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ISSUE 6



VANILLA

AUTUMN
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Helen OF SEVEN



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EDITOR'S LETTER

Welcome to the 6th issue of Vanilla magazine!

In the previous issue we encouraged you to make the most of summer and your local surroundings and GET OUT! Our slogan for the autumn season is HAVE A LAUGH! It's good for your health. Apparently every minute of laughter prolongs your life by one minute. Personally, I think it depends on who you are laughing at – it may actually shorten it... lol.



Okay, okay, I'll stick to my day job and leave the jokes to the comedians! Like funny man Dave Hughes, who's featured in this issue, interviewed by Toula Bourmas from *The Last Laugh at The Comedy Club* – which not only hosts a number of acts for the upcoming *Melbourne International Comedy Festival* but also runs stand up gigs throughout the year offering laughter therapy at a fraction of the cost of seeing a psychologist.

It is also a great place to take someone for a first date – they'll do all the hard work for you, and you'll be guaranteed a second date or your money back (unspecified conditions apply). Or you can sue your date like that guy we saw on *Today Tonight* who took his ex girlfriend to court asking to be reimbursed for the money he had spent on her. Imagine if he had won the case and set a precedent... an epic battle of the sexes would have surely erupted. No wonder the show's wonderful new host, Helen Kapalos was trying to keep a straight face as she presented the story. She obviously knew the fate of the world was at stake! Anyway, I thought it was best I left the topic alone when she visited Vanilla, so I asked her instead whom she'd interview if she could travel back in time. Read her feature story and find out!

Helen with her truly inspiring story is not the only amazing woman gracing this issue. Lee Andrikopoulos catches up for a frappe with bilingual education expert and brilliant mind, Maria Gindidis. Vanilla magazine assistant editor Raquel Neofit (herself a great woman) talks to film producer Christina Kato about her women's forum and to Natalie Kringoudis (co-author of hit book *EAT FAT BE THIN*) who has an interesting theory on fulfilling her role as an Aussie girl marrying into a Greek family.

Alternative health guru Joanna Psarakis explains why Acai berry is a superfood, Yasmin Wills together with Raquel offer beauty tips, while Effi Bikouvarakis talks about new fashion trends. Christine Basil joins the war against upcoming winter blues with a pre-emptive strike of laughter. Plus more!

Okay, one more joke:

"I was playing chess with my friend and he said, 'Let's make this interesting.' So we stopped playing chess." – **Matt Kirshen**

This hilarious joke was voted second best of 2012 by Telegraph (UK) readers, and I mention it because it kind of sums up the premise of the new cheesier than ever Fotoromanzo *DARE IL GAMBETTO*, which features Vanilla's own beauty, Maja Kasic and an array of Vanilla patrons. But be warned, I also had to make an appearance after a cast member cancelled last minute. How... embarrassment.

I left the best joke for last: Vanilla's been sold – hahaha!

NIKITA BALLAS



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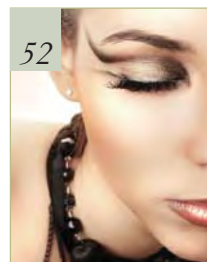
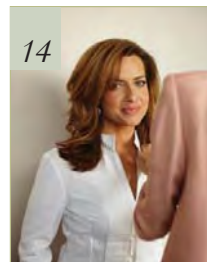
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FRAPPÉ WITH LEE

Dearest friends welcome to the Autumn edition of Frappe with Lee.

As I'm writing this article I'm still sweltering in Melbourne's February heat wave, and it's good to be back in action from the Christmas festivities. Many of us have finally switched back into work mode, commitments are re-activated and schedules are back in full swing.

New Years resolutions are a distant memory for some, while others have maintained their passion in their new day to day routines. Parents have resumed their roles as taxi drivers, driving their kids to school, sports events, Greek school and music lessons... the list goes on and on.

For those of us parenting toddlers and new preps, just developing the fine art of preparing the children for school is a new technique to be mastered; packing lunches, checking for hats and water bottles etc, but rest assured that by the time your kids are in secondary school, it truly is a mastered art and it does become second nature.

However busy we are, let's not forget the importance of maintaining balance in our daily lives. As much as we spread ourselves thin, we should always make sure there is some 'me' time thrown in for good measure!

This is once again where the 'frappe' proves invaluable!

So as we all ramp up for 2013 with an invigorated spirit, make sure you make time – to stop and smell the 'frappe'!



MARIA GINDIDIS 'STAYING TRUE TO WHO WE ARE...'





This issue I share my frappe with Maria Gindidis- a seriously passionate, enlightened and dedicated lady who has devoted her life, with an underlying humility, to the Australian and International community by way of bi-lingual education! It's incredibly refreshing to be in the presence of such effervescent energy and Maria's clear passion for what she does is a privilege to behold.

Maria's a second generation Greek/Australian, who has embraced both her Greek and Australian heritage to create a hybrid identity, capable of challenging our ever evolving multicultural Australia.

For the last 23 years Maria's lectured at Monash University in the Diploma of Education and Master of Education Teacher Training courses, inspiring the future generations of teachers. Her list of career accomplishments is simply astounding. Maria has managed various projects for the Department of Education and Early Childhood Education along with holding the Middle Years portfolio in Gippsland. She's been an Innovation and Excellence Educator across five large public schools and for 3 years was State Coordinator of the Bilingual Schools Project involving fifteen schools through-out Victoria.

Last year Maria completed a PhD in 'Researching Arabic, Chinese and Greek teachers marginalised in community languages teaching' and is set to graduate this July. Although her interests are extensive they can be synergised under 'Brain Based Learning' and how this impacts on learning second, community and foreign languages.

Adding to her repertoire, Maria is the new Associate Editor of ASG's Early Horizons magazine for Early Learning Centres across Australia and New Zealand.

And as if all that isn't enough, Maria is also a regular conference speaker on topics surrounding the practical integration of multimedia in languages and engaging language learners in the crucial middle years of life. She has delivered many local and international workshops on bilingual learning and works as a professional development trainer and educational consultant in government, independent and catholic schools across Victoria – To date she has presented lectures in Japan, Singapore, Canada and recently Dubai. Phew!

However, most importantly for our Greek community and the reason I wanted to sit and share a frappe with her, Maria is the founder and principal of 'Protypo' – a part-time Greek language school which has been operating for over 32 years with a current enrolment of over 600 students in Oakleigh.

Tell us how it all started and how you decided to dedicate your life to education...

Like many first generation Greeks, my parents worked hard while I attended primary school in Melbourne. My parents made the decision to return to Greece in 1973. There, I attended an all

girls Greek School where I was thrown in at the deep end to try and grasp the language and culture of my origin. This was a great time to be in Greece and I loved the romance of the Greek culture, however due to the political turmoil at the time, my family and I returned back to Australia in 1975.

When it came to University, I followed my parent's wishes and studied law, but my passion was education, and by my second year of law I convinced my parents that my path in life was to become a teacher, much to their dissatisfaction at the time. When I graduated I had the option to work in a prestigious private school, however my heart was dedicated to a lower socio-demographic, so I took a post at a public school in Northcote where I felt I could truly help. It was the perfect platform to implement new thinking and challenge the traditional theories.

So you became an innovator.

Innovation was a principle that truly made sense to me, constantly looking for better ways to help and educate. This could only be achieved by constant preparation and planning, and most importantly not getting caught up in knee jerk reactions. As much as I'm a firm believer that hard work gives you results, it's the ground work behind the scenes that will ensure success.

Obviously you faced big challenges.

There were many occasions where I felt vulnerable, as I opened myself up to mistakes and criticism, however armed with a never-ending zeal and dedication I became stronger each time I returned to the drawing board. As I developed new educational techniques and theories I realised that I couldn't do this alone. I looked for ways to form networks and teams which were fundamental in creating stronger educational environments with the potential to be more sustainable in the long term.



Being 'Greek' is a gift that allows for great richness



And Protypo was born!

Yes. All this led to the creation of Protypo in 1981 – a Greek school with a difference. I realised I needed a new educational platform where I could build on the work I was doing which in turn would help me to not lose my soul. It was an environment to innovate and take traditional teaching to a new level. Protypo was a learning centre for kids to learn Greek but more importantly was a place where I could keep kids’ passion alive. At the end of the day it was about the kids!

That’s a great achievement! You should be proud.

I’m so proud to have over 600 pupils learning Greek language and culture at Protypo. I’d like to believe I have achieved my aim of creating an invigorating platform that allows each pupil to develop their own identity as a Greek /Australian rather than expecting them to conform to a single ideal of what it means to be a Greek /Australian.

It’s great to see your whole family being involved.

I feel privileged to have the family I have, as none of this would have been possible without their support. My children have been phenomenal and have generously shared me with

hundreds of other kids and of course my husband Chris who has been the wind beneath my wings throughout this amazing journey, I feel extremely blessed.

And finally your message to Greeks here and in Greece?

My message to the Greek community is to stay true to who we are; family, arts, language and attitude.

To the 2nd and 3rd generation my message is simple being ‘Greek’ is a gift that allows for great richness. To the Greeks back in Greece I say... stay true to our Greekness, all is transitory as I firmly believe that Greece will rise again. Stay strong!



All hands on deck: Maria’s husband Chris Gindidis with Protypo students singing Christmas carols outside Vanilla (Dec 2012)

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AKIS

THE JOURNEY OF AN INSPIRATIONAL YOUNG MAN

By **MARIA-IRINI AVGOULAS**

The city of Melbourne, Australia, has the largest Greek population outside Greece, with migration dating from 1827. The earlier Greek migrants hoped to start a new life after WWII and the civil war in Greece, while the new wave of migrants now seeks to escape economic crisis.

One of these young people is Akis, a 31 year old who is from Kerkira, a beautiful island in the Ionian Sea. Akis has been in Melbourne for just over one year. However in this short time, he has already achieved so much and has a very inspirational story that he shared with me.

In December 2011, Akis decided to move to Australia as he felt Australia was "the country of opportunities". When he first arrived he had no support and relied only on himself and his survival instinct, something he likes to describe as a key characteristic of Greek people. Akis experienced challenges at the very beginning, such as finding accommodation and employment, enrolling in a course, pursuing education and learning the Australian way of life. All challenges that he feels have now made him stronger. In only a short time Akis began to establish himself. He's currently working as a waiter here at Vanilla, he's also been studying and in July will complete a business administration course.

“A big thank you to my Greek friends here who have helped me a lot”

Later this year, he'll commence an accounting course. Akis mentioned that this journey of his has allowed him to meet some very special people, he now has a network of friends around him and a wonderful girlfriend. Akis is genuinely thankful to his Greek friends and describes them, not just as friends, but more like brothers. He feels meeting these young people and being part of an established Greek community was



Making new friends at Vanilla

a great help and gave him the support he needed, he didn't feel like a foreigner and gained a sense of belonging.

When I asked Akis what a young migrant needs to succeed in Australia, his answer was "patience, drive and realistic goals". He described Australia as a country where dreams can come true, if a person has patience and acceptance but that things just don't happen over night. He emphasised the importance of having realistic goals and taking small steps to achieve them. Furthermore he has the drive and creativity to reach that pot of gold at the end of the rainbow.

One may ask what's next for this amazing young man. He has some projects that he has in mind along with more study. He has also planned a well deserved European holiday in a few months. I would like to take this opportunity to thank Akis for sharing his story and I look forward to catching up with him later this year for a follow up.



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GREEK FOOD and Health Folklore

Ms. Maria-Irini Avgoulas

A health belief can be described as a view that is formed and shaped by one's culture, their ancestral customs and those around them. In many Greek families, chamomile tea is the cure for all illnesses, whether the problem is the common cold, a stomach ache or even a broken leg. Chamomile tea and other folk remedy foods such as a cup of tea or yiayia's (grannie's) homemade chicken soup, have served for many generations as the traditional response to various health concerns.

The Greek population, especially the older members of this group, tend to prefer home remedies during times of illness. Traditional home remedies or folk healing activities were either known to the patient or their family or were recommended by a neighbour or folk healer (wise women, sorcerers, priests, nuns). An examination of health behaviours within ancient or modern Greek culture suggests that some of the most common remedies to cure illness are chamomile tea, holy water, olive oil, ouzo, wine, salt,

pepper, soup and honey. These substances are part of their culture, known and expressible in their language and more importantly have withstood the test of time.

Over time food becomes a part of a person's identity and gains central importance when it comes to religion, customs and traditions. From childhood we become familiar and fond of our ancestral rituals, especially those involving food.

