I repeatedly came across photos of a friend of mine. After seeing five or six photos of her, all in different scenes and company and all whilst clearly unaware of being photographed, I noticed that in every picture she was touching her face in some way. It was frequent enough to be very noticeable and make me stop and think about it. While touching one's face means deceit, this girl is far from deceitful, so the standard concepts of body language did not apply in this situation.

Knowing her relationship with the guests at this wedding, I was able to realise something she surely did not; she wasn't lying to those around her, she was lying to herself. She had spent the day laughing, drinking, talking and apparently having fun, but knowing her history, I am convinced she must have felt extremely awkward and uncomfortable at this event. She was just so determined to be supportive of the couple that she spent the entire time lying to herself, unaware of how she truly felt about the situation. This is the lie she was telling herself, betrayed only by her body language.

“A hitch in the voice, a twitch of the lips, a flicker of the eye; all of these things are easily missed but can signify an entirely different reaction to the one you think you are seeing.”



Micro expressions can reveal the truth

There are other subtle forms of body language that people frequently and subconsciously use to deceive themselves and others, which are often missed by observers. Take, for example, micro expressions.

Micro expressions are very brief, knee-jerk flickers of emotion visible on a person's face. They cover the normal range of emotions (grief, joy, anxiety, boredom, disgust) but are usually missed, as they are so fleeting. These micro expressions don't signify genuine deception; rather they are emotions that unexpectedly show briefly before being subdued. There is no real way to spot micro expressions besides paying full and close attention to a person when you are communicating to them. A hitch in the voice, a twitch of the lips, a flicker of the eye; all of these things are easily missed but can signify an entirely different reaction to the one you think you are seeing.

Micro expressions and body language are a great way of discerning a person's true state of mind and emotions, and can be very important in the recognition and diagnosis of conditions such as depression or anxiety. So, the next time you are speaking to a loved one, or even a stranger, pay close attention to them. Not only might you pick up on underlying emotions you were previously unaware of, you will show that you truly care about what that person is saying and feeling.

THE JEALOUSY TRAP

It is often argued that 'a little bit of jealousy is O.K in a relationship, as it is nice to know that you're loved'. I would agree with that on the proviso that it is accepted by both parties and it is not impacting on the quality of the relationship.

Unfortunately, such an occurrence is quite rare as jealousy is often underlined by some of the following: fear, frustration, conflicting perception of self and/or others and previous hurt (that is often related to experiencing previous abandonment or rejection within a significant relationship). Ironically, individuals that have issues with jealousy may have a tendency to beat their partner to the game by flirting, or having one night stands and even long term affairs, to make up for the projected rejection they would suffer if their partner did the same to them.

Nobody enjoys being jealous of their partner and some people cannot sit with the discomfort of the angst, curiosity and insecurity. Likewise, most individuals on the receiving end of a jealous partner tend to build resentments towards them and are driven further away from their jealous counterpart. Interestingly, this tends to be the case even when both parties are jealous of each other.

Managing Jealousy

The ideal way to manage jealousy is for the jealous individual to stop making excuses and start taking personal responsibility, instead of blaming the partner or others. For example, how often do we hear the following: 'If only he would not go out with so-and-so', or 'It's not her I don't trust but everybody else in the club who will hit on her'.

If they can take responsibility and can see how the relationship can be rid of unnecessary angst, heartache

and counter-rejection, they should start with small steps such as supporting their partner and not checking through their phone texts, phone bills, emails and facebook posts to name a few. It is highly recommended that they don't check each other's correspondence during this time. Also, their partners should not *reinforce* the jealousy by pandering to their demands, like having to call or text them every 15 minutes, giving them a full itinerary of what is planned for an outing or providing a full statement of who they may have bumped into at the shopping centre and what they discussed.

Their partners should try and stop such demands and explain how difficult it is for them not to be treated as an adult. They

Ironically, individuals that have issues with jealousy may have a tendency to beat their partner to the game by flirting, or having one night stands and even long term affairs...



shouldn't take any responsibility for this problem when there is no rational reason as to why they can't be trusted. The biggest challenge will be to get the jealous partner taking ownership of their jealousy. Remind them that it is extremely difficult being jealous and that there can be an easier way of being in a relationship based on trust that is a lot easier and more manageable in the longer term - although perhaps things in the short might get worse before they get better.

