



# VANILLA

SPRING  
2012

*Peter Economides* **FINETAI!**

*Spring* **Style**



**BABIS  
MAKRIDIS**  
*L Director*



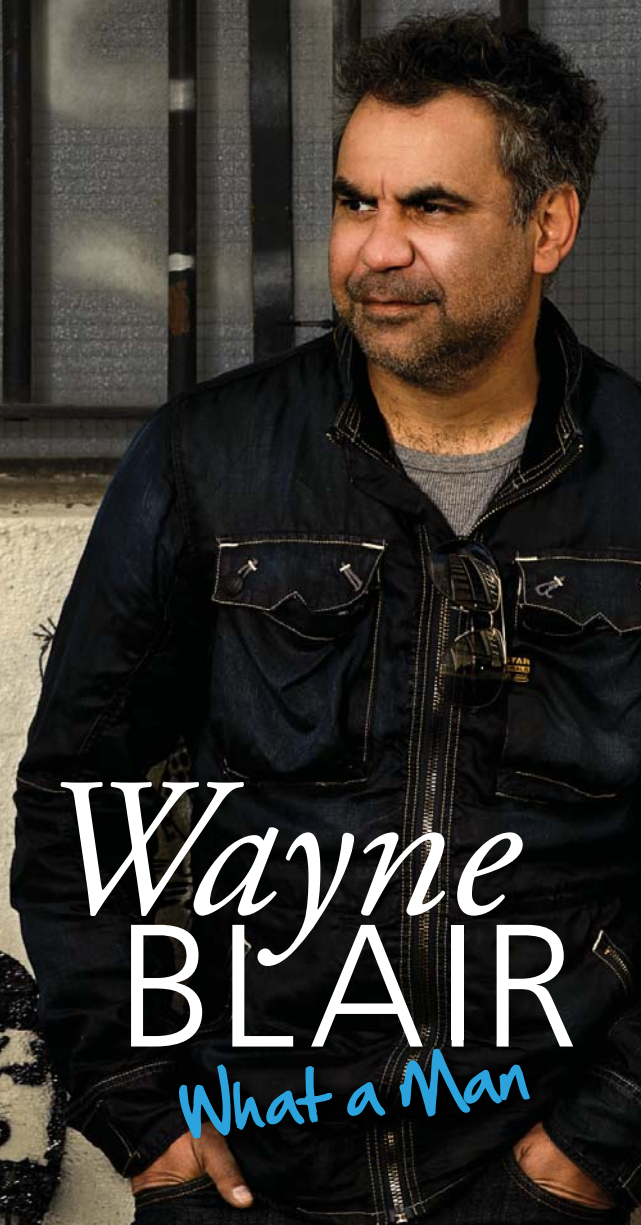
THE PEOPLE WHO  
MAKE US HAPPY ARE  
NEVER THE PEOPLE  
YOU EXPECT

*Fotoromanzo*  
Amore A  
*Prima Vista*



*Wayne*  
**BLAIR**

*What a Man*





**PAST**

South island granola & yogurt 4.0  
 panache 4.0  
 a balsamic honey - and mushroom 4.7  
 6th and 7th floor under 9.10  
 parmesan and kale salad 4.12  
 chef's house - house of air 4.10-5  
 chicken honey fried & coffee yogurt 4.10-5  
 parmesan, mushrooms and figs 4.8  
 a fried egg, honey mustard sauce & dollops 4.17  
 fried egg, red sprouts, potato, tomato sauce & sprouts, salad 4.10  
 18.4  
 14.3  
 see sprouts, mixed beans, mushrooms, on hand 4.17  
 overlarge bowl 4.9

**LUNCH**

Sun's 30d smoothie mix: honey, raw honey, dates, seen 4.6  
 [all orders from 4.00] 4.5  
 English vegetables with house butter and eggs 4.5  
 The house butter mix: house butter, 5oz, 4oz, red 4.22  
 Special lunch roast pepper and fish sauce, house's ricotta salad 4.77  
 [5oz salad, 4oz sauce, panache and poached egg 4.6  
 [all special orders] 4.5  
 The house's chicken: panache, salad and house 4.5  
 Grilled halloumi salad with house-made, salad, new seasonal 4.0  
 1.0 - and black, also house's 4.0

**BREAK**

Grilled halloumi, new head, house's granola house's (salad) 4.12  
 Panache, halloumi, mushrooms, house's and house's (salad) 4.6  
 Panko, salmon, vegetables, sprouts, also roasted & butter (salad) 4.12  
 Grilled by house, panache and house's (salad) 4.12  
 Sun's house, house's, house's, house's, and fish, house's (salad) 4.12  
 Grilled mushrooms, goat's cheese, house's oil and salad (salad) 4.12  
 Fried mozzarella, house's, house's, house's oil and salad (salad) 4.12  
 Grilled chicken, halloumi, mushrooms, one head house's, new season (salad) 4.6

**KENYA**

Genjiwara Estate 4.10  
 Two 3.00  
 Variohals 3.25  
 Tasting notes: Black  
 big body, balanced

**ETHIOPIA**

Yogurt Grate 1 4.0/250g  
 Tasting notes: Floral,  
 fragrant, balanced, smooth, precise  
 loads of brightness

**GUATEMALA**

Fine, Cereus, Annonaceae  
 City, Santa Rosa, Annonaceae  
 Varied, 100% Arabica  
 Intoxicating, Sweet, slight strength  
 mouthful, Eye, full & precise

**Blended / COE # 15**

see: see house's / Blended  
 house's / Blended & house's  
 Grilled notes:  
 see house's, much, complexity, black, long,  
 with house's & house's  
 lots of house's / All house's

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# CONTENTS

- 6 Eaton Mall Makeover Update
- 8 Frappé with Lee – Elvis to the Tre
- 10 Peter Economides – ΓΙΝΕΤΑΙ!
- 14 Skilling up!
- 16 Wayne Blair – What a man
- 20 Babis Makridis – L Director)
- 22 Fotoromanzo – AMORE A PRIMA VISTA (Love at first sight)
- 44 Fashion – Spring style
- 46 Health & Beauty – Sexy smile tip
- 48 Health – Chia power
- 50 Health – Sleep tight sleep right
- 52 Relationships – Be heard
- 54 Culture – Where does the Greek Diaspora call home?
- 58 Hilaroscope – Spring 2012



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Editor – Nikita Ballas [nikita@vanillamagazine.com.au](mailto:nikita@vanillamagazine.com.au)

Graphic Design & Typesetting – Adele Vrantse [adelevrantse@hotmail.com](mailto:adelevrantse@hotmail.com)

Photography – Con Milonas, Cover & Chief Photographer

[www.photosbyconstantine.com.au](http://www.photosbyconstantine.com.au)

– Petrosphotography [Metaxopoulos.petrosmy@mail@yahoo.com](mailto:Metaxopoulos.petrosmy@mail@yahoo.com)

Contributors – Lee Andrikopoulos (Frappe with...), Penny Kyprianou (Film), Effi Bikouvarakis (Fashion), Katie K. Sparkles (Health & Beauty), Dr. Emilio Kardaris (Health), Joanna Psarakis (Health food), Alex Panagiotopoulos (Relationships), Maria-Irini Avgoulas (Culture), Dan Moore (Puzzles) & Sonja van As (Hilaroscope)

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

Advertising – [advertising@vanillamagazine.com.au](mailto:advertising@vanillamagazine.com.au)

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# EDITOR'S LETTER

Welcome to the fourth issue of Vanilla Magazine, which marks a year of great fun and growth! I am very grateful to all the readers offering their encouragement and valuable feedback. A big 'thank you' also to our growing number of contributors, advertisers and sponsors for their invaluable support.



Our new contributor, Lee Andrikopoulos, takes on the 'Frappe with' section and interviews Peter Triantis, aka Elvis to the T. Both are Vanilla regulars and both are larger than life – kind of a tautology, really...

Global branding strategist, Peter Economides, talks to us about the power of branding and how its principles can help Greece emerge stronger out of the financial crisis. And he has some good advice for Australia too.

Our cover story features *The Sapphires* director Wayne Blair, who frankly admits he didn't expect his film to become such a huge success so fast. And he hasn't seen anything yet, considering the film is set to take US cinemas by storm when it is released there later in the year.

Our new film reviewer, Penny Kyprianou, talks to Greek director Babis Makridis about his film *L* and about the new wave of weird Greek cinema.

Vanilla Fotoromanzo returns to its roots, namely casting local talent. It features Vanilla's own Spyridon Cheliotis together with Vanilla regular, Melina Menelaou, along with several Vanilla patrons and the three talented Oakleigh police officers, Constable Michelle Kishida, Senior Constable Sloane Willing and Senior Constable Bill Tsiros. Many thanks to Victoria Police and Oakleigh Police Station for their support and involvement.

Effi Bikouvarakis is joining our ranks to manage the fashion section, starting off with some great spring fashion tips. Katie K. Sparkles tells us how to keep our teeth sparkling as our new health/beauty contributor. And chiropractor Dr. Emilio Kardaris is offering some very good advice on sleep. Of course, I'm not forgetting our regular contributors Joanna Psarakis, the health food guru, our 'resident' psychologist Alex Panagiotopoulos with expert relationship advice, culture expert Maria Avgoulas and Sonja van As with her hilarious hilaroscope.

In short, enjoy the read!

NIKITA BALLAS



**Vanilla Cakes & Lounge**

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This roomy coffee lounge sprawls across two shopfronts and into the mall outside. Glass cabinets hold all manner of creamy, sticky Greek cakes, with an Everest of snowy white sugared pastries on the counter. A short black (\$3.70) from Dukes has a mild chocolatey aroma and a decent kick.

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# EATON MALL

# Makeover

# UPDATE



Eaton Street circa 1910  
(Photo: The Oakleigh Historical Society)



Eaton Street 1978 – during construction of Mall  
(Photo: The Oakleigh Historical Society)



Eaton Mall 2012 – Artist's impression

## Q&A with Jodie Harrison

Public Affairs & Communications Manager – City of Monash

### How much is it costing and who is paying for it?

The total project budget is \$2.2 million. Of that, \$1.3 million is State Government funding - \$1 million from the Office of Multicultural Affairs and Citizenship and \$300,000 from the Department of Planning Community Development. Monash City Council is contributing the remaining \$900,000.

### Why is the project being done now?

This is part of a multi-stage upgrade of the Mall. It began back in 2010 and the current stage – stage two – is the next step. There were areas of the Mall that were deteriorating and looking a bit outdated. This is the first major upgrade of Eaton Mall since it was constructed in 1978. It was time for a facelift.

### Why were the trees cut down and will they be replaced?

The original trees are being removed as many are dying or in poor health. Initially the plan was to keep the trees, but inspection from two arborists found they were under severe stress and decline, and some would have needed to be removed

within the next year anyway. Some of the tree roots were damaging the drainage in the Mall. The trees are being replaced with deciduous Ash trees, which will be advanced in size, are drought tolerant and have a less aggressive root systems.

### Why were these particular pavers chosen?

The original brick paving had become slippery in wet conditions and was uneven in places. These high quality granite stone pavers were chosen for strength and safety, plus they will last longer and reflect a Mediterranean style pedestrian Mall. The materials chosen for this project have gone through extensive assessment and approvals. The new granite pavers are slip resistant and have a significantly longer life expectancy.

### When will it be finished?

If the weather is kind to us, Stage Two construction works is expected to be completed in December and by early next year the upgrade should be finished in time for the busy summer season.



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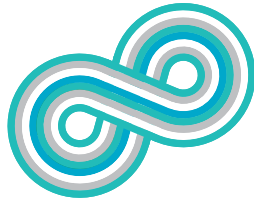
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# FRAPPÉ WITH LEE

There is a new host for our 'Frappe with' section and his name is Lee Andrikopoulos, a motivational sales speaker and urban philosopher. He is a Vanilla regular and quite easy to spot. Not long ago, when the Vanilla team went to the Comicus Erectus show, Lee had us all in stitches when, after 'heckling' Tahir, the witty comedian replied, 'Who is this pirate with a subwoofer stuck in his throat?'

It was only fitting that as his first frappe guest, he would invite another larger-than-life Vanilla regular, Elvis tribute artist, Peter Triantis, or, as everyone knows him, Peter Elvis. Peter Triantis, whose stage name is 'Elvis to the T', is the host of the very popular tribute artist show EPTV (Channel 31). This time it was his turn to be interviewed. And, because there is never a boring day at Vanilla, the whole affair became a TV show, serving as the unplanned launch of Vanilla Web TV!



## ELVIS TO THE T

Photos by PETROSPHOTOGRAPHY METAXOPOULOS



**Tell us Peter, how did this all come about?**

I started off ten years ago and it was totally unexpected. My parents thought I'd gone crazy because I let go of a secure job like computer engineering in order to pursue what they saw as a hobby. I saw it as living my dream!



**Wow, so you left the comfort zone of a secure job to follow your heart into a creative pursuit. What was the turning point?**

I saw Mark Andrew, who at that time was Australia's number one Elvis tribute artist. I was infatuated with what he was doing and I still remember the moment when he gave me the microphone and I sang. As it turned out, his manager thought I was singing quite well. So I took it all on board, started lessons, did choreography with Tom Kapalos, bought costumes, and six months later I was ready to go on stage with a huge number of pre-bookings!