For example during Easter, a time that is almost upon us, food is such an important part of the Greek Orthodox faith at this Holy time. It all starts with the Holy period of fasting, which is intended as spiritual preparation for an experience of deeper communion with God and ends on Easter Sunday, celebrating the resurrection of Christ with a feast and the traditional boiled red eggs – consumed as a symbol of faith even by those who avoid them throughout the year by saying "I will have and enjoy this boiled red egg and I know it won't impact on my cholesterol and I must have it as it will protect me".

'Greek Easter time'



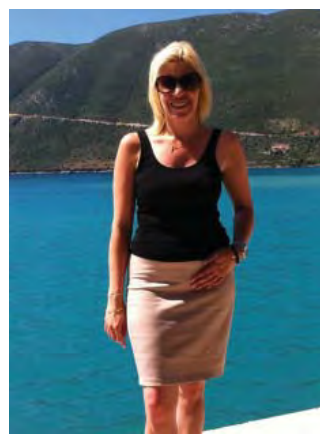
Greek Orthodox Christians fast for a total of 180-200 days each year and the Christian diet consists largely of bread, fruits, legumes, nuts and vegetables during the fasting period. Food consumption has traditionally been associated with health in the Greek culture. A number of food items or ingredients in cooking are thought to contribute to good health and a long life. These include seafood, garlic, onions, chicory, oranges, lemons, potatoes, corn meal, artichokes, grapes, parsley, rosemary, and peppermint, each of which has traditionally been associated with some desired health outcome. These food items contribute to the now well-known Mediterranean diet, which is believed to contribute to overall mortality as well as to the outcomes of specific chronic conditions, like cancer, diabetes and Alzheimer's disease.

“Food is very much part of the Greek culture but are there any underlying benefits in maintaining the Greek way of life?”

Could the Greek Island of Ikaria in the Aegean hold a secret of longevity and overall good health with its very old traditions of health and wellness? Research has shown that people on

the Island of Ikaria suffer lower rates of cardiovascular disease and cancer, and the island has more healthier people over the age of 90 than anywhere else in the world.

What are the secrets these people hold to an overall healthier life and longevity? Is it in their genes or could it be something else? Could it have to do with their island living, their community connectedness or their diet? In June of this year I plan to visit this unique island and I hope to learn some of the secrets of the Ikarian people that I could share with the readers of Vanilla magazine!



Ms. Maria-Irini Avgoulas

PhD Candidate –
Deakin University/
Associate Lecturer –
La Trobe University

HELEN OF SEVEN

By Nikita Ballas

She has been described as the *Greek Goddess of news* and as *Hurricane Helen*. For Greek Australians who are very fond of her, she is 'o dikos mas anthropos' (one of our own), winning everyone over with her natural elegance, her smooth confident voice, her warm smile and her trustworthy eyes.

Soon after leaving Ten News late last year, Helen Kapalos went to New York where she volunteered in the relief effort following hurricane Sandy, becoming a hot item in the job market with offers flying in from abroad. Luckily for her Australian fans, the Seven Network made her an offer she couldn't resist. So now the Greek beauty is *Helen of Seven*, after the network entrusted her with the huge task of revamping their prime time public affairs show *Today Tonight*.



Although busy taking *Today Tonight* to a whole new level with her personal touch of in-depth journalism, she still finds time to visit Oakleigh, Melbourne's major Greek precinct, where she feels at home. If you watch closely, you can see Vanilla in a scene from her new promo for *Today Tonight*. This was the first thing she spoke about when we caught up for a frappe, 'this is an opportunity I have grasped with both hands, I am conscious that I am a Greek Australian working in mainstream media and

I believe my heritage is where my strength and determination comes from. That's why I made sure we filmed part of our promo in Oakleigh. I am very proud of that.'



Channel Seven – New 'Today Tonight' Host Helen Kapalos Promo (31.01.13)

Where do you want to take *Today Tonight*?

The show is evolving and my wish is that it becomes a program which offers substantial journalism and marks a new phase in public affairs reporting. I am looking forward to introducing a program which will offer a point of difference. It's an exciting time and I cannot wait to see what direction the show takes.'

You have a passion for women's issues...

Yes I do... and I feel that a lot of the challenges I've faced in my life are what led to me having such an empathic feeling towards women in general. The loss of my mother during a very pivotal time in my life is not just my story. Grief visits all of us at some stage... To experience that kind of loss at 23, just as I was about to get married was heartbreaking... and knowing that my five nieces would never experience her vivacious demeanour is something I still find difficult to assimilate into my life.



Going through a divorce was another jarring event for me and after a 13 year marriage I felt like I had failed in a large section of my life. I also really felt for women who had children and custody issues on top of something so painful. There have been other events I have been able to share with women who may feel they are alone, like being single and childless.

Can we expect you to explore women's issues deeper on Today Tonight?

I feel this position I am in comes with a certain responsibility to reach out to others and I embrace that, because maybe my story will help others heal some aspect of their life too, or at least offer perspective. No one is the brochure, despite outside appearances.

I am working on a series of features at the moment which will profile some interesting women and am looking forward to being able to do more interviews which offer rich content and substance.

Our readers want to know more about you, what kind of kid were you?

I was a bit of a tomboy... either on my bike, or skating or generally being pretty active. It's interesting that as an adult any kind of physical activity always makes me happy. I relate that to my childhood. It was always my escape.

What is the craziest thing you've ever done?

Three years ago, my friend asked me to go on a charity bike ride. He lent me a mountain bike and said it was 50 kilometres. I wasn't too worried as I had done 100 kilometres a few weeks before for Around The Bay. Boy was I naïve. It was called the Otway Odyssey and it felt like an extreme sport. I am amazed that with all the steep downhill runs

and mountains I didn't break a bone. I definitely had a few scrapes and bruises after that one!

What is your favourite holiday spot?

Always Delphi – for the energy I feel when I am there... the ancient navel of the earth... it feels like we are walking in the footsteps of the gods. My Dad lives in a village in northern Greece. I spend every holiday, either December or January with him. I love my cousins and aunties and really look forward to the trip.



Helen relaxing @ Vanilla with her father Dimitris who recently visited her from Greece.

What is your favourite Greek dish?

I think a lot of us have a soft spot for avgolemono because we associate it with being sick and our mother's nurturing. I love

Yemista and all the really traditional dishes like spanakorizo or lentil soup.

If you've had a miserable day and need to vent it out, what do you do or whom do you call?

I call my sister or my best friend, or walk it out. I love meditation too.

What would you have been if not a journalist?

I would probably be a teacher.

Your most memorable moment as a journalist?

Covering the Olympic games in Athens. I will never forget that experience.



Among friends: Helen with me (to her right) and with HACCI (Hellenic Australian Chamber of Commerce) president Nick Mylonas (to her left)



Helen Kapalos in Athens during the Olympic games (2004)

What's the biggest moral dilemma you have ever faced as a journalist?

How far to push people. How to deal with tragic events sensitively. There are always issues like that you have to deal with. I haven't had one that I can remember standing apart from the others.

What was the biggest story you came across that didn't make it to air?

I haven't had too many that never made it to air. Sometimes when I covered court stories, details were often suppressed to the public. That was frustrating.

Do you think Australian politicians are having it too easy with the media?

I think politicians still face the necessary scrutiny and because of social media, it's even more pronounced. I believe social media has made them even more accountable, and faster. Issues tend to flare up and develop quickly.

If you could time travel, which historical person would you choose for an exclusive interview?

Aristotle. I would ask him where the lost writings are – and his opinion of modern day humanity. Perhaps, where we went wrong?



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AUTHOR

BY RAQUEL NEOFIT.



Last month we introduced you to Andi Lew of the Eat Fat Be Thin food movement, but Andi's only one half of the super-duo behind this book's success, so this issue we thought it only right to catch up with the other half – charismatic blonde bombshell and health personality Natalie Kringoudis.

Nat – I couldn't help but notice your last name, Kringoudis! A Greek surname yes? You don't look Greek to me, so how was it integrating into a Greek family?

It was really fine. I've grown up with mostly Greek and Italian friends, so it wasn't a huge transition, although my in-laws may say otherwise! They are super lovely people who took me in like a daughter. Plus, I gave them grandchildren so my job is probably done. But seriously, I love the culture, the food and the great sense of community through family and friends that is second nature to the Greek lifestyle. It feels like home to me.

We know from experience here at Vanilla that Greeks can put together a damn fine meal – what's your favourite and how does it fit in with the Eat Fat Be Thin philosophy?

I adore Greek food! I'm completely obsessed with feta, honey, yoghurt and wait for it... rathikia or horta (wild greens)! Not all together of course! We spent several months in Greece a few

years back; I think I ate all the yoghurt in sight. It's so well aligned with the Eat Fat Be Thin philosophy – whole foods, therapeutic fats and quality protein. Greek cuisine has it covered.

What was your first impression when Andi asked you to be a part of her Eat Fat Be Thin project?

Slice me a piece! Ha, seriously – it was a no brainer for me. It was a way of life already for me – so why not share our secrets with others who want to make gentle changes to better nourish their bodies. I love to talk and educate others on how to be the best version of themselves.

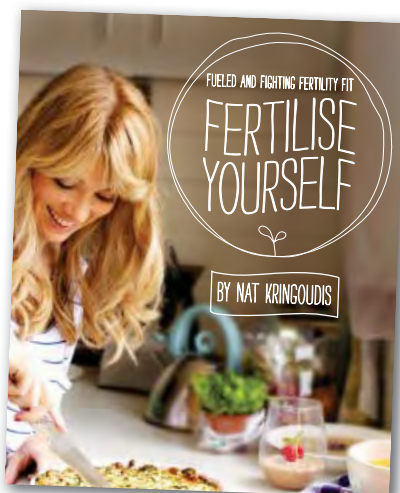
Tell us a little about the other book you have authored?

I wrote a book last year called Fertilise Yourself (currently PDF and on ibookstore). It's a very easy read that dissects the scary world of 'infertility.' I found myself answering the same questions about health and fertility every day, so compiling them all into one resource seemed like the logical thing to do.

I also regularly contribute to major publications like Marie Claire and Cosmo. I've got a few others in the pipeline too!

And finally, if there is one misconception you just have to bust the myth on – what is it?

Fat doesn't make you fat! If low fat worked, we'd all be skinny. Want to know why? When we eat low fat, it is nutritionally lacking, meaning our body still craves the nutrients the low fat version has been robbed of. By eating whole foods, we fill up the nutrient tank in our bodies and it is happy! We eat less because we are satisfied on every level.





CHRISTINA KATO

Women's Forum

By RAQUEL NEOFIT

enthusiasm with other women. Regardless of culture or creed a women's forum encourages women to come together and network – to encourage positive change and to give women the confidence to step-up in the world by building their belief in their talents and achievements.

It's about empowerment, strength in numbers and building profound, long-lasting personal and professional friendships.

Forums exist to teach all women that they are not second-rate, regardless of where they come from or what they do in their daily lives and to affirm that we need to re-train the world's thought-processes on the roles women play and change their own mind-sets. But we don't need to be men-hating feminists to do it – we all have a place in this ever-evolving world at large.

That's the heart and soul of a women's forum – empowerment, friendships and trust...

Christina Kato is one of the producers behind upcoming international telemovie *Dream of a Shadow*, currently being filmed in Melbourne. But Christina also has a burning passion to help and inspire women from all walks of life to stand up and take their rightful place in the world of business and the arts by following their dreams and secret ambitions.

Art director, producer, actor, business woman, brand strategist, teacher and mother, Christina is dynamic, engaging and although shouting the value of women to the world, she is adamant she's not a feminist. She has a passion for building the public profiles of individuals and re-branding their names and projects so the world sees the image they desire to portray. "If you don't brand yourself," Christina says. "People are going to brand you!" Her goal is for women to achieve the recognition they deserve, and she believes that all starts with your name. "The most important thing in your life is your name," Christina says. "There is power in your name."

I was lucky enough to steal a few hours of Christina's time between developing her women's forum, filming *Dream of a Shadow* and caring for her family of four children, including an adorable son with special needs.

GOALS FOR WOMEN ALL OVER THE WORLD

Christina, what exactly is a women's forum?

A women's forum is a safe and encouraging environment for women from all walks of life to come together and discuss issues that affect us all.

Forums are the perfect platform for women who lack support in their lives to find some, and for women who already have the support they need to come and share their stability and

Why do you want to start a women's forum?

My aim is to bring women from all walks of life together so they can develop their interests and meet new people – there are people amongst us who have never had the opportunity to network, this will give them that opportunity.

