

VANILLA CAKES & LOUNGE MAGAZINE – SERVED FREE

ISSUE 5

VANILLA

SUMMER
2012/13

Welcome
New Wave
of
Greeks!

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EDITOR'S LETTER



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Welcome to the fifth issue of Vanilla magazine. Summer is here, finally! This year I have set a personal goal to stock up on as much vitamin D as possible by getting out and about. After all we have to practice what we preach, and in this issue, we at Vanilla say GET OUT! THIS SUMMER. This brilliant campaign promoting the best way to enjoy the summer season, which is outdoors, was put together by Vanilla magazine's newly appointed assistant editor Raquel Neofit whom we welcome with open arms.



And speaking of welcoming with open arms, that's the big theme in this issue. The new wave of Greek migrants can only be described as history in the making and we at Vanilla feel part of that history. Contributor Maria-Irini Avgoulas has been writing about the migrant experience in previous issues and again offers her insights about the new wave of migrants.

Urban philosopher Lee Andrikopoulos enjoyed a frappe with theatre and film veteran Antonios Baxevanidis who hasn't let age get in the way of doing what he loves best, acting.

The new fotoromanzo features some new talent including Vanilla's regular patron and friend Kiri Tsitouridis.

Effi Bikouvarakis returns as our fashion editor with a beautiful article on summer fashion. Joanna Psarakis has written an insightful article on 'the seven principles of health'. There is some expert beauty advice on make up by Raquel Neofit and Maria Roucci. And Sonja van As gets serious with some real horoscope advice.

Toula Bourmas from Last Laugh at the Comedy Club also joined our ranks as contributor in a revealing interview with George Kapiniaris and with some anecdotal stories about what really goes on behind the scenes in the comedian world.

This issue also features interviews with Andi Lew who talks to Raquel about her newly released book 'Eat Fat Be Thin', and so does Cristian Saavedra from The Quarter Street Orquesta who shares his secrets about New York salsa.

And my alter ego, Dj Balla has put together the new top 30 in SUMMER 2013 VANILLA CHART.

Have an awesome summer!

NIKITA BALLAS



CONGRATULATIONS
TO

*Vivienne
and
Tony!*

BRIDE AND GROOM
@ VANILLA

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FRAPPÉ WITH LEE

Welcome all to the summer edition of Frappé with Lee. Finally the sun has arrived and spirits have lifted! The festive season or should I say the silly season has also arrived – so make sure this summer you make an allowance for some silliness in your life or at least some down time! For many 2012 has been a challenging year, we all lead such busy lives, what with work commitments, kids, schools, activities, financial responsibilities, social commitments, deadlines to be met and targets to be achieved...

Bravo! Well done! Now make sure you give yourselves a big pat on the back and take a break to smell the roses. Make sure you take the time to chill! Or should I say... "halaraloste". Can you taste that frappé yet?

May you all have a fabulous summer and don't forget the sunscreen while you're having Fun in the Sun!



ANTONIOS BAXEVANIDIS – KEEPING IT REAL



This issue I've caught up with Antonis Baxevanidis – an elegant yet humble man with a confident dignity and passionate approach to life. A first generation Greek Australian who made the journey from electrical technician to become one of Melbourne's cultural treasures in the world of theatrical arts.

Antonis, how did theatre win you over?

As a youngster in Greece I started off as an electrical technician, however I always had a fascination and love for the theatre. I would have been about 10 years old, when I recall visiting my first theatrical performance "Golfo" which arrived in my home town of Thessalonica. This was the first of many performances that inspired me to pursue my love for the theatre.

And then you came to Australia...

When I arrived in Australia in 68' my English was extremely limited however my love and motivation for the theatre was still there. It took me 7 attempts to get accepted in to my first Drama school where I studied Stanislavski methodology with Shayna Hevron in Melbourne – persistence does pay off!

Apparently it does!

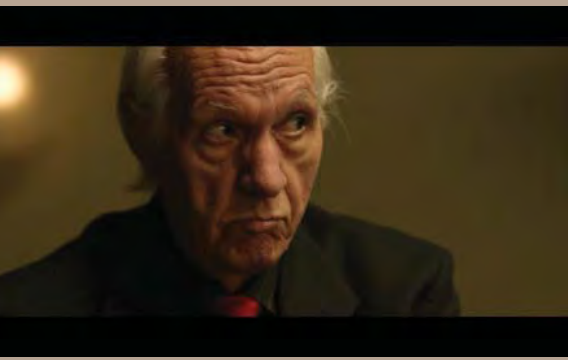
Subsequently it opened the doors for my further film studies at Crawford Production. Interestingly in the early 70's, although my English was still relatively limited, I found a lot of encouragement and support from fellow actors and instructors. I remember my first role in Australia; I performed a scene in English and had no idea what I was saying. Of course I'd researched what my role and scene meant, but I had learned all the words phonetically and with my acting skills endeavoured to breathe life into the scene. It was challenging to say the least.

Your English is very strong...

As a Greek residing in Australia I felt it was imperative to learn the English language, why wouldn't you want to learn the language? It was important to get involved with the Aussie community, and furthermore the arts and theatrical community.

In latter years I acquired a photography business which allowed me a living and also a creative release. Some of my fondest work involved photographing Nelson Mandela an image later used by KODAK.





"One Flew Over the Cuckoo's Nest"



Rehearsal for Salonika Bound at lamama with Hannah Greenwood

What did you get out of theatre?

As a theatrical actor there was much to be learnt and appreciated including a balance of the ego. It's not about getting the "big" role! But rather taking small roles and making them big! And as I've often said "there is no small part, just small actors". At all times there must be a respect for the audience! It is expected that the audience gives nothing, it's all about the actor giving 100%. In my eyes there is a responsibility an actor has to the theatre, as the theatre has a responsibility to their audience.

How did you deal with reviews?

Positive feedback has always been appreciated. One of my favourite reviews was for my role in the theatrical adaptation of *"One Flew Over the Cuckoo's Nest"* which involved extensive research to take ownership of the part as a patient in a psychiatric ward, a performance I was proud of! In fact, I would go as far as to say that the life of the theatre is a world of life research through having the opportunity to constantly explore new characters and emotions. Great reviews are the cherry on top.

Your favourite role?

Over the years my favourite role was in *"Salonica Bound"* where I played the role of Leo, a Jew in the prison camps of Auschwitz. I researched this role and placed myself in the mind and life of a man held in a concentration camp. I found myself immersed in this world as I took ownership of my dialogue as a prisoner of war back in 1942. At that

point my wife asked if I could take the rubbish out, to which I responded "I'll get it once I'm out of Auschwitz"!

I have to say, you have inspired me with just a few words, not to mention the fact that you are still going strong with the performing arts. What's your secret?

Looking back, I feel I've lived a privileged and interesting life, certainly not boring! And my advice to the younger generations is one of positive spirit and passion in all you do. Be prepared to rise to a challenge, always aiming to be the best you can be. In the game of life you only get one chance, so make sure you do what you love and put on your best performance. Take pride in what you do and always aim for the stars!



Antonis with fellow Dream of a Shadow cast members (from left) Peter Stefanou, Tony Nikolakopoulos, Spiros Cheliotis and Nikita Ballas. During filming @ Melissa cake shop Thornbury.

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WELCOME! "This established Greek community of Melbourne has assisted the new wave enormously with their transition..." – a scene from *Dream of a Shadow* recently filmed at the Pancretan Brotherhood Club House in Wantirna South (photo by Carlos Tomich)

Welcoming the new wave

Ms. Maria-Irini Avgoulas

For decades, Greek migrants have been building a new life in their second home (πατρίδα) of Melbourne, which has the world's largest Greek population outside of Greece. The majority arrived between 1945 and 1982, after WW2 and during the civil war in Greece. Stories of migration echo the difficulties this generation experienced after approximately 30 days at sea and in a new country where they didn't know their surroundings, the language or way of life. In most cases, only a few days after arriving they were knocking on doors asking, 'any job for me?' They did not complain but worked hard as they hoped to return to Greece in a few years time. However, for most of them this dream was never realised. The years rolled by and before they realised it they were married with children, and the dream of returning to their πατρίδα was slipped away as Australia slowly became their new home. These migrants are

now elderly and have been Australian citizens for many years, pledging their commitment to Australia while preserving their own cultural heritage.

Migration from Greece to Australia, however, did not stop with this generation. The current economic crisis in Greece has seen a new wave of migrants who share the hope of Australia as a country of opportunities. This new wave feels that the opportunities exist only for those that truly want to work and are conveying this to the young people in Greece. At a community level, the Greeks of Melbourne have churches, schools, newspapers, pay TV channels, and youth, elderly, welfare, social, cultural and sporting organisations. This aspect of cultural maintenance was important for the original migrants. They invested very heavily in maintaining their culture and Greek way of life over the years.



"They invested very heavily in maintaining their culture and Greek way of life over the years..." – scene from ***Dream of a Shadow*** (photo by **Carlos Tomich**)

This has not always been easy, particularly in the early years when they were not permitted to speak Greek at work. They were not allowed to take time off for religious events such as Good Friday, in many cases being told by their employer, 'if you choose not to come to work on Friday, don't come back on Monday'. Both the migrant generation and the first generation experienced racism in the community, often being referred to as 'wogs'. What have all these experiences truly meant for this original wave?

This established Greek community of Melbourne has assisted the new wave enormously with their transition. The aspirations of the original wave have maintained Greek culture and developed the community of Melbourne and also play a crucial role in a smoother adjustment for this new wave. Does this mean it's easier for these young people? The answer, in fact, is no. The new migrants are experiencing their own obstacles, particularly in being accepted and feeling the need to 'prove themselves'. The media has viewed the Greek people in Greece as lazy as a result of the current crisis, so the newcomers often feel that they need to disprove this. Just as before, these young people are hard-working and have goals and aspirations for a better life. This is a key characteristic of Greeks going back to classical times and of modern people with the 'survival

instinct". This is a characteristic shared by both waves. The new wave describes Australia as a place that 'helps you forget the crisis in Greece' and, because of their survival instinct, wonder 'how am I going to survive in this new world?'.

However, this new wave faces another unexpected challenge in the memory culture of the old way of life in Greece created by earlier migrants. Could this be why Greek Australians feel like foreigners both in Australia and in Greece? Newcomers feel the new little Greece of Melbourne is like the old Greece of the 1970's. Could this be where the confusion lies? Melbourne Greeks are described as 'more patriotic' and Melbourne is said to be more cultural. What does this actually mean for this diaspora? Will the new wave feel as lost and confused and have the same mixed emotions the original migrants felt? What will this mean for cultural maintenance? This new wave feels that Greece has changed and that the Greek way of life is very different nowadays. What kind of memory culture will this new wave create for the Greek community of Melbourne in fifty years? This new wave also wants to maintain the Greek culture, language and way of life but the Greece they know is not the same Greece the original wave remembers. Maybe the upcoming film ***Dream of a Shadow***, currently being filmed in Melbourne, which deals with the topic of the new wave of Greek migrants, will explore some of these questions.

Ms. Maria-Irini Avgoulas

PhD Candidate Deakin University
/ Associate Lecturer La Trobe University



Dream of a Shadow –
(photo by **Carlos Tomich**)

WELCOME *New Wave* of **GREEKS!**



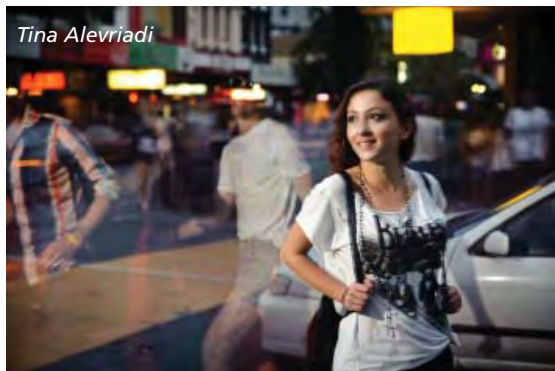
Photos by Con Milonos

By Nikita Ballas

The last two to three years have seen a growing number of Greek migrants coming to Australia, seeking a better life and opportunities to shape new dreams. Vanilla has been a point of reference for many new arrivals. Here they meet other fellow Greeks and establish new contacts and networks. Here they receive advice and information from the new friends that they make. Here some have even found employment, making their first steps of integration within mainstream Australian society.

In return, we have been enriched by their presence as they bring with them a fresh positive energy, and as we have discovered, many of these Greeks are very talented and skilful in various areas. The determination in their eyes, their commitment to succeed and their zest for life are obvious to everyone that meets them. We give as example the wonderful young people that we met at Vanilla.

Tina Alevriadi, 18 – Australian born but raised in Greece. She recently returned to Melbourne to complete her University studies. *'From a very young age I was impassioned and greatly influenced by Ancient Greek Art, mythology and contemporary Greek artists'* she told us. She now seeks a successful career in the field of Fine Arts and Design and hopes that in the future she will be given the opportunity to represent her work in Australia, Greece and in other countries.



Tina Alevriadi

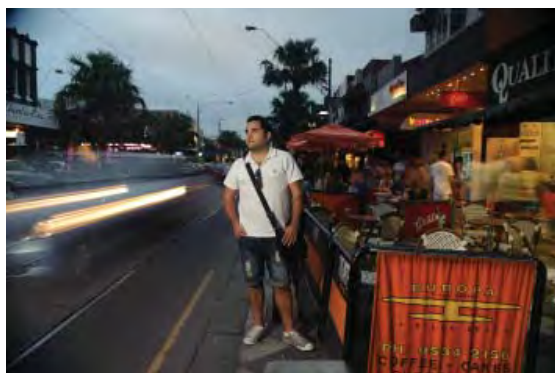


Inspired by Ancient Greek Art – statue of

'Sandalizousa Niki'

(Niki fixing her sandal) – charcoal drawing by **Tina Alevriadi**

Her first cousin **Aris Alevriadis**, 25, came two years ago from Athens and since then has been working at a sheet metal company. He has completed his Certificate IV in Competitive Manufacturing. We asked him about his experience as a new wave migrant. *'My life has changed a lot since the first day I came to Australia. I have been meeting people from the Greek Community who helped me adjust to a new way of life, and explore Melbourne. Due to the recession in Greece, many people in my age group have migrated looking for a better future. I believe Australia is a country with many opportunities and with people who are willing to give you a friendly hand as compatriots, "mates" as you say here.'*



Aris Alevriadis

To these young people, and to every other Greek migrant coming to Australia, we say welcome!

There are so many things we could say to you, so much information to give you about what to expect in Melbourne, where to go what to do. Obviously a couple of pages in a magazine are not enough for such a task. Yet, we would love to offer you a few welcoming words.

As you will discover, you haven't really come to a foreign country. Apart from the large Greek community that has embraced you and is here to support you, you have come to a nation that shares the same values with Greece. In a way, all Melbournians are Greeks, even if they don't know it! Where does one begin...