**I've noticed you have quite a lot of Elvis outfits...**

Elvis had 192 outfits, I only have nine costumes. They cost thousands but worth every cent. I have some special items, like the full replica belt that Elvis wore at the Blue Hawaii concert, and I feel very privileged to be able to wear it on stage.

**You must feel the Elvis energy wearing those costumes on stage..**

Every single item from these outfits carries the energy of Elvis, which I feed off while on stage.





The Elvis charm at work



**Your martial arts background has obviously helped with your Elvis moves...**

Absolutely, doing the moves and singing takes a lot of effort, endurance and flexibility. All of which 12 years of martial arts has helped me. Let's not forget Elvis had trained in the martial arts by Senior Grand Master of American Kenpo Ed Parker and by Master Kang Rhee in Memphis. He was quite fascinated by the Kenpo Karate movements, which he incorporated into his performances.

**What advice do you have for aspiring tribute artists?**

Follow your dream with a passion and love of Elvis and practice every day.

**Tell us about your most memorable performance.**

Well, there are two. On the Greek side, doing the support show for Kaiti Garbi and Yiannis Ploutarhos at the Festival

Hall, and winning the Elvis Down Under competition in New Zealand for Australia-New Zealand.

**What about Vegas, do you feel a stronger Elvis energy when you perform there?**

I have only performed in the US once and let me say, it was magic... say no more.

**Tell us your view on the Elvis charm. What could guys learn from Elvis about how to treat a lady?**

Elvis was always a gentleman, both behind the scene and in his shows, always treated everyone with respect, which made him very approachable and wanted.

His charisma and charm drove both males and females crazy. Even in today's era, the girls still love that old-fashioned charm and would love to be treated with respect.

**So what's in store for the future, Peter?**

*Elvis to the T* has now become a whole production show. We have our own band, ballet and showgirls, security, film crew, and most importantly, some great tribute artist talent. Right now I am very excited about *Elvis to the T's* upcoming theatrical production bringing together the Michael Jackson *Never Never Land* with the Elvis *Graceland* in a combined show. So stay tuned on EPTV! Every Saturday night at 9:30pm Channel 31.



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# PETER ECONOMIDES ΓΙΝΕΤΑΙ!

By Nikita Ballas

International brand strategist Peter Economides has been the man behind numerous marketing campaigns that have shaped and influenced the global marketplace. Coca Cola, Apple, Audi, Volkswagen, Heineken, Pepsi-Cola and the International Olympic Committee are only some of the countless happy recipients of his services. Then he took branding strategy to a whole new level by applying his insights and principles on a nation that desperately needed some good PR advice, namely his own motherland Greece.

He became instantly famous with his 'Rebranding Greece' campaign and now he is on his way to Australia in October. All this thanks to HACCI – the Hellenic Australian Chamber of Commerce and Industry – who invited him to promote his new campaign 'ΓΙΝΕΤΑΙ' (it can be done). Vanilla magazine contacted him just as the tour details were being finalised with HACCI. After speaking with Peter I couldn't help but conclude that Greece needs people like him as leaders. And Australia could also do with some of his advice...



**GREECE  
ONE OF THE  
GREATEST  
BRANDS  
THAT'S NEVER  
BEEN BRANDED**

**Peter, please tell us about your "Rebranding Greece" campaign – how did it come about and what has the response been so far?**

I was invited to deliver the keynote address at a conference organised by EEDE (the Hellenic Management Association) in Thessaloniki on the subject of Rebranding Greece. By the way, the conference took place on 11 November 2011 (11/11/11) AND it was the eleventh conference they had organised. So, 11/11/11/11!!

I was angry that day. It was soon after the infamous Papandreou Referendum fiasco and the open battle between Papandreou and Samaras. Both were scheduled to be there, as well as Pavlos Yerolanos (then Minister of Tourism and Culture) but since this was

the day in which the Papadimou Government was sworn in, they were absent.

Anyway, I delivered my address to an audience of approximately 250 businessmen. A few days later the conference organisers posted it on YouTube. To my surprise, the video started to go viral. Imagine, a 30 minute speech on branding in English going viral amongst a primarily Greek audience.

Within a month, the video had received close to 150,000 views. My Facebook profile and my Twitter account were going crazy. And my emails became a nightmare.



Then I was contacted by the editor of *Lifo* magazine, who told me that I had been judged by his editorial board as one of the most influential



Greeks in 2011. Barely a month after the speech! Shortly thereafter an American magazine named me as one of the ten most influential Greeks worldwide – just after Ariana Huffington.

I thought hard about what to do about all of this but I realised pretty rapidly that it was too important to simply drop. That's when it started to become the campaign it is today.

The response has been overwhelming.

Around 400,000 views on YouTube, 11,000 fans on Facebook, 6,700 followers on Twitter. Talks all over Greece, in the United States, and now Australia.

Plus extensive coverage in Greek and global media including Der Spiegel and Le Monde.

Beyond anything I expected from a 30 minute keynote speech to a 250 person audience in Thessaloniki.

**You have called your new campaign 'ΓΙΝΕΤΑΙ' (It can be done/We can do it!) – What inspired you to use this slogan?**

I have always said that the three most popular phrases in Greece are 'NO PROBLEM', which means 'forget about it', 'ΘΑ ΤΑ ΒΡΟΥΜΕ' (we'll sort it out), which means 'I will screw you', and 'ΔΕΝ ΓΙΝΕΤΑΙ' (it cannot be done), which really means 'it can be done but I'm not going to do it.'

I was invited to speak at a Google conference in Athens in February. I wanted to make a point to that audience that what we made of our future is entirely up to us. Each and every one of us. And that is when I first used the word 'ΓΙΝΕΤΑΙ'. What I said was that the most common word in the Greek language is 'ΜΑΛΑΚΑ' (malaka / jerk). And that the most common phrase is 'ΔΕΝ ΓΙΝΕΤΑΙ', and that sometimes we combine them together as in 'ΔΕΝ ΓΙΝΕΤΑΙ ΠΕ ΜΑΛΑΚΑ'.

Well, the Greek football team did not say 'ΔΕΝ ΓΙΝΕΤΑΙ' in Lisbon in 2004. And the guys who built the Acropolis certainly did not say 'ΔΕΝ ΓΙΝΕΤΑΙ'.

I added that we needed to drop the 'ΔΕΝ' (cannot) and keep the 'ΓΙΝΕΤΑΙ' (it can be done) and that this was



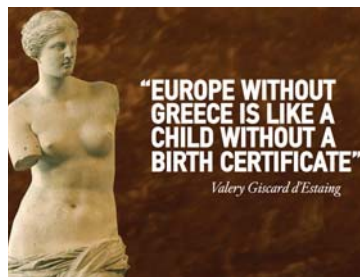
the only way to get out of the mess. Well, it stuck... and that has been the slogan ever since. Venizelos tried to use this as the campaign slogan for PASOK. I stopped him.

**Diaspora Greeks have demonstrated to the world the ingenuity, enterprise, work ethos, benevolence and integrity that lie at the core of the Hellenic DNA. How can this excellent testimony be better capitalised by Greece?**

I grew up as a Greek kid in South Africa so I know what you are talking about.

Greece has not been as kind to the Greek diaspora as it should have been. There is a wealth of talent, influence and inspiration in the diaspora. In Australia, in the USA, in Germany, the UK, South Africa, wherever there are Greeks. We are not a nation of 10 million. We are a global group of 18 million and this power must be harnessed for the good of all. This to me is a priority.

We have huge lessons to learn from the Jewish diaspora. They work together, we don't. And it's a great shame.



**World media attention seems to have moved away from the 'Greek crisis', while the focus is on the wider global financial crisis. Could this decrease in negative media attention represent an opportunity for Greece to restore its image?**

We need to accept that there will be bad press. Greece is news whether we like it or not and the press will keep reporting it. Yes, it's true that there is an understanding that the crisis is bigger than Greece, but Greece continues to be the poster child of the crisis. The bad kid on the block.

But there is an opportunity here. Never in history has awareness of Greece been higher. Never.

But we are a dearly beloved nation and I have seen this wherever I have travelled. Because, whether the world likes it or not, there is a bit of Greek in everyone. Language, culture, democracy, philosophy, you name it. We need to work into this high awareness. The world is waiting for pleasant surprises from the Greeks. It is time for us to deliver. And we can deliver. ΓΙΝΕΤΑΙ.

I travel a lot on behalf of my Greek clients. I have seen a growing interest in good stuff coming out of Greece. But let's do it right. We can fight these negative stereotypes best by doing amazing things. Lesson one in public relations, "If you want people to say great things about you, do great things that they will talk about."



**WE ARE GREEKS  
WE HAVE THE POWER TO IMAGINE  
AND NOW IT IS TIME TO IMAGINE THE FUTURE**



**Your new slogan ‘GINETAI’ seems to imply, among other things, the need for a shift in locus of control from external to internal. How could such a major psychological shift occur on a national scale?**

You are right about the shift from external to internal. But that does not mean that you need to transform an entire nation overnight. Because this is something you cannot do.

You need to work with the ‘low hanging fruit.’ Those who are ready for change. And you need to make heroes out of those who are achieving against the odds. These are examples which will inspire the others. That’s the way in which it works, by example. During the past nine months, I have come across many examples of the GINETAI spirit. Like some of the major Greek corporations who are recognised leaders in their fields. Like Coca-Cola Hellenic, the world’s second largest bottling company with operations across multiple countries, Greek owned. Or Intralot, the second largest lottery systems supplier in the world, Greek owned. Or Apivita and Korres, Coco Mat, Gaea, exporting top quality Greek olive oil to 28 countries. And some brilliant young kids like Nikos Karathanos, a one star Michelin chef at the age of thirty. Or Stefanos Sitaras, a 22 year old film director who Wim Wenders described as one of the future immortals. Or Mary Katrantzou, the darling of the British fashion industry. I have just mentioned a handful. There are more, much more. GINETAI. Believe me, GINETAI.

**The proverbial new wine cannot be contained by old wineskins. Shouldn’t a ‘national reboot’ in Greece start with the introduction of a totally new breed of politicians?**

In an ideal world, yes. But do we have the time for that? I say the reverse. Let’s get the national spirit and our own expectations up so that bad politicians will not be voted and will not be tolerated.



**We see corporations going even to the extent of renaming themselves as a strategy to shed a negative image associated to their brand. Should Greece do the same, as some suggest, by rebranding itself as Hellas?**

That’s a crazy idea. We’d be throwing out the baby with the bath water. Let’s accept that the world knows us as Greece. That is our trademark. Changing it would be insane. Can you imagine if Apple renamed itself Banana in 1997? I am completely against this idea.

**You use the example of Apple rebranding itself with a new line of products, namely iPod, iPhone, iPad, etc, that captured everyone’s imagination. How could Greece, the mother of aesthetics, achieve something similar, say with tourism?**

Margaret Thatcher achieved a lot for Great Britain with the establishment of the Design Council. Maybe there are some lessons right there. Not to behave as the “style police” but to provide guidance and inspiration. To facilitate rather than dictate. One thing I am sure of though, is that we need to stay close to Greek DNA. Human scale. Friendly. Accessible. I cringe when I see some of the rampant large-scale developments on the Turkish coast. This is not an example to follow. I am certain about that. We have some good examples of large-scale development that works. Look at Costa Navarino and Sani Resort.

**What advice would you give to a young country like Australia in the way it brands itself overseas?**

Be yourself. Warts and all. Be true.

The best example I know is India.

Hardly a young country, I know, but certainly a newcomer in terms of brand building. India promotes itself for what it is. Because the real world is not perfect and inside imperfection there is beauty.

And please, don’t make the same mistakes that Greece has made. Especially the mistake of changing your logo every few years. Tragic.

Build your brand. Don’t sell tourism. Manage impressions. Manage reputation. Manage what people think of you. Because at the end of the day, that is what branding is all about.

Peter Economides is scheduled to visit Melbourne and Sydney for seminars in October. For details and updates about his tour visit

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# SKILLING UP!

*I*t's no secret we're a multicultural society, all you need to do is take a look around you! The recently released 2011 Census data shows that 41.4% of Oakleigh residents were born outside of Australia and of those who were born here, over 50% of their parents were born overseas!

Local service providers continue to respond to the challenge of welcoming new arrivals. For 20 years AMES has seen numerous community groups come through its Oakleigh centre doors.

AMES Education General Manager, Belinda McLennan notes, "As local needs change, so do AMES programs. The need to do more than just teach English is emerging so now many of our programs focus on employability skills and getting new arrivals, and people from non-English speaking backgrounds, ready for work and into work."

"In Oakleigh at the moment we're responding to needs from large Greek and Chinese communities, both newly arrived and long-term residents. We also see many Indian clients."

Chang, from China, is a fairly typical example. Late last year his mother convinced him to attend a counselling interview because she was concerned that he had little work experience – casual kitchen-hand work only. He'd just turned 21 and his mum thought that his employment pathway was looking unclear and that he needed a bit of help.