I don't see many groups out there where women could come and connect with each other, especially in the Greek community. We need to get these women together who have never had the support and encouragement to follow their dreams.

Women are powerhouses who can inspire each other to follow their passions and if you follow your passions, you will find your purpose.





Christina during filming of Dream of a Shadow in Athens

What can women expect from you when they join your forum?

Networking opportunities! We'll have an early luncheon where women will come together to network – to encourage, motivate and inspire each other and each forum event will showcase a speaker sharing their background, their success and the roads and obstacles they faced to get where they are today.

I would love to showcase women with inspiring stories, pioneering women who have gone before us and paved the way for the future.

As interest grows we'll incorporate educational and motivational workshops to help develop our skills.

 **Connect with Christina**

You'll be able to join Christina online and sign up for regular newsletters along with luncheon information and inspirational words of wisdom. Women will have a safe place to network and find inspiration while receiving the best advice and support to start shifting their mentality for a productive and inspiring future.

“The beginning and the end for all your Training and Education needs”



Alpha to Omega Academy Pty Ltd, Level 1, 390 Flinders Street, Melbourne 3000 Victoria
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At Alpha to Omega Academy Pty Ltd we also offer Refresher Workshops for staff working in Aged Care and need to update their skills in Medication, Infection Control, and Manual Handling.

For further information please call **(03) 9621 2876**, email: admin@aoa.vic.edu.au or you can visit our website at www.aoa.vic.edu.au

00043288

EVERYBODY ★ LOVES ★ DAVE

00043288

AS THE MELBOURNE
INTERNATIONAL COMEDY
FESTIVAL APPROACHES
TOULA (TOOLS) BOURMAS
CATCHES UP WITH
DAVID HUGHES WHO
NEEDS NO INTRODUCTION.

COMPETITION

★ for Vanilla ★
Magazine readers!

**All you have to do is name the title
of Dave Hughes' first DVD.**

First prize: Comedy DVD pack (Includes Dave Grant, Dave Williams, Paul Bracsh, Brad Oakes and more) and a double pass to The Last Laugh at The Comedy Club for dinner and show.

Second Prize: double pass to The Last Laugh at The Comedy Club for dinner and show.

Entries close and Drawn on **Friday 29th March 2013.**

All entries must be emailed (add "Attention to TOULA competition") to: maria@thecomedyclub.com.au, please include your **full name** and **contact number**.

Winners will be notified by phone and also announced in the next issue of Vanilla magazine.

I read somewhere your a vegetarian?
I'm a pescetarian so I eat fish.

What is one food you can't live with out?
Hot chips. Well I've had a personal trainer before that said to me "to get a 6 pack you've got to give up chips" and I'm like, "Nah I can't do it man".

What were you like at school? Were you the class clown?
No I was definitely not the class clown. I was middle of the range I suppose. I started getting a laugh in about year 11, it was a religious education speech I did.

I did a talk about a Saint called Sally Trench – I had done no research for the speech but that was one of my finest stand up gigs. But that was also the only subject I ever failed in school.

Oh really?
Yes, because of that speech.

Are you still friends with your school buddies from Warrnambool?

Absolutely, I had a coffee with one of them tonight so yeah absolutely. Went to a Christian brothers college and it was just all boys and we had no girls to compete over. Some of my school friends are my accountants now and are too honest for my liking. Hehe.

Who was your heroes growing up? And have you ever met them?

Well I idolised everyone from the Carlton footy club and now I have met most of them. Stephen Kernahan who is an old Carlton football legend, I've definitely met a lot of my sporting heroes.

Are they still your hero?

I don't really have any heroes anymore. I don't really think about it as much I suppose. I still idolise the Carlton Football club you know so I've never grown up that way yeah. I got a text message from Lleyton Hewitt tonight so... I shamelessly name drop sporting stars all day basically. I showed someone some text messages from Pat Rafter earlier. It was my old school buddy.

Is there someone you'd really like to meet, dead or alive? Or is there someone you'd like to meet that is alive that you'd rather not be?

Well there is a comedian called Sam Kinison and he's dead now so I can't meet him. He inspired me. He was an American comedian that just used to rant about his life and it was probably watching him as a 15 year old where I thought 'I want to do comedy like that' and I guess I sort of do a bit, so yeah I'd like to have met him. And who would I like to kill? Um, I'm sort of mellow these days so I don't want to kill anyone these days... Hehe. Yeah I'm trying to be Zen.



Before comedy, what was your first job?

I pushed trolleys around a Woolies car park, so that was my first job. I got a promotion to fruit and veg, and then got demoted back to trolleys. That was humiliating! When I quit I wanted to walk up to the general manager in front of everyone at the checkout and just call him a @^*#^^*. I dreamed about it for weeks, but I didn't do it.

What was your first gig like?

I was 22. I was in Perth and I was not good. It was 1993 and the first gig was horrible, well it's hard to be prepared on your first gig I suppose. I was blinded by the light, I had no idea how bright the light was going to be, I felt like I was being interrogated and hardly anyone... Well basically I got no laughs. The only person in the room laughing was my friend that I turned up with and he was laughing at how bad I was, of course, he was there for support hehe...

Did your family and friends encourage you to do stand up?

Well they encouraged me to get a job hehe... no I was out on my own on that one.

Actually I remember the first gig I did when I was living in Perth with my mate from Victoria. but we were living over there and I got home to my flat mate, his nick name is Rat, he's a lovely guy but I got home and he said, "How'd you go?"

I said 'Nah not good and he replied' "Yeah, 'cause you're not funny" hehe who's laughing now? Yeah but he's a great guy.

The Comedy Club and Vanilla would like to congratulate Dave, Holly and family on their new baby Tess!

When your kids Rafferty 4, Sadie 2 and baby Tess grow up, if any of them want to pursue a comedy career how would you feel about that?

I'd be fine as long as they are happy. I guess it's a cliché but they can do what ever they like. It's funny to think about when they get to the age when they'll understand that daddy is doing jokes about them.

Best or worst heckle you've heard?

Well the worst heckle is when people just start talking. I still have a reoccurring dream where I'm in a room doing stand up and people just start talking to each other and you can't hear yourself because everyone is ignoring you, so I think that's the worst and I still have the dream where everyone just walks out on me.

Really, you actually still dream that?

Yeah, I remember in my formative years in comedy in Melbourne when I used to work at the Esplanade Hotel in St Kilda the doorway was always visible from where you were and you could always see people leaving and you were always paranoid on stage seeing people leave.



Worst gig ever, would that be your first one and how did it affect you?

Probably the first one yeah, but I actually went back the week after as I thought 'if I don't do this again straight away I'll never do it again'.

So what was that like?

Much better, I talked about how bad I was the first week, so I got a laugh talking about how bad I was.

So what is the best and worst thing about being recognised?

Oh there's not much bad about it to be honest. It's only maybe if you are out late at night and a group of drunken blokes put you in a head lock or something. **Do you get that?** Occasionally but you just need to be careful when your out late at night basically, but generally it's all good. Aargh you get good service when your recognised, hehe, that would be true even on the phone you are more likely to get a plumber to turn up.

TOULA BOURMAS

Venue and Entertainment Manager
The Last Laugh at The Comedy Club

DAVE HUGHES – FREEZER BREAD

Dates: Tue 26th – Sun 31st March

Time: Tue – Sat 8:30pm, Sun 7:30pm

Ticket Prices: Full \$45, Previews (26 & 27 Mar) \$35

Bookings: comedyfestival.com.au or

Ticketmaster 1300 660 013 or at the door



Snap Happy

The age of digital photography has well and truly embedded itself in our lifestyles – with the hassle and cost of buying and developing a roll of film eradicated and the cost of digital cameras plummeting, just like old the fuji commercials we have evolved into a snap-happy society.

Our kids, pets, holiday destinations, stuff we want to buy, things we want to remember, even the food on our plates fills our cameras and phones.

But as simple as it is to operate a digital camera, more often than not our photos are left lacking the wow factor of a truly memorable image.

So I teamed up with a few industry experts who share their tips for bigger, better (and hopefully less) photos.

Say Cheese...

WORDLY ORIGINS

The word photography comes from the Greek word 'foto' or 'fos', meaning light and 'graphy' is to write – so the word photography means 'writing with light'.

AMBER GARDENER

www.facebook.com/ambertgardenerphotography

After 15 years behind a camera shooting family portraits Amber knows a thing or two about working with kids.

My advice – experiment and take your camera off AUTO! Just because you can shoot 200 photos and get one great one, don't aim for that – compose your shot, work with your subject and have an idea of what you want. Look a little deeper into your surroundings and be creative.

I shoot around five photos in one spot with kids because they get bored of their surrounding quickly – try playing games or

even saying, 'oh, did you see that butterfly?' It gives a child a new sense of distraction and then new facial expressions emerge. Encourage them to interact with the camera.

At home try to tell a story – if your child is painting take photos of the brushes, the paint, the brush in their hand, the blank canvas and then the child proudly holding their finished art. All of these images put together – tell a fabulous story!

Take your camera off auto when in low light situations, cameras these days can be pushed to very high iso's like 6400iso. So if a child was playing by a window with a little light streaming through a curtain – overriding an auto exposure is a fabulous way to keep the child visible and use the available window light.

PHOTOS BY NATURALIGHT PHOTOGRAPHY



THE ART OF DIGITAL PHOTOGRAPHY

CON MILONAS

www.photosbyconstantine.com.au

Vanilla Magazine's chief photographer captures the glorious dishes you drool over every issue and shares his advice on all matters light and flash...

When to use – or not use – a flash

The flash can be your best friend or your worst enemy due to the limited capabilities of most point and shoot cameras, the flash isn't really there to help you take great photos.

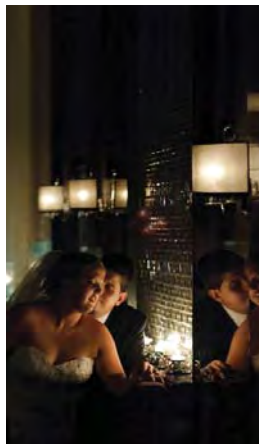
It's a very small light source, which makes it a harsh light source that isn't really flattering for people and can give us that ghostly white look and cause red-eye. The bigger the light source the softer the light, it's why professionals use umbrellas to diffuse or spread the light out.

BY RAQUEL NEOFIT

Natural light is always preferable. Sometimes you'll get a better picture using a flash throughout the day and not using a flash at night.

Use the sun – if people are facing the sun – they squint and it causes dark shadows under their eyes, so turn their backs to the sun so they get a nice rim of light behind their hair, then ensure you are close enough for the flash to light up their faces with light.

The underlying rule is that sometimes it's better to get the shot than not get the shot, so use the flash if you absolutely have to. Just try to use it in more creative ways – Also, think about composition too, don't put people in the middle of the shot, aim to have them in the left or right third of the shot but not right up against edge, this creates a little negative energy and gives the shot more interest.



LAUREN MARTIN

www.facebook.com/laurenmartinphotographer

Wedding and special event photographer, Lauren Martin brings us the fresh breath of youth and has a word of advice on showcasing your images...

When you get that magic shot you should be proud and display it on your wall. Go to a professional print lab, it doesn't cost much more than a department store but the difference in the details in the highlights and shadows are miles apart. You will end up with a richer, more vibrant image. We've all printed in a quick-snap and were disappointed when our prints came back lifeless after looking so amazing on screen.

Keep an eye out on Vanilla's facebook page – Lauren will share her tips on creating a memorable 'days of old' style photograph.



PRESENTAZIONE DEL

DARE



IL GAMBETTO

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

PERSONAGGI E INTERPRETI

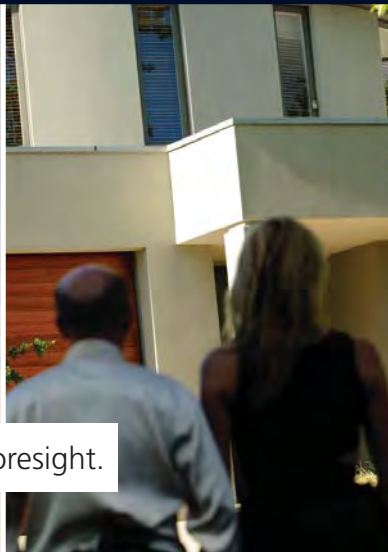
FRANCESCA ARIEL MIHELAKIS | LUCIANA FOTINI LIOSSIS | MARCO KRIS MUSAREVSKI
MIRELLA MAJA KOSIC | NIKO NIKITA BALLAS | TONY ALBERT GOIKHMAN

KELLY KOOPER | MILICA KOSIC | ANGELA SPYROPOULOS | SUHASINI K. SCELJU | ELLY LIVADITIS | MAYA MILOSEVIC
GRIGORIOS VALLIS | PROSPER TARUVINGA | ALEX BIALOCKI | MANOLIS STARAKIS

GRAZIE! – SPECIAL THANKS TO ALEX BIALOCKI



Chess is all about position .