It is difficult to support a partner when you unwittingly happen to be the main protagonist, but if they persevere with changing their behaviours and stop themselves from the temptation of accessing information about you or trying to sabotage your outings, then it

may stop unnecessary pain for both of you. Be prepared for relapses as there is no quick fix.

Don't despair as relapses are normally false alarms and as soon as they are recognised by the individual they can be quickly ignored. Finally, it would be most beneficial to the individual to uncover the source of the jealousy in order to get meaning and closure, which may help in preventing other unwanted behaviours – such as engaging in pre-emptive flirting and/or affairs – that are often caused by jealousy.

ALEX PANAGIOTOPOULOS
Counselling Psychologist



Queenstown – New Zealand

Winter travel: snow, Perisher Valley, skiing, log cabins, fires. Unfortunately in Australia this isn't always a realistic or affordable travel option.

For a travel holiday that is far more achievable and far less predictable than an expensive skiing holiday, why not visit the Blue Mountains? Not only is it a famous landmark of Australia, it is a beautiful place to visit and in winter it gets so impossibly cold that you just might get to see the snow, without the threat of being mowed down by a snow-mobile or an avalanche.

In Katoomba you can see the Three Sisters and take in the breath-taking view of Jamison Valley and Australia's Grand Canyon. If you're feeling adventurous, you can descend the more than 800 stairs to get to the bottom and the entrance to Jamison Valley, then hitch a ride back to the top on the nearly vertical Scenic Railway or, for the more energetic, climb the giant staircase back to the top.

Just two minutes away is Scenic World (the Scenic Railway arrives and departs from here) where you can experience the Skyway Cable Car, a knee-liquefying, heart-stopping ride in a cable car, suspended hundreds of metres above the valley floor (although this experience is not for the faint of heart).

A little further up the mountains is the Jenolan Caves, a series of stunningly majestic caves located in (you guessed it) Jenolan. Not only do they do standard tours of these

WINTER TRAVEL

incredible wonders of nature, they also hold Opera in the Caves, a must-do for any and all Opera lovers.

If you prefer something a little more sedate, Leura might be more to your liking. Here you can browse spectacular and eclectic little shops for jewellery, clothes, lollies or pretty much anything you can imagine. Also on offer are amazing cafes and restaurants that are always well heated and make a cheerful and relaxing places to while away a winter's day. Combined with luxurious accommodation at places such as The Carrington Hotel or The Fairmont, the Blue Mountains makes for a perfect winter getaway.

The Queenstown option

However, if you want to do something a little more extravagant than the Blue Mountains, but far less cliché than the snowfields of Perisher, why not take a trip to New Zealand? The south island of New Zealand not only offers much in the way of winter sports (like skiing and snowboarding), it is also host to an array of more extreme activities in Queenstown. Bungee jumping, hang gliding, paragliding, water sports and canyon swinging are just a few of the adrenaline-fuelled activities that Queenstown has to offer.

For something a little more relaxing, Queenstown also boasts many day spas and hot springs that allow you to enjoy the winter climate in luxurious style, and shopping areas to tame even the most wild retail therapist. With return flights from Sydney to New Zealand starting as low as \$600, this is an extravagant holiday that won't necessarily break the bank.

As with all travels, remember to plan ahead, organise yourself, be creative and stay safe. This way, whatever your holiday choice may turn out to be, you are bound to have the time of your life.

Three Sisters – Blue Mountains



Welcome to Greece



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Exercise Your Brain!



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

MODERATE LEVEL

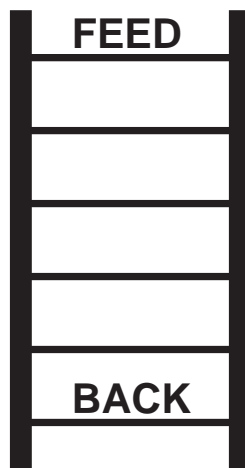
9					6	2	1	
				8	1			6
							7	3
8		5		9	7			
		3				9		
			8	3		6		5
6	4							
3			7	2				
	7	9	4					2

VERY HARD LEVEL

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

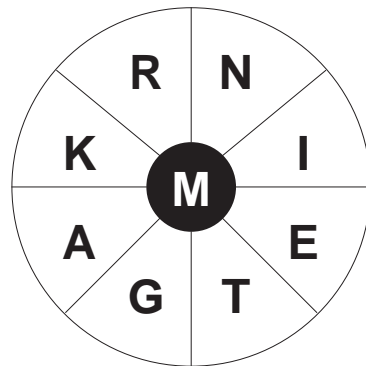
Word Ladder

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.