Chang came back for another counselling session (without his mum!) in which he spoke about having little English and little hope of finding a good job. With his kitchen-hand experience he was the perfect candidate for the AMES 10 Week Pathway to Employment Program in Oakleigh.

The course focuses on people who are looking for work in the hospitality or community services sector and combines class based study, practical placement and finally, targeted job search activities.

In the first seven weeks of classes Chang improved his English specifically for resumés, job ads, cover letters, job interviews, phone calls for work, job application forms, the police check process and general communication skills for the workplace.

He studied OHS and Safe Food Handling with an experienced and industry-qualified trainer and learned what to expect in the Australian workplace through site visits to hospitals, aged care centres, food manufacturers, food retailers, Melbourne hotels and Work Safe Victoria.

Chang decided to pursue the path of food services assistant or kitchen-hand in the health industry – a growth industry for people with his skills and experience. So AMES set Chang up with two weeks of practical placement at a leading Melbourne hospital.

He then returned to class for a week of targeted job search activities. Chang and his teacher approached his hospital placement supervisor and it was clear that they were impressed and wanted to offer him work. Chang’s teacher supported him through the application process and he got the job!

He has been at the hospital for six months now getting regular shifts – his supervisor says he is a valued member of staff who can now progress to other jobs within the health sector.

Eleni, from Greece, has the same hopes as Chang – to improve her English and to get a job. Although born in Australia, she returned to Greece with her parents at an early age and lived there for 25 years before coming back to Melbourne recently for a better life.

She heard about AMES through a friend and, desperate to improve her English and get to know some locals, she signed on for a ‘Skilling Up’ course, which has helped her get ready for the workforce. Favourite parts of the course for Eleni included IT and social media.



**ELENI COMMENTS...**

“I’ve been attending AMES classes now for a couple of months and my life has changed. My English is getting better every day with the help of my teachers. I have made many friends and am looking forward to enrolling in other certificate courses. Everyone at AMES is helping me and I am sure that in a few months I will have a job.”

There really is something for everyone at AMES whether you’ve just arrived or have been here for some time – our courses cater for all levels and aspirations. We can help you with learning English, skilling up, getting ready for a job, looking for a job, computer basics and driving – just to name a few! We often have bilingual support so it’s easier for you to hit the ground running.

And we’re not just in Oakleigh, with nine sites across Melbourne and many more courses. You may even be eligible for a course subsidy. Check our website for more information <http://www.ames.net.au/ames-courses> or call **13 AMES**. If you are interested in the popular ‘Skilling Up’ course at Oakleigh, call **9563 4777**.



**Better English, Better Skills, Better Opportunities**

AMES provides specialist English support to:

- help improve your job search and interview skills
- learn basic computer skills
- gain the right skills for specific entry level jobs
- improve your communication skills

**New courses starting soon so register your interest now.**

Call AMES Oakleigh on 9563 4777 or email [eduoakleigh@ames.net.au](mailto:eduoakleigh@ames.net.au) or see [ames.net.au](http://ames.net.au) for a full list of courses and AMES other locations.



AMES delivers AMEP services on behalf of DIAC. The AMEP is a Commonwealth Government program.

**13 2637**

# WAYNE BLAIR

## What A Man

THE SAPPHIRES DIRECTOR WAYNE BLAIR TALKS ABOUT HIS TRUE LOVE; *film making.*

BY NIKITA BALLAS



Photo by Con Milonas

Director Wayne Blair is still coming to terms with the huge success of his debut feature film *The Sapphires*. The standing ovation he received at the film's world premiere at Cannes back in May was the herald of things to come as the film has since been receiving rave reviews and critical acclaim. Being recognised as a great, musical, warm-hearted comedy, it has been dubbed as the Australian version of *Dreamgirls*. In its recent screening as the opening film at the Melbourne International Film Festival, *The Sapphires* again received resounding applause. And more is to follow as it continues its prestigious film festival circuit around the globe, while earning millions at the box office.

The film didn't have any trouble securing distribution deals. Hopscotch Films quickly secured the rights for Australia, hitting the jackpot as *The Sapphires* enjoyed the best opening for an Australian movie in almost two years, taking \$2.32 million at the box office. The Weinstein Company purchased the film for distribution mainly in the USA, where it is expected

to be a runaway box office success story once it hits the big screens. Entertainment One, Lusomundo, Diaphana and Lev Films also secured distribution deals for Europe and other countries. Meanwhile *The Sapphires* soundtrack is topping the charts worldwide, and how could it not with

soul classics like 'I Heard It Through The Grapevine', 'What A Man' and 'I'll Take You There' performed by Jessica Mauboy.

Wayne Blair is a huge fan of Vanilla and it was a great pleasure to chat with him during one of his visits.

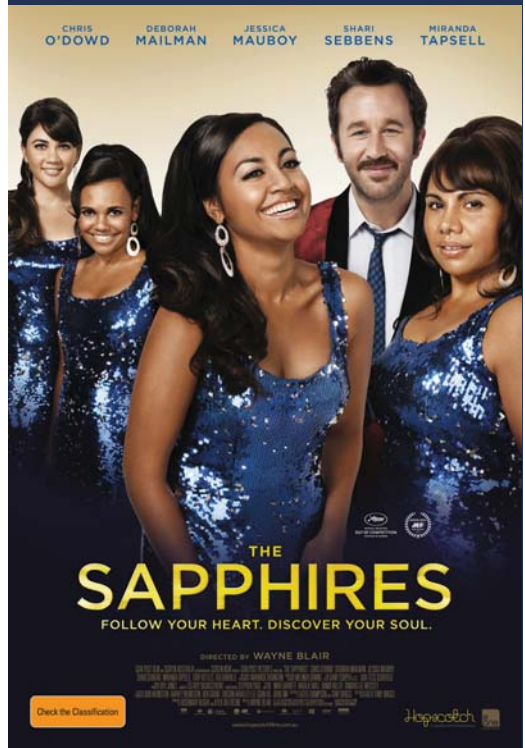


Among friends @ Vanilla. Wayne is close friend of Vanilla owner Andonis Tsonis and soccer legend Mihalis Mandalis



**What were you thinking as you were walking up the red carpet at Cannes and later on when you were receiving a standing ovation?**

The whole moment was surreal. I had never been to any function like that at all. And when the French people applauded at the end, it was a little intimidating. I wanted them to stop so I could go outside. Finally I felt humble that a couple of thousand French people could resonate with such a small Australian story.



**Wayne, take us back to when Tony Briggs asked you to direct the film adaptation of his play. What were your thoughts at that time?**

I wasn't thinking much to be honest. Making a feature film at that point in my life seemed to be a pipe dream. I respected him. He is one of my best friends. Only the last few years have I started to knuckle down and do the work to make his and Keith's script into a feature film. I felt flattered when he asked me but I thought we were both dreaming. Now that dream is a reality, which is something I am proud of.

**Five years of development and pre-production. How did you manage to keep up the momentum?**

I worked a great deal on other projects. I work as an actor as well, so to pay the bills I would act and then work on the script at night with the writers. I wrote as well. Writing pays good money so that kept the wolves from the door for a few months.

*The Sapphires* is an adaptation of the stage musical of the same name (2005) by Tony Briggs, who asked Blair to direct the film version. Wayne Blair, who was actually part of the stage musical cast, spent the next five years in development together with Tony Briggs – who also wrote the screenplay – until finally the film was produced on a modest budget of nearly \$10 million. Casting secured for the main roles Chris O'Dowd, as Dave, *The Sapphires'* manager; and for the roles of the four McCrae sisters, Deborah Mailman, Jessica Mauboy, Shari Sebbens and Miranda Tapsell. The film was shot on location on the Murray River at Albury in Sydney and in Vietnam.

*The Sapphires* is set in 1969 and tells the story of the McCrae sisters, four Aboriginal singers from a remote Aboriginal mission (country Victoria) whose biggest dream is to become as famous as their Motown idols. An unlikely talent scout discovers them and becomes their manager, branding them as '*The Sapphires*' and promotes them as the Australian version of The Supremes. The Sapphires finally get their chance to realise their dream when they are offered the ultimate gig – entertaining the troops in Vietnam.

**What were the biggest challenges that you faced during this journey?**

Shooting the Vietnam sequences and also working with four girls and the choreography. I have never shot choreography before in my life. So those two were the big ones...Every day was a task to be honest, but it was the best shoot I have ever had.



**The Sapphires is described as a feel good comedy musical. How do you describe it?**

It is a story about love and family, and this country's history. And...home.



**Humour and drama. How easy is it to balance both in a film?**

Very hard. We did it with skilled actors. Both Deb and Chris have wide experience and both have a theatre background so it was easier for me. The balance also came in the edit suite with my editor Dany Cooper. She was great with it all.



**There is so much talent in the Aboriginal community. Do we need more real life Daves?**

Yes! So much talent in the Greek community as well. Maybe a duo?! Ha!

**Well... you never know! O.K, while we are on the topic of talent, all four girls are wonderful performers. Directing them must have been both a challenge and a joy...**

You said it. They all came from different levels of experience so I just had to make sure they were all working together. Like any good performers once they could see someone else lifting and being brilliant, they all rose to match that person.



**The Sapphires has an amazing soundtrack. Which is your favourite song?**

Who's Lovin You by Smokey Robinson. Made famous by the Jackson five. I grew up on that song.

**How did your extraordinary journey in the performing arts begin? Apparently, you abandoned a promising career in cricket and rugby for acting...**

Yes. I came from a small country town and began to do drama in grade 12. I went on to do a business degree majoring in marketing management, but drama was always there. So I decided to audition for an acting school in Brisbane and I got in...After that my passion for acting and directing grew more and more each day.

**Your most memorable moment in theatre?**

Playing Lee in True West under the direction of Phillip Seymour Hoffman back in 2010.

**Tell us about your TV experience. Would you go back to TV?**

I have directed a lot of television. Yes, I would go back to it but only if the story was right and it was challenging.



**Wayne, you are a theatre, film and television actor, a writer and a director. After the great success of your first feature film as director, do you now see film making as your main calling?**

I think I am leaning that way, yes. I want to make another film and very soon.

**Deep down you are a story-teller. What is the next story you want to tell?**

Not sure yet. Something that will give the world hope.





# Georgette Knoss

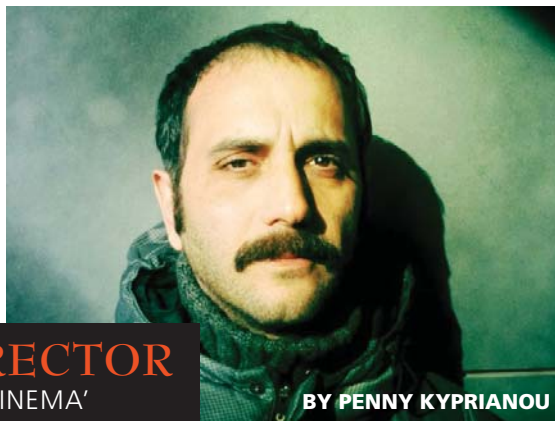
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## BABIS MAKRIDIS – L DIRECTOR

'THE NEW WAVE OF WEIRD GREEK CINEMA'

BY PENNY KYPRIANOU

All of the hype surrounding the emergence of a 'new wave of weird Greek cinema' may have officially started with *Dogtooth* (Yorgos Lanthimos) and its award at the Cannes Film Festival in 2009, but Babis Makridis, director of *L* – the first Greek film to be entered in competition at the Sundance Film Festival - is quick to point out the danger of labels and grand statements.

I spoke to Makridis the day of his premiere at the 2012 Melbourne International Film Festival.

***L* is without doubt a quirky and strange film that commands the viewer to ask many questions of both the film and themselves. How did the idea first come about?**

The idea for the film first came to me from a friend, George Giokas, and the original idea was about a lonesome man driving along highways without purpose and reason. That was seven years ago. Since then, with the help of Efthimis Filippou (who also wrote the screenplay for *Dogtooth*), countless changes have been made to the script.

**One of my favourite scenes in the film is when the 'Man' and his family are celebrating a birthday his car. Was that scene part of the original idea?**

No, that scene came later. It came in the extra shooting stages. We improvised a lot. I wrote new dialogue on the spot and removed scenes that weren't working. I believe in the moment. You alter the frame and suddenly you think it needs something more. It was a nightmare for my assistant. You see, I believe in truth of the moment, so when you get on set everything changes. You must be flexible, and given we finished the shoot in only 27 days, we had to be very flexible.



**Many directors incorporate aspects of their personality in their stories or their heroes. Is the 'Man' similar to you at all?**

When I first finished the film and showed it to the public, it was a very strange feeling. I had friends sitting next to me and behind me, and as I left the theatre I said to myself, 'Babis, you can't hide anymore, now you're on screen'. Your friends and family know things about you, but they don't know everything. Everyone has secrets. This is the power of film and the art of cinema, as something you can use to expose yourself, and it's such a relief when (finally) you don't care what people think of you.