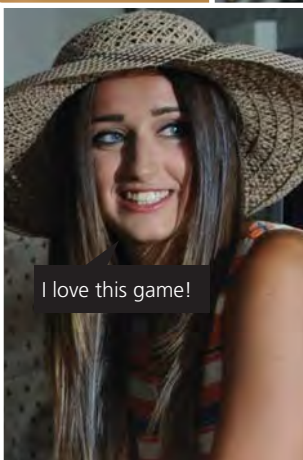


...and foresight.

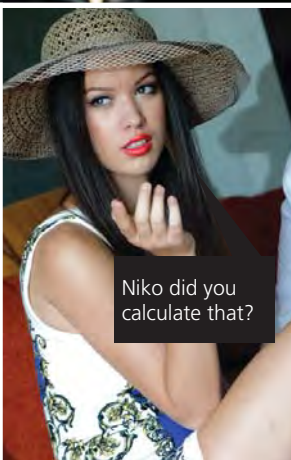


You must calculate your moves in order to win.

Your turn Francesca.



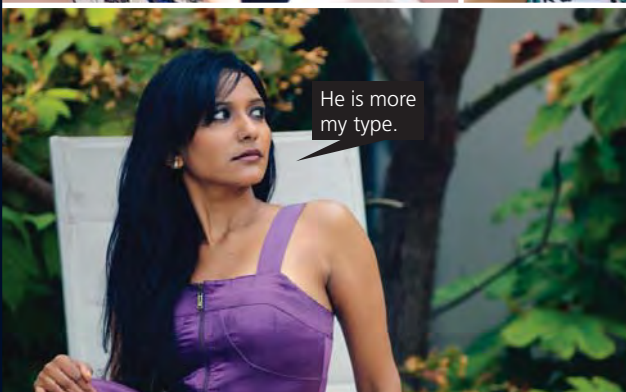
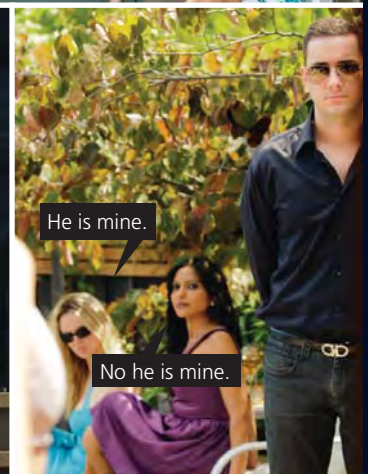
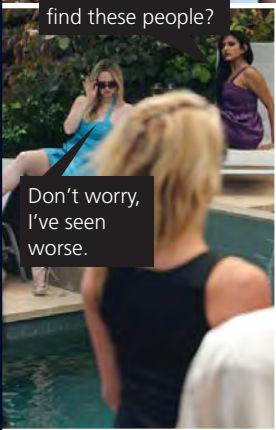
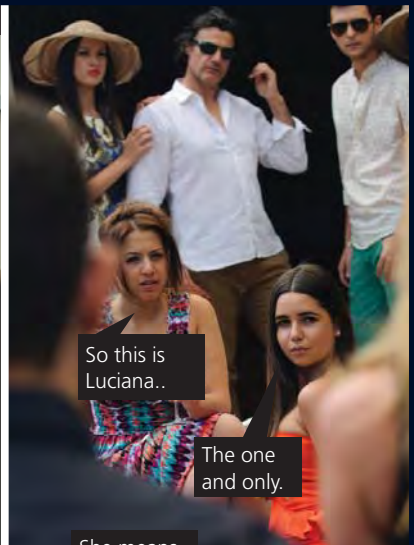
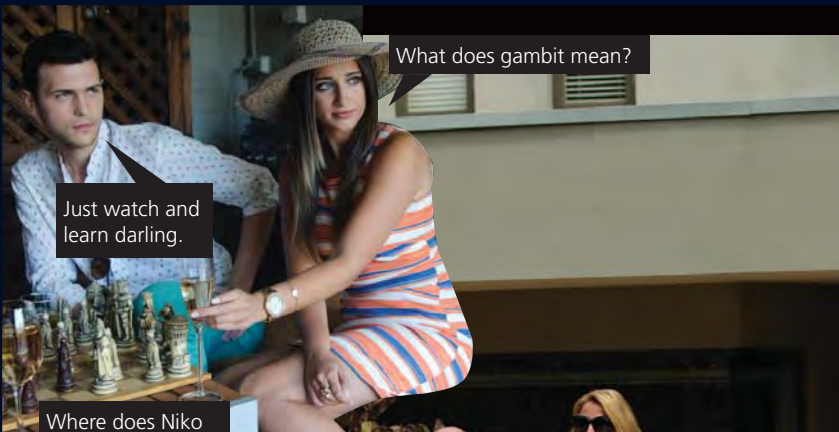
I love this game!

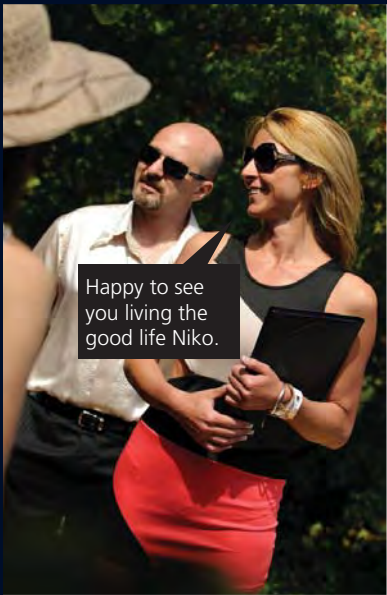


Niko did you calculate that?



And sometimes you need to gambit.



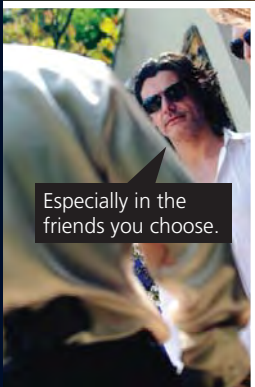


Happy to see you living the good life Niko.

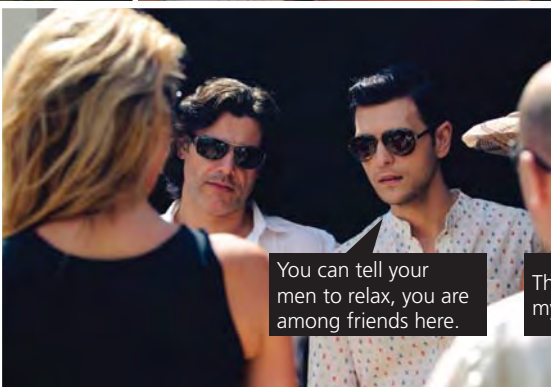


You brought a whole army here. Kind of overkill.

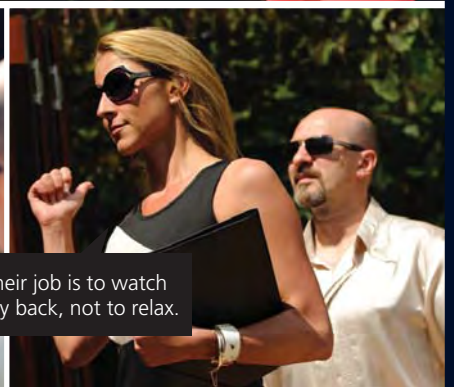
Sorry to unsettle you my dear. In my line of work I can never be too careful.



Especially in the friends you choose.



You can tell your men to relax, you are among friends here.



Their job is to watch my back, not to relax.

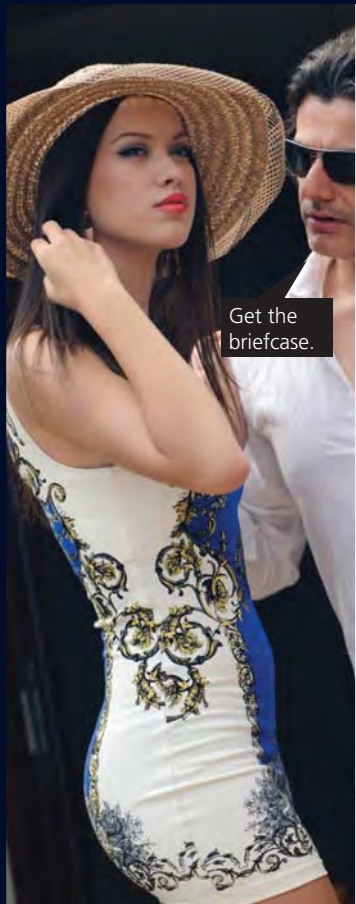


Then let's move on to business

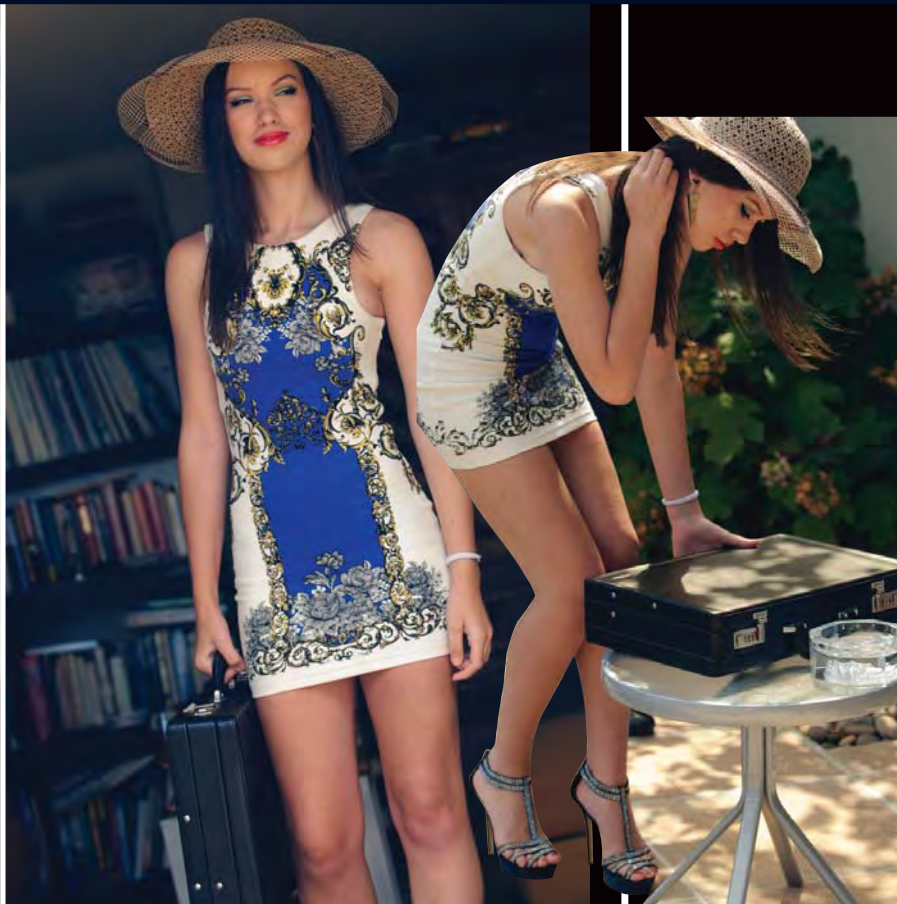


Let's see what you've got.

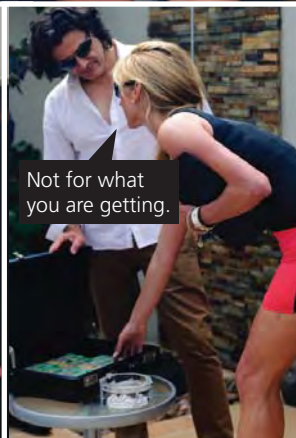
As the host you first should do the honours.



Get the briefcase.



A bit pricey this time.



Not for what you are getting.



And I had a few expenses along the way.



