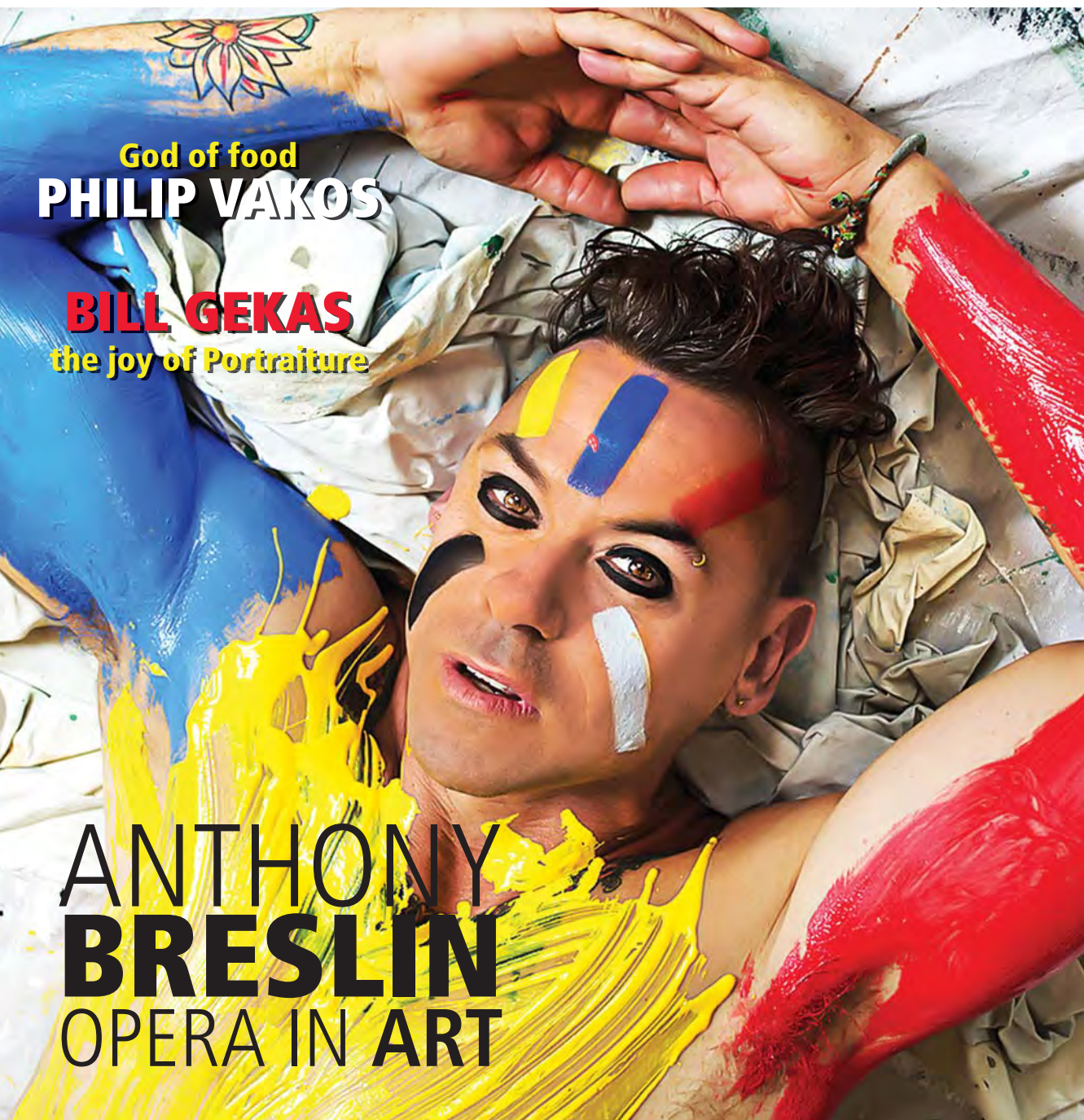




VANILLA

*Celebrating Creativity
and the Silver Screen*

WINTER
2013



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the joy of Portraiture

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EDITOR'S LETTER

Bonjour de Cannes!

Thanks to my angels Raquel Neofit and Adele Vrantzes who have been manning the fort, I was able to join the Vanilla family at France's Film Mecca to represent the short film *The Firebird* – see article in this issue – and get a good taste of the whole shebang. It has been an extraordinary journey that began over a year ago at Vanilla (where else?) after Antonis Tsonis and Tia Spanos Tsonis asked me to share their vision of a film about the birth of an artist through the trauma of mandatory detention as a child.



As if I would say no to that! I have a soft spot for Antonis, not only because he is a dear friend but also because he is a kindred spirit and like his late father, a keen student of philosophy and of the arts, always seeking to expand his understanding of what it means to be human.