**'We (Greeks) are in fashion, and I hope the fashion doesn't end', Babis Makridis**

**Many people have commented of *L*'s similarity to *Dogtooth* and *Alps*. What's your view on this?**

Everyone is now saying that Greece is having a movement of weird cinema. I don't believe that. I think everyone has their own personality and their own way of telling a story, and I don't believe in waves. We have a very small film industry in Greece, we're all friends and we all work to help with each other's films. There is no way that there aren't going to be some similarities. *L* is more of an abstract film, but I agree that the dialogue style is similar.

**Can you talk more about the symbolism in the latter part of the film, when the 'Man' joins the motorcycle gang?**

I don't like to use big words or statements about the film. I would like the viewer to form his or

her own opinion of the film. The experience is very different for the viewer going into the film knowing what to expect. It's far better for the viewer to enter a cinema pure, and make his or her own judgement.

But the car symbolises safety and our own ego. When things get hard you make changes and try to move on. In an effort to move forward, he leaves his car and attaches himself to a motorcycle.

When you use big words or statement, it sets a film up for something else entirely. Because of the situation now in Greece, people are trying to say that *L* is about the crisis,

and they are trying to put it into the context of the economic situation. It's not about the crisis – when we started the film, we were all ok.

**Do you think the current situation in Greece is producing more creative films?**

Cinema is the best thing in Greece at the moment. The economic situation is giving filmmakers the freedom, and maybe even the push we needed. You don't have to wait for money (because there is no money), you don't have an idea stuck in a drawer, you pull it out and you do it. You get your friends together, you tell them your budget and they all want to work on it.

**'L should leave us in no doubt that something fascinating is happening in Greek film.' – Senses of Cinema**

They come (to the project) with real passion and share your vision. If there is a movement, this is the movement; that we all want to help each other to make good films. I really hope this movement doesn't end. It's not the proper way to make films of course, because everyone should be getting paid properly, but now in Greece we are a little bit in fashion. Let's hope that the fashion doesn't end. I don't believe the fashion will end because we are a new generation of filmmakers. Panos Koutras (*Strella*) is working on a new film, so is Yorgos Lanthimos (*Dogtooth*) and Athena Tsangari (*Attenberg*). The movement doesn't stop.

**The City of Children**

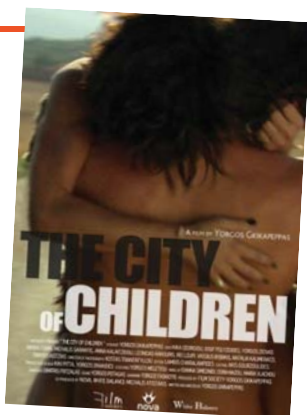
Written and Directed by **Yorgos Gkikapeppas**

Greek with English subtitles  
Greece/2011/96mins

*The City of Children* is yet another example that 'something fascinating' is happening in Greek film, and in Yorgos Gkikapeppas' stunning drama, the emphasis shifts from the absurd to the thoroughly absorbing.

The film opens in Athens, realistically grey and uncertain. An Iraqi woman cradles her huge pregnant belly and gazes out past her tiny balcony at the little light that breaks through apartment blocks, intercepted with flashes of her Greek stalker and neighbour. A marital crisis becomes a family tragedy; a mad man's gun forces a young couple to reconsider a premature pregnancy and the draining realities of IVF unite, and then tear apart two women who have shared the same man.

Gkikapeppas has assembled a film in multiple parts that reveals the complexities of relationships and the impending arrival of children, and the questions that arise for those plunged into unplanned situations. Engrossing from the first minute, *The City of Children* makes a triumphant return to the art of



**Given there is limited funding now, how do you finance your films?**

I put my hand in my own pocket. I give a lot of my own money. I gather my friends, and they all say yes to little or no money. My wife acts, my son, my nephew. I use whoever I can. But it's not the proper way. Maybe this is why our films are good, because they have love inside. If the crew have love inside them, it comes out on screen.

**After being the first Greek filmmaker to be accepted at Sundance Film Festival, what's next for you?**

I have two ideas going at the moment, but I know that I have to move very fast. I love the process of making films. I get lost in the process, in time. During my last film my wife would come into my office and regularly call me an jerk. But I don't remember hearing the words; I was in the moment.

**Penny Kyprianou is the current GOCMV Arts & Culture Program Manager and former Greek Film Festival Director & MIFF Marketing/Events Manager.**

storytelling, and puts up many questions about the future of a modern city in crisis, and the absence of a hopeful future for so many. Here we see a very poignant use of children as a metaphor for both hope and fate, and coupled with a well-considered script and strong performances, *The City of Children* delivers much of what makes cinema so satisfying.



*The City of Children* screens as part of the **19th Greek Film Festival** 17 Oct – 4 Nov, 2012 **Palace Cinema Como** Sign up for updates at [greekfilmfestival.com.au](http://greekfilmfestival.com.au)



# AMORE A PRIMA VISTA

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

## PERSONAGGI E INTERPRETI

ANITA MELINA MENELAOU | CHRISTIAN SPYRIDON CHELIOTIS | POLIZIOTTA CONSTABLE MICHELLE KISHIDA  
POLIZIOTTO 1 SENIOR CONSTABLE SLOANE WILLING | POLIZIOTTO 2 SENIOR CONSTABLE BILL TSIROS

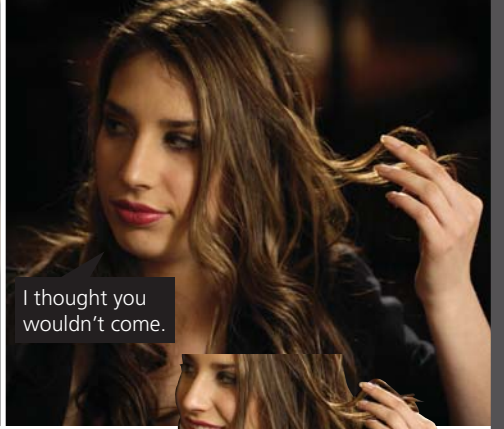
## VANILLA CLIENTI

ELISHA VINCENZINO | ELYSSE MCPHERSON | ERICA ARCHILES | JULIA JAYA PALLAN | ROULA KRIKELLIS KKROCK CHIC

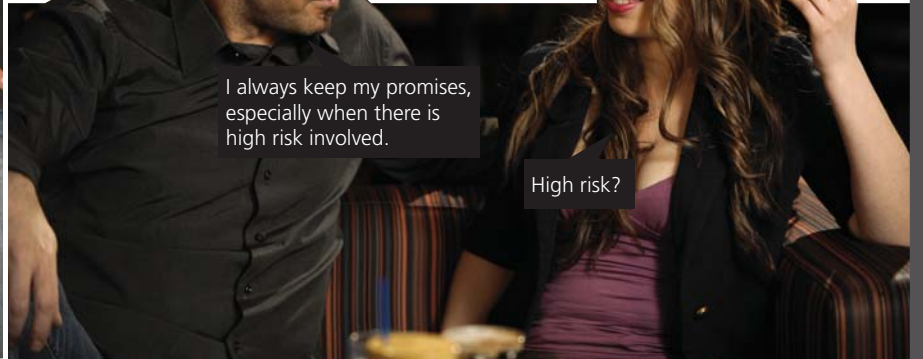
## GRAZIE!

ALEXIA MAKE UP ARTISTRY  
SPECIAL THANKS TO VICTORIA POLICE AND TO OAKLEIGH POLICE STATION



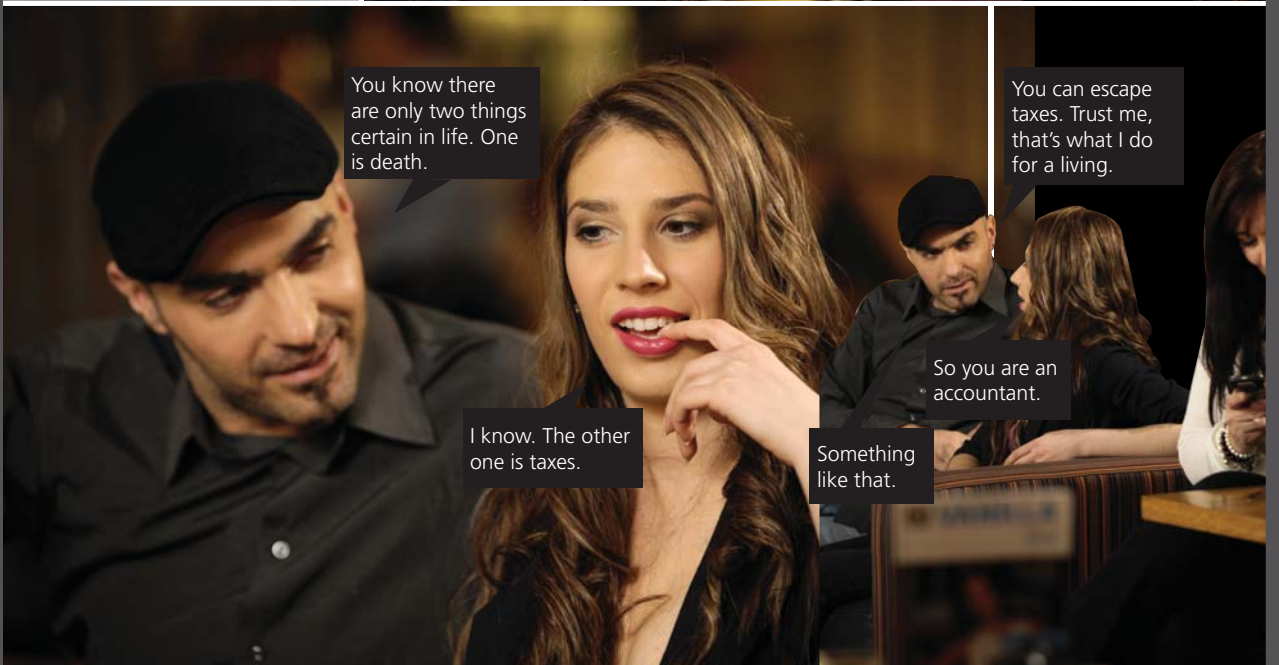


I thought you wouldn't come.



I always keep my promises, especially when there is high risk involved.

High risk?



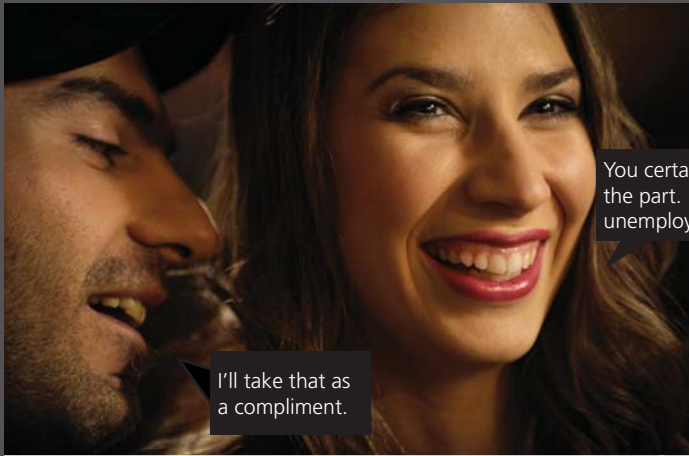
You know there are only two things certain in life. One is death.

I know. The other one is taxes.

You can escape taxes. Trust me, that's what I do for a living.

So you are an accountant.

Something like that.



I'll take that as a compliment.

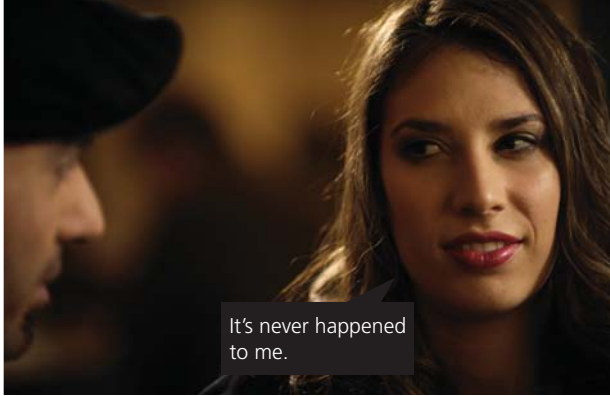


You certainly don't look the part. More like an unemployed artist.

So what's the second thing you cannot escape in life?



*Love at first sight.*



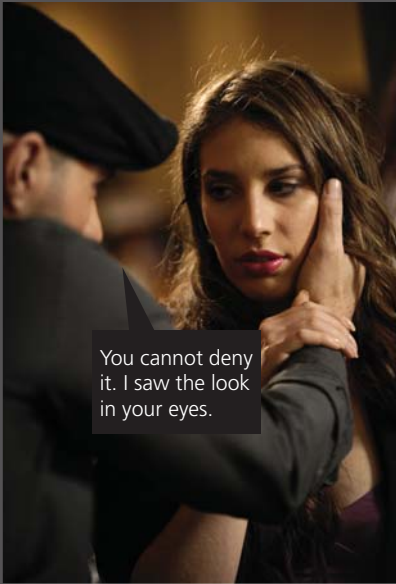
It's never happened to me.