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The FUNNY HOROSCOPE that reveals nothing really

Winter 2012



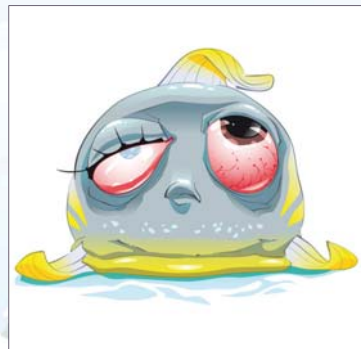
CAPRICORN:

Capricorns are hardworking, reliable and dull as hell, so when Jupiter enters your 5th House of Fun and Dating, you won't know what to do with yourself because you know it's impossible for fun and dating to go together. Politicians are Capricorns and their idea of fun is making the rest of us suffer, so your friends will be watching you fearfully to see what you consider to be fun.



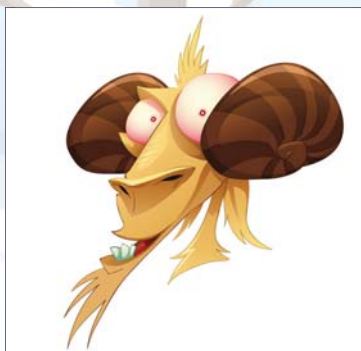
AQUARIUS:

Pluto is lurking in your 12th House of Unconscious Desires and this has an interesting effect on your love life. You might find you have some desires you didn't know you had, and suddenly the smelly, long-haired guy next door looks quite charming. A life changing experience will convince you to devote your life to ascetism, until you realise you're spending too much time with the guy next door...



PISCES:

Mars is in your 7th House of Relationships, putting the emphasis on action, excitement -- and irritability. The one you love may not be all sweetness and light during this period, in fact, you'll wonder what you ever saw in them. The foggy planet Neptune takes up residence in your sign in June for the next 14 years, so no wonder you'll be irritable. Your partner will be glad to be lost in the fog...



ARIES:

With Saturn in your 7th House of Relationships your prospects for happiness improve. It is a known fact that people run away when an Aries comes around and for the last few years Aries have been blamed for everyone else's misfortunes, now it's time to get your own back. Command the respect you deserve by making people address you as master and sign any written communications with the words 'your honorable' or 'your chief and overlord'.



TAURUS:

As a Taurus you like to psychoanalyse your friends and hold grudges about things that never actually happened. But with Pluto's presence in your 5th House of Enjoyment, things are set to change. You will make a conscious effort to be more likable and sociable, people will be chuffed with the new you. Sadly, it turns out most people don't like you so much as tolerate you, and the friendly new you will be back to normal before winter's over.



GEMINI:

As a Gemini you're not into spending time fussing with family and domestic concerns. You'd much rather be cooing with your lover, running around town and kicking up the snow. A nasty and long-lived visit from Mars in your 4th House of Home and Security will make it even more difficult to view your domicile as a haven. Relatives will act up and drive you crazy; take my advice, run with your lover...

Hilaroscope!

The FUNNY HOROSCOPE that reveals nothing really



CANCER:

You are very active in the game of life and you enjoy living life to the max, which is probably why Cancerians are the best bunch of people to be around, you do all the crazy, funny, stuff while the rest of us laugh at you. The Sun moves into your 8th House of Sharing, which could signal the start of a romantic episode, although it isn't likely as your 'crazy, funny stuff' will send anyone interested in you running for the hills...



LEO:

Winter starts with a special treat for you with a visit from Venus in your 7th house. This could put a steamy spin on those long chilly nights. But Leos are crafty lovers, often saying one thing while thinking another (also known as backstabbing) so no doubt you'll chase Venus out of your 7th house before anyone has the chance to get close to you.



VIRGO:

As a Virgo you try to make everyone believe your life is perfect, but look out, because this winter love will sweep you off your feet as Neptune moves into your 7th House of Partnership. Virgos are one of the most attractive star-signs and love will give you a glow that deep-sea creatures would be jealous of. Except, of course, that deep-sea creatures are very ugly and Virgos are beautiful...