Here in Melbourne we all love the water, we love our beaches and the blue sky, and jokes about Melbourne weather aside, we actually get a lot of beautiful sunny days throughout the year. So, the feature article in this issue about getting out this summer and hitting the beaches applies to you too. Get out! Go down to the Mornington Peninsula and explore all these beautiful beaches. Just don't forget to stop by Vanilla first for your take-away 'frappe'.

Then we have culture. For the second year in a row, Melbourne has been ranked as the most liveable city in the world, and one of the deciding factors was it's rich culture. Arts, music, theatre, entertainment, dining, cafes, and most

importantly, friendliness is all there for you to enjoy. As you integrate within the mainstream society you will discover that Aussies also know how to throw a good party!

Values are another common denominator. You bring with you that unique Greek virtue called 'filotimo' (literally 'love for honour'), a word that many have struggled to translate in English, for the simple fact that not one word can translate it. It is an umbrella term for a host of virtues like courage, grace, humility, understanding, charity, dignity, self respect, a strong sense of duty and sacrifice, and an undying commitment to freedom. Even the ancient Greek philosophers struggled to define it and Sophocles called it a mystery.

The Australians have their own equivalent complex term, the Anzac Spirit, which in fact was experienced first-hand by Greeks during the war recognising the Australians as brothers in arms. As the war historian C.E.W. Bean described it, the Anzac Spirit stands, for 'reckless valour in a good cause, for enterprise, resourcefulness, fidelity, comradeship and endurance that will never own defeat.' So there you have it, you come to a country filled with 'filotimo', which will make you feel at home.

The love for freedom, democracy, equality and human dignity is common to Greeks and Australians as evidenced by decades of harmonious and productive co-existence. In short, Greeks and Australians are a match made in heaven!

To further illustrate the proposition that Aussies are more Greek than they know, consider how Greeks and Australians share a 'live and let live' laid-back approach to life. The Australian slang phrase 'she'll be right mate' is almost a perfect translation of the Greek equivalent 'den bariesai file' (do not bother my friend)...

The list of common values could go on and on, and just to name one more, 'filoxenia' (hospitality), you will feel always welcome to Australia, home to many races and cultures, all protected and celebrated by a strong and healthy multiculturalism.

And as a bonus, you will find here a healthy egalitarian and pro-freedom political system, expressed by the phrase 'fair go for all citizens', the closest you can find worldwide to the ideals of democracy.

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WELCOME NEW WAVE!

DOAS co-creator and lead actor Spiros Cheliotis with actor/model Hollie Nilsson playing the role of Vanilla manager!



Beautiful young actor Tahan Lew on set @ Vanilla

One of them is Spiros Cheliotis with whom we engaged in lengthy discussions about the challenges faced by all the new arrivals. One thing led to another and we decided to explore this 'history in the making' by dramatising it as a web series, which soon morphed into a bigger scale international project thanks to Tom Kondo and Christina Kato with whom we joined forces as co-producers. Renown Greek director Marina Leontari is the latest addition as co-producer, while Greek stars Ioanna Pilichou and Sunny Hatziargiri made headlines by joining the cast in Greece. Several other wonderful people have come on board as cast, crew and production assistants to help us realise the dream of this very ambitious project, aptly named Dream of a Shadow.

DOAS was filmed on location in Athens and Melbourne with the first stage of production filmed through-out October and November. After a short break, filming resumed in December and will continue until May 2013 when we'll film the final scenes in Athens for the feature length tele-movie.

From the start of this project, the owners of Vanilla have been supporting us because they themselves have experienced first hand this amazing new wave of Greek migrants. Inevitably, as large parts of the story are loosely based on true events, Vanilla was a main location for filming. For four days and nights in a row the cameras were rolling throughout Vanilla and the support we had from all the management, staff and patrons was simply overwhelming!

Enjoy the photos from the filming marathon @ Vanilla.

DREAM OF A SHADOW @ VANILLA

By NIKITA BALLAS

Imagine leaving everything behind you to travel thousands of miles away to seek a better future. Imagine parting from family, friends, spouse, girlfriend/boyfriend, your home town, your country, from all your comfort zones in order to take the big step of migrating to another country.

This is how this beautiful nation, Australia, was built – by people leaving everything behind them to come here for the pursuit of new dreams. The shock and trauma of migration is a big topic that can never be adequately examined or understood by historians and sociologists. Migration is a deeply subjective experience and every migrant has his own story. Yet, I believe that these are stories that need sharing and telling, in order for us to learn more about the human condition.

The big new wave of Greek migrants coming Down Under, most of them in Melbourne, are like a breath of fresh air,

not only for the Greek community but also for mainstream Australian society.



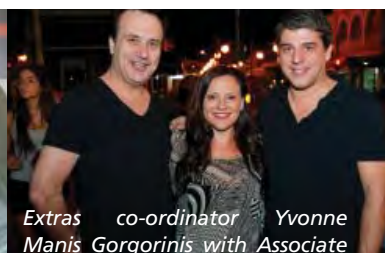
And Vanilla has been a major, if not the biggest meeting point for the newcomers. What better place for them to feel at home and establish the necessary new networks that can help them adjust in the new reality of living in Australia?

It is no secret that Oakleigh has become the de-facto new Greek precinct in Melbourne. Supported by a multicultural friendly Monash Council and local politicians like Ann Barker, Oakleigh has emerged as a shining example of multiculturalism at its best. The revamped Eaton Mall is the place to be this summer with European-style cafes and continental shops attracting visitors not only from the rest of Melbourne but also from other cities.

I have experienced this new wave of Greek migrants first hand and I've befriended many wonderful people.



Vanilla founder and owner Thanasis Spanos getting ready for 'action' – playing the role of himself, of course!



Extras co-ordinator Yvonne Manis Gorgorinis with Associate Producer Paul Sougleris (left) and Vanilla owner Chris Ballas (right)



Vanilla's own Themis Tzanis and Stratos Rodney Attalidis – themselves also new migrants, getting ready for action. The two have major roles in DOAS. They are Spiros' best friends and the reason he came to Australia.



Spiros Cheliotis with Vanilla owner Vicki Ballas



Vanilla manager Chantelle Correale in a scene @ Vanilla kitchen



From left, Jim Grivas, DOAS Producer / Art Director Christina Kato, Nikita Ballas, Vicky Papazoglou and Victorian M.P John Pandazopoulos.



Team building: Visiting Greek unit – from left Daphnie Mantzouranis, Dimitris Pantazis and Marina Leontaris



Spiros Cheliotis with DOAS media partner OPA! Magazine's Jim Grivas, who was also recently sworn in as Councillor for Manningham City Council yet still made the time to be added to our cast!



Visiting Director and DOAS co-producer Marina Leontaris with Greek unit D.O.P Daphnie Mantzourani.



Producer / DOP Tom Kondo

For more photos and updates visit dreamofashadow.com and www.facebook.com/DreamOfAShadow



Assistant producer Phil Whynot



My right hand woman, 1st Assistant Director Antohnia Lyovtzsis



Table reading with actor Tania Wieclaw

GET OUT!



Summer's here, so we at Vanilla encourage you to...

Get Out!



By Raquel Neofit

Victoria has so many great locations to explore, for a quick 'city slicker escape' head down to South Melbourne, but for those of you with more time up your sleeves.... join Vanilla this summer as we head down south to the bay-side towns of the Mornington Peninsula.

So what are you waiting for, read on to discover our 10 top treats on the MP while you finish your coffee, then grab your togs

and havaianas, pack a picnic and hit the glorious Mornington Peninsula! But first, make sure you visit the Vanilla bakery and stock up on all your favourite desserts to fill your picnic baskets...

Whether it's food, wine, surf or turf you crave this summer, the MP's got you covered with loads of hot spots and happening attractions to keep every member of your family happy, relaxed and lovin' life.



GET OUT!

Don't sit cooped up inside and be a bore this summer, get out and have some fun, get some exercise, cool off, eat and get ready for a hot summer adventure...



Photos by Con Milonos

1. FOOD AND WINE



We just wouldn't be Vanilla magazine if food and wine wasn't at the top of our list! From fish and chips on the beach to top-notch pub meals at the Portsea hotel, and platters for sharing at hidden lakeside wineries – winery tour on horseback anyone? You can even retreat to Little Italy with an authentic pizza from Mornington's D.O.C pizzeria – served with a smile and a sexy 'Ciao Bella!'

Or take the high road, head towards the hinterlands and keep your eyes open for farm-gate produce and gourmet food shops and stalls – locals even sell home-made preserves and delicacies. Make sure you drop into the Sunnyridge Strawberry farm for 'pick-your-own' strawberries, the kids love stumbling around in the fields. And for us grown-up kids, the coffee and desserts are to die-for! Check out the MP Gourmet website for a map and extensive list of sellers.



Sweet treats at Sunnyridge Strawberry Farm

Boutique dining, lakeside, at B'darra Estate winery – ahh food, glorious food!

2. THE BEACHES



A pleasure on the MP is their variety of Boutique wineries that off the beaten track – blink and you'll miss this one – B'darra Estate owners Linda and Gavin Perry and their award winning raspberry wine



Dromana beach – A safe haven for kids of all ages

Surrounded by great bodies of water on three sides, there's a beach to suit everyone. Head to the top of Main Street, Mornington, for the old faithful safe-and-sound Mothers Beach, the perfect hang-out for families, or, if a surfing paradise is more up your alley, follow the coastal roads and head through the back-beach sand dunes. Prefer great

GET OUT!

views? Catch a glimpse of French Island as you wind your way through Hastings and play around in the waters of Bass Strait. Maybe throw in a fishing line from the Hasting pier and try your luck at catching your own dinner to cook on one of the many foreshore barbecues!



3. WATER SPORTS

What's a visit to the seaside without throwing in a floating vessel of some kind? Hire a boat or a kayak, hit the skies on the back of a speed boat strapped into a parasail, or hitch up your water-skis and hit the bay. For a truly memorable experience, swim with a majestic dolphin or learn to snorkel or dive in the calm waters of Port Phillip Bay. Cruises and charter fishing also operate all over the MP.



4. PARKS VICTORIA

Don't think we've forgotten you nature lovers! On the highly recommended list is Point Nepean National Park. Explore the underground chambers and secret passageways; it's a long trek from one point to the other so hire a pushbike onsite and use peddle power to make your way to the southern-most point of Victoria. The Parks Victoria website also has a list of recommended walking trails and tour guides if you don't want to hit the bushland on your own.

5. CARNI-VAL

Forget Rio or Venice, Rye and Rosebud has you covered these holidays with carnival fun for the whole family. Okay, okay, so it's not quite the same as Rio but it's a hell of a lot closer and cheaper!

And since we're on the topic of carnival atmosphere, the MP holds an assortment of festivals, market days and free events over the summer months celebrating everything from art to wine to sand, and to music and science. Check out the MP website for up-to-date details.



6. COUNTRY HORSE RACING

The Melbourne Spring Carnival might have wrapped up for another year but the MP holds some fun and exciting 'picnic race days'. Picnic racing is a relaxing day out filled with heart-pounding excitement – especially if your filly is in the lead and you're set to win big! It's a social atmosphere, perfect to fill in a day with good friends and a great wine. Girls, it's time to frock-up and check out this summer's Vanilla fashion and beauty pages while your spunky men friends take the opportunity to wear their best threads and hit the Balnarring Country Racetrack – There are five country meetings from the 8th of December to the 30th of March, with a Christmas meet thrown in for holiday cheer and the Balnarring Cup on January 26th 2013 – even the kids are welcome at the country races! For dates and details go to www.countryracing.com.au



7. LOCAL ATTRACTIONS

'Get Out' and get lost at the Ashcombe Maze and Lavender Gardens, or the Enchanted Maze. Throw your leg over a horse at Ace-Hi riding ranch, or pat a sting-ray at the aquarium. Try your hand at mini golf in McCrae then cross the road to visit the old lighthouse. There are so many attractions to keep the kids amused, you won't know where to start! Another amazing experience through the summer holidays is the sand sculpting exhibition on the Frankston foreshore.

8. GOLF BUDDIES

The MP is home to some of the best golf courses Australia has to offer and with 18 different courses there are choices to suit every budget and skill level. The exclusive Moonah Links private golf club is home to the Australian Open, or, if a cliff-top experience appeals more to your holiday desires, charge up the golf buggy and cart on down to the Flinders golf club.



9. SORRENTO

You haven't lived until you've spent the afternoon wandering around the sea-side village of Sorrento, Victoria's version of Noosa in Queensland. Boutique shops selling gourmet foods, designer resort wear, jewellery and exclusive designer home decor, fab cafes, art galleries, million-dollar mansions and Sorrento's legendary pier – spend the day seeing how the other half live!



Chinaman's Hat, Sorrento



Boutique shopping in Sorrento

Fish & Chips @ Sorrento – because the simple things in life are often the best!

10. RELAXATIONS

Hot springs, massages, mud wraps and full-body exfoliates, facials, hair salons and nail technicians – lose yourself in tranquillity and escape the hustle and bustle of everyday life with a wine and wish. Indulge at the Peninsula Hot Springs with a therapeutic soak in natural mineral spring waters or book into a B&B for an afternoon of pampering.

But make sure you join us for lunch or dinner when you get back and tell us all about it!

MY FAVOURITE MP ESCAPE

There is one place on the MP that I just cannot resist spending the day at – Mornington.

A delight for shopping, eating and relaxing, and so much for the kids to do. Mornington has protected beaches, a massive seaside park complete with a timber sailing ship, delectable ice-cream and a resort-style atmosphere. It's one of my favourite places in the world. If you stay for a few days, try to be in town for the famous Wednesday Main Street Markets. But my favourite hidden Mornington secret is tucked away indoors at the local Centro shopping centre – Royal Hands Chinese Massage near Target is heavenly and affordable!

For full details of attractions, events and festivals, visit www.visitmorningtonpeninsula.gov.vic.au or for info on the MP food trail visit www.mpgourmet.com.au

Get out this summer!!



GET OUT!

SAFE Summer SUN FUN

Okay, we all know that we should stay out of the sun between 10 am and 3 pm, but when we hit the beach or the seaside towns for the day we tend to forget this sun safe rule. So wise up and take these steps to be sun savvy this summer:

Apply a high protection sunscreen – regularly – re-apply after swimming and don't forget lips and feet.

Don't be a Wally and whack on a hat and UV protection sunglasses.

Opt for UV protected swimwear and make sure the kids have long sleeved rashies.

Try to find some shade – those little sun-shield tents have dropped in price over the years, invest in one for a day at the beach.

MAMMA MIA – HELP!

Inadvertently, we'll all experience sunburn at some stage of our lives. If you do burn this summer, make sure you stay out of the sun until it's cleared, drink plenty of water, apply a soothing gel like aloe vera and avoid hot showers – a cool shower, on the other hand, can provide relief from sore, red skin.

If an infant or child suffers sunburn, seek advice from your doctor or pharmacist.

All information provided is general advice only and medical attention should be sought in severe cases.