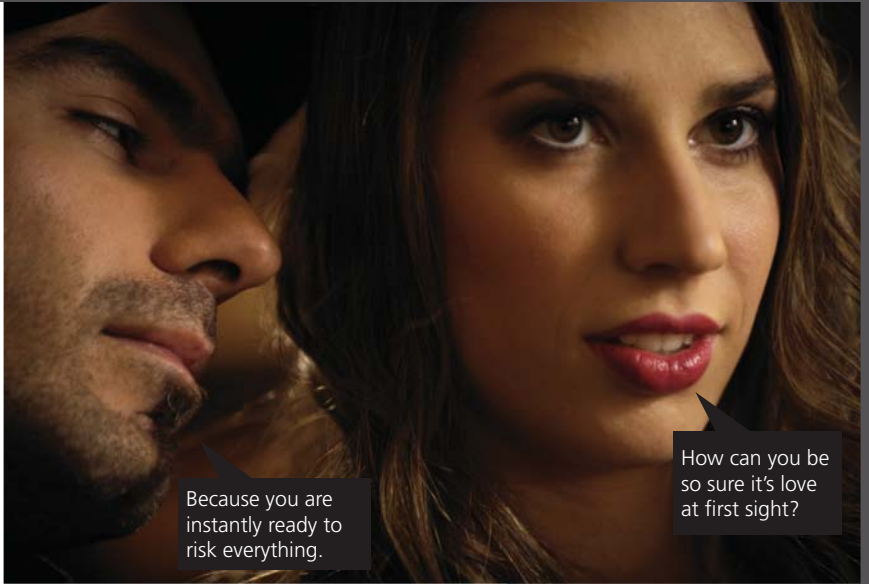
It happened when we met.







You cannot deny it. I saw the look in your eyes.



Because you are instantly ready to risk everything.

How can you be so sure it's love at first sight?



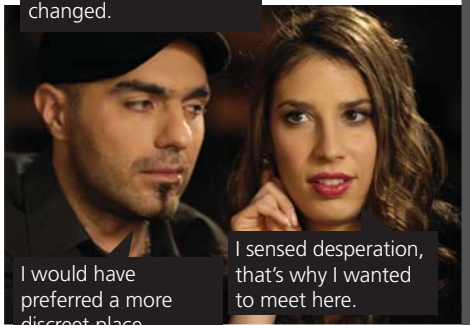
Risk everything?

Everything! You drop what you are doing and you run without looking back.



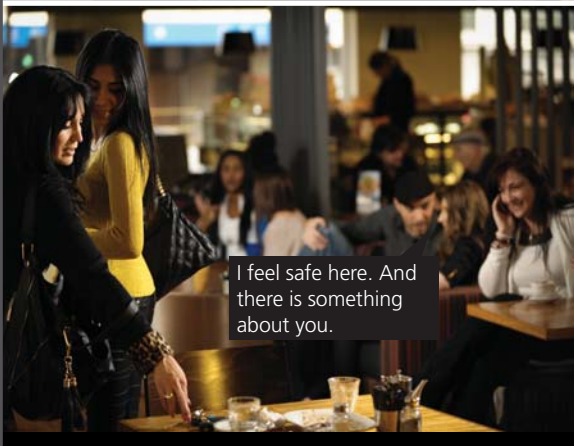
When you smiled at me, everything changed. My plans changed, my life changed.

And that's what you felt with me?

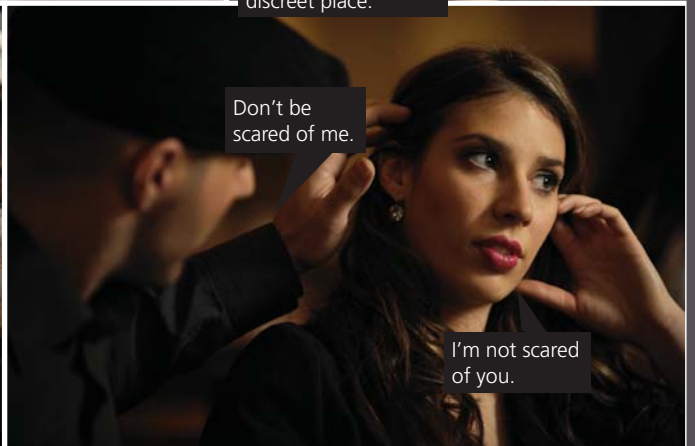


I would have preferred a more discreet place.

I sensed desperation, that's why I wanted to meet here.



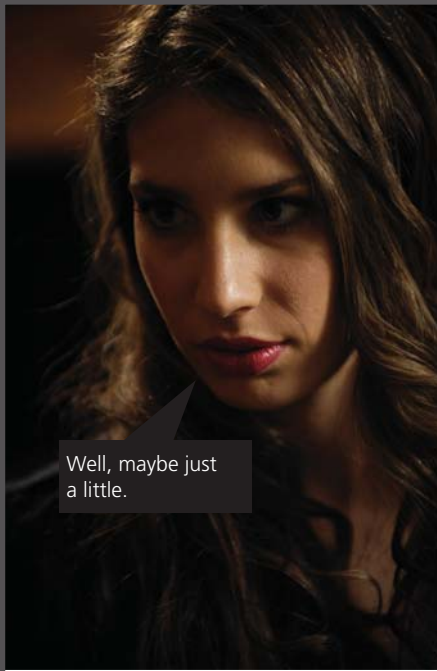
I feel safe here. And there is something about you.



Don't be scared of me.

I'm not scared of you.

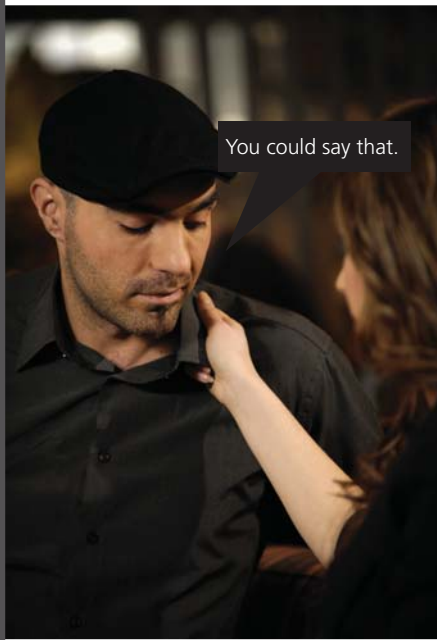




Well, maybe just a little.



You seem like you are in some kind of trouble.



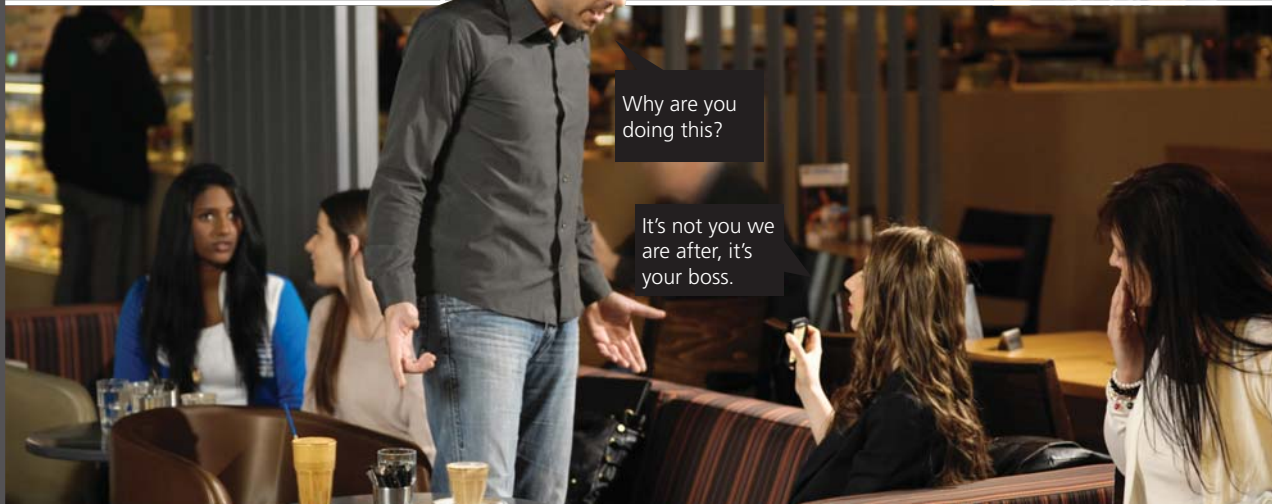
You could say that.



Well, that's why I'm here.

What is going on?

To help you.



Why are you doing this?

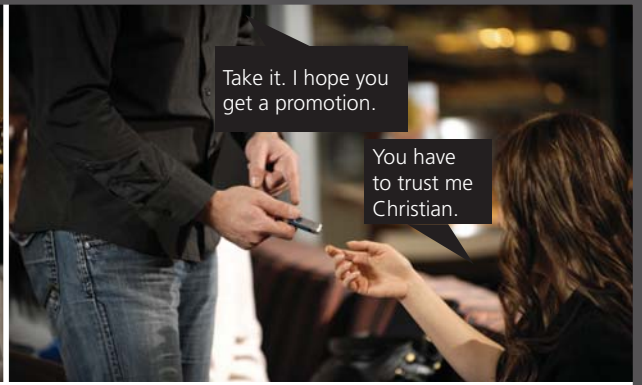
It's not you we are after, it's your boss.





I believe you have some evidence.

I call it my life insurance.



Take it. I hope you get a promotion.

You have to trust me Christian.



You are under arrest.

Why?



You know very well why, mate.



Pervverting the course of justice.



I trusted you Anita.

No, you fell in love with me.



And you? Did you fall in love with me?

Sorry, just performing my duty.

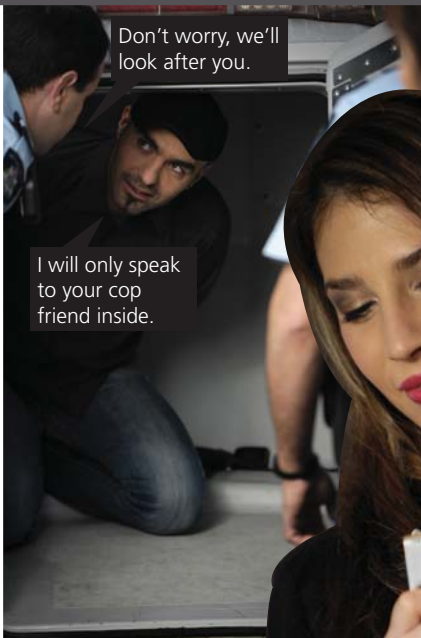




You have nothing on me.

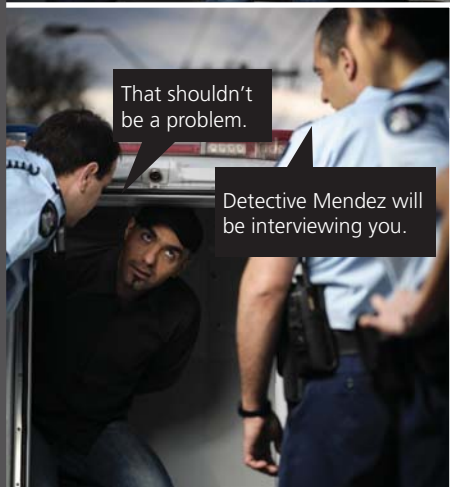
Because my life is in danger.

Why have you been hiding then?



Don't worry, we'll look after you.

I will only speak to your cop friend inside.



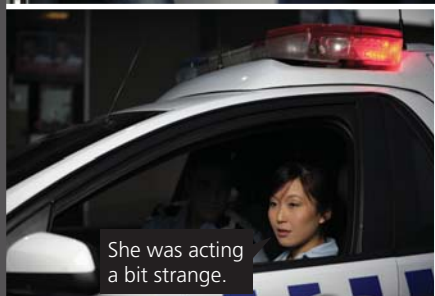
That shouldn't be a problem.

Detective Mendez will be interviewing you.



You think she can handle him?

I'm sure she can. She is a brilliant detective.

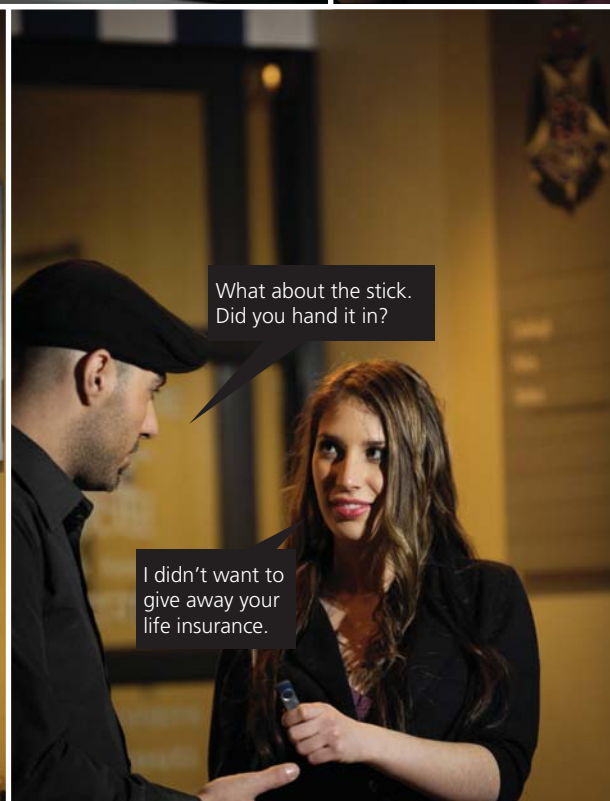


She was acting a bit strange.