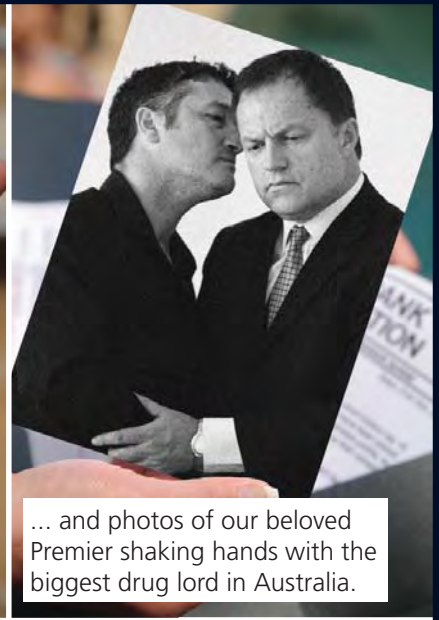
...As you know nothing comes for free.



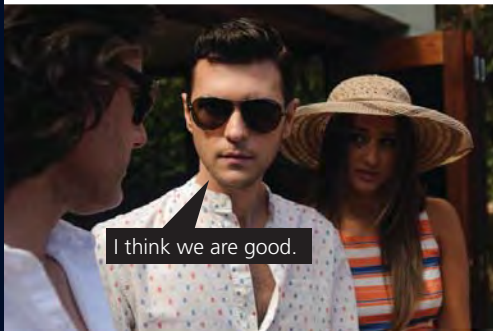
I risked my life to get you this.



All the money trail you asked for...



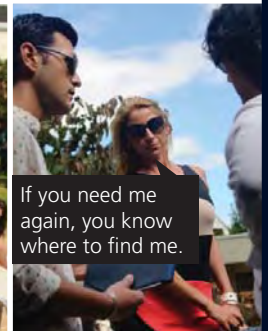
... and photos of our beloved Premier shaking hands with the biggest drug lord in Australia.



I think we are good.



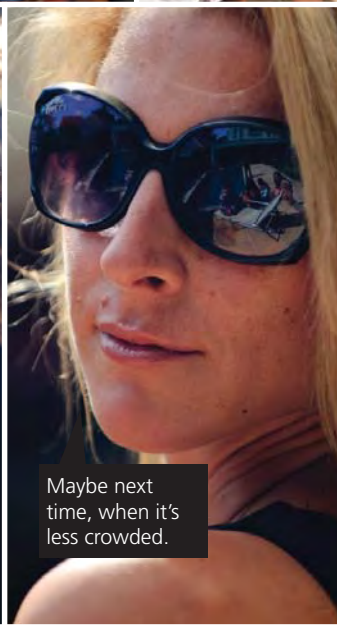
I think it is a fair deal.



If you need me again, you know where to find me.

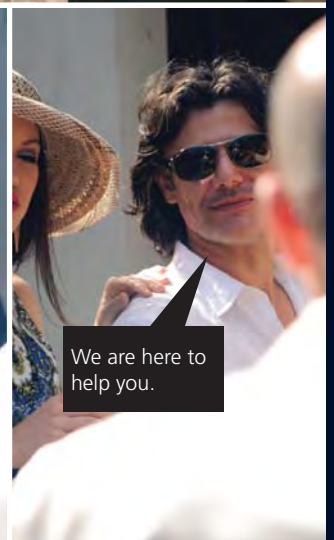
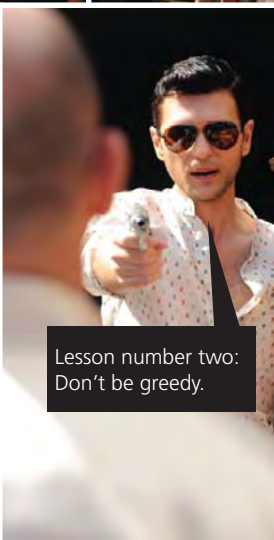
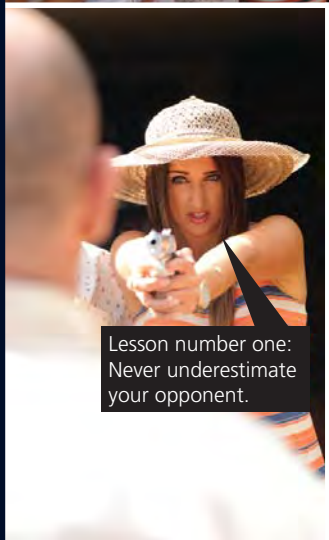
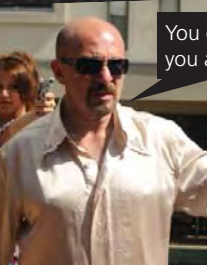
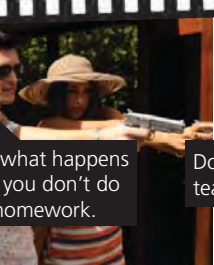
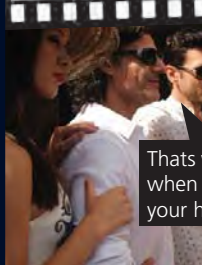
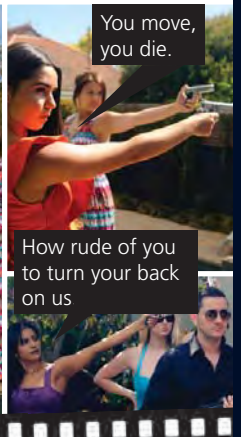
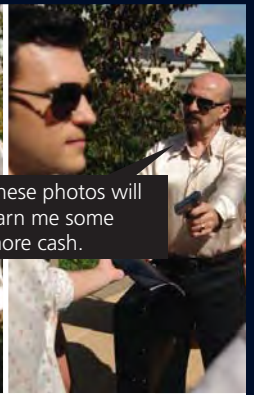


Why don't you stay for a drink.



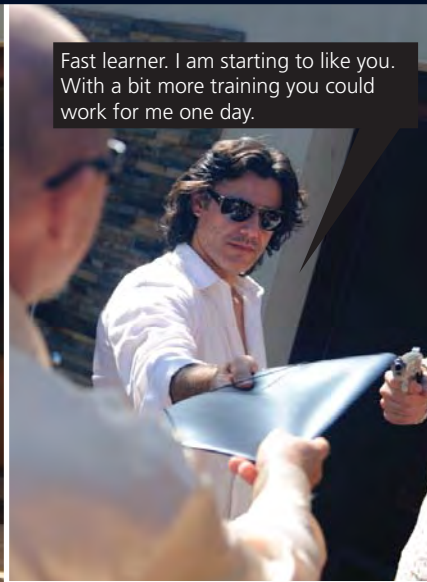
Maybe next time, when it's less crowded.



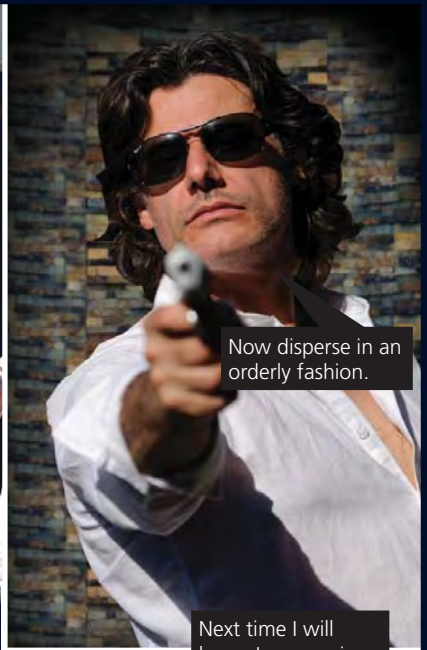




Give me that.



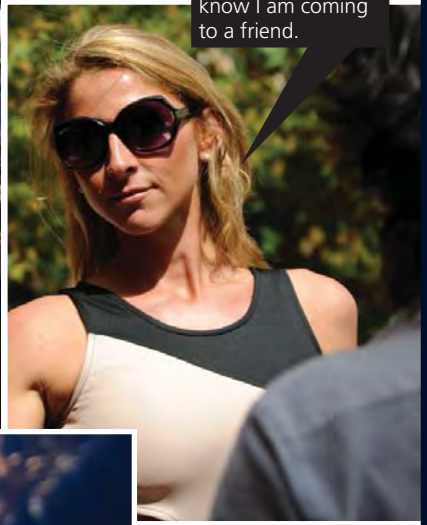
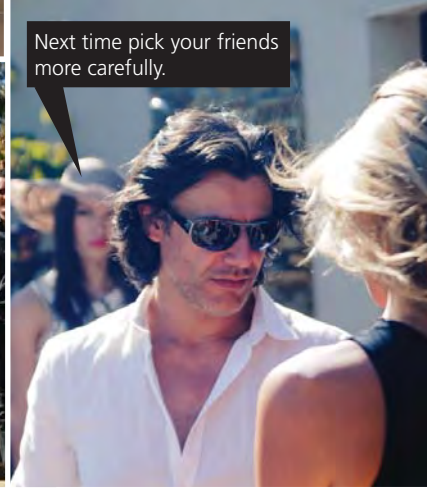
Fast learner. I am starting to like you. With a bit more training you could work for me one day.



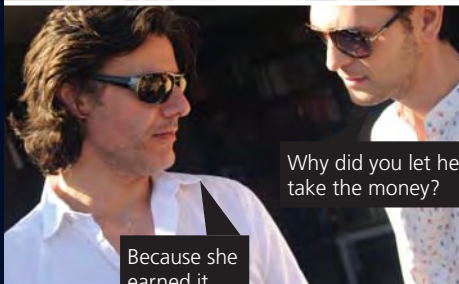
Now disperse in an orderly fashion.



Next time pick your friends more carefully.

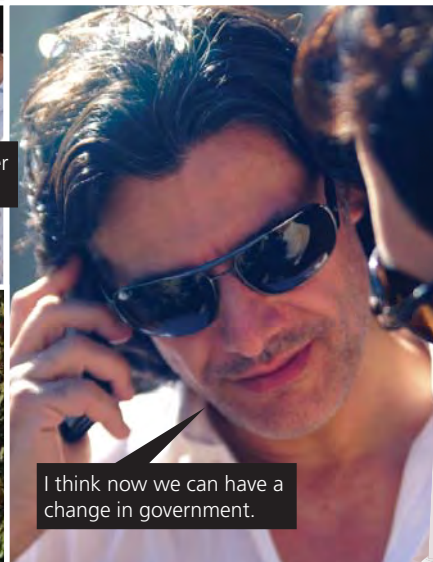


Next time I will know I am coming to a friend.



Why did you let her take the money?

Because she earned it.



I think now we can have a change in government.



La Fine

VANILLA LOUNGE LIVE!



For regular updates and guest appearance announcements like the official **VANILLA Facebook page**, join the **VANILLA LIVE Facebook** group page or visit vanillalounge.com.au



THE THANASIS FACTOR...

The plan was to have a subdued Christmas eve dinner party event, with nice music, good food and uninterrupted service for all the guests. But no one thought about the Thanasis factor... and by the time they spotted the Vanilla owner dancing on a table it was too late, the damage had already been done!



HELEN KAPALOS @ VANILLA

Today Tonight host Helen Kapalos always feels at home when she visits Vanilla, and you can read all about it in this issue's feature interview.

PHOTOS BY: PETROSPHOTOGRAPHY METAXOPOULOS



Helen with Vanilla owners Dennis Spanos & Chantal Correale



with good friend Krys Georgiadis



The guy knows how to bring kefi! Haris Kostopoulos made a guest appearance one Thursday night @ Vanilla with friends. Roula KkRock Chick got him on the mic and opa!



NIGMA @ Vanilla – too awesome!



DJ Nikos Ganos (NICKO) - what a cool dude! We regularly play his music @ Vanilla and when he came to Melbourne for a gig with Vanilla regular Kosta Kay, where else would they go for a frappe?