DID YOU KNOW...

In June 2012 changes were made to the AUS sunscreen standards raising the maximum SPF to 50.

2012 research indicates that most Aussies don't apply enough sunscreen or re-apply sunscreen often enough.

So smarten up beach and sun lovers, inefficient SPF protection not only leads to skin cancer but causes premature aging and wrinkles – stay sexy for longer!

By Raquel Neofit



ALL WINDOWS OPEN

and other stories

By **Hariklia Heristanidis**

“All Windows Open” the novella that opens Hariklia Heristanidis’s first collection of fiction, is a witty, fast-paced romance set in Melbourne. It tells the story of Chrissie Triantafillou, a Greek girl growing up in the 1980s. Chrissie is self confessed shallow person. She’s a bit of a princess, she has no sense of smell, she has been cursed by her mother, and she is passionately in love with her cousin George.

But relationships between first cousins are strictly taboo in the Orthodox community; and anyway Chrissie has a boyfriend, and George has met Dora while travelling in Greece, and is engaged to be married. Even so, Chrissie can’t help fantasizing about George and wonders whether he might harbour inappropriate feelings towards her too.

There is guidance from Mrs. Mavros, the coffee-cup seer, and there is interference from her neighbours Mrs. Xanthos and Mrs. Evans. And just when Chrissie feels most alone and does not know what to do, something happens.

Seven short stories make up the remainder of the book, where we meet a variety of other interesting characters: Elizabeth, a sticky beak at open house inspections, Steve, a collector of household gadgets, and Eric who is divorced, drunk and living in a London share house.



This is a funny and delightful collection that is sure to please.

“All Windows Open is a basically a love story,” says Hariklia Heristanidis about the novella that opens her first book of fiction, “but being set in the 80s it also says a lot about community—the old-fashioned kind, where neighbours take an interest in everybody else’s business.”

“I was interested in the way first generation immigrants, like my parents, transferred village life in Greece to inner-city Melbourne,” Hariklia says. “But I suppose it’s also timely given the rise of online communities. It’s interesting to compare Twitter and Facebook feeds to good old fashioned peeping through curtains!”

“But you don’t need be Greek or a busybody to enjoy the story,” says Hariklia. The central story is about the doomed love between Chrissie and her cousin George, but intertwined with this is the affair between resident coffee-cup seer Mrs Mavros and a married man from the neighbourhood.

Critical to the story is Chrissie’s Anosmia, a condition that means she has no sense of smell. “I was interested in how we sense things, unconsciously,” says Hariklia. “Out of all the senses I think smell is the most mysterious. And I wondered how a person’s intuition might be affected when this sense was compromised.”

When asked about critical versus popular success, Hariklia says, “The former is good, but the latter is better. I want my words to be enjoyed, not taken like medicine.”

Publisher Clouds of Magellan Publishing

GOOD GOD, ITS GOOD FAT!

BY RAQUEL NEOFIT.



This summer we caught up with author Andi Lew, to discover the philosophies behind her new book, *Eat Fat Be Thin* and get the low-down on why eating fat can help you to lose fat!

Co-author and the inspiration behind *Eat Fat Be Thin*, Andi Lew, is an advocate for natural health and healing through her wellness centre in Melbourne and inspires the country with her many television appearances and magazine articles. Her first book, *7 Things Your Doctor Forgot To Tell You*, was co-authored with Dr Damian Sipsper. Now, after conquering the challenges of a wakeful baby, and sharing her knowledge with the world through her second book, *The Modern Day Mother*, she's teamed up with Dr Natalie Kringoudis to address another problem facing mothers the world over – How to stay thin and healthy while offering our families sweet treats that improve our health, without failing the taste test...

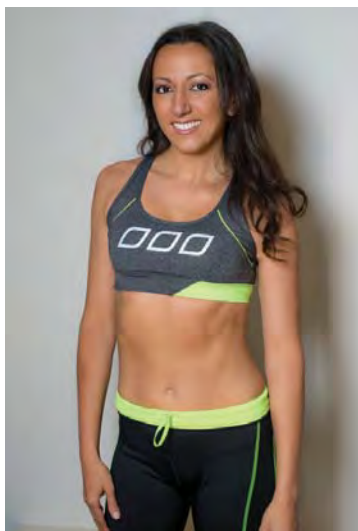
Where did the inspiration for 'Eat Fat Be Thin' come from?

While working in the wellness profession with my husband Dr Warren Sipsper at our wellness centre, we

became privy to cutting edge research about health, healing and nutrition.

When my son Beauty was born I began writing. I wrote *The Modern Day Mother – Babies and Sleep from Womb to One* and started writing *'Eat Fat, Be Thin'*.

Since opening Sipser Family Chiropractic Wellness Centre in Elwood, I was always eating very well and finding alternatives to sugar, dairy and wheat. I would alter



all my recipes to include these healthy alternatives and our patients, or my 'fans', would ask when I would share my recipes, secrets and philosophies. So eventually I decided to do just that! Right towards the end I asked Dr Natalie Kringoudis to join forces with me and validate why eating these good fats are good for you on a hormonal level too. It was a bonus that she's a fun girl, easy to work with and had some amazing recipes to contribute!

Tell us about the philosophy behind 'Eat Fat Be Thin'?

Most people think that to be thin you must avoid fats but it's actually imperative to eat fat in order to lose weight! Let's clarify – these are 'good fats' (EFA's – essential fatty acids) and they are actually essential! What we do need to avoid are trans fats and sugars. The book explains which fats when and helps you find sugar alternatives.

What distinguishes your 'Eat Fat Be Thin' philosophy from other fad diets that circulate our bookstores?

It's a one step process. You just need to do one thing – start eating good fats and ditch the bad ones! The reason why



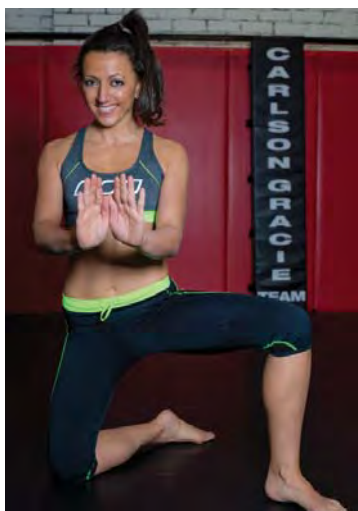
most other diets don't work is because they're restrictive and impossible to follow over a long period of time.

What do you find are the biggest food hang-ups people have?

People are way too hung up on calories, types of calories and low-fat this or that. If you see packaging that says 'low-fat' you may as well be reading 'chemical shit-storm'. We need to focus on eating food that is as close to nature as possible. Live foods give us life. They're also higher in nutrition, which help satiate the brain more, especially organic food, which tells a part in the brain – the amygdala – that it's full. This is what then tells us we are no longer hungry. Not from volume, but from being full on nutrition. Good quality fats help your brain feel full and feed it what it needs to thrive and drive the rest of your body.

What's your 'can't resist' food – something you just can't pass up?

I train martial arts, BJJ or Brazilian Jiu-Jitsu, and it's a very intense all-over body workout, so I need food as fuel. Sometimes, after heavy training, I really crave chocolate or salty sunflower seeds. The salt craving usually means I'm just dehydrated and low in magnesium. You can still eat chocolate, especially



if exercising at an intense level. The best kind to eat though is one that is sugar free and made with cold pressed organic coconut oil, like the Loving Earth brand. It takes away the craving and satisfies you – which means you don't feel like feasting as much of it. Lots of our recipes have sugar free and dairy free chocolate recipes in them too.

What do you believe is the most common food misconception?

That you can get all your calcium needs from consuming cow's dairy. The best form of calcium is in dark greens

and sesame seeds or tahini, figs and sardines. In my first book, *'7 Things Your Doctor Forgot to Tell You'*, there's a whole chapter about why we are 'mooing away from milk', and we included this information in *'Eat Fat, Be Thin'* too.

Can you give our readers one tip to help them change their mind-set to start their journey towards optimal health?

You CAN have your cake and eat it too! Ditch the sugar! You're sweet enough!

VANILLA HAS A HARD COPY OF EAT FAT BE THIN AND AN EBOOK TO GIVE AWAY – TO ENTER JUMP ON OUR FACEBOOK PAGE, HIT THE LIKE BUTTON AND TELL US IN 25 WORDS OR LESS WHY EAT FAT BE THIN COULD CHANGE YOUR LIFE IN 2013 – TELL US WHICH COPY YOU'D PREFER

Book available in stores and via www.eatfatbethin.com.au

Keep an eye out for **Vanilla's web extra @ www.vanillalounge.com.au** for Andi and Natalie's delicious, super-healthy Orange Chia Seed Cake & Raw Chocolate Brownies recipes and book review

Chiusura



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

PERSONAGGI E INTERPRETI

BRUNELLA – CHRISTINA PANAGIOTOPOULOS | ADRIANO – ARIS PARENTE | ELENA – NATALIE HESLOP | CYRUS – KIRI TSITOURIDIS

STILISTA – DONNA BILLING (HAIR EXTRODONNAIRE)

TRUCCATRICE – ALEXIA MAKE UP ARTISTRY

MODA FEMMINILE – GANACHE FASHION BOUTIQUE

ASSISTENTI – SPYRIDON CHELIOTIS & PAUL SOUGLERIS



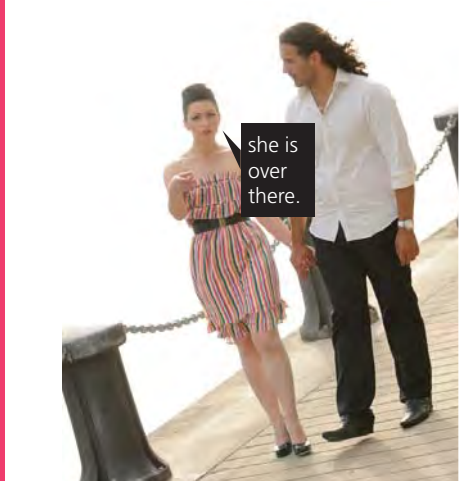
How did you do this? In only one week I am crazy for you.

So you are over your ex?

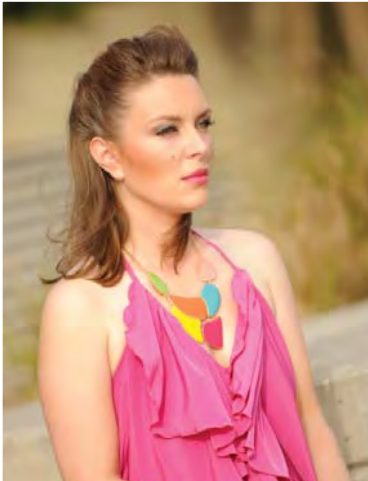
Good, because, guess what.

Yes, I only think of you.

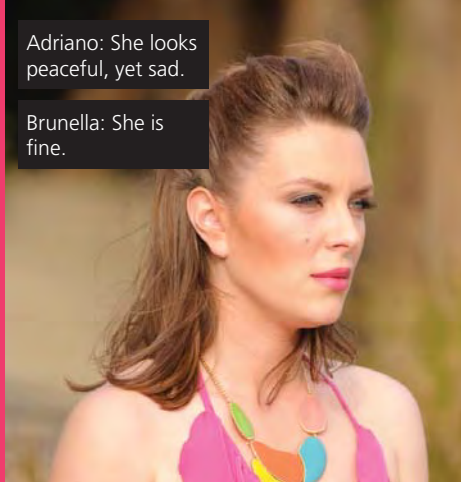
What is she doing there on her own?



she is over there.

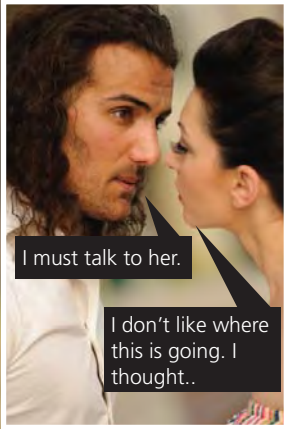


Probably had a fight with her date. Rings a bell?



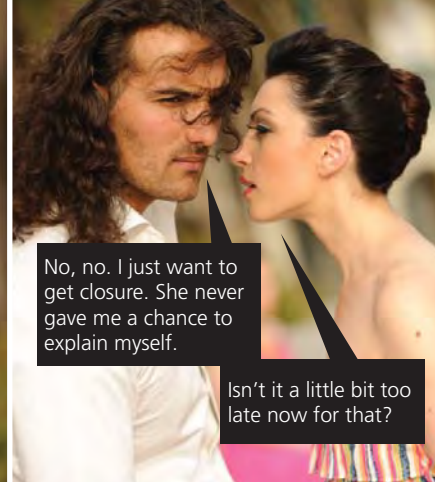
Adriano: She looks peaceful, yet sad.

Brunella: She is fine.



I must talk to her.

I don't like where this is going. I thought..



No, no. I just want to get closure. She never gave me a chance to explain myself.

Isn't it a little bit too late now for that?



She saw us.

I will go. I have to resolve this once and for all.



Please let me speak to her first.

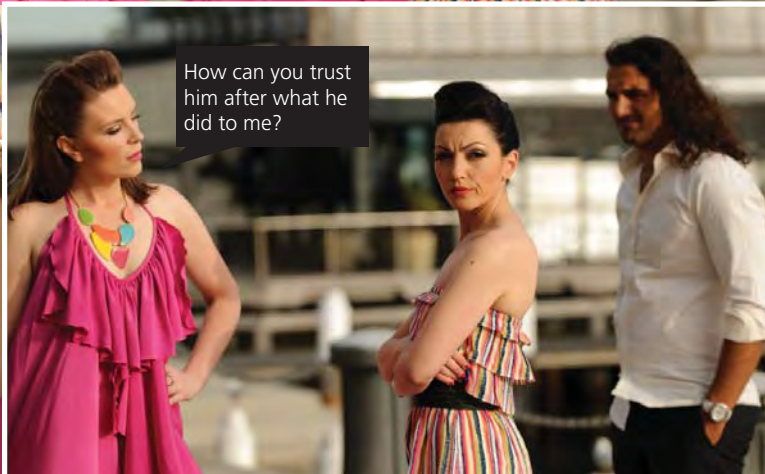


You didn't waste time. I knew you always wanted him.

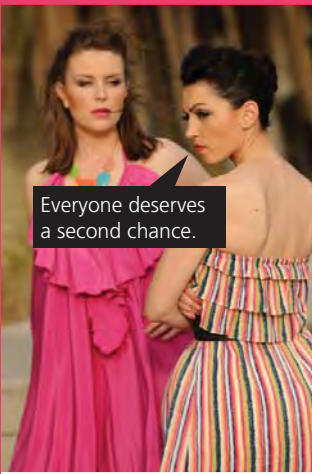


That was so thoughtful of you.