That was quick.

I told you to trust me.



What about the stick. Did you hand it in?

I didn't want to give away your life insurance.





And what about your investigation?

It is no longer my duty. I resigned.



So what now?

Now we run!



*La Fine*



# VANILLA HOUSE BAND

Evripides Evripidou



Drummer and 'sound guy'  
Johnny Foundas



EVERY  
THURSDAY  
NIGHT  
@ VANILLA



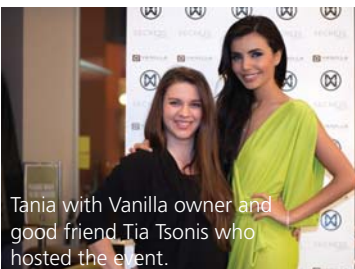
Buray Hoshsoz with big fan Roula  
Krikellis KkRock Chic

Vanilla House Band continues to belt out tunes every Thursday night @ Vanilla. For regular updates and guest appearance announcements find and like the Vanilla Facebook page or visit [vanillalounge.com.au](http://vanillalounge.com.au)

Photos by  
PETROSPHOTOGRAPHY  
METAXOPOULOS

## Persian Beauty

Miss World National Finalist 2012 Tanya Ali Jani looked stunning in her green Grecian dress at Vanilla during the raffle ticket fundraiser for the Lilla Community Wish List run by the Yummo Foundation. Vanilla Cakes & Lounge was proud to be involved in supporting this unique and incredible community in the Northern Territory. For more information about the Yummo Foundation Lilla Community initiative visit: [remote-tours.com/index.php/lilla/yum](http://remote-tours.com/index.php/lilla/yum)



Tanya with Vanilla owner and  
good friend Tia Tsonis who  
hosted the event.



Tanya with Amir Aligorgi





# Greetings to our new readers!

During his recent trip to Greece Vanilla founder Thanasis Spanos caught up with many good old friends and relatives at hometown Nisi Alexandreias-Veroia. He promised to send them copies of Vanilla Magazine and as everyone knows, Thanasis is a man of his word!



Giorgos, Thanasis and Vasilios Lapatouras (R)



A family affair



Thanasis, Sotiris Gogopoulos and Andonis Baltzis



Thanasis with Nikos Halatsis, Konstantinos Halatsis and friends



and with some Melbourne mates Thanasis (L) and Argiris (R)

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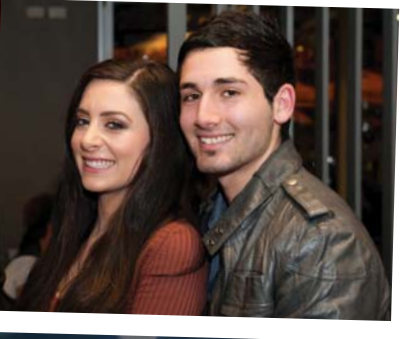
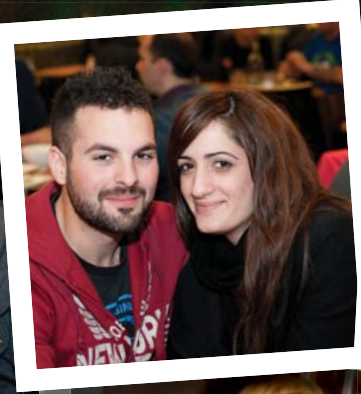
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PETROSPHOTOGRAPHY METAXOPOULOS







# VANILLA

CAKES AND LOUNGE



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See our Facebook page for more info.



# VANILLA BAKEHOUSE

## TOP 10 SALES & OMG FACTOR

Photos by Con Milonas



Flourless Jaffa



Mille-feuille



Tiramisu



Baked New York



Flourless Banana  
Walnut and Date



Honeycomb Cheese Cake



Lemon Tart



Kormos



Black Forest



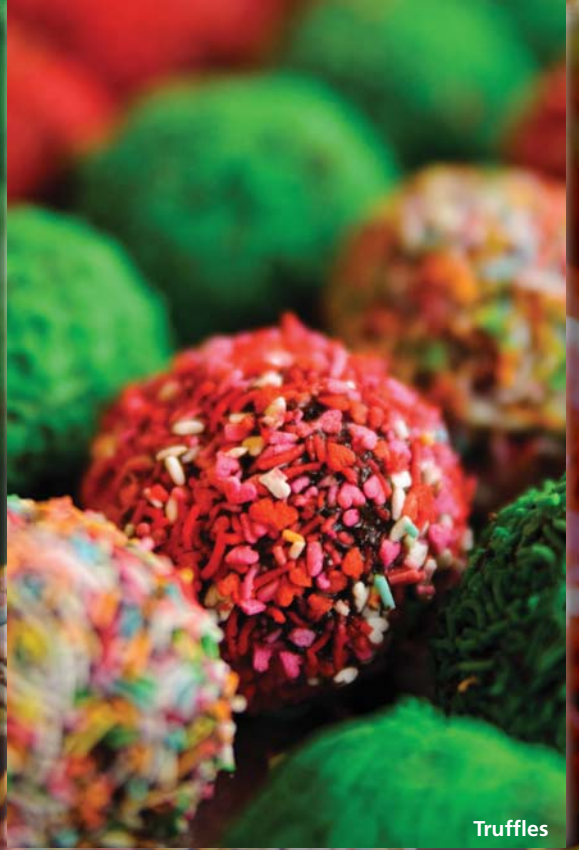
Caramel Pastes



# Vanilla Cakes - made with lots of love



Macaroons



Truffles



Lemon Meringue



Mars Bar



Continental Cake



PHOTO BY:  
PETROSPHOTOGRAPHY METAXOPOULOS

*Kaba*



# VANILLA

Wedding Cakes

*elegance harmony artistry*

DESIGNS BY *Kaba*





*Engagement*



# VANILLA

*Special Occasion Cakes*



*Birthday*



*Baby Shower*



*Novelty - Milos & Ithaka boat*

*Christening - Angelique*



PHOTOS BY:  
CON MILONAS



*Milos*

*Kaba*

# Vanilla Menu

## Meat platter

Pork, chicken and lamb (may vary to availability).



Photos by Con Milonas



## Beetroot salad

Fetta cheese optional.



## Greek salad

Tomato, cucumber, feta, onion, olives and extra virgin olive oil.



## Dolmades

Vine leaves stuffed with rice & herbs.



## Yemista

Stuffed vegetables (tomato and capsicum with a rice filling).



## Rabbit stifatho

Stew with baby onions.



## Yiuwetsi

Beef casserole with risoni.

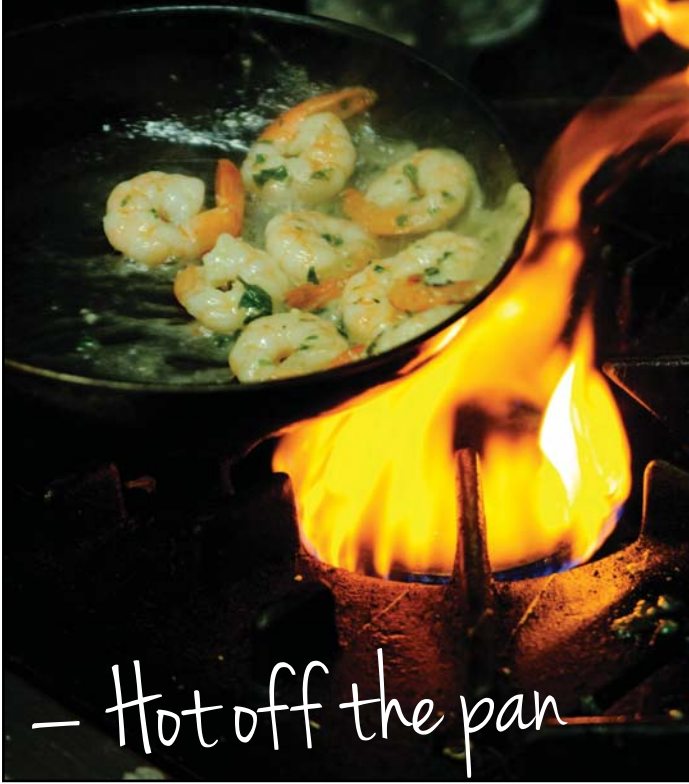


## Sikoti

Pan fried liver.

VANILLA MENU – SEAFOOD

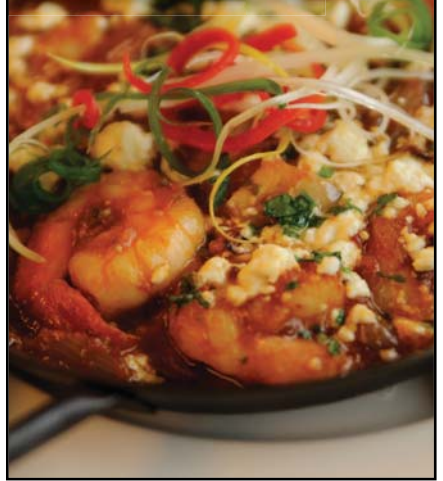
# Prawn saganaki



– Hot off the pan

## Prawn saganaki

Pan fried prawns in tomato salsa and greek feta.



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*'Fashions fade,  
style is eternal.'*

**YVES SAINT LAURENT**

By Effi Bikouvarakis

# Spring Style

Spring is upon us as well as the onset of a new spring/summer fashion season. This season spring/summer fashion is all about style, elegance and, most of all, fun.

Here is a guide to the key looks this summer.

## COLOUR CLASH

Inspired by all the colours of summer this trend favours bold, beautiful, bright summer colours. Make a statement with bold hues of red, yellow, cobalt, emerald green, orange and turquoise.

A big summer trend is colour blocking, seen in simple shift dresses and tops. Mix and match colours to create a bold statement.

Wear coloured pants or jeans with white top for a more laid back look.

Seen in Sass & Bide, Cue, Review, Piper, Basque.



## Pretty Pastel

Pretty, feminine and whimsical –featuring soft, neutral and pastel colours. Soft blue, yellow, mint, lilac, pink sorbet, as well as more muted nude tones. Soft floaty dresses, loose blouses, slim pants.

Seen in Wayne Cooper, Maticovski, Aurello Costarella, Fleur Wood.



# RIVIERA

Taking inspiration from life by sea this trend favours all things nautical.

Classic colours of navy, red and white paired with tones of emerald and yellow. Silhouettes are modern and clean.

Soft tailored jackets, stripy tops and sweaters, slim capri pants and tailored shorts, espadrilles, wrap dresses.

Seen in Hi There from Karen Walker, Jane Lamerton, Piper, Esprit, Jag.



# TRIBAL BEAT

Inspired by nature this trend is all about prints.

Take your pick from ethnic, animal, graphic, Aztec and of course summer staple floral. Earthy tones of browns, burnt orange, reds and black are favoured. Printed pants and tops, and key summer must have the printed dress as well as printed soft tailored jackets for a bit of fun. Seen in Karen Walker, JB by Jayson Brunsdon, Wayne by Wayne Cooper.



# Sexy Smile

## TIPS BY

### KATIE. K. SPARKLES

Spring is a time for rebirth and renewal, and with the cold wintery days behind us, it's the perfect time to shake off the wintery blues and start showing off your smile again! But what happens if you're not happy with the way your smile looks or feels?



Vanilla Magazine contributor Katie K speaks with Dr John Hagiliassis from South Melbourne's Freedom Dental and discovers how you can bring sexy back to your smile:

**1 Fresh Breath:** The first step to a sexy smile is fresh breath and healthy teeth. Imagine that awkward moment when you come in for a kiss and bad breath slaps you in the face. Dr John suggests you use a good quality toothbrush and brush at least twice a day to really get teeth and gums clean. A tongue cleaner can also be useful as most bacteria causing bad breath live on our tongues. *'Using mints only temporarily masks the issue- we offer a fresh breath assessment, which can discover the cause of the issue and address it permanently.'* says the smile guru, Dr John.

**2 Whiter Teeth - add some sparkle** With so many teeth whitening options available on the market, it's easy to understand why so many people get overwhelmed! Add the ACCC's recent restrictions on take-home trays and beauty salons means it's more important than ever to speak with a dental professional. *'Zoom4! is the newest and safest whitening product on the market, and produces great results,'* says Joanne, head Smile angel at Freedom Dental. In under one hour we can customise your whitening to ensure we match your sensitivity level – something new for in-chair whitening. *'You would be surprised how many people get whitening, and with the bridal season coming up, it is extremely popular for the entire bridal party!'* said Joanne.