LIBRA:

Venus meets the electrifying planet Uranus in your 7th House of Partnerships, which means you may meet your soul mate. This is an opportunity not to be missed as generally Librans are against all things, which can make them a pretty miserable bunch. Danger is around every corner for the Libran, and while it is usually paranoia and not true at all it is understandable because really, as far as I can tell, everyone is out to get them.



SCORPIO:

Jupiter will enter your 7th House of Amorous Expectations, giving you the deep desire to dive right into a romantic fantasy. And, being a Scorpio, you will have several pots on the boil. Unfortunately, the pots you have on the boil are unaware that they are a part of your fantasy and then it becomes stalking rather than romantic. This is why, more often than not, your love life is a romantic comedy rather than a romantic fantasy.



SAGITTARIUS:

Winter is a time when you like to get serious about your money and Mars will activate a lot of frustration when it enters your 10th House of Career and Status, making you want to abandon work and start an office romance. But don't worry, being a Sagittarius you are loud with few social graces so before you know it you'll be back to getting serious with your money.

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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.

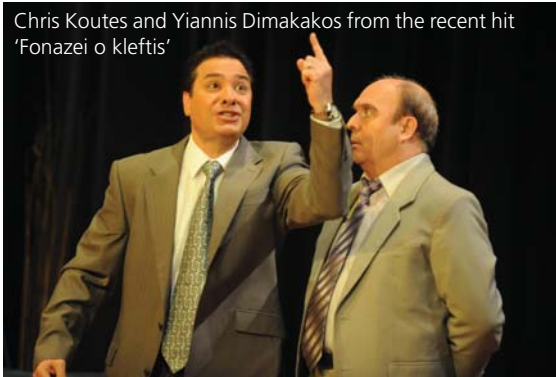
Your weekly Hosts: George Tzanopoulos, Sotiris Sotiropoulos.
Reporters: Michael Liagourdis & Harry Zaverdinos.



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Chris Koutes and Yiannis Dimakakos from the recent hit 'Fonazei o kleftis'

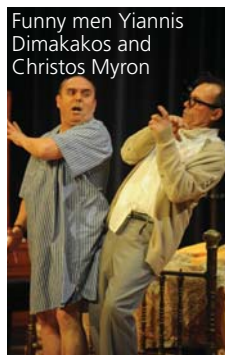
Hellenic Theatre

They made us laugh our hearts out with the classic comedy hit 'Fonazoi o Kleftis' (Even the thief is complaining) and now the talented theatre group 'Oi Alloi' (the Others) is threatening to make us laugh our heads off with their new production 'Ta Paroikiaka Fiora Tou Gerasimou Kloni – Paroikia Ta Resta Sou' (Greek Community goes all in), written by Gerasimos Klonis.

Directed and Produced by Yianni Dimakakos, 'Paroikia Ta Resta Sou' will premiere on Saturday June 2, 7.00pm. Shows will continue every Saturday and Sunday throughout June. Venue: Renaissance Theatre, Kew High School, 826A High Street East Kew



Evie Kouvarnta



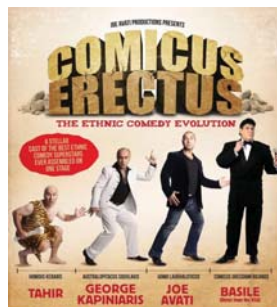
Funny men Yiannis Dimakakos and Christos Myron

Cast: Christos Myron, Evie Kouvarnta, Michael Georgakopoulos, Pauline Argiropoulou, Vasileios Mentis, Fontaine Mara-Panoutsou, Christiana, Konstantinos Tremoulis, Yiannis Sioulas, Mary Nilou, Katerina Balouka, Christopher Koutes, Antonis Baloukas, Eleni Stergiou, Evans Alevras and Yiannis Dimakakos.

For information and bookings call **Aphrodite Myron** on 95125011 – 0425453452 or **Yianni** on 93872391 – 0419379599

Comicus Erectus

If you missed out on smash hit Comicus Erectus – The Ethnic Comedy Evolution sell-out Melbourne shows do not worry, they'll be back in Melbourne this winter for a another tour!



Comicus Erectus – The Ethnic Comedy Evolution features an all star line up of the best local and international ethnic comedy superstars ever assembled on one stage.