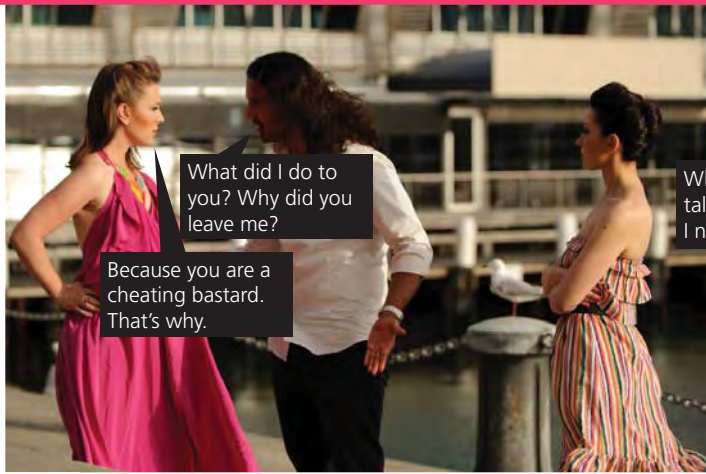
What do you care? You are not with him.



How can you trust him after what he did to me?

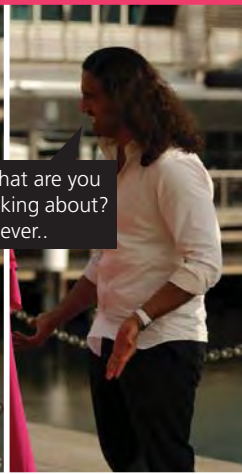


Everyone deserves a second chance.

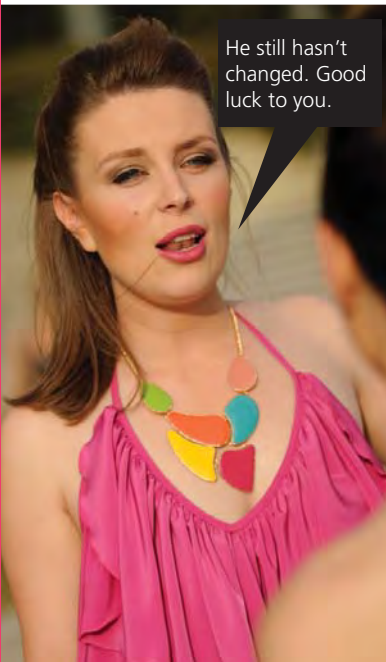


What did I do to you? Why did you leave me?

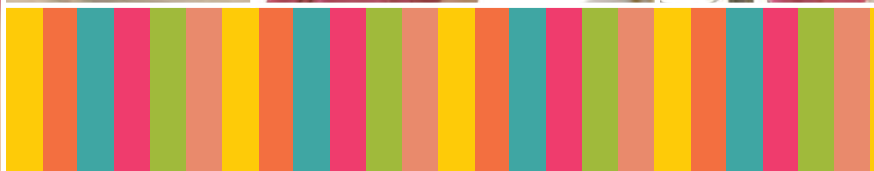
Because you are a cheating bastard. That's why.



What are you talking about? I never..

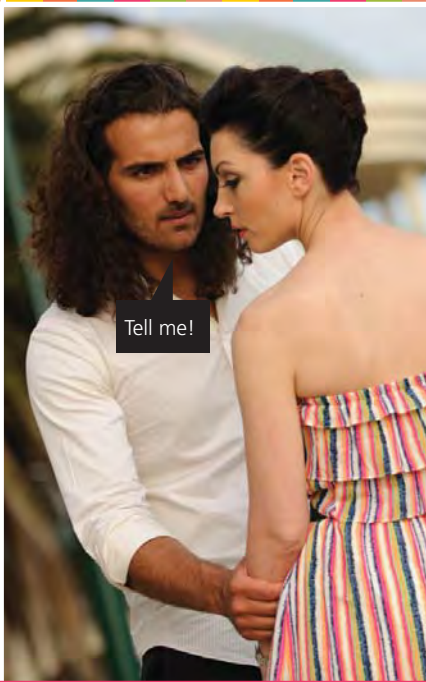


He still hasn't changed. Good luck to you.



You were best friends. I'm sure she told you details.

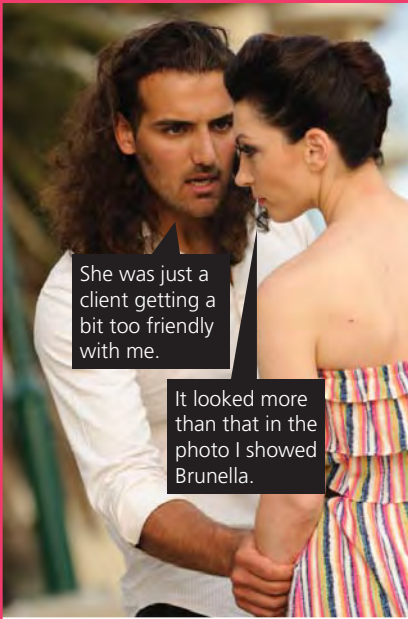
I don't want to talk about your past. I know you have changed. You will never betray me, and that's all that matters to me.



Tell me!

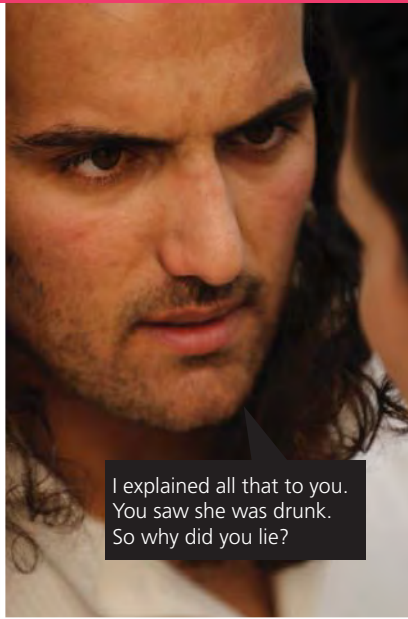


I told her everything about your affair with that woman I saw you with at that restaurant.

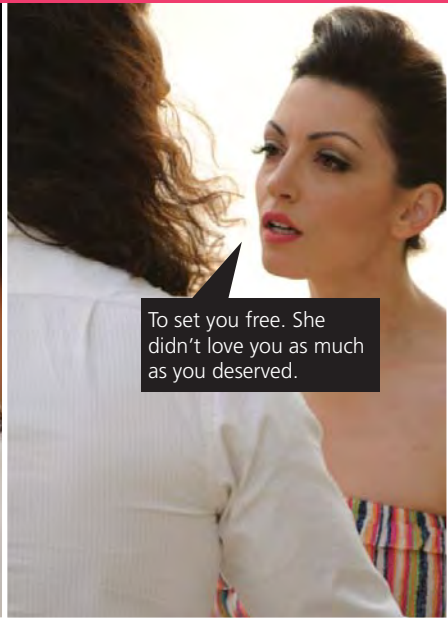


She was just a client getting a bit too friendly with me.

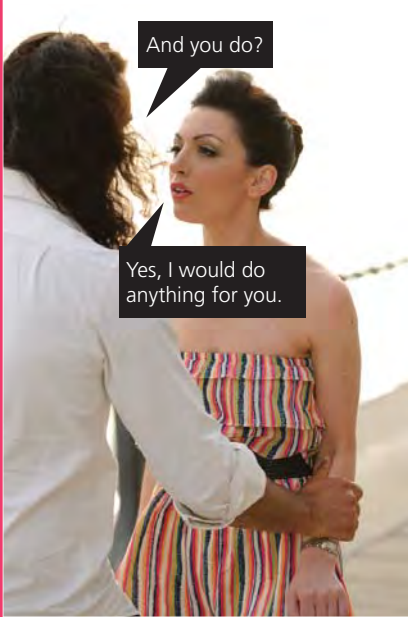
It looked more than that in the photo I showed Brunella.



I explained all that to you. You saw she was drunk. So why did you lie?



To set you free. She didn't love you as much as you deserved.

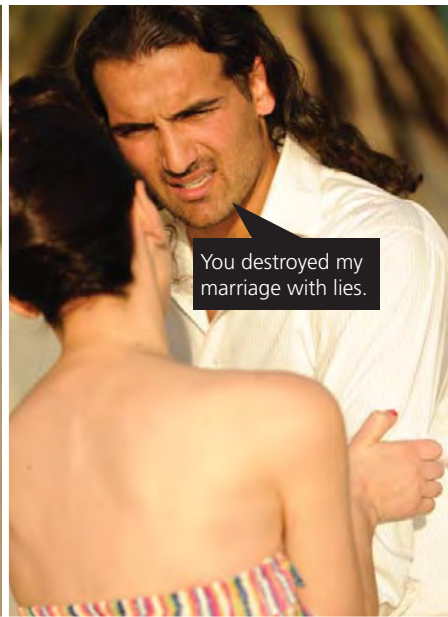


And you do?

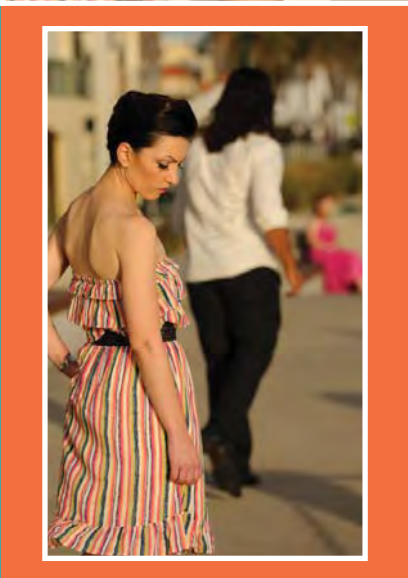
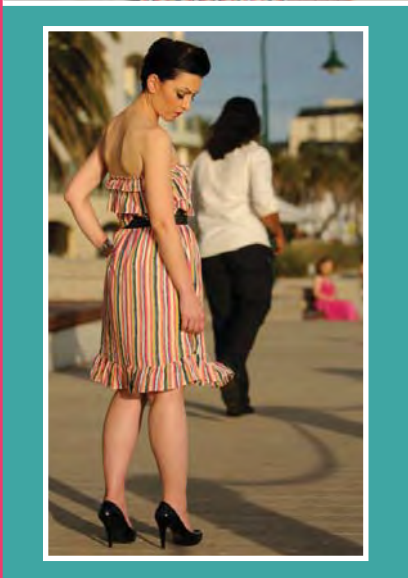
Yes, I would do anything for you.

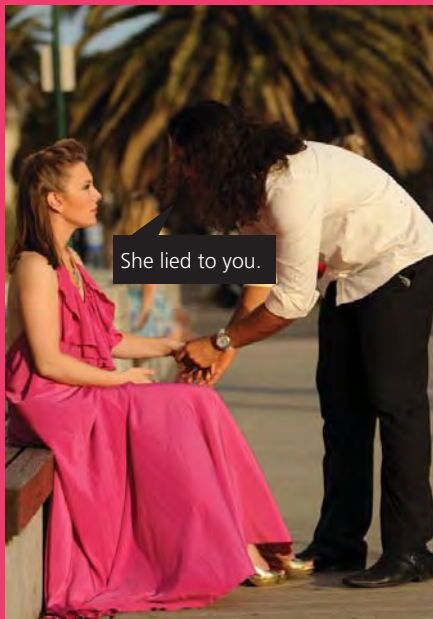


Yes, I can see that.



You destroyed my marriage with lies.

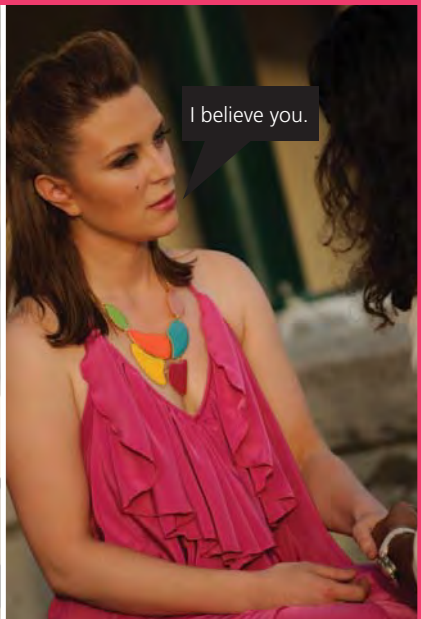




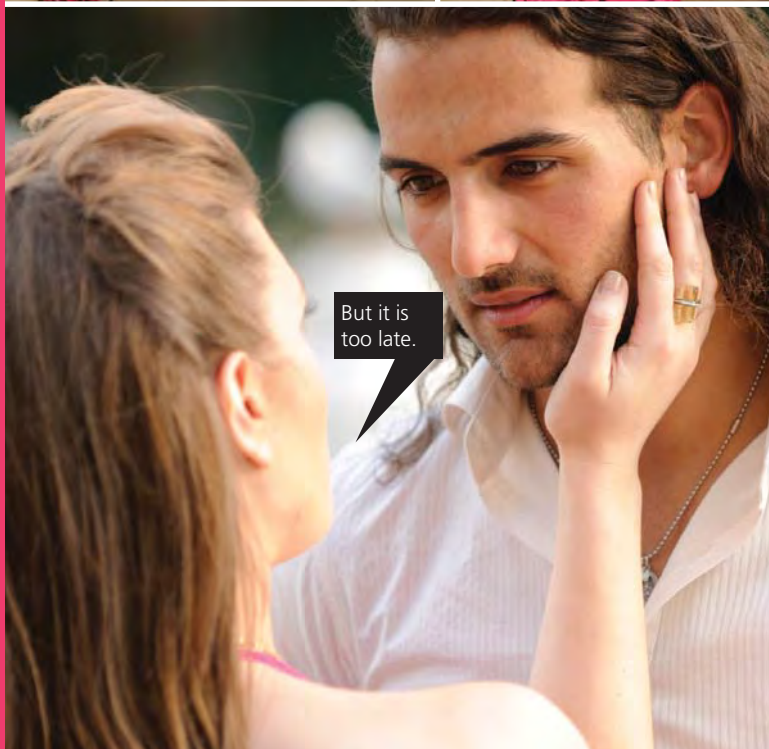
She lied to you.



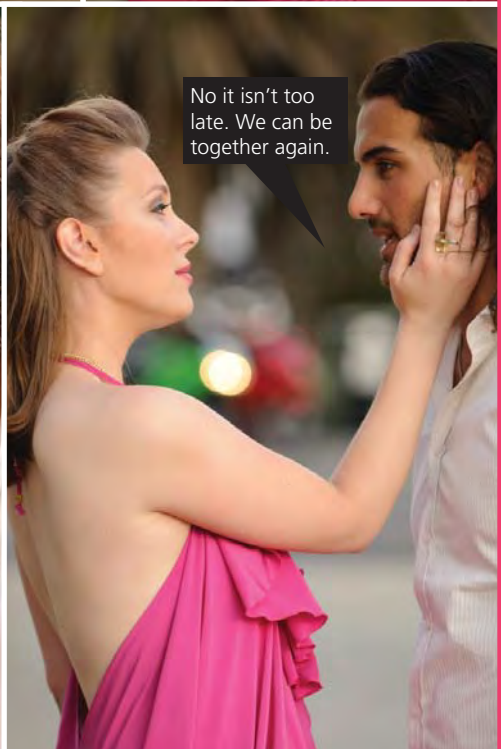
I never cheated.
She owned up.