**3 Straight Teeth are Healthier!** Have you always dreamed of a straight smile but hated the thought of the metal mouth look? We have found the perfect solution: Invisalign clear braces! Even if you have had braces as a teenager, as you age your teeth may have shifted and gaps may have developed. Adults and teens are now choosing Invisalign – which is virtually invisible and just as effective as traditional braces. Dr John is the leading and most experienced Invisalign provider in Victoria and treats hundreds of patients each year.

**4 Get dentally fit!** Do you have teeth that are missing, chipped or stained, and not sure of your repair options? The best place to start is with a consultation at your dentist – Dr John suggests you use this time to ask as many questions as you can, as information is power!

Freedom Dental are giving away, to one lucky Vanilla magazine reader, an amazing prize valued at \$500. To enter simply like **'Freedom Dental'** on Facebook and tell them what makes you smile! The winner will be selected early November and notified via Facebook. The **'Sparkle and Clean'** prize includes a thorough examination, clean and a take home teeth whitening kit. If you need to make an appointment at Freedom Dental, the smile angels are offering Vanilla readers 10% off your first check-up! – So call **1300 867 453**, visit [www.freedomdental.com.au](http://www.freedomdental.com.au) or find them on Facebook.

*Freedom*  
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release your smile





# CHIA POWER

By Joanna Psarakis

Chia is becoming increasingly popular in commercial foods, spreads and even breads. But what makes this humble seed a healthy addition to our daily diet?

*Salvia hispanica*, commonly known as Chia seeds, is a species of flowering plant in the mint family, Lamiaceae, native to central and southern Mexico and Guatemala. Originally grown in South America, Chia seeds were first used as early as 3500 BC and were one of the main dietary components of the Aztecs and the Mayans. Chia was used by these ancient cultures for medicinal purposes to relieve joint pain and treat skin conditions. Chia would be eaten raw, drunk as a beverage when mixed with water, ground into flour, pressed for oil and used as a base to make skin creams for face and body.

Chia is also the Mayan word for strength and the seeds were thought to be a high energy food. Chia seeds have been grown 'chemical free' for centuries in Central and South America and more recently in Western Australia. The seed is available in black and white, both varieties are highly nutritious, full of antioxidants and recently have been recognised as a superfood!

Chia seeds are the highest known plant source of essential fatty acids Omega-3 and 6, with eight times more than salmon! Unlike other sources of essential fatty acids such as flaxseed or fish oil, Chia is in a highly stable form due to its powerful, naturally occurring antioxidants and there is no fishy aftertaste to worry about.

They are high in protein and amino acids (they contain all eight essential amino acids and more). They are cholesterol free and contain six times more calcium than milk. They are high in fibre, both soluble and insoluble, and contain antioxidants (vitamins A, B and E). They also contain essential minerals zinc, iron, phosphorous, magnesium, manganese and potassium, valuable nutrients often missing from the modern diet.

Chia seed is a fantastic nutritional food source for babies and children too, especially fussy eaters. Being a soft eating seed it is gentle on the stomach and can be included in the baby's diet from the moment they commence solids at around six months. Parents of fussy children no longer have to worry that their child is missing out on essential vitamins. By including chia into their child's daily diet they ensure they have consumed their fibre, Omega 3, protein and antioxidants.



A word of WARNING, chia seeds are packed with some serious health benefits:

- Regulate blood pressure and helps to prevent blood clotting.
- Support and promote heart health.
- Regulate blood sugar levels, a necessity for people with diabetes.
- Add essential omega 3, fibre and protein to your diet, which improves brain function, memory and boosts energy levels.
- Assist in the strength and formation of bones and teeth.
- Provide a great source of antioxidants, which benefits our skin and boosts the immune system.
- Increase our fibre intake helping the body to feel full, stay regular and detoxify.
- Can improve joint function and mobility for arthritis sufferers.
- The essential minerals and vitamins may assist in the treatment and prevention of osteoporosis, high cholesterol, depression, some cancers (breast, colon or prostate), some skin disorders and even asthma.

Chia seeds are versatile and flavourless so they can easily be included in any meal. They are also naturally gluten free and, being a plant, suitable for vegetarians. About one tablespoon a day is enough to get the health benefits. Simply:

- Eat them raw by the handful or add them to your cereal
- Mix them in through yoghurt or add them to a fruit salad
- Add them to ice-cream or smoothies
- Stir them through juice or water to make chia fresca shots, as it's known in Mexico
- Add them to soups, salsas and dips
- Sprinkle them on sandwiches, salads and stir fries
- Add them to baked goods including breads, pancakes, muffins, cakes and biscuits (They can be used as egg substitute in baking).



Healthy snack - Chia seeds base, layered with granola, yoghurt and fresh blueberries

There are no known side-effects from eating chia seeds, however, people with certain medical conditions are now advised not to consume large quantities of Omega 3 or fibre. If you are on any medications or have sensitive bowel issues, it is always best to consult with your doctor and/or natural therapist before you start adding anything new to your diet.

Chia seeds are readily available as well as other products that contain chia seeds or chia extracts such as Chia ground seed, Chia Oil and Chia bran. Chia seeds are a great addition to your pantry as they are widely available in health food stores, supermarkets and online. So three cheers for Chia and good health!



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# SLEEP TIGHT

## *Sleep Right*

By **Dr Emilio Kardaris**

B.Health.Sc. (Chiro) with Distinction, M. Clin. Chiro (RMIT) with Distinction

**A**s the days get longer and the weather warms up, we try to cram everything into our daily routines. Some of us turn to snacks to get us through the day and while this can give you a quick energy fix, maintaining this lifestyle can be detrimental to your health. The best way to get the most out of your day is to sleep well at night. Sleep affects how we look, feel and perform during the day and can have a major impact on your quality of life. Adults need between 7.5 to 9 hours sleep each night and following these tips can help you achieve a good nights sleep.

### 1. ESTABLISH A SLEEP PATTERN

Maintaining a regular sleep schedule, going to bed and waking up at the same time each day, will help you feel

more refreshed and energised than if you sleep the same number of hours at different times. Your body has its own natural sleep-wake cycle called circadian rhythm and getting in sync with this rhythm is key to achieving restful sleep.

### 2. CREATE A COMFORTABLE ENVIRONMENT

Many people use the time spent lying in bed for doing work, which makes it harder to wind down at the end of the day. Your bed should only be used for sleep. Try to turn off your television, computer, iPhone and, most importantly, lights. All these items emit light, which can have an effect on hormones in your body. Melatonin is a naturally occurring hormone that helps regulate your sleep-wake cycle and is secreted by your brain when it's dark, which makes you sleepy.





### 3. EAT RIGHT

What you eat during the day can impact on how well you sleep at night. Stay away from big meals just before bed. Heavy meals can take a long time to digest and this may keep you up. This is true for liquids too, as drinking too much before bed can result in bathroom trips, which will disrupt your sleep. Coffee and caffeinated drinks, such as cola and energy drinks, act as diuretics and stimulate your brain, so try to limit these to daytime hours.

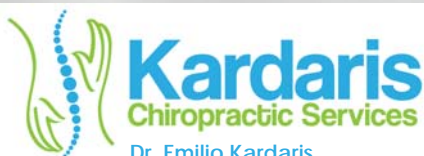
### 4. GET INTO A HEALTHY SLEEP POSTURE

It is important to consider how your sleep posture may impact your overall wellbeing. Generally, lying on your side

is considered the best position to sleep in. This keeps your spine in a neutral position and minimises stress on your joints. It's also a good way to manage snoring. Sleeping on your back or stomach may seem comfortable, however, your spine is put under stress in these positions and can result in waking up with aches and pains.

### 5. INVEST IN A GOOD MATTRESS AND PILLOW

Your mattress should support your body type and allow you to wake up feeling refreshed, not in pain or discomfort. Your pillow is just as important. It should align your head and neck in a comfortable and neutral position while you sleep so that you do not wake with a sore neck or headache.



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# Be heard!

## HOW CAN WE MAXIMISE OUR CHANCES OF BEING HEARD BY OUR SIGNIFICANT OTHERS?

Clients often ask me why it is that they're ignored or misunderstood and what, if anything, they can do about it.

Effective communication is a skill that has to be constantly worked at, as it is a skill that can fall by the wayside more often than we may be aware of.

The best way to ensure that we are heard or understood is to display to our audience that we understand their perspective as best we can (without necessarily agreeing). Most important in such an exchange is the ability to meet and understand our audience at their emotion level, thereby demonstrating **empathy**. It is possible to validate another's emotions without necessarily agreeing with them. For example, 'I can see you're quite annoyed at what happened to you yesterday and that must be difficult for you, but have you thought of it in this way?' But there is no guarantee that your audience would want to hear your perspective at that point in time and you need to gauge whether your audience's emotional position will allow them to hear your assertions. Timing is essential if you want your audience to understand your perspective (that is **always their choice and never ours**).

Funnily enough, the worst times for our audience to listen to our perspective are often the times when we feel desperate to be understood. This may happen during a fight or an argument with our partner or child when we are being:

**aggressive** – using a louder tone and perhaps making negative and unnecessary personal comments about them

**passive-aggressive** – using sarcasm to make a point or dismissing what they have to say by saying 'whatever' or coming across as patronising when we undermine our audience

**defensive** – with crossed arms, butting in and not letting them complete their sentences, counter-attacking and expecting them to hear us whereby forgetting their own point.

The best way to feel heard is to manage negative emotions (on both sides) at level where the distress is not too high, and ensure that we are **asserting** ourselves. The following tips may help:

- Be clear about your goals, needs or limits before you say anything
- Treat your audience with kindness and respect
- When you're getting emotionally distressed, remove yourself from the immediate environment if you are not able to talk and listen without getting defensive and attacking
- Start off with a positive statement
- Talk about what you would like or want instead of what your audience did that upset you
- If you must criticise to clarify your point, criticise the behaviour not the person
- Make the problem yours as much as possible, not the other person's
- Be as specific as possible about the behaviour or information you would prefer
- Be clear that the request is negotiable where possible. Offer alternative suggestions if you're asking for change
- Ask for your audience's understanding of what you said, so you can be sure your words are being correctly interpreted.
- Aggressive, passive-aggressive or defensive modes of communication are often learnt through our environment.

Empathy and assertiveness are skills that are not only modelled, but learnt through refining the way we listen, understand and communicate, underpinned by respect and compassion.

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*beyondblue: the national depression initiative*

# 'WHERE DOES THE GREEK DIASPORA CALL HOME?'

WELCOME TO THE GREEK-AUSTRALIAN FACEBOOK WORLD



Melbourne is a cosmopolitan city, its population is diverse and made up of many distinct cultural groups. The Greek Diaspora have called Australia home for many years and the term 'lucky country' has often been used by this population to describe Australia. When this group left their country of birth they had enormous hopes and aspirations for a better life.

The majority of them arrived at Station Pier in Port Melbourne with nothing more than a small suitcase containing very few possessions but a large store of

traditions of their culture and way of life that was, and still is, their most valued possession. It's not uncommon for these elders to say 'water and soil from your homeland equals health and prosperity'. The early years of their settlement were difficult ones, but they felt that if they kept their homeland close to their hearts things would work out.

This is of great importance, the long history and cultural richness of the Greek tradition is a great source of pride to its members and it's a key characteristic of the Greek community in Melbourne. Young and old Greek Australians speak of their





country of origin with great pride and passion as it remains central to their perception of nationality and ethnicity.

It's not only the first generation that are holding these traditions, more and more it's the second and third generations that are set on maintaining their Hellenic heritage, this being through schools, folk dancing, clubs and the Greek Facebook world. In particular Greek Facebook pages will be a way

for the second and third generation Greek Australians to stay connected with their Hellenic heritage and will play a vital role to cultural maintenance.

This population did not assimilate with the Australian way of life, they respected and grew to love Australia without forgetting their origin. This was achieved by maintaining their culture and the Greek way of life. Every year Melbourne Greeks commemorate the 25th of March 1821, a day that holds a double significance (historical and religious) with the traditional parade by thousands of second and third generation students at the Shrine of Remembrance. Another example is the tradition of the antipodes festival, which has been part of Melbourne's cultural calendar since the late 1980s.

It's also common around mid-year to hear Greeks of all ages say, 'I will be going to Greece for the summer'. One may ask, why? The answer isn't a simple one, who could resist summer in Greece? But for the Greek Diaspora there is an added layer of significance; it's their return home. Like Dorothy said in *The Wizard of Oz* 'there's no place like home', and for this group the memories, love and nostalgia they have to return to Hellenic soil, to their Πατρίδα, is overwhelming. Often, if not always, when they land at the airport in Athens they kneel and kiss the ground. However, often not long after their arrival they realise the Greece they remember has changed.

Legendary singer Stelios Kazantzidis, who was considered the voice of the Greek Migrant, described it well in one of his songs, Στην ξενιτιά είμαι έλληνας και στην Ελλάδα ξένος, meaning; I feel more of a foreigner in Greece than in a foreign country. This is a sentiment commonly felt by the Greek Diaspora around the world when returning to Greece. They often reflect by saying, 'Η Ελλάδα άλλαξε', 'ο κόσμος δεν είναι ο ίδιος', 'και εδώ ξενιτιά έγινε'. These words are filled with pain and a sorrow particularly when they tell others, 'Greece has changed', 'the people in Greece are different', 'we're foreigners there as well'. When feelings such as

these arise there is a sense of mixed emotion to the nostalgia, particularly this year the crisis in Greece has been an added layer of fear and confusion to the aspiration of traveling to their homeland.