Each performer is a star in their own right and worth the admission price alone. The show features George Kapiniaris (AKA Memo from Acropolis Now), International comedy superstar Joe Avati, direct from the USA Emmy Award Nominee and Greek Comedy sensation Basile and hosting the event will be Turkish Australian comedian Tahir whose appearances as 'Habib' in Fat Pizza, Swift and Shift and now Housos has made him a household name.

Visit www.comicuserectus.com to book your tickets and to view the full list of venues for the new Melbourne tour (29 June – 5 July). Vanilla is planning to catch up with the Comicus Erectus boys at the Normanby House, Thornbury, on 4th of July)

Oakleigh Grammar Ball

Date: Saturday September 1, 2012

Time: 7.00pm

Venue: Bayview Eden on the Park Hotel
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(parking from Queens lane)

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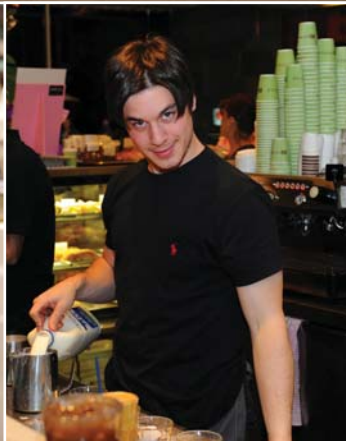
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VANILLA DAY AND NIGHT

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Wood-fired quail with latholemono, served with pickled figs

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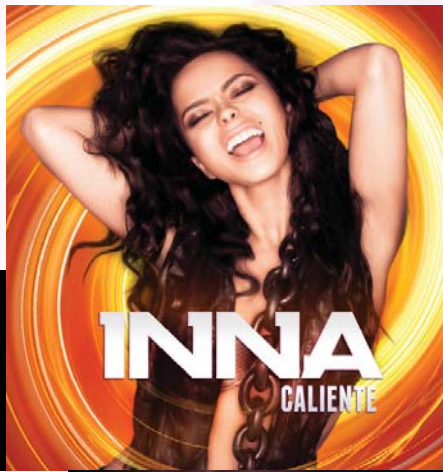
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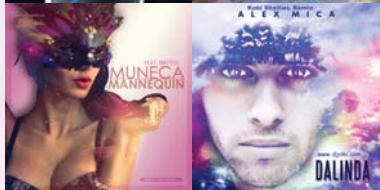
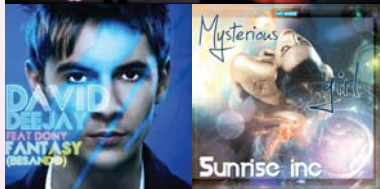
*Caliente es tu amor
Caliente es tu amor
Yo quiero sonar
Contigo mi amor*



*Suavemente si, como te quiero yo,
Suavemente si, assim voce lamor
Suavemente si, como te quiero yo.
And just listen,
this is PARTY STARTER.*



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1. Inna - Caliente (by Play & Win)
2. Emil Lassarria & Caitlyn - Tu amor (Original Club Mix)
3. Alex Mica - Dalinda (Sax Version)
4. Inna - Endless
5. Nick Kamarera & Alinka - Get A Life (Mama Yette) (DJ Asher & ScreeN Remix)
6. Marc Rayen & Ária - So (la la la) (Mose n Extend Edit)
7. Amsterdam Avenue - Far Away (by Deepside Deejays)
8. Anna Lesko feat. Gilberto - Go Crazy
9. Mike Diamondz - Reason To Feel Love
10. Fabio Da Lera & Alex Mica - Mi Corazon (Extended Club Mix)
11. Deepcentral - Speed of Sound (Extended Version)
12. Phelipe feat. DJ Bone - Mikaela
13. Dony ft. K-Brown - Only Love (Official Radio Edit)
14. Morris - Boca Linda
15. Lucky Man Project - Party Starter (Original Club Extended)
16. Vanessa - Sunshine
17. Alexandra Stan feat. Carlprit - One Million (Maan Studio Remix)
18. Anda Adam - Panda Madam (LLP Remix)
19. Like Chocolate feat. Alex Mica - Maria Maria (LLP Remix)
20. Alexinno & Starchild - Bailamos (Royal Club Remix)
21. David DeeJay & Donny - Fantasy (Besando)
22. Muneca feat. Matteo - Mannequin
23. Morra - One Love (Produced by Delyno)
24. Alexinno & Starchild - Senorita
25. Celia - Is It Love (Endroo Radio Remix)



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