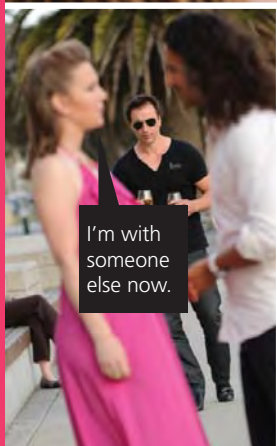
I believe you.



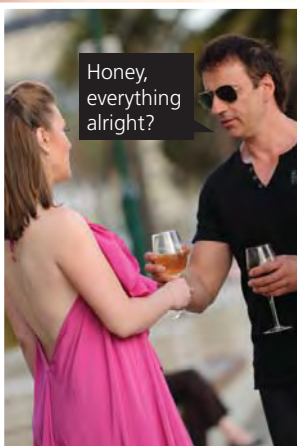
But it is
too late.



No it isn't too
late. We can be
together again.



I'm with
someone
else now.



Honey,
everything
alright?



What does
he want?

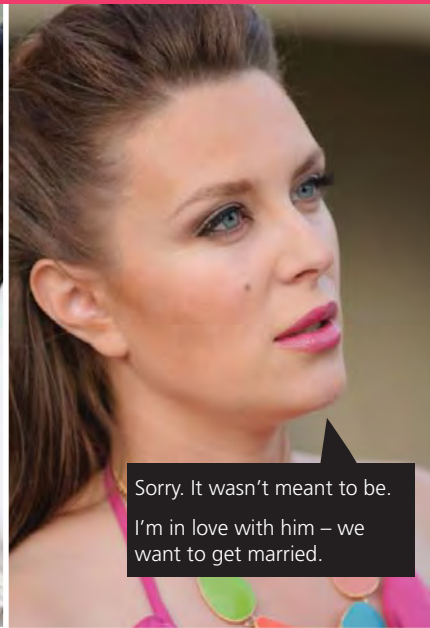
I don't
believe this!



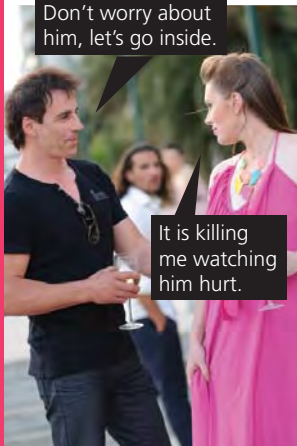
You are with Cyrus?



After we separated, I was very depressed and he was there for me, we grew very close.

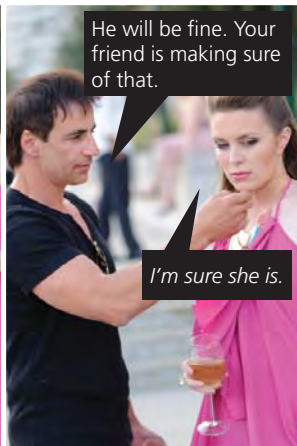


Sorry. It wasn't meant to be. I'm in love with him – we want to get married.



Don't worry about him, let's go inside.

It is killing me watching him hurt.



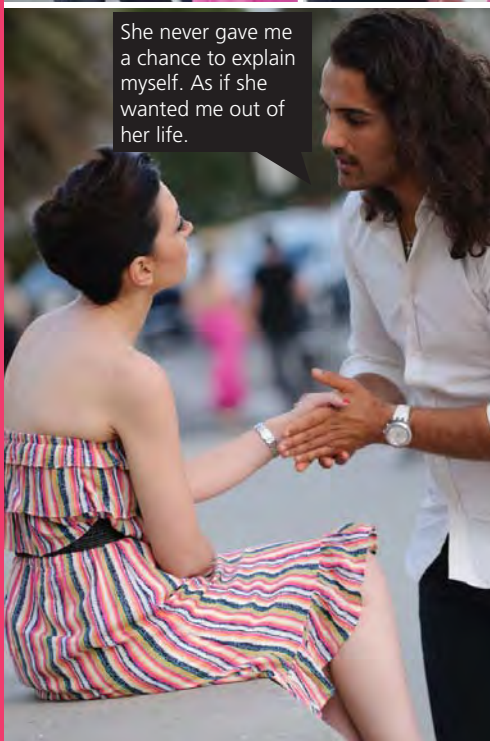
He will be fine. Your friend is making sure of that.

I'm sure she is.



She is getting married... only two months after dumping me.

I told you she didn't really love you.



She never gave me a chance to explain myself. As if she wanted me out of her life.

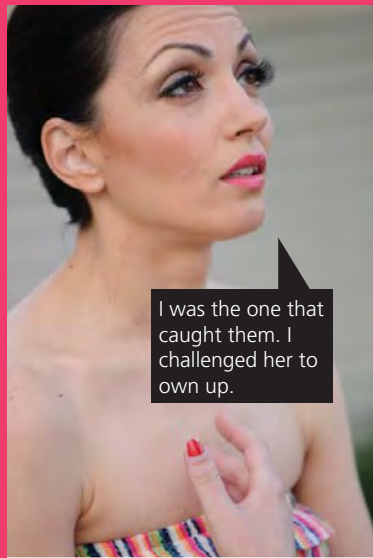


Suddenly Adriano turns into a rage. He grabs Brunella again.

She was with him, wasn't she?

And you knew!



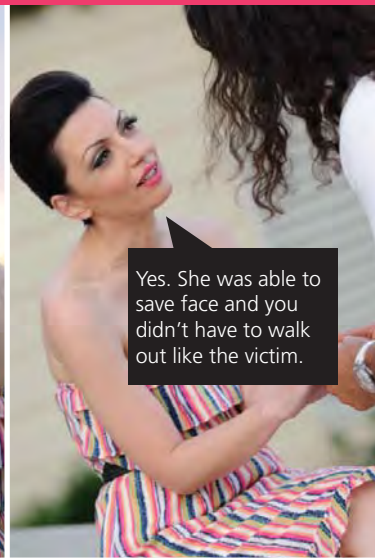


I was the one that caught them. I challenged her to own up.

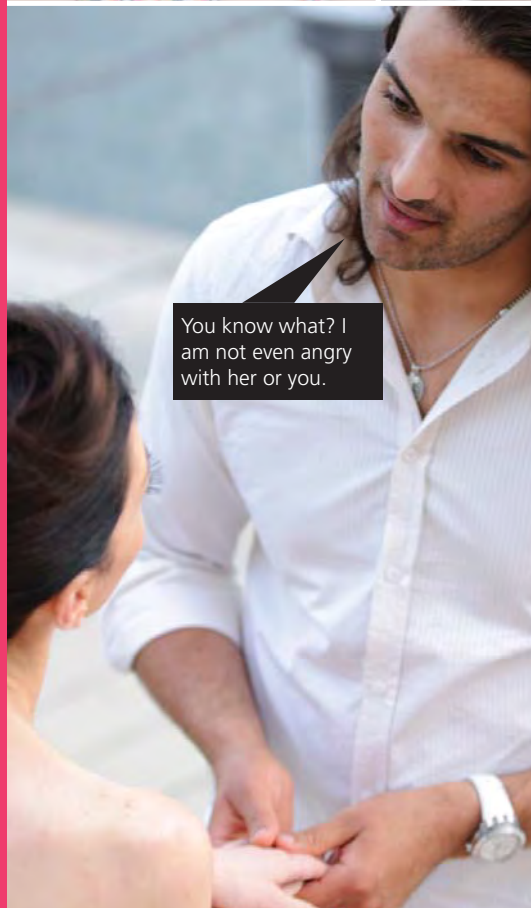


She begged me not to tell you. She was my best friend.

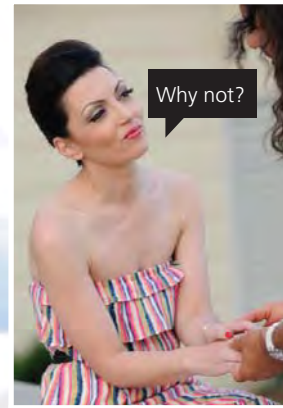
So you made up these lies about me and shifted the blame on me.



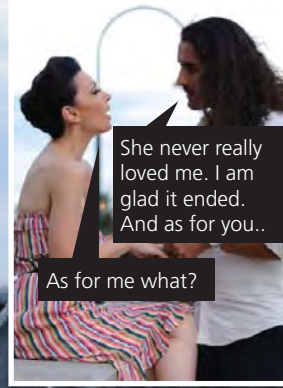
Yes. She was able to save face and you didn't have to walk out like the victim.



You know what? I am not even angry with her or you.

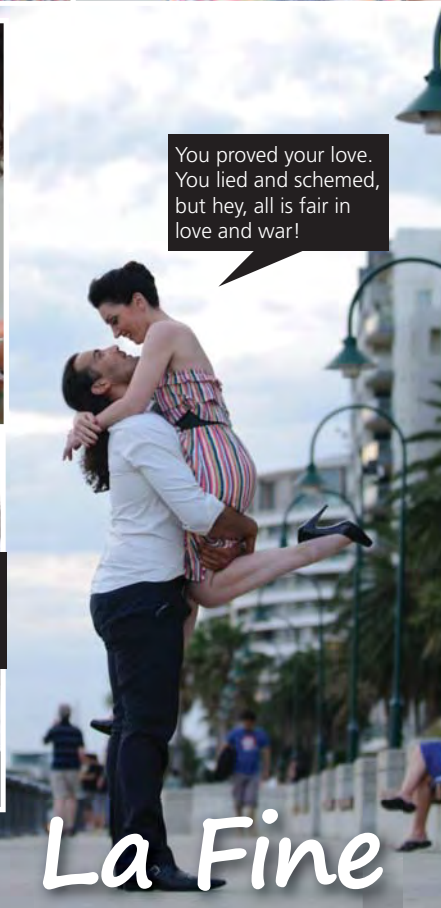


Why not?



She never really loved me. I am glad it ended. And as for you..

As for me what?



You proved your love. You lied and schemed, but hey, all is fair in love and war!

La Fine

ganache
fashion boutique

ganache
fashion boutique

Online boutique www.ganacheboutique.com.au

ganache showroom in Port Melbourne by appointment

ANTHEA SOLOPOTIAS - 0438 927 130

EVERY
THURSDAY
NIGHT @
VANILLA

VANILLA HOUSE BAND

Vanilla House Band turns up the heat this summer with more electrifying tunes. For regular updates and guest appearance announcements find and like the Vanilla Facebook page or visit vanillalounge.com.au



VANILLA NEWS & EVENTS

BRUTE FORCE!

After the official weigh-in's for "The Clash of the Titans" at the Cruze Health Club upstairs (see photo), the team of Greek champions came downstairs for a frappe @ Vanilla with our own legend Stan the man and Maria Petrou. We thank Brute Force Promotions for bringing the Greek team to Australia and for introducing us to these inspiring fighters.



THE ONE AND ONLY WANDERLEI SILVA @ VANILLA!

Legends Seminars has been in operation for 10 years and has affiliates in nearly every state in Australia and spreading rapidly to the rest of the country. Ivan Rakitic recently brought Wanderlei Silva to our shores, a legend of Pride Fighting Championship and UFC to conduct a seminar and meet and greet experience with his fans.

He dropped in at Vanilla giving the chance for his numerous fans to meet him, chat with him and have photos taken! Legends Seminars CEO Ivan promises to continue amazing us with who we will bring for us to experience training with, or meet! The Rush of meeting these Athletes may only come 2nd to watching them fight.



Wanderlei with Vanilla owners Chris Ballas



and Dennis Spanos

Join Legends Seminars on Facebook, look up their website legendsseminars.com.au or take note of their email legendsseminars@live.com.au and join their mailing list.

THANASIS STARS IN DREAM OF A SHADOW



Vanilla founder/owner Thanasis Spanos is a man of many talents, including acting with a theatre background and he is not shy in front of the camera. So when we asked him to be part of Dream of a Shadow cast he didn't hesitate to play the role of himself. After all, who could have done a better job?



Thanasis enjoying the touch by DOAS make-up artist Mishel Vounatsos Bratsos



Thanasis in a scene with actor/model Hollie Nilsson playing the role of Vanilla manager.



Spiros Cheliotis is about to get hired by Thanasis!

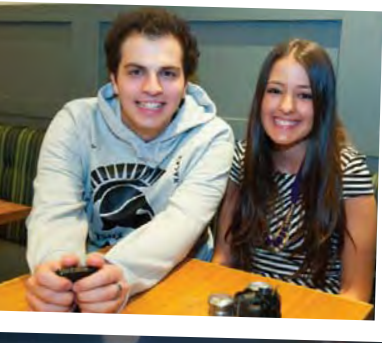


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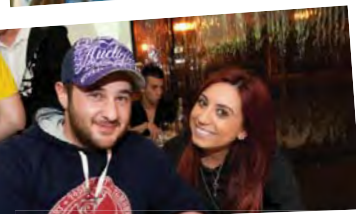
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VANILLA

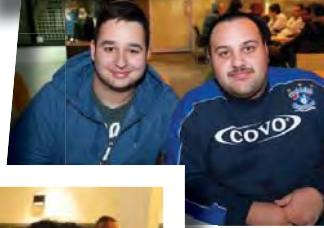
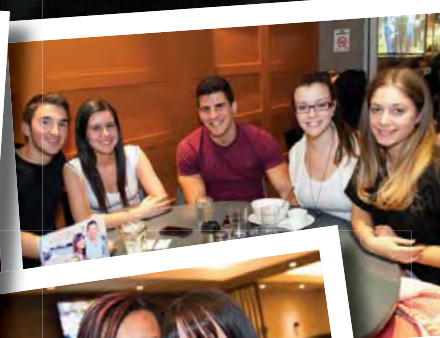
VANILLA





VANILLA

CAKES AND LOUNGE



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YOU could be in the next VANILLA MAGAZINE CENTREFOLD!!!

Send us pics of you and your friends at Vanilla and you MAY be selected to be in the next issue.

See our Facebook page for more info.