TRACEY PARASHOS

GREEK INTERPRETER/TRANSLATOR

NAATI Level 3

0411 047 474

tparash@gmail.com





VANILLA

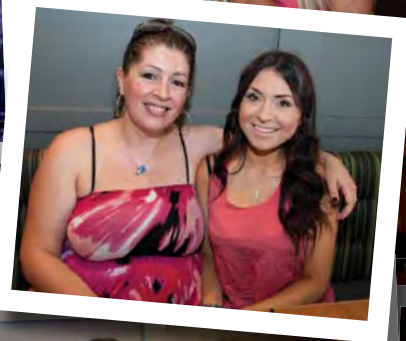
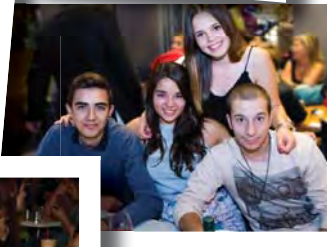
VANILLA





VANILLA

CAKES AND LOUNGE



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Vanilla Bakehouse

VANILLA CAKES

Made with lots of love

PHOTOS BY CON MILONAS



Sweedish Apple Tart



Melomakarona



Amigthalota Biscuits



Flourless Lemon



Chocolate Pannacotta



Hazelnut Dome Mousse



Ferrero Slice



Ekmek



Koulouria Assorted



Koulouria Assorted

Vanilla Bakehouse



Assorted Macarons



Cupcakes



Kids Cupcakes



Floral Bouquet Cupcakes



Floral Bouquet Cupcakes



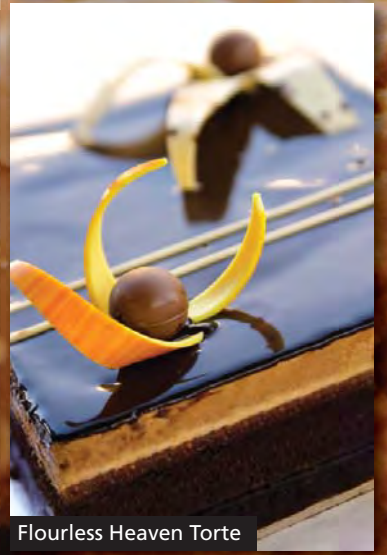
Specialty Cupcakes



Coffee Caramel Mousse



Lemon Tart



Flourless Heaven Torte





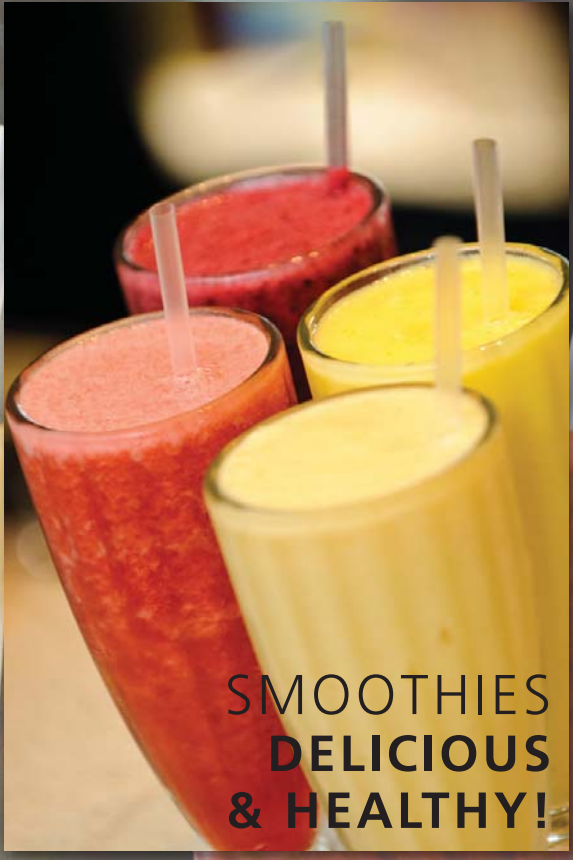
VANILLA Wedding Cakes
elegance harmony artistry

DESIGNS BY *Kaba*





FRAPPE-ROMANZO @ VANILLA



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& HEALTHY!**

COCKTAILS

- Cosmopolitan** 16
A touch of NY right here in Eaton Mall
Vodka, Cointreau, cranberry juice and a twist of lime
- Toberone** 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



Breakfast at VANILLA



Salmon breakfast
Poached eggs with smoked salmon, rocket or spinach (seasonal), capers, dill on toasted sourdough bread with Greek yoghurt on the side.



Breakfast bruschetta (V)
Poached eggs served with diced tomato, avocado and basil on sourdough bread.



Greek omelette (V)
Greek feta, capsicum, tomato, red onion and oregano on toast.



Menu & Specials



Cabbage rolls
Filled with rice and mince beef



Kreatopita
(Meat pie)



Risotto
(Chicken, Prawn or Vegetarian)



Baked dish
Mousaka or Pastitsio

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Garlic Prawn Linguine

Olive oil base with capsicum, onion and spinach;
or Napoli base, with capsicum and rocket; or
creamy base with capsicum and spinach.



Grilled sardines and
chicory



Vanilla's prawn saganaki
Pan fried prawns in tomato salsa and
Greek feta.

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Indian My [✓]Table

By RAQUEL NEOFIT

This issue Raquel catches up with Vanilla patron Jay Chakraborty as we stock up on cumin and cinnamon, wrap ourselves in a sari and take a trip to India where Jay shares her super simple Lamb Curry and tells Raquel, the only thing better for a Bengali sweet tooth than an traditional Indian desert, is a sweet treat from the Vanilla Bakery...

India is synonymous with curry – but probably not curry as we in Australia know it. Traditionally these curries are based around fish and a high vegetable content. It's not often you'll find fresh veg on an Indians plate, but every type and style of vegetable you can think of will be transformed with the aromatic flavours and heady aromas of some base spices, cooked into a mouth-watering hot dish and served with an array of chutneys; an integral part of Indian cuisine – mango, tomato, pineapple and mint chutneys are just a few of sweet accompaniments you'll discover with any traditional Indian meal – along with praaah (almost like a wholemeal flatbread) and Roti.

Jay's family originates from Kolkata, in India's east and tells us the real heart and soul of Bengali cuisine stems from an insatiable sweet tooth, and desserts are a pleasurable part of their culture they're proud of; Sandesh, Rasgulla and Mishit Doi – a sweetened milk or yogurt dessert with mellow hints of cardamom are amongst Jay's favourite traditional desserts.

You'll need:

- 2 kilos of lamb – 1 kilo of diced and one kilo of chops/around with bone in.
- 10 cloves of garlic – grated
- 10 cm piece of ginger – grated
- 5 large onions – diced
- 1 large tomato – diced
- 2 sticks of cinnamon – broken into pieces
- 5 bay leaves – crushed lightly in your hand
- 1 ½ tsp of turmeric, ground coriander, cumin and garam marsala
- 2 tsp salt
- 2 tbsls sunflower oil



JAY'S LAMB CURRY

This recipe is unbelievably quick and easy to prepare, and even though it requires up to two hours on the stove, there's really nothing for you to do once it hits the heat!

Jay's advice – don't scrimp on the onions, 5 may seem excessive but they really are what turns this sauce into liquid gold.

For best results (if you have the time) once you've combined the ingredients allow the flavours to develop in the fridge for a couple of hours and remember – all curry dishes only get better with time and are always better the day after they've been cooked!

Add all of the ingredients into a stock pot except the Garam Masala (reserve this for the end)

Massage the ingredients into the lamb, apply a tightly fitting lid and cook over low-heat until the onions have dissolved, the fat has leached from the meat, and its fork tender, this should take about an hour and a half. Remove the lid and cook for a further half an hour or until the sauce thickens.

Just before serving, stir through the Garam Masala.

Head over to **My Food Story** on **facebook** for Jay's light and tasty salad accompaniment and some great flavoured rice dishes.



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THE SPICE OF A HEALTHY LIFE

FROM THE MIDDLE EAST TO HEALTH AND BEYOND

By RAQUEL NEOFIT

WE MAY HAVE ONLY JUST HIT THE AUTUMN MONTHS BUT WINTER WILL BE FAST UPON US – THIS ISSUE VANILLA WRITER RAQUEL REVEALS A ONCE EXOTIC SECRET TO BUILDING YOUR IMMUNE SYSTEM BEFORE WINTER SETS IN TO HELP KEEP YOU HEALTHY AND DISEASE FREE FOR THE REST OF THE YEAR – ARE YOU READY FOR IT? JUST TURN TO THE SPICES IN YOUR KITCHEN PANTRY!

Every year as the start of a new calendar dawns on us we are resolute that this will be the year we embark on becoming fit and healthy and this issue I'm here to fill you in on a few secret ingredients that are probably hiding in your pantry at this very moment that will help you transform your health, heighten your vitality and boost your immune system – better yet, if you start now, you'll be fighting fit to ward off the winter blues of colds and flus.

Spices aren't just a delicious flavouring for meat and rice, when consumed regularly they can improve your health and help manage dis-ease – even strengthen your hair and nails.

Here are a few once exotic and sought-after spices common in the Middle East that apart from adding delicious flavours to our food also offer up some amazing natural health benefits;

TURMERIC

Turmeric is well known in natural medicinal circles to be a minor miracle as far as treatment and prevention is concerned. It can even give assistance in weight loss and management.



It has anti-inflammatory properties along with antiseptic and anti-bacterial properties and is a known liver detoxifier, natural pain killer, cold and flu fighter and is also thought to slow the progression of Alzheimer's and cancer.

Try adding it to a glass of warm water or use fresh turmeric root, thinly sliced on salads.

CORIANDER

Coriander is a herb and spice in one but today we are looking at its benefits in spice form.

Because coriander is rich in iron, zinc, manganese, copper, magnesium, calcium, potassium, vitamin C and many of the



CINNAMON (WE HAD TO INCLUDE A SWEET TREAT TOO)

Not just used in Nannas apple pie or baklava – cinnamon is known to treat bad breath, help keep the heart healthy, increase blood flow, ward off yeast infections and help lower cholesterol. It has also been used as a diuretic, is full of minerals and is an excellent anti-inflammatory.

Add a stick to your next curry to add a delicate sweetness.

TIME FOR TEA?

Try steeping fresh, sliced ginger in hot water to reduce inflammation, help with nausea and ward off the symptoms of cold and flu.

Or peppermint leaves in hot water can also reduce the effects of nausea and vomiting.

To beat 'all too common' cold and flu symptoms steep fresh Thyme in boiling water to make a fragrant tea.

B group vitamins it can be effective in managing blood sugar levels, digestion and in lowering cholesterol.

Coriander is a known anti-oxidant, is packed full of essential oils and a rich source of dietary fibre. In seed form they're even rumoured to aid with bad breath.

Head over to My Food Story on facebook for an aromatic rice dish rich in coriander.

CUMIN

Cumin aids in digestion due to its levels of magnesium, sodium and its many essential oils, improves immunity and helps with respiratory issues like asthma and bronchitis.

It's an interesting spice because it functions as a relaxant and stimulant at the same time, but has been shown to reduce insomnia. Cumin is an excellent source of calcium and iron and great for skin conditions because it is naturally high in Vitamin E. (Vitamin E being known to reduce scarring)

Sprinkle some on your pumpkin before roasting in olive oil to give depth of flavour to your next roast dinner.

SPICES AGELESS HISTORY

Spices have a long and rich history – in the Middle Ages they were worth more money in weight than gold and its common knowledge now that archaeologists found traces of spices in Egyptian tombs dating as far back as 3000BC. As we moved into the Middle Ages the Middle East controlled most of the world's known land spice routes, holding a monopoly over its movement throughout Africa, India, Asia and Europe and with the wild stories of dangerous lands navigated and deadly creatures fought to acquire these exotic spices, Middle Eastern spice merchants became extremely wealthy, until the dawning of European Age of Discovery when the maritime routes opened up and Venice, amongst other entrepreneurial seaside ports won the monopoly over the Arabs.

FRUIT OF THE JUNGLE THE ANCIENT ACAI BERRY



By JOANNA PSARAKIS

There's a reason why the people of the Amazon Jungle lead such robust and healthy existences, they've held a great secret of nutritional knowledge for many generations, buried deep within the groves of the ancient palm trees that grace the Delta River in the Amazon – The Acai Berry is a super food they've always revered!

Although the Delta jungle inhabitants aren't the only ones who benefit from the nutrition, health, and wellness that exotic foods like the acai berry provide. Acai Palms are grown throughout Central and South America in Brazil, Peru and Belize. *Joanna Psarakis explains...*

Whether you are on the road to recovery, preventing dis-ease or simply want to live a healthy lifestyle, it's important to have a strong understanding of nutrition and food science, this is what forms a solid foundation for health and wellness. Our modern-day lifestyles and the food industry contain many chemicals, preservatives, food additives and toxins that accumulate in the body and over time compromise our health and nutrition – and health and wellness are intricately inter-linked.

But there has been a groundbreaking discovery in the field of natural health and nutrition, although it has been featured in the media and become an underground buzz, this revolution is still generally unknown in our everyday lives. It is the anti-aging and health re-vitalizing power of a little Brazilian fruit, now declared the new #1 super-food: is packed full of antioxidants: the acai berry.

Antioxidants are vitamins, minerals and nutrients essential for full body health. They have been recognized as an essential part of our diet in order to restore our health and prevent future disease and they protect our cells from damage caused by free radicals.