One may wonder why are the Greeks of Diaspora treated like foreigners when they return to their homeland? Why have the Greeks from Greece forgotten them? The Greek Diaspora has never forgotten who they are and what Greece (Ellada) actually means. Cultural maintenance has been, and will continue to be, a distinct characteristic of this group. However, what impact have the scars of migration (ξεριζωμός) had for this population and how may this affect their overall health and wellbeing?

This is something that I will discuss and explore further in my next piece "The Scars of Migration" – Vanilla magazine summer 2012.



**Ms. Maria-Irini Avgoulas**  
PhD Candidate Deakin University  
/ Associate Lecturer La Trobe University

*My first trip to Greece was in May this year. I felt a sense of belonging from my first steps on Hellenic soil. The Greek culture and way of life in Greece was all so beautiful and I was genuinely proud to be Greek. I'm already looking forward to and planning my return trip.*

# Exercise Your Brain!



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

**MODERATE LEVEL**

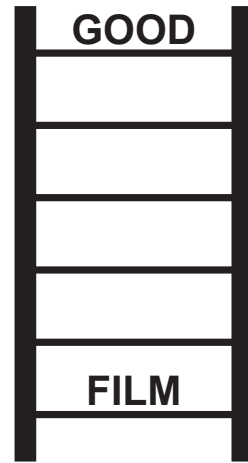
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	1					9		6
			5			1		2
	4		1	8				
	8			2			9	
				5	3		1	
4		8			9			
7		1						2
6	9					7		

**VERY HARD LEVEL**

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

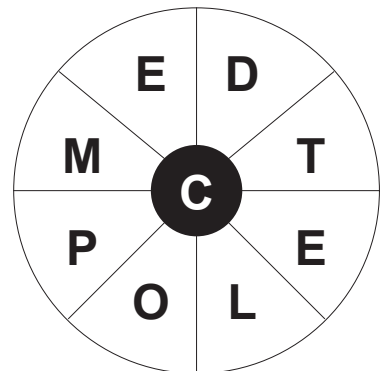
## Word Ladder

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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# Hilaroscope!

The FUNNY HOROSCOPE that reveals nothing really

# Spring 2012



CAPRICORN:

A few simple words could be all that stands between you and success, the only trouble is, the words are French and you're not. This spring it will seem like everyone has money except you, until you look through scorio's bedroom window...



AQUARIUS:

Don't let simple things turn into major roadblocks, you'll have plenty of those already, what with the police chasing you across the country. This spring is a circus and you'll be the seventeenth clown to be stuffed into the VW, not good for police chases.



PISCES:

The old grey mare ain't what she used to be but you'll have the chance to become a thoroughbred if you can keep your hoof out of your mouth. Your shopping star and credit card cycles seem to magically align this spring so avoid infomercials or you will be sentenced to six months of revolving debt.



ARIES:

Originality will be your key to success, you have a gift and it's not burping musically, look inside and see what you have. If you don't find anything you can always organize a burping-karaoke event. Your attitude will determine your ability. Well meaning people will be full of good advice and you won't know who to listen to so, as per usual, you'll do the opposite.



TAURUS:

Don't let temper spoil your spring, make sure the window is wound up before you start abusing people in traffic because home detention will stop you from smelling the flowers. You shine brighter than anyone around you but that could be the searchlights trained on you. Try to slip away to a deserted island, it's your only hope...



GEMINI:

You are known for being pesky and confusing and your spring outlook is the same. A misplaced decimal point in your bank account could see you going into foreclosure so keep your focus. Dreams do come true and if you're lucky it will be the lofty ones when you're awake, not the nightmare you had last night where you turned up at work without your clothes on.



# Hilaroscope!

The FUNNY HOROSCOPE that reveals nothing really



## CANCER:

Feeling good and looking good, try not to get into trouble. This spring your toast will land butter side down each time, which would suggest you're putting it on with a trowel. You like to be an enigma but be careful of becoming an enigma wrapped in lard because summer is just around the corner!



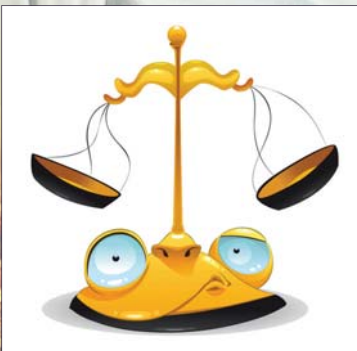
## LEO:

The eye of the tiger possesses you, unfortunately, so does the smell of the jungle. Learn to embrace change not strangers and start having regular showers and love will be rekindled. Be careful because this spring you'll go through money the way Charlie Sheen goes through wives.



## VIRGO:

Be a lover not a fighter and try to back down occasionally. Good fences make good neighbours but sometimes soundproofing works better, especially when your teenage neighbour gets a drum kit. Show his parents how understanding you are by reciprocating with a daily lawn mowing dinner time ritual culminating in a full day Sunday Service.



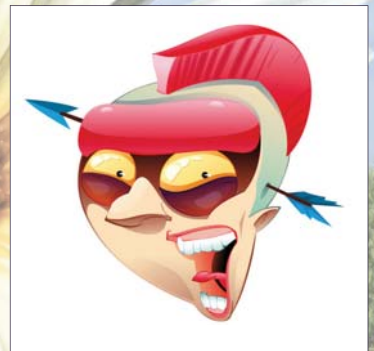
## LIBRA:

A storm is brewing and there's nothing you can do about it, sometimes you've just got to laugh (but not at funerals). This spring could see you kissing frogs in search of your prince but it will just leave you with slimy lips. Licking it though could add a whole new dimension.



## SCORPIO:

Trying to afford everything you want on your tiny budget is like watching a 200kg woman squeeze into a bikini, scary. And this spring your love life is like your budget so any loving will stay with the birds and the bees. But even though you feel alone, resist the urge to call an overpriced 1-900 number. That hot babe on the other line may well be the 200kg woman in the bikini.



## SAGITTARIUS:

When life kicks you in the butt, stick a smile on your face and tell everyone you're going to a happy place. No one needs to know that your happy place is your bedroom stocked with video games, alcohol and chocolate... remember, smile and the world smiles with you, cry and, well nobody cares so back to the bedroom!

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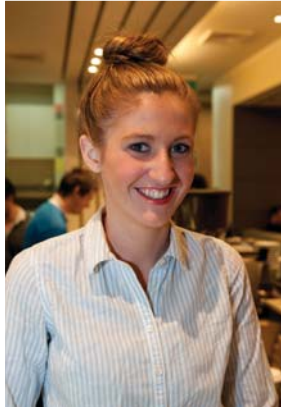
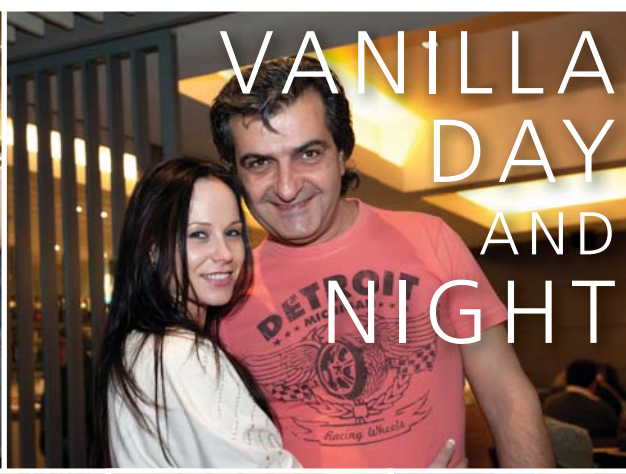
**SERVED CHILLED**  
**@ VANILLA**

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

**VANILLA DRINKS**



Photos by Con Milonas







*New Vanilla Wine List*

*Exquisite, Comprehensive, Thoughtful*

[vanillalounge.com.au/menus](http://vanillalounge.com.au/menus)



# SOCCERMANIA

## WHAT A CROWD!!

There were some unforgettable moments during the long winter nights of June as thousands of soccer insomniacs braved the cold and flocked to Vanilla to enjoy the live coverage of EURO 2012 UEFA soccer championship finals. The photos speak for themselves...

Photos by PETROSPHOTOGRAPHY METAXOPOULOS

All hands on deck







**ΦΙΞ**  
 'Η μόνη  
 Έλληνική  
 Μπύρα  
 πού  
 συνεχώς  
 βραβεύεται  
 διεθνώς

ΔΙΑΝΟΜΕΙΣ  
 ΠΟΥ ΦΕΡΕΙ  
 ΤΙ ΘΕΛΟΥΝ  
 ΟΙ ΠΕΛΑΤΕΣ  
 ΤΟΥ

Ω Σφοδρία!

ό φαγητό σας με μπύρα

**Μπύρα**  
 ΣΤΗΝ ΜΑΓΕΙΡΙΚΗ

Η ΤΕΧΝΗ  
 ΝΑ  
 ΠΟΥΛΑΣ



MARKET

ΕΠΙΤΥΧΙΑ

ΦΙΞ...

ΕΠΙ

ΕΠΙ

Φλέγοντα Ζητήματα

Ζαχαρίας: 'Η γυναίκα μου τού όρσει  
 πού... Φυσικά, όφου είναι χονδρέμπορας!

Τ-κωτοφ

Α.Ε. ΚΑΡΟΛΟ  
 Διαφοροίτις  
 ΤΟ ΚΑΤΑΣΤΗΜΑ ΣΑΣ

ΠΡΟΪΠΤΗ ΕΠΙΣΚΕΨΙΣ

Μην ξεχνάς!

γιά όρεκτικό...  
 μέ τό φαγητό...  
 στή συντροφιά...  
 όλοι προτιμούν...

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 γιά τήν όφεια

The original Greek beer.

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Love, love, love  
 Give me all your love, love, love  
 Tonight  
 No one is but you, you, you  
 Can be forever and always  
 My sunlight

# SUNRISE INC MYSTERIOUS GIRL

*Addictive Elements Remix*



## VANILLA CHART

SPRING 2012  
 THE BEST IN EURO HOUSE

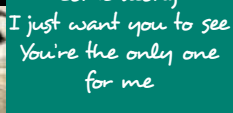
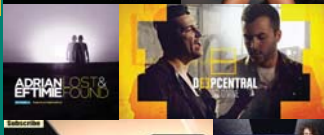
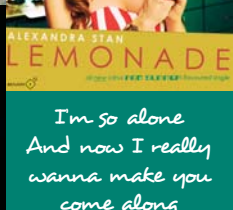
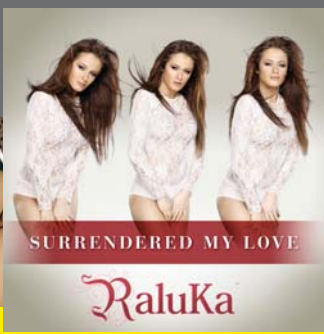
### TOP 25 by DJ BALLA

1. LLP feat Julie Ann & DiamZ – Don't Stop The Music
2. Deepcentral – So Divine
3. Andreea Banica – Could U (extended MIX)
4. Surrendered my love – RaluKa
5. Sunrise Inc – Mysterious Girl (Addictive Elements Remix)
6. Martin Silence feat. Kika – Me and You (Original Mix)
7. Andreea D – So Real (Club Edit)
8. Fabio Da Lera & Alenna – One More Night
9. Iulian Florea feat. Stephanie Kay – Hide (Club Mix)
10. Say My Name – Nicko (Nikos Ganos)
11. Alex – Don't Say It's Over [Deepside Deejays Remix]
12. INNA – Alright (by Play&Win)
13. Kamelia vs. Dj Asher & ScreeN – U Can Do It
14. Alexandra Stan – Lemonade (Andeeno Damassy Club Mix)
15. Tony Ray ft. Gianna – Chica Loca - THE PEREZ BROTHERS & DJ PM Official Remix
16. Soranna – You (Stephan F Remix Edit)
17. Nick Kamarera Feat. Phelipe – Reason For Love
18. Johnny Day ft. Matias Endoor & Evelyn – Only One
19. Radio Killer – Is it love out there
20. George K. feat. Chloe Carville & K.Stivaktis – Saxo Love (Original Mix)
21. Alex Velea – Minim doi (Andeeno Damassy Club Mix)
22. Deepside Deejays – Look into my eyes
23. SUNSET54 – Another Day (by Fly Records)
24. Dony – Mi Hermosa ft. Alex Mica
25. Adrian Eftimie – Lost And Found

PLAYING NOW  
 @ VANILLA!



Say my name, why don't you  
 say my name  
 Show me how to feel no pain  
 Say my name oh baby can't you see  
 You have got a hold on me



I'm so alone  
 And now I really  
 wanna make you  
 come along  
 I just want you to see  
 You're the only one  
 for me



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*Let's get Together!*

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