Vanilla Bakehouse

VANILLA CAKES

Made with lots of grace

PHOTOS BY CON MILONAS



Hazelnut pastes



Raspberry panna cotta



Mini tiramisou



Fruit tart



Fruit tarts strawberry



Choc mousse cups



Fruit tarts - large and small available



Touloumbes



Ekmek

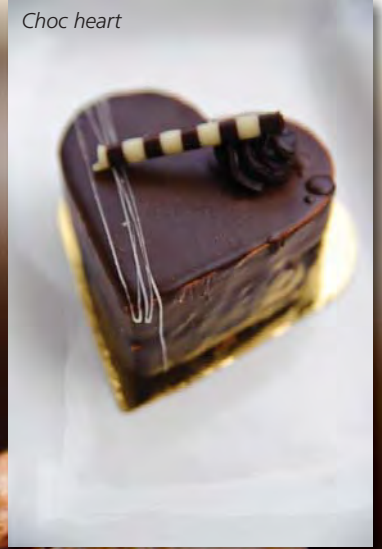
Flourless chock heaven



Ferrero slice



Choc heart



Flourless chock heaven



SWEET TEMPTATIONS

If you sin
sin boldly

- MARTIN LUTHER

Samali



Tiramisu



Ravani



VANILLA

Wedding Cakes

elegance harmony artistry

DESIGNS BY *Kaba*



PHOTOS BY CON MILONAS



Eleni

Margarita



Dennis



Baby Shower



Ithaca



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.

VANILLA DRINKS



Photos by Con Milonas

COCKTAILS

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



eisai sketos
metrios

eisai glykia
me gala

You know you are addicted
to Frappé when you start
talking like this...

Vanilla Menu Summer Salads



Warm grilled chicken breast tenderloins and avocado

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



Greek salad

Tomato, cucumber, feta, onion, olives and extra virgin olive oil. Available also with grilled chicken, lamb fillets or fried calamari



Warm grilled lamb fillets

A top a rocket and fennel salad with a beetroot reduction and Vanilla's special citrus dressing.

Photos by Con Milonas

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Warm pan fried sweet
chilli calamari

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



Char grilled
Octopus

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

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Roman My [✓]Table

Romani BBQ

all of the liquid has been absorbed into the meat.

Cover and allow to rest in the fridge overnight to develop complexity in the flavours.

Form into small sausages with a sausage spout attachment on a mincer or roll them by hand.

TIP – Keep your hands slightly wet to stop the meat from sticking to them when you're rolling the mici.

Lightly spray each sausage with olive oil and BBQ until slightly crisp on the outside but just cooked through.

Vanilla Fans - Stand up and have your food culture celebrated!

If you would like to be the featured food culture in the next issue of *Vanilla* and share your favourite cultural dish, drop Raquel a line at rneofit@bigpond.com

My Table would love to explore your food heritage with you!

ROMANIAN FOOD HISTORY

In the 14th century Moldova was considered a country of its own until in 1848 Moldova, Transylvania and Valahia were united and a new Romania was born. Moldova is famous throughout Romania for their celebration cake 'cozonac', a hazelnut cake cooked for Easter, Christmas and special occasions, and handmade pastrami and Easter eggs – a boiled egg hand-painted by Moldavian nuns that depicts the Christ through-out his life and crucifixion. With these delicacies they consume 'must', a non-fermented light wine, and you'll be hard pressed to find a Romanian table without a traditional 'rakia' or strong spirit – straight up thanks!



This summer heat up your backyard barbeque with some old school Romanian street food. Mici, pronounced 'mitch', are delicately spiced, skinless sausages that are a juicy and delicious alternative to the greasy old Aussie snag, and in this issue I invite you into my own home to join my family table while I mix these juicy morsels and send my Romani husband Ovidiu, outside to BBQ with his bother, Marian.

Ask Romanian expats and Vanilla fans, the Neofit family, and they will proudly inform you mici are a Romanian treasure, with mamma Zina declaring, 'Where I come from – in Moldova – they are the best in all of Romania.'

But head to their homeland and it's the streets where you'll find mici. Considered 'fast food' in Romania, they're served by street vendors in a basket with crusty, soft-centred bread, creamy, light mustard and, if you're lucky, a serve of golden French fries.

The literal translation for the word 'mici' is small, so when you are forming these flavoursome little rolls, aim for the length of your palm and keep them around 2 cm thick.

TIP – Play around with the quantities of fat and types of meat – for lighter sausages use half pork and half lamb, or, for a fuller flavoured but slightly firmer sausage, use half pork and half beef.

To every kilo of minced meat add:

- 1 tsp ground oregano
- 1 tsp of bicarbonate soda
- 5 crushed garlic cloves
- salt and pepper
- 1 litre of stock or water

Combine minced meat with ground oregano, bi-carb soda, garlic, and salt and pepper. Gradually add the stock and mix well between additions until



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fast-food in an
attractive, trendy and
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Summer 2013 must haves

By **EFFI BIKOUVARAKIS**

OUT & ABOUT on long sun filled days and balmy nights spent celebrating the **FESTIVE SEASON.**

Summer is here...

Here are the **TOP 5 MUST HAVES** for every woman's summer wardrobe...



Summer DRESS

Dresses are essential for every women's summer wardrobe, be it a tailored structured dress for work or a soft printed floral dress for the weekend.

There is a dress to suit every woman & every occasion .

Key dresses for summer come in all sorts of shapes including peplum, wraps, maxis, A-line, tunics, hi-Lo, bodycon & kaftans

And various fabrics including cotton, lace, jersey, silk & linen.





Sleeveless TOP

Another summer essential is the sleeveless top.

Worn on its own or under a jacket, it's a must have for every woman's wardrobe.

Light weight cotton, silk or jersey styles are perfect for summer and come in a variety of shapes & styles to fit & flatter the figure.

Pair back with your favourite skirt, short or pant.



PRINTED or COLOURED summer jacket



A great piece to update your summer wardrobe & to lift your outfit.

Printed or coloured Jackets are worn loosely tailored and come in a variety of bold summer colours and prints including floral, tribal & geometric.

Pair back with a slim capri pant, tailored short, or even a black dress to brighten outfit.

PEPLUM top

A big trend for summer is the peplum top. This shape is very flattering as it is cinched in at the waist creating an hourglass look, making your waist appear smaller & flatters your curves.

Worn with slim leg pants or a pencil skirt the peplum top comes in an array of colours & even prints.

Add a belt for a more defined waist.

Printed or COLOURED PANTS

The printed or coloured pants is a fun addition to the summer wardrobe.

It comes in various fits to flatter each figure from the slim leg pant to the more looser relaxed fit.

Pants come in bright bold summer colours such as red & cobalt as well as some great vibrant prints including bold florals.

Wear them back with a solid colour top & or jacket to keep the look balanced.



Summer Glows and Dewy Hues

The *sexy summer* look has gone *a la natural*

Model: Mihaela Ailenei

By Raquel Neofit Maria Raucci

Step out this summer with a beautiful natural glow that will take you from the beach... to lunch... and right through to dusk.

Summer is all about feeling lighter and fresher – the air we breathe feels lighter, we dress lighter, we eat lighter, and our makeup should follow suit by appearing lighter.

But before you stress about that blemish on your nose, the natural look isn't about flaunting your flaws to the world – you can still have a flawless look and conceal those pesky bumps and spots.

The essence of a nude, dewy look is all about emphasising your natural beauty and highlighting what you already have. Opting for a tinted moisturiser with a luscious, moisture-rich concealer to hide the not-so-pretty spots gives you a lightweight, natural finish while illuminating your skin with a healthy summer glow and a naturally smooth complexion.

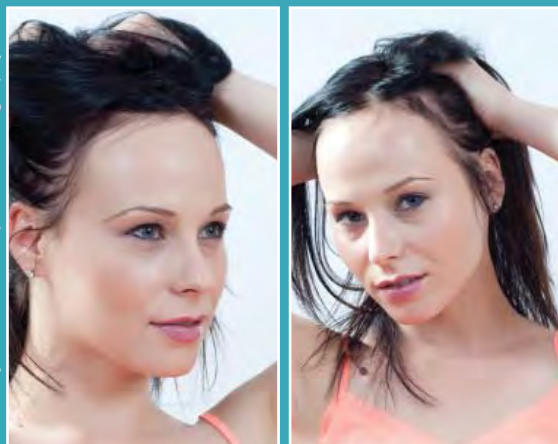
But achieving a perfect nude, sun-kissed look takes a little time and thought. Colour choice is imperative and without plenty of blending and the right products you'll never get that drop-dead gorgeous summer glow. So I've teamed up with professional makeup artist, Maria Raucci, to share her tips and tricks for a sexy summer glow.

- 1 **Preparation** – Sun Protection and Moisture Boost – Start with a high SPF sunscreen or a moisturiser with a high SPF and allow time for it to absorb into your skin.
- 2 **Primer** – A quality primer is your best friend in hot weather and will keep your makeup looking fresher for longer, apply it over your sunscreen and moisturiser using a gentle dabbing motion. If you don't have a primer, try applying a coat of concealer on the eyelids for longer wearing colour.
- 3 **Cover and Conceal** – Identify any blemishes you wish to cover and gently apply an even coat of concealer – this is where you achieve a flawless natural base. A liquid concealer is perfect in hot weather but go with what you have. The trick, as with all cosmetic applications, is to blend, blend, blend.
- 4 **Foundation** – For a sheer lightweight finish, apply a quality, tinted moisturiser that's one shade darker than your skin colour with a foundation brush using light, sweeping downwards motions. Start from your nose and work outwards and blend into the bottom of your jawline until you achieve a flawless, but lightweight coverage. If applying the tinted moisturiser with your fingertips, use light, feathery strokes.

Everyone develops their own methods when it comes to applying makeup – find a method that best suits your favourite products and your skin type.

The colours of summer 2013

Photos by Petros Metaxopoulos Photography



5 Bronzer – Apply a bronzer in the hollow under your cheek bones to enhance the natural structure of your face. To add a natural summer glow, sweep lightly across your temples and jawline.

6 Blushing Beauty – Apply a very light coverage of pale pink blush to the apple of your cheeks blending outward towards your temples – keep it sheer.

7 Eyes that Sparkle – Start with a natural shimmery base colour like a champagne tone, or a colour similar to your skin colour that has a slight shimmer and apply to your entire eyelid, blending upwards towards your eyebrow. Then, apply a natural brown or pale peach hue along the crease of your eye in short sweeping motions. As with your base, the trick is to take time blending the colours. Then apply brown eyeliner as close to your lash-line as possible, blending lightly with your fingertip or a cotton-bud. Finish with a light coating of black mascara.

If you're looking for a flash of colour, this summer's hottest accessory is bright and vibrant, glimmering liquid eyeliner in turquoise or purple – anything that screams colour hit.

8 Luscious Lips – apply a sheer coating of natural lip balm for a totally nude finish or, for a splash of colour, use a moisture-rich, pale pink lipstick or nude lipstick and finish with a light coating of balm.

“Tip – if you're suffering from dry flaky lips exfoliate them lightly with a soft toothbrush then hydrate them with lashings of a healing balm. **”**

Night-time Dazzler

Smoke-up this daytime look for a hot summer's night by applying a heavier, smoky ring of brown eyeliner to the outer edges of your eyes, top up the colour with a vibrant pigment or platinum silver on the eyelids – you'll be at the height of trendy colour fashion with a deeply pigmented, shimmering pink, deep purple or vibrant green, line your inner eye with eyeliner and a sweep of mascara, add some colour on the cheeks and a vibrant lip, and you're set to dance the night away!

Tips – follow the natural contours above your cheekbone with a loose, mild shimmer, illuminating power.

If you go for vibrant eyes, keep the lips nude or vice versa.

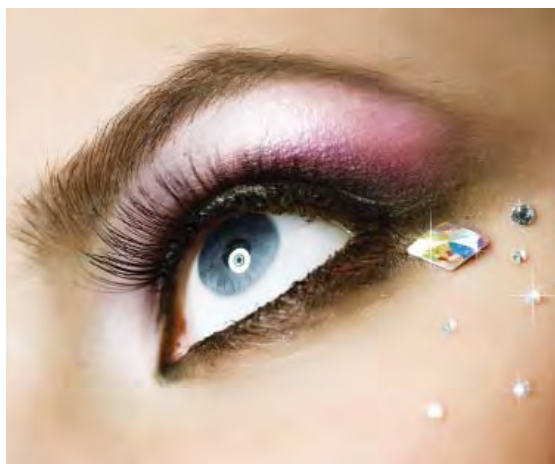
Hot Summer Colours

This season's eye-shadows are natural, shimmery champagnes and the palest of pinks hues and peachy pallets with bright, vibrant eyeliner like turquoise for day-wear, then ramp it up for sexy summer nights with deep, pigmented colours of shimmering greens and vibrant, sophisticated purples. For the lips it's bold, bright colours or nude hues – think bright shades of orange or red. Even the top fashion houses of the world hit the runways with perfectly flawless, natural finishes for summer 2013.

Instant Dry Skin Fix

Repair dry skin quickly and naturally so it's smooth, silky and hydrated for sexy summer skirts and cheeky shorts – cleanse your entire body in a warm shower and pat skin dry. Smother your skin in olive oil then gently massage with a semi-fine sea salt. Rinse in warm water and pat dry.

The best tips for a natural summer glow – blend, blend, blend...




Night time style

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Seven PRINCIPLES OF Health

BY JOANNA PSARAKIS

Everyone I know seems to have the same goal in life – to enjoy life, live healthy and be happy. There seem to be so many pathways to health and enlightenment that it can be difficult to figure out where to start. Recently I came across the Seven Principles of Health taught by Don Tolman: Air – Water – Sunshine – Wholefoods – Movement – Relationships – Passion. Each principle uniquely important and, when all are working in harmony, provide a solid foundation towards a healthy, balanced life and passionate lifestyle.

1. AIR – THE NUMBER ONE SOURCE OF LIFE



The first principle is Air. Breathing in clean, fresh, moving air is essential. Many of us live in the burbs surrounded by polluted air from traffic, or work in an office with no windows all day. Under these conditions the air we are breathing is stale, dead, and lifeless. It is barely moving. We then wonder why we feel lethargic, fatigued and de-motivated.

Embracing this principle in our modern, office bound, busy, heavily polluted lives can be tricky but not impossible, simply:

- Breathe deeply during the day diaphragmatically (from the belly). Make it a habit to take five full, deep, slow, long breaths outside when you wake in the morning – in through the nose and out through the mouth.
- Keep your windows open, in your house, in your office and in your car. This helps keep the air moving. If this is not possible, invest in a Himalayan salt lamp (it acts as an air purifier!).
- Buy some air purifying plants such as the Peace Lily, Money Plant or Areca Palm.
- If you have a ceiling fan turn it on, it can help to electrify the air and keep it moving.
- Try meditation.

2. WATER – SWIM, SOAK, DRINK!



“The groundwork of all happiness is health”,
JAMES LEIGH HUNT (1784–1859)

Next to air, water is the substance we need most. Water is essential for life and wellness. Our body is made up of 70% water, our brain is 93% water, our blood is 83% water and our muscles are 75% water. Water is the liquid building block that makes up our body and it needs replacing often. Without clean, fresh, alkaline water we dehydrate.

Dehydration can have a significant impact in our lives: poor concentration, headaches, impaired sleep, dry skin, joint problems, sore eyes and even digestive problems. If you are hydrated (i.e. you maintain an alkaline and oxygen rich environment inside your body) disease cannot survive.