In fact, antioxidants are essential to any living organism – without them the free-radicals invade our bodies and devour our healthy cells. If free-radicals are allowed to multiply, they can invade our cell wall, damage our DNA and start deadly diseases like cancer. They basically kill off the good cells in our bodies and can affect functions from neurological firing to hormone balance – they also kick-start the aging process so by adding acai berry to our



The acai is a delicious low glycemic berry that provides exceptional amounts of antioxidants, omega fats, protein and fiber. It is a small dark purple berry of a palm tree that grows throughout the tropical regions of Central and South America.

diets early in life we can delay the onset of the aging process and aid in many health conditions, such as cataracts, varicose veins, peptic ulcers and heart disease – the list goes on and on.

The acai berry has been shown to be an antioxidant 33 times more powerful than red wine and 5 times more powerful than ginkgo biloba. The berry contains more nutrients and antioxidants than any other plant found on earth, giving it the ability to promote optimal health and wellness and offer a wide range of health benefits.

By providing the body with a powerful source of external antioxidants through whole foods such as acai berries, the free radicals stabilize, in turn preventing further cell damage and dis-ease.

Health benefits of Acai:

- Increased energy and improved mental focus.
- Enhanced athletic performance and increased stamina
- Supports anti-aging by promoting optimal cellular health and cellular regeneration
- Reduced inflammation - helps reduce pain from arthritis, muscle soreness, and stiff joints
- Reduces acidity and balances pH levels
- Improved digestion
- Regulates good cholesterol (HDL) levels while reducing bad cholesterol (LDL)
- Promotes body detoxification

If you'd like to try acai, check your local health food or gourmet stores — acai can be consumed raw, in tablet form or juice. Try adding powdered acai to your favorite fruit juice or smoothie, or in raw food products such as protein bars.

Get back to basics by eating seasonal organic produce rich in antioxidants or even try growing your own. By adding antioxidant rich super-foods like acai, blueberries and chia seeds to your diet not only will you enjoy the experience but your body will thank you, you'll feel great and stay younger longer. The journey to good health starts from within so take your health to a whole new level!



RAW CHOCOLATE BROWNIES WITH ACAI BERRIES

INGREDIENTS

- 3 cups of walnuts
- 1 cup of raw cacao
- 1 1/2 cups of pitted medjool dates
- 1/2 cup acai berries
- 1/4 tsp salt

METHOD

In a food processor, pulse walnuts until chopped roughly. Add the cacao and salt and pulse several times to combine.

Add the dates and acai berries a few at a time until the mixture resembles breadcrumbs.

Line a tray with baking paper in a slice tin and pack mixture firmly inside, pressing down until it resembles a slice.

Set in fridge for 20 minutes.

Cut into small squares and sprinkle with cacao to serve.

NOTES

Add to the goodness of walnuts, by using cacao. In its raw form, cacao is a super food high in many minerals and vitamins. It doesn't end there – cacao is like an atomic bomb of feel good chemicals ready to explode on impact. No wonder you feel so good after eating one of these brownies!

So, there you have it – it's a total win-win recipe, packed with everything you need and nothing you don't.

You could add so many ingredients to personalise these, such as freeze-dried strawberries or blueberries. The options are limitless.

Recipe courtesy of www.eatfatbethin.com.au

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BEAUTY

Autumn 2013

By **RAQUEL NEOFIT** and **YASMIN WILLS**



Autumn is a season of great transformation and change, so this year, as nature changes her appearance around us we thought it was high time we looked at change in our beauty techniques.

Just as we try to cling to the fading lightness of summer we can sometimes cling to beauty techniques that no longer suit our skin, our age or our environments. We go with what we know, however tired it may be – it's always worked for us before, right? But with a little help we can transcend the fear of finding a new look and comfortably move forward with the times.

NEW YOU = NEW COLOURS

With the onset of autumn we slowly and naturally shift toward the warmer hues of richer beiges, coppers and browns and this year we should look at adding highlights of peach and dewy nectarines. The purest forms of these colours appeal to us until winter sets in, but sometimes these warmer, richer colours can be intimidating, this is where we can take advantage of Autumn's gentle transition and make new, gentle changes.

A beauty and colour consultant can help you confidently incorporate an inspiring autumn change into your daily beauty regime.

So I caught up with professional Mary Kay make-up and colour consultant Yasmin Wills, to discover her secrets behind re-inventing our images and ensuring we're aligned with the times - and more importantly, the best techniques and colours to enhance our natural features.

For info on all above mentioned products and to discover how to receive this beauty pack free, contact Yasmin for details.



Yasmin believes that bringing in a colour consultant and professional makeup artist is one of the best moves you can make when creating a new look. After all, it's what they're trained for! "We understand the concept of colour and how it can best suit your features," she said.

Professionals take into consideration eye colour, skin tone, face shape and features. "So many people I meet tend to stick to the same colours and the same techniques; autumn is the perfect season to explore new beauty possibilities. This season Mary Kay has captured the 'Art of Nature' by incorporating lashings of greens that resemble a tropical rainforest with glossy hues of pale pink and delectable shades of nectar and apricot to enhance the natural undertones of our skin.

HERE ARE YASMIN'S TIPS TO TAKE YOU THROUGH THE TRANSITION OF AUTUMN...

This season we take a trip back to the 'Great Gatsby' era with splashes of 'beach bronze' gloss on lips to create a sexy metallic glimmer.

Match those glossy copper lips with shimmering earth tones for the eyes by sweeping a 'mineral caramel' hue from eyelid to brow then apply tones of 'Sienna shimmer mineral brown' around the crease, extending slightly to the outer edge of the eye.

The most gorgeous eyes are colour-matched with your outfit – it's what brings your entire look together. Start to move away from the bright, vibrant eyeliner colours we saw over summer. Reach for natural shaded eyeliners like rich browns and think about using mascara that lengthens and thickens lashes to really draw attention to the eye area – look for a product like 'eye love lash' mascara that conditions also. And don't forget the brow area – a light sweep of natural brown pencil can add depth and character to your face.

Cheeks are all about natural pink hues – apply a ‘pink pearl natural cheek tint’ over the cheek area then add shape and contour with a ‘shy blush’ mineral cheek colour to really bring out your bone structure.

But my new ‘can’t live without’ product, is a highlighting pen – to give your eye area a bright and light look. It will cover dark shadows and enhance your eye colour – it’s one of my favourite new products to hit the market!

Apply it on top of your concealer and foundation to any area of your face that has shadows, like the inner corners of your eyes or the crease of your nose. To make dark puffy circles disappear like magic, highlight the shadow just below the puffy area and gently blend the product with your finger. You can reapply the highlighter pen throughout the day to keep your eyes looking fresh and sexy.

So get out there – buy a new colour, learn a new technique and hit your beauty consultant up with the following questions - what colours do you recommend for me and how should I apply them?



Enhance sexy copper lips with layers of enticing caramel and hues of chocolate brown, shimmering beige and rainforest inspired greens



Leave your mark with hues of shimmering copper for seductively sexy lips...



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Beauty & colour consultant
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“As a top 10 ranking Mary Kay consultant I can guide you in the art of creating a flawless look using colours that enhance your natural beauty and bring out your features.”

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If you bring mum along too she’ll receive a complementary facial and **\$30.00** gift voucher.

*Conditions apply enquire when booking.



Autumn Style

By **EFFI BIKOUVARAKIS**



AS THE WEATHER COOLS DOWN, FASHION **HEATS UP**. HERE ARE SOME OF THE BEST TRENDS THIS AUTUMN 2013.

LACE

One of autumn's biggest trends is Lace.

Delicate lace blouses and dresses are perfect for a glamorous look that can be worn day or night.

Traditional black is always a favourite but for something different try navy or a pale shade like cream or something bolder like magenta or sapphire blue.

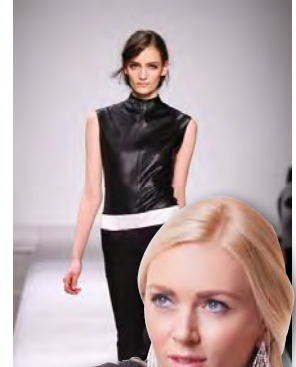


PEPLUM



A silhouette that continues from summer and is still prominent this season is the peplum.

Peplum tops, dresses, jackets and skirts are still a fashion favourite in autumn. Peplum tops look great in key winter fabrics leather or lace.



KNITWEAR

Knitwear has always been a cold season essential and this season there are so many great choices in knitwear that are perfect for your autumn wardrobe.

Sweaters in all shapes and lengths are key, and so are cardigans and knit dresses.

Long cardigans are also a great lightweight alternative to a coat.

Knitwear comes in various fabrics and textures with Merino wool always a favourite as well as beautiful soft cashmere blends.



LEATHER



Adding a tough luxe edge to your look this autumn is leather.

Black leather is always popular, but for something different try chocolate, tan or even grey leather.

A leather jacket is a wardrobe must have, but also try skinny pants, a mini or pencil skirt, a shell or peplum top or a leather shift dress for a tough but sophisticated look this season.

For a subtle hint of this trend wear a ponti shift dress or tailored jacket with leather trim.

Greece, Turkey, Egypt, Italy or France – Regardless which culture captures your imagination or engages your passions

The Mediterranean Sea

has got you covered...

By Raquel Neofit

Through-out every country that has the azure waters of the Mediterranean Sea lapping at its shores there is an idyllic holiday escape just waiting for you to board a plane, take to the skies and hit her beaches and islands.

Close your eyes for a moment and imagine everything you desire in a utopian sea-side holiday – every scenario imaginable is available somewhere in the Mediterranean – Italian hilltops stacked tight and high with brightly-coloured, flower-clad villas, twisting cobble-stoned streets that wind their way up to heavenly skies and back down to seductive pebble-clad beaches adorned with beautiful bodies.

Unique Egyptian sea-side towns where the desert meets the calm salty waters or the classic image of a Grecian paradise... White washed Cycladic structures adorned with picturesque blue-domed roofs and window-frames – a quintessential element when desires of a Greek holiday invade our day-dreams.

Spanning 2,500,000 square kilometres and 3 continents from Spain and Morocco all the way through to Turkey, and back around to Syria and Egypt, every sea-side town has something unique to offer.

Considered the 'birth-place of modern man' the Med is virtually landlocked which means the tides are gentle, barely rising or falling, making the Med one of the safest seas in the world, even sharks don't bother swimmers in the clear opaque waters of the Mediterranean.

Explore sleepy fishing villages and ancient ruins in Turkey, chic resorts and galleries in Portofino or a comic fantasy



world carousal in Santa Margherita Ligure, where relaxed parents can enjoy views of the Cote d' Azure sipping their Italian espresso or vino while little ones ride a brightly coloured harley davidson.

Prefer your Mediterranean escape with a French twist? Bouzigues' sleepy fishing village offers the warm relaxation of thermal hot springs followed by a dip in this great body of salty water to cool your mineral rich, sun-kissed body.

Or perhaps a more exotic sea-side holiday is on your radar – the sandstone vistas of Mediterranean Libia, Tunisia, or Alegrai, travelling onto Morocco if you're after a spicy foray into the multi-coloured, bazar inspired market society that is the heart and soul of Moroccan life.

On a safer note, Croatia is still a European hot-spot and admittedly, the allure of what lies behind Dubrovnik's walled city is hard to resist and you'd be hard-pressed to pass by 21st century Spain with their 'cocina nueva' movement – the 'New Spanish Kitchen' is a food-lovers delight.

And let's not forget her dreamy and whimsical Islands – known as the Isle of Contrasts, Crete is a must see for any new Mediterranean sea-farer, Palermo for six thousand year old history, Sardinia for the Costa Smeralda foreshore – an idyllic playground for the rich and famous or Ibiza for some of the best clubs and hottest DJ's in the world.

The Mediterranean's turquoise waters offer up a paradise for all who seek one – regardless of budget, she'll embrace you with her sunny disposition, ensnare your senses and once you leave her pebble-clad beaches and jewel-like waters, you will only ever long to return...

Welcome to Greece



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Exercise Your Brain!