Increasing your intake of water:

- Drink a glass of filtered alkaline water upon waking.
- Drink eight glasses of water a day (approx one every hour). This will be just enough for the average person.
- If your urine is clear, it's a strong indicator that you are drinking plenty of water, if it's yellow or dark yellow you are well on your way to dehydrating your body.
- If you get signs of hunger, drink water first!
- Make your own vitamin water, add fruits instead of sugar for a natural sweetener for your water.

3. SUNSHINE – IT HEALS EVERYTHING ELSE ON THE PLANET, WHY NOT YOU!?

The third principle helps us to grow, develop, repair and regenerate. All living organisms on this earth require sunshine, it's one of the greatest healing components to many lifestyle diseases. It boosts your mood, your immune system, increases bone, muscle and heart strength, and lowers stress levels.

Absorbing sunshine through our skin is the only way our bodies can get natural and much needed Vitamin D to prevent many known diseases such as heart disease, osteoporosis and some cancers. Many of these diseases are common and widespread but entirely preventable.

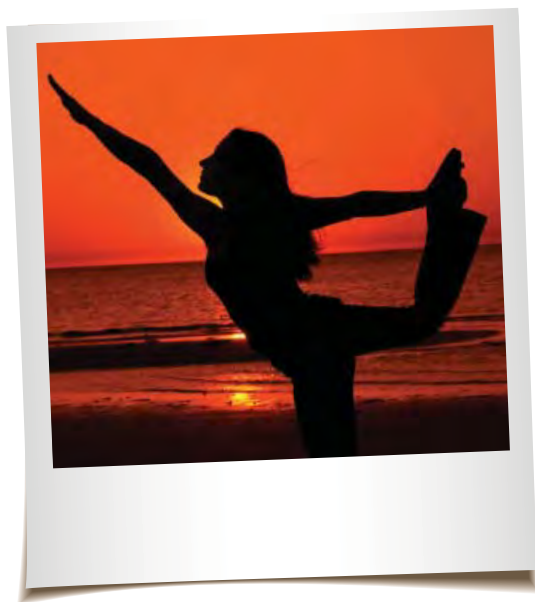
Most people today are not only dehydrated but they lack Vitamin D too. We spend much of our time indoors in our

offices and homes. Here are some ways you can embrace the principle of sunlight in your life:



- Plan to spend time in the sun on the beach, a local park, lake or backyard. At least 20 –30 minutes a day on as much of your skin surface as possible.
- Try to get your sunshine between 9–11am in the morning or after 3pm in the afternoon. Ensure you put on a hat, proper clothing and use a safe sunscreen.
- On sunny days eat your lunch outside or at a park, not in the office or staff room.
- Use coconut oil before and after exposure to protect the skin. Aloe Vera or a moisturiser rich in Shea Butter or Vitamin E after sun helps to nourish and protect the skin after exposure.

4. MOVEMENT – LIFE IS MOVEMENT



Movement or exercise is energy and an essential principle to health. It helps you maintain fitness and improves the immunity systems of the body. It balances the brain and organs, and helps you live longer!

Embracing the principle of movement on a regular basis is one of the healthiest and enlivening things you can do. You will wake up refreshed and feel energetic all day, and keep your body moving.

- Find a form of exercise you love or enjoy and stick with it.
- Dance, walk, run, swim, go bike riding, do yoga or pilates, go to the gym or play a sport.
- Walking is the simplest and healthiest thing you can do. Walk whenever you can. Walking 30 – 45 mins 3 – 5 times a week can add healthy years to your life.
- Make leisure time as active as possible.
- Think about where you park the car, do you use stairs or elevator etc.
- Five minutes of movement is better than no minutes.

5. WHOLE FOODS – ‘A LIFE GIVING SUBSTANCE’

It's no surprise that nutrition is another key principle of health. Nutrition, health, and wellness are intricately inter-linked. Until last century, humans relied on whole foods and herbs for medicine. Whole foods are basically foods straight from nature's table in their pure form. These include fruits, vegetables, whole grains, nuts and seeds, as well as herbs and spices and nut, seed and vegetable oils. They are complete with essential vitamins, minerals and trace elements that are beneficial for our health, strength and general wellbeing. They assist in all bodily functions and over time help to clean, heal and repair, allowing the body to reach its highest mental and physical capacity.

The modern diet consists of processed food, which are generally devoid of nutrients and trace elements that our

bodies need for sustenance, life and energy. They also contain preservatives and food additives, which accumulate as toxins in our bodies and over time compromise our health. Most diseases and debilitating disorders are due to deficiencies in vitamins, minerals and trace elements. It's no surprise that disease is on the rise as a result of consuming processed or refined foods.

Embrace the principle of wholefoods and cut back on processed food.

- Get back to basics and compare your diet to the food pyramid, after all, you are what you eat!
- Incorporate whole foods at mealtimes. Find ones that you love to eat and make them a part of your everyday life.
- Consume alkaline rich foods: vegetables such as lettuce, zucchini, beets, carrot, fruits such as avocado, lemon, tomato and watermelon, certain seeds nuts and grains such as almond, pumpkin, buckwheat and spelt etc.
- Try shopping at the local organic market or farmers market for the freshest seasonal produce available.
- Get back to basics by buying organic / pesticide free produce, growing your own and buying free range meats whenever possible! Not only will you enjoy the experience but your body will thank you as well. The journey to good health starts from within!



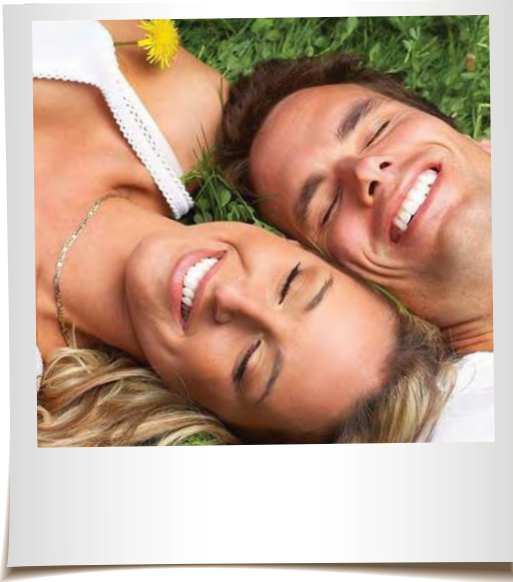
6. NON TOXIC AND LOVING RELATIONSHIPS

‘Unconditional Love’ heals the heart and the body and is critical to our health and longevity.

Relationships include those in our personal life, our professional lives, socially with friends, with our partners, children, and our pets, regardless of the length of time. Whether the relationship is intimate or inter-personal it can have a significant impact on our health and well-being. They provide connection, purpose and joy, and can be one of the most meaningful aspects of our lives. Toxic relationships however, lead to stress and anxiety, even depression and disease.

How we interact with others in a non-toxic way is an incredibly important part of the Seven Principles of Health.

- Embrace self care – learn to love YOU more and do the same for others.
- Take time out if you feel overwhelmed by negative emotions.
- Love is the most profound emotion known to human beings. Allow yourself to feel love and be loved by yourself and others.
- Don't sweat the small stuff.
- Smile often.
- Help others.
- If you are experiencing toxic relationships seek external support through a qualified counsellor or life coach.



7. PASSION – IGNITE OR RE-IGNITE YOUR PASSION

Last but not least we have Passion! Passion is the driving force of life. There is nothing more powerful than the energy that comes from bringing your passion into everything you do in life. We all enjoy doing the things we love, they make us

happy, and true happiness can invigorate the body and give us energy and fulfilment we wouldn't otherwise have. We also become more dedicated and find purpose and meaning.

Passionate people are bold, vibrant and healthy people. They have a zest for life and embrace life with more energy and a happier purpose than those who aren't. Passion is an important principle to health.

- Always find pleasure in everything you do.
- When you find things that you are passionate about, make a point of doing them or at least set a goal to do them.
- Believe, Declare and Affirm you want a vibrant, healthy, passionate life daily!
- Remember, we can achieve whatever we want in our lives by using powerful positive thinking techniques, visualisations and positive affirmations.

If you would like to find out more about the Seven Principles of Health by Don Tolman go to www.thedontolman.com

Eat well, be well, nurture yourself and others and watch yourself thrive!



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At Botaniko Health & Healing your wellbeing is our main concern. We wish you optimum Health, everlasting Joy, graceful Peace & true Love.

♥ *The Botaniko Team*

Botaniko Health and Healing provides a hideaway courtyard so come in to relax in peace and harmony. We welcome you to experience our organic produce, chia seeds, alkaline water, organic wine and beer. A quality selection of Vitamins, Herbs and Minerals, Himalayan pink salt and lamps, crystals, personal and baby care products. We also specialize in a diverse range of wholistic natural therapies and healing services.

Exercise Your Brain!



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

MODERATE LEVEL

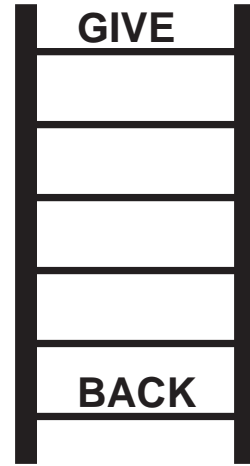
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			4			3		
4	1				7		6	
							2	9

VERY HARD LEVEL

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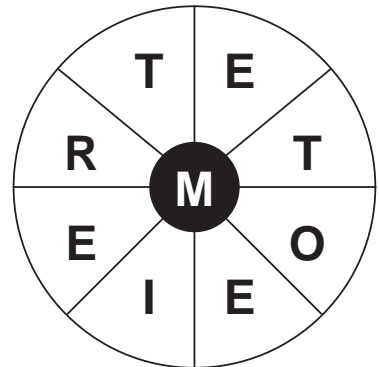
Word Ladder

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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Horoscope!

Summer 2013

ARIES:

Venus will move through your house of luck and karma in December and good karma will be repaid with interest. Changes are occurring at work with some important progress being made so you need to maintain focus on where you want to be.

TAURUS:

This has been a challenging year for relationships, especially the last half, but summer brings respite and sunlight, making it all bearable. Let goodwill, humour and your sense of fairness prevail.

GEMINI:

This summer, try to curb your impulse to blame others for your problems. Luckily, Venus will help you to smooth over some of these problems and you'll be able to start the New Year with a clean slate both romantically and socially. There will be some changes in the workplace from which you will ultimately benefit.

CANCER:

You will become much more serious about your relationships when Venus combines with Saturn, which will also influence your creativity, making it the right time to enrol in a course of study that will help you earn more money in the future.

LEO:

Be careful not to commit to something you haven't investigated thoroughly this summer, you don't want to end up broken-hearted. Use discernment when taking something at face value as there are many who seek to create illusions for their own interest.

VIRGO:

A friend who challenges you will prompt you to do something different this summer and this will lead to further romantic opportunities. You will be surprised when a friendship turns into something more serious. Venus, one of your luckiest planets, will pass through your financial sector allowing you to tap into your money-making powers.

LIBRA:

Mars' entrance into your love sector will create an exciting conclusion to your love-life and social activities in 2012. Be prepared for some positive twists and turns in your relationships, which may bring a surprise person into your life this summer.

SCORPIO:

Patience is a virtue, which will be one of the main lessons for you in the latter part of 2012, try to stay level-headed and don't expect too much too soon. This summer should be a time when harmony prevails in all your relationships.

SAGITTARIUS:

A new, possibly clandestine relationship will come to the fore, so be careful, this could be a confusing time emotionally. This summer should be lucrative for you when Venus accentuates your profit sector. This has been an enlightening year for you and 2013 will bring you a whole new level of awareness.

CAPRICORN:

Venus' excellent influence on your work sector indicates the possibility of some workplace romance but try not to let it distract you. Stay focused and don't sweat the small stuff. In 2013 there will be lots of opportunities to develop your ideas and maybe even try an independent venture. This is a perfect time for releasing emotional baggage.

AQUARIUS:

This summer you will have an increase in attention, let others know what you have to offer. Some highlights for your social life as the Sun moves into your friendship sector. Don't invest in get rich quick schemes without checking them out thoroughly.

PISCES:

At the end of 2012 Mars slips into your mystical sector giving you the urge to delve into discovering your true nature. Friends may be demanding your attention and jealousy or blackmail may create problems in your relationships. Use Jupiter's energy to smooth things over.



FROM THE GREEN ROOM *Off mic*

Apparently ego is not a dirty word, but in this business it is certainly a relevant one.

Hence this story comes to mind.

Two comics, one hotheaded and the other, a bit of a smartarse.

The smartarse comic walked into the Green Room of a St Kilda venue and noticed the hotheaded comic looking like he'd already been on.

Smartarse – So did you die on your arse?

Turns out he had.

Hothead – shut up ya' #?#! No one likes you anyway.

Smartarse just got the giggles and walked away. He hadn't seen the spot but Hothead didn't know that.

So for about three weeks Smartarse received threatening texts from Hothead about how he was going to stab him and destroy his reputation in the industry.

To this day Hothead refuses to go on the same bill as Smartarse.

When Smartarse relayed this story to me I thought his response of, 'That's ok mate. I don't really care who opens for me' was gold.

No comics were harmed in the events documented in this story.

Over the years I've dealt with hundreds of performers.

Some of whom have been doing it since I was in nappies, and then there's the beginners who should still be wearing them.

Performers who've been around for a few years are usually great at what they do but in saying that, there are others, with equal experience, who should NOT be doing it at all. There is also the blow-ins, an interesting breed. They basically try it out, work the circuit for a while and even if they're good, seem to just blow away as quickly as they started.

I've been lucky enough to have worked in the comedy industry for 13 years, the last three as Entertainment Manager (EM).

I've witnessed some interesting scenarios. Some things I'm keen to share and others I'd rather just keep them in the vault, hehe.

You may be familiar with the term 'what goes on tour stays on tour'.

I respect this, but I'm not going to completely hold back either.

I'm prepared to take this opportunity to offer a little insight into what goes on in 'The Green Room' and the comedy industry in general.



Tools (Toulou Bourmas) with George Kapiniaris at the Comedy Club

...in the infamous green room with George



The comedy industry is not unlike any other workplace. Certainly it is an entertaining and creative environment but that does not mean it isn't without its politics and dramas.

A staff member (Fifi) recently reminded me of this story:

One comedian arrived early, about an hour before the club opened.

He sat in the office on his own. Fifi went and asked him how he was. They briefly chatted and he casually threw into the conversation that his girlfriend was at the hospital...in labour.

She said, 'Oh my god, what are you doing here then? We'll find a replacement.' He replied, 'Nah she'll be fine.'

During his set he dismissively mentioned to the audience that he was about to become a dad. No one actually thought he meant right at that moment, so he just continued on. By the end of the night, as Fifi was packing up the bar, he was still there. Drinking. She kept mentioning that he should go but he just kept having one after another. Fed up, Fifi grabbed a bottle of champagne and a bunch of flowers that was sitting in a vase, pushed them into his hands and then shoved him out the door.

Comedy! Apparently it IS all in the delivery.

Before I became an EM, my partner actually had the position for 4-5 years. As EM your main responsibility is booking

the comedians. Not only did Wayne do this, he also stage managed the nights and was the lighting-sound tech.

Yes, we're partners who worked at the same venue but work is work and comics we'd known for years weren't even aware we were dating and this suited me fine.

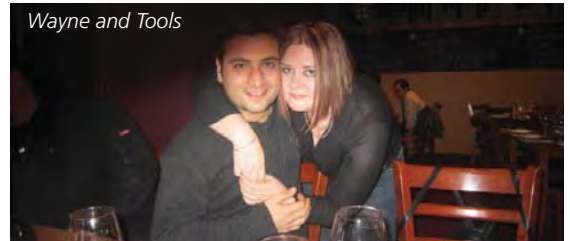
Meeting some comics for the first time, my first impression of them was actually the complete opposite to Wayne's. Had they known Wayne and I were connected maybe then they would have, how should I put it, sucked up to me too.

I'd be working the door and a comedian I'd never met before would waltz up, no hello, no introduction but simply say, 'I'm performing,' and walk off. It's some of these acts who have a bit of an attitude

Generally they'd be great, especially the ones who'd been working the circuit a while, but occasionally you'd come across one chasing a five minute tryout spot in the hope to get a paid one. A significant percentage of spotters die on stage.

However, some of them kill and end up with a paid gig.

Funnily enough, their 'bad attitudes' weren't quite as bad once they discovered I was Wayne's partner. Karma?



Wayne and Tools

To me live comedy isn't just about entertainment, it provides a service.

In my job it's all about delivering a good show. There's nothing more rewarding than hearing an audience roar with laughter and forget about their problems for at least a couple of hours. This is why I do this.

Toula Bourmas

Events and Entertainment Manager
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FACTS YOU DIDN'T KNOW ABOUT

George Kapiniaris

Starting off with an easy one – fakes or fasolatha?

Fakes, I hate fasolatha. Fakes all the way and I've worked out the secret.

What's the secret?

Tomato sauce. If you put tomato sauce with your fakes it tastes like a meat pie.

Really?

Yep. It tastes like the filling of a meat pie so fakes all the way. ?*#! fasolatha

As a kid what did you want to be when you grew up?

An architect.

An architect?

Yeah, 'cause I really liked the Brady Bunch, then I found out Mr. Brady was gay.

Hehe

I didn't want to be gay though and I was good at drawing, so when I applied for my courses in year 12 I chose all design courses, photography and drama. I got into drama.

What were you like at school?

I was pretty good at school but I was easily distracted. That's what I used to get on my report card.

Were you the class clown?

Yep, a little bit of the class clown. Um, I could play a bit of sport, I got into a few fights but not that many. Actually, once I wanted to be a part of a big punch on and the guys wouldn't let me.

Why's that?

They were like, 'George, you do drama don't come with us'.

Hehe. Who was your hero growing up?

Kevin Sheedy. Big fan of him as a football player, also Royce Hart. Kevin Sheedy writes in his book about the days before he got into coaching. He put together a league in the Richmond area for all the housing commission kids, all that sort of stuff. So we had a football league, which we were part of in the Yarra Park area. Then Robin Williams, as a standup, a TV personality and an actor.

So those two I think.

So are you from Richmond?

Yep, I'm from Richmond, and there was actually a football league that we ran and were involved in and Kevin's brother umpired the games and I got sent off for swearing. Which I'm still doing on stage!

Have you ever met them?

I nearly hosted when Robin Williams was doing The Comedy Store and all those venues up in Sydney about a year ago, but it was postponed till the following week so I missed out on the chance.

Are they still your heroes?

Yep, Kevin Sheedy is still a big hero and Robin Williams is still a big hero.

Is standup comedy something you always saw yourself doing or is it something you just fell into?

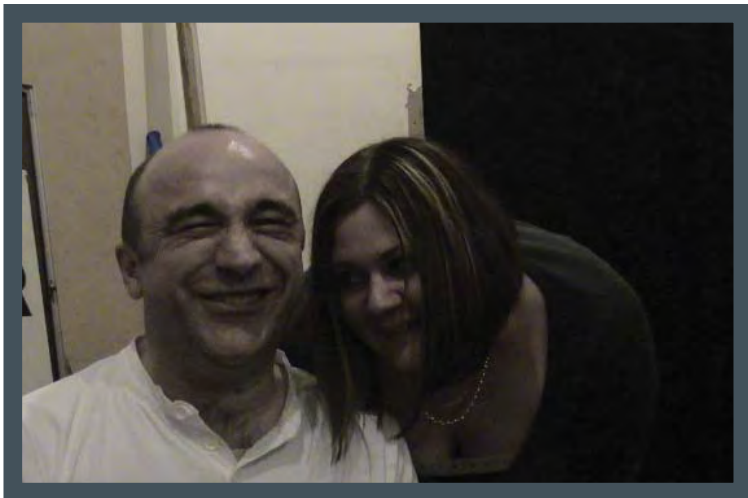
Something I fell into. It was funny that I was into Robin Williams before I discovered him as a standup comedian. I was also studying drama at the time but because of my mate, Simon Palomares.

Wow, so you've known Simon for a long time?

Yep over 27 years. So when I finished drama (we were in the same year at one stage) he said, 'Do you want to do some standup with me?' And I've gone, 'Yeah, ok.'

So we've gone and watched a lot of standup and that was the first year I really introduced myself to the Melbourne standup scene. We went to La Joke, The Last Laugh and The Comedy Café. All these clubs were doing comedy at the time and I sort of fell in love with it. I got interested in it and at the time Shane Bourne, Wendy Harmer, Richard Stubbs, Mark Neal and Trevor Marmalade were doing standup,





so they actually are the first people I ever saw doing it.

No wonder you loved it.

Briefs, boxers or free balling (kamikaze)?

Boxers. Boxer briefs. Have free balled but only if I've needed to.

Hehe, what does that mean?

I don't know, you use your undies to clean something or if you don't have a hankie... Undies come in handy for other things.

Do your family and friends think you're funny?

Family at the moment. NO, I'm more grumpy than funny. Peter, my three-and-a-half year-old, thinks I'm silly sometimes, baby John thinks I'm funny and terrifying at the same time, Fotini, my wife, I don't think she thinks I'm funny at the moment, I think she thinks I'm psycho, mental. Hehe

My mother-in-law thinks I'm stupid and my mum thinks I'm sad.

So growing up with a Greek background, was comedy something your family encouraged you to do?

My dad was very funny. He should've been a standup. He had the best jokes but he never told me the jokes at all. He only used to tell my cousins the jokes not me. Because they were dirty jokes, and my cousins (who were my age), he'd be telling them a joke and I'd walk in and he'd just stop.

Then what? You'd hear the jokes from them?

Yeah, and then they'd tell me the jokes.

Does your partner still come to your gigs?

Yeah, she loved 'Comicus Erectus'. She came to it two or three times, although she was over it, but she really liked it. My mum hasn't come for a while. She got a bit cross with me because she thought I was misrepresenting her.

How?

I said she used to hit me and she said, 'I never used to hit you, I never touched

you.' There were ladies coming up to her in church going, 'Your son, he's so lovely, why did you hit him?' And she'd reply, 'I didn't hit him, he's a liar, he does it for comedy.'

Hehe that's hilarious

Do you try new material on your partner?

Yep, but don't ever do that! There was one day I tried 17 jokes on Fotini and she only liked one. She said, 'Oh, that last one was good.' Worst person to try material on, your partner!

Because they are so critical?

Yeah, do it in front of an audience that loves you and then at the end of the show, when you got a bit of time left, give that one a go and see how you go.

So did you do the other 16 on stage?

No, she actually made me chicken out. I had no confidence because she burnt me then and there.

Inny or outy?

Oh, inny! Actually, I've got a scar there now so it's like a halfie. I've got a halfie and it's hairy too, so it's a hairy halfie

What's the best or worst advice ever given to you?

Legendary Australian comedian Maurie Fields once said to me, 'Once a performer starts getting famous he starts getting lazy...' I've never been lazy about the work, I guess that's why I've been in this industry for over 27 years.

What advice would you give someone wanting to be a comedian/actor?

As above...

By Toula Bourmas



THE KARAOKE QUEEN IS BACK!

BY RAQUEL NEOFIT

Photo by Petros Metaxopoulos Photography



Roula's inspiration comes from sharing her positive outlook with the world – 'Live doing what makes you happy as no-one knows what tomorrow will bring,' she says. 'And never give up on your dreams or take no for an answer!'

Roula Krikellis, known to most in Oakleigh as the KK ROCK Chic, has put her one-woman 'Karaoke Rox Show' back together after almost a year of emotional turmoil – but good can always prevail from bad and Roula has proven that obstacles can be over-turned and new passions kindled from personal set-backs.

When Roula initially introduced her karaoke show to café goers in Brunswick she was met with scepticism, but luckily there were a handful of people who inspired her to take a gamble on her talents and encouraged her to keep pushing on.

Roula sparked interest and support from Petros Photography Metaxopoulos, reporter Neos Kosmos, Manos Milios and Melbourne community television – Channel 31. So with

encouragement and growing support the KK ROCK Chic moved her karaoke show to Oakleigh and introduced karaoke to the Greek community.

Her goals were to bring exposure to local businesses with her stand-out promotional tactics and she developed a karaoke show around motivation and encouragement. With her signature sound and zest for life she began to encourage Oakleigh locals to celebrate and embrace the multitude of cultures that surrounded them.

But as support grew for the KK ROCK Chic, Roula was slowly heading towards a brick wall and in March 2012 her voice disappeared – diagnosed with a tumour on her right vocal cord doctors declared she may never sing again. Although the tumour was benign and successfully removed the surgery resulted in damage to her vocal cords that led her to seek treatment from a voice therapist to regain the sound she'd worked on for so many years – a therapist who believed Roula would never develop the functionality to belt out another rock song again!

Never taking no for an answer or quitting on herself, Roula is a woman who believes in creating her own fate and conquering adversity regardless of the obstacles that stand in her way. Roula's worked hard to re-train her voice and develop a new karaoke show to bring her love of music and singing back to the Oakleigh community.

But I mentioned earlier that great things can come from life's difficulties and over the past months Roula has put her talents to use as an MC for a variety of charity events including a cause that's close to everyone's heart – The Cancer Council. She still has a long road ahead of her but she believes her voice is smoother than ever.

For show info, Karaoke & MC bookings and to connect with Roula on Facebook find:

Roula Krikellis KkRock Chic

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Vanilla heats up with *The Quarter Street Orquesta* and their *Sexy New York Salsa*

By Raquel Neofit

This summer we strap on our sexy salsa stilettos and kick up our heels with hot up and coming New York Salsa player, Cristian Saavedra from The Quarter Street Orquesta – fresh off the competition trail and ready to take Australia by storm...

Cristian is no stranger to the smooth and sexy rhythms of Latin music, growing up with a hip-shaking Latino dad and the second-born of three musical brothers, Cristian's life was consumed with the intoxicating sounds of Latin music – and since there's nothing sexier than a hot summer salsa, I couldn't resist the opportunity to catch up with Melbourne's own Chilean soul brother.

Cristian – give us a feel for New York Salsa.

New York Salsa came about in the sixties and seventies. Its rhythms stemmed from Cuba but evolved into its own sound, which has elements of jazz and afro rhythms.

Why did you all choose to create a New York Salsa band?

We chose to play seventies salsa because it's what we love to play. There are many different types of Latin music but salsa from the seventies was raw and came from an era where the music of the streets resonated with the voice of the people.

What has been your most memorable gig to date and why?

Probably the Clave Contra Clave (CCC) competition – sharing the stage with such an esteemed artist as Willie Colon was surreal and very inspiring. CCC is an annual competition to find the best Latin band in Australia. Run by *Gift Abroad*, they

hold heats across Australia and have the best of Australia's Latin bands competing. This year the finals were held in Brisbane and we finished second overall! Not only was the competition a great way to get our relatively new band some attention, but we also won cash and a performance tour of the USA in 2014. It's really great to have the Latin scene in Australia receiving attention and support and we were lucky enough to have one of the all-time greats, Willie Colon (NY) perform at the final.

What instrument do you play and how and why did you get into music in the first place?

I play timbales amongst other instruments. My dad is a musician and so are my brothers, what hope did I have of a normal life...

Check out updates for The Quarter Street Orquesta @ Vanilla Facebook page.



The Quarter Street Orquesta performing at the Clave Contra Clave competition

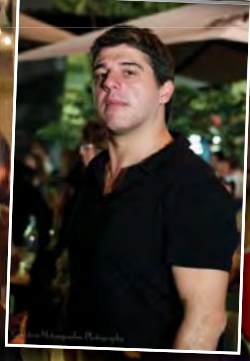


Cristian Saavedra in Melbourne's Fed Square



The Quarter Street Orquesta at the Clave Contra Clave competition in November

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3. SNAP – Rhythm Is A Dancer (Sax Remix 2012)
4. Shaka Muv feat. DJ M.E.G & JJ – Illegal (AlexC Remix)
5. Elena Gheorghe – Hypnotic
6. Mossano – Una Serenada (Extended)
7. INNA – Crazy Sexy Wild
8. Deepside Deejays – Look Into My Eyes (Ibiza Sax Remix)
9. Liviu Hodor ft. Mona – Je t'aime (Dj Asher & ScreeN Remix)
10. Alexandra Stan – Cliche (Hush Hush)
11. Voxis – I Just Wanna (Extended Version)
12. Amna – Feel Alone (Addictive Elements Remix)
13. Will.I.Am ft. Eva Simons – This is love (Andeeno Damassy Remix)
14. Bijue – All the stars
15. Morris – Boca Linda (Dexter Deejay Sax Remix)
16. Dony feat Elena – Hot Girls (Menegatti Patrix Remix)
17. Free Deejays – Mi Ritmo (Inventive Sound Remix)
18. Ellie White – Sete De Noi (LLP Remix)
19. Sonny Flame – Sale el Sol (Bodybangers Remix)
20. Manu L.J – What a Love (Hot Ibiza Remix 2012)
21. Funk White – You and Me
22. Fly Project – Back In My Life (LLP Remix)
23. Alessia – Ale Kumaye (Extended Version)
24. Vanessa – Sunshine 2012 (Dj Sava rework)
25. Alex Velea ft. Sore – Boy Boy (Kamil S. & Dj Stanelo Extended Club Mix)
26. Smiley – Dead Man Walking (Radio Killer Remix)
27. Tony Ray – Chica Loca In The Night (DJ Ramirez Mashup)
28. Andeeno Damassy feat Natalia Kills – Mirrors (Club Mix)
29. Morris feat Cortes – Uh La La (Tampir Assayag Remix)
30. INNA feat Play & Win – INDIA

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