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

MODERATE LEVEL

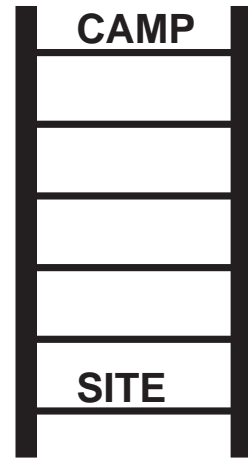
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VERY HARD LEVEL

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			4					6
			6	1	8		3	

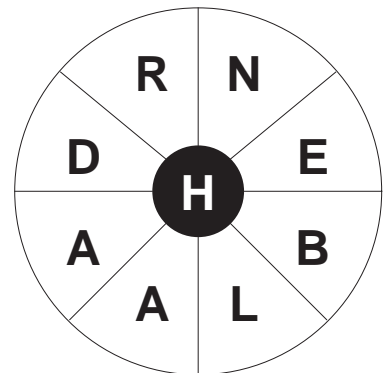
Word Ladder

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!

Autumn 2013

ARIES:

This year you will have many surprises, which will suit you as you are ready to revolutionise your life. Though it may be hard to keep up with all the changes, your inner strength will allow you to thrive and you'll find those around you will follow your visions. Business can be hectic and chaotic, avoid negative contact with the authorities as it will be counterproductive.

TAURUS:

This autumn you need to carry out important assignments and you will need to demand action, so make sure to act with precision and caution. Expect excellent career growth as you are set to fly high and gain much deserved recognition. You will have a heavy workload but stay calm and all will be well. Romance is on the cards.

GEMINI:

Invest your resources in worthwhile initiatives. It may be necessary to pay a debt with your credit card, pay it off quickly. You will find the right support to help with your projects and your proposals will not go unheeded. Now is the perfect time for going to interviews or starting a new job. Some opportunities for meeting interesting people, you may even fall in love.

CANCER:

Things might get tough at work but don't let it get you down. You are going to have to work hard to see tangible results, don't overdo it. Expect competition from co-workers but know you will outshine them. Assess your long-term goals and have a plan ready. Your finances will improve, pay off any outstanding debts.

LEO:

You will be feeling enthusiastic at work and about your family and loved ones. You may have to play the generous host, which means putting up with a few relatives with whom you may disagree. Try logical reasoning rather than aggression. Work pressure may become unbearable but it will pass. Now is the time to strengthen your bond with your significant other.

VIRGO:

There may be misunderstandings and a critical situation may lead to a painful outcome either at work or with family matters, express yourself clearly. You can expect a promotion or, if you're looking for a job change, better opportunities will present themselves. You may go overseas but you will have to budget, there are going to be many expenses this year.

LIBRA:

Personal relationships will bring you happiness and workplace pressures will be reduced. Time for new assignments at work, take care not to overwork yourself in the excitement. You will inspire your co-workers and you will be in a 'happy go lucky' frame of mind. Take care of your savings. Pleasant changes in love and relationships, you may even go on a blind date.

SCORPIO:

You will be involved with new projects, which could come in the form of new work opportunities, and you will feel revitalised. You may go on a pilgrimage or start a new hobby that will be all-consuming. Your health will improve and there will be new beginnings in your relationships but choose new friends wisely. Keep sight of your long-term goals.

SAGITTARIUS:

There are exciting new beginnings and ventures coming up, maybe a house move or a new job. You will re-bond with old friends and make some life-long new ones. A romantic holiday is also on the cards. Financially, you will find things are improving and at work you will finally receive some long overdue accolades.

CAPRICORN:

Your goals and objectives will be much clearer, which is a good thing as you will have a lot on your plate, expect added responsibilities. March is a good time to look for new job opportunities. It is also a good time to invest in a house or a car. You may receive a promotion, and heavy bonuses and incentives are likely.

AQUARIUS:

This Autumn 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:

You are going through changes and sometimes you may feel removed from those around you. There will be new ventures and intense activity on the work front for which you will be well rewarded – expect a promotion. You may receive an inheritance. Investments made last year will bear fruit. Be careful lending money or investing in shares or bonds, now is not the time.



FROM THE GREEN ROOM

Not just 4 weeks
of funny

are fun nights, but of course, there are also nights where you don't even want to speak to each other. It's like one big happy, dysfunctional family.

In many cases you end up with some great lasting friendships. And from friendships, come great stories.

A Comedy Club regular and very good friend of mine Dave Williams is, well, a bit of a ladies man. True, just ask him!



Dave Williams and Tools (2011)

Dave's handsome, funny and a genuine guy. Not only is he a charismatic talented performer on stage, but off stage can charm the pants off a 30 year old virgin, a scenario that we've often witnessed. With Dave's permission he's happy to share this story.

"I met her at the Hi Fi bar and picked her up. I thought she knew who I was. I figured maybe she'd seen me on stage or TV and thought to herself, "Wow, that's Dave Williams."

So we go back to my hotel room...

Then afterwards in a moment of post coital connection she leant across and said,

"I really liked doing that with you David". And I went, "Yeh, yeh, I really liked doing that with you too". She clearly knew I couldn't remember her name.

She looked at me and said, "And my name is?"

I replied, "Sh-aa-rr-oo-n?"... "It's Sharon".

Sharon – "I can't believe I've slept with you twice now and you don't even remember my name!"

Dave – "But we only did it once?"

Sharon – "How can you NOT remember sleeping with me last year!!!"

That's when it all fell into place. How it was so easy to pick her up and why she seemed to know me.

It wasn't because I appeared on her television in her bedroom.

It was because I performed live in her bedroom.

But then again... It's not all about sex.

It's that time of the year again. The Melbourne International Comedy Festival (MICF) is just around the corner, so I thought I'd take this opportunity to shine a bright light into the eyes of what has become one of the largest festivals in the world.

While the MICF is an exciting time for comedy and it offers repeated exposure (to the same) to Internationals and our established Aussie familiar favourites, what about the other equally talented performers? I can assure you that Australia has a thriving stable of hard working comics that are regularly gigging at venues all year round.

The public view of the festival and what actually goes on behind the scenes are two different things. But having been involved in 13 comedy festivals now, it has allowed me to see it for what it really is, warts and all.

The politics can be pretty outrageous. Let's not assume for a moment, that because comedians can be witty, relevant and/or edgy, that they can't bitch like a group of teenage school girls down the back of the oval. Cause they can. And they do.

Not all of them bitch, however a significant percentage would look great in a school uniform.

What I do love about it, is you get to work with the same comedians 6 nights a week for the month of the festival. They




Long history: Wayne (The Comedy Club) and Lawrence 2008

Green room silliness: Dave Williams, Cameron Knight and Tools

Ian Bagg (Canada), Dave Williams, Alex Briggs Wayne and Brad (2012) Tools and Paul Brasch (QLD)

Stories vary, probably because comedy is unpredictable. But that's what keeps it fresh and entertaining for the punters and us behind the scenes.

Brad Oakes is a Melbourne favourite and comedy veteran of over 20 years. He's renowned for his razor sharp wit and notoriously quick comebacks.



BRAD OAKES
An Elephant in the Room

From **Tuesday April 9th** until **Sunday April 22nd 2013**
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We talk often and after mentioning to him that I was writing an article for the Vanilla mag he reminded me of a story from years ago when we had worked at the Oakleigh Comedy Club.

"Once while working at the Comedy Club, Oakleigh, an audience member was quite rude to me about my size (I weighed about 150k+ at the time) I was able to point out that although I was big I could lose weight whereas the heckler could probably never change anything about their nasty personality (cannot print what I really said).

Afterwards another fat young guy came up to me and said, "You really showed that guy what's what – us fatties; we've got to stick together!"

I replied, "@#** off, It's not a club mate!"

On or off the stage it's best not to mess with Brad.

Unfortunately not everyone realises that comedy runs all year round. It is NOT just that one month for the year. Yes it's the

most popular time to see Comedy, but it certainly isn't the only time. The comics we put on at The Comedy Club are among the best in Australia and I can't stress how important it is to keep seeing live comedy before and after the festival. It's what keeps the industry going. Without it we risk losing a valuable training ground for comics to hone their skills. This method has worked for many of the TV and radio personalities we know and love.

In saying that, I hope to have brought some understanding to how important it is to go out and experience the diverse and abundant comedic talents Melbourne has to offer ALL YEAR 'ROUND!

Looking forward to seeing you at a show sometime soon... if you see Dave and you're a 30 year old virgin don't say I didn't warn you....hehe

TOULA BOURMAS

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'KIDS GONE, MIND GOING'

Kids. They grow up so fast. Yeah, yeah... whatever. That was my feeling about this overused cliché – that was of course until my own children left home.

Never again will I mentally roll my eyes and nod politely should this classic but poignant phrase be brought up in conversation... Why? Because it's true! In fact it is inevitable. Kids do grow up, and it would seem I need to as well.

I'm almost embarrassed to admit how immature and 'Hollywood dramatic' my reaction was to their leaving. My daughter Alyce was the first to go, and quicker than you can say 'Stop crying and smelling her pillow – it's just weird,' her brother left too! If you think I'm joking about the pillow sniffing episode... think again.

The madness didn't end there either. I made my son's lunch for weeks after he and his partner moved into their new home. You know, just on the off chance a bemused David might be standing in his kitchen staring at a loaf of bread. In saying that, visits were made and lunches were picked up – if only to avoid hurting my feelings. Seriously, I managed to make Joan Crawford look like Mother Theresa!

Ridiculous behaviour? You bet. So is suddenly doting on and dressing up your two Chihuahuas. Treating them like a couple of foster children recently assigned to your care. Although I think that's more a combination of my need to nurture and good old fashioned boredom. There are only so many hats you can put on a dog. It's nine by the way.



Let's just say the 'Offspring Exodus' really threw me. Apparently it's the best time of your life according to those experts, the "...empty nester veterans" and (believe it or not) people



Christine Basil regularly performs at The Comedy Club. Check the website for future dates.

who have never actually been parents! Typical comments like 'It's a great opportunity for you and your husband to rediscover the things you had in common.'

THE ONLY THING WE HAD IN COMMON WAS THE KIDS, AND THEY'RE GONE NOW!

Or, 'just think, now you and Gary can have uninterrupted conversation'. About what? Surely after 28 years we've pretty much covered everything?

At the moment we are adjusting. We were never big on talking to each other... that's the beauty of Foxtel. It speaks on our behalf.

Plain and simple. I figure it's a normal, healthy transition that may take a while to get used to. Both kids only live about 20 minutes away. The apples haven't fallen far from the tree... Pink Lady's are on special this week - their favourite! I might just take them a bag each. I'm going in that direction anyway.

Honest.

CHRISTINE BASIL – Stand up Comedian





VANILLA



PHOTOS BY:
PETROSPHOTOGRAPHY
METAXOPOULOS



VANILLA

CAKES AND LOUNGE







VANILLA DAY AND NIGHT

PHOTOS BY: PETROSPHOTOGRAPHY METAXOPOULOS



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TOP 30 by DJ BALLA

1. INNA - More Than Friends
2. Alya Muiy - Loco (Prod by Sound Enemy)
3. Jose Manu Caldero Ft. Mandinga - Papi Chulo
4. Vlegel vs. Lykke Li - I miss rivers
5. Ciprian Robu - XYLO Thing
6. Nick Cox feat. Lil Lee - Good sex & beat
7. Dj Antoine feat. Pitbull - You're Ma Chérie (Dj Antoine vs Mad Mark)
8. Nowak - Acordeon del amor
9. Deelyte & Energy Sound Project - Club Nights (Extended Version)
10. Caruso & Valenziano Feat. Leo D. - Mami
11. Play&Win - Don't try to stop this (Extended)
12. Free DeeJays - Mi Ritmo (Inventive Sound Extended Remix)
13. The Wanted vs Kelis - Let's Have Some Fun!
14. Kamelia vs. Dj Asher & Sreen - U Can Do It (Sam Remix) Extended
15. Sergio DN feat. Khristeen - Can you feel
16. Christina Matsa - If you wanna
17. Fabio Da Lera & Alenna - Morena
18. Let's Go Project - Somebody To Love (Extended)
19. Cassie - Me & U (AlexC Remix)
20. INNA - J'Adore
21. Allexinno & Starchild - Joanna (Andeeno Damassy remix)
22. Lucian Base ft. Elish - I've Got No Reason (DJ Just & Vortex remix 2013)
23. Dj Dark & Shidance ft. Da Fleiva-Vina mea(Club Extended)
24. Amelie - I'll Take You (O Mama E) (Vannys Remix)
25. Emil Lassaria vs. Ricky L - Born Again (Diabolik Edit)
26. DJ BounCe ft Camy - Dalia Dalia (Radio Edit)
27. Lika - Remember
28. Ellie White - Power Of Love (AlexC Remix)
29. Faydee - Laugh till you cry (Andeeno Damassy Club Mix)
30. Andre Rizo & Madee Lyne ft Diego Deniva - Dime (donde estas)

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