Human! Being caught up in our busy lives we tend to forget what wonderful creatures we really are. We are all gifted with an insatiable thirst for knowledge and a curiosity to make sense of what life is all about. We are all, by nature, philosophers and we all love meeting with our friends to share our experiences and dreams. And what better place than a café! In the relaxed environment of our favourite hangout we can commune with our 'kindred spirits' while enjoying the presence of other people around us.

That's why I love Vanilla. It is such a place, where I can kick back and talk about stuff with my friends and colleagues. It is here that I prefer to meet with people to talk about various projects. That's how Vanilla Magazine was born, out of discussions that I had with my brother Chris over a frappé. When we pitched it to the rest of the family the response was: yeah, why not? Let's do it!

You see, the Vanilla family has a strong passion for all things creative and as a result, to quote a dear patron, 'Vanilla is more than a café, it is a complete institution'. Starting from the founder Thanasis Spanos, the whole family supports the arts and celebrates creativity in every way possible.

So here I am at Cannes with Antonis, Tia, Helen Spanos (who, by the way, is a huge movie buff) and baby Angelique, celebrating *The Firebird*. We met countless people from the film industry and were amazed by the realisation that even the so-called 'sharks', those ruthless investors, financiers and distributors that we hear about, are just as sensitive and passionate about art. That's why they are in the movie business. Yes, they want to make money but they want to do that through what they love most, namely films. We truly felt part of a wonderful community made up of producers, distributors, agents, curators, directors, cinematographers, actors, etc, all dedicated to one of the most defining human qualities, that of storytelling. I am seriously thinking of opening a Vanilla branch there.

Enjoy the winter edition, which has, as its theme, of course, creativity and the silver screen!

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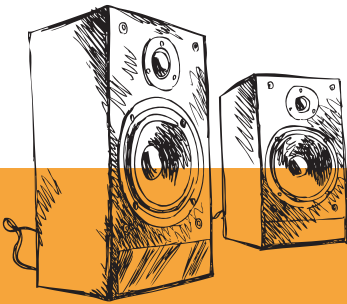
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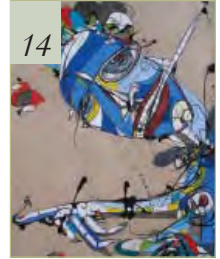
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Vassilios Anevlavis



Oakleigh local **Vassilios Anevlavis** is not only dedicated to the financial security of Hellenic Australia, he's passionately involved in Victoria's Greek Orthodox community and has faith that with calculated actions and perseverance Greece will overcome adversity and find herself once again.

You are a well-known banker of Hellenic heritage, born in Athens but educated in Australia. How and where did this banking journey start?

It began in 1989 at the ANZ, where I was offered the opportunity to participate in their graduate trainee program. At that time, due to my heritage, I had the opportunity to be involved with the Hellenic business community exclusively.

This was further enhanced with HSBC in 1998 and reached new levels with the Bank of Cyprus in 2000 when I was approached to assist with opening the first Hellenic retail bank in Australia.

The journey with Australia's first Hellenic bank started with the opening of its first branch in Oakleigh in 2001 and continues in my current role as an Area Manager for Delphi Bank across the South-East in Melbourne.

How did the Hellenic community initially embrace the opening of a Hellenic bank in Australia?

The Hellenic community supported the Bank from day one. There was a sentiment of pride and happiness at the same time. I can recall customers promoting the Bank as if it was their own business. They became ambassadors on our behalf, promoting our products and services. I am proud to say this continues to date.

In 2012 the rebranding to Delphi Bank took place in Australia. Has this affected your business?

No it didn't.

Delphi Bank now operates as a division of Bendigo and Adelaide Bank Limited. We are an Australian bank and no longer have any official relationship with the former parent. This means we are not impacted by any decisions made overseas.

Deposits in Australia of up to \$250,000 are guaranteed by the Australian government under the Financial Claims scheme. Everyone has access to a wide range of financial products and services.



Our people remain the same and our commitment to our customers remains the same and will always be of high importance to us.

Delphi Bank has shown a strong support to Hellenic businesses and to the Hellenic community at large. Do you see this changing going forward?

No, I cannot say that this will change.

Unlike our competitors, we remove as many boundaries as possible. We know every client's name and they know ours. For us it's about showing up and becoming part of our customers' social and business framework.

“Our team is passionate and strive to provide customers with the best possible solution. Together with our parent bank (Bendigo and Adelaide Bank) we believe that successful customers, successful partners and successful communities create a successful bank.”

Our focus is to achieve just that and in that order.

I would say that you know the Hellenic community quite well through your employment with Delphi Bank. What other involvement did you have with the community outside of banking?



My first involvement was within just within two years of arriving in Australia back in 1983, when I served on the committee of the Oakleigh Greek Orthodox Youth Club.

Other involvements include the La Trobe University Hellenic club, National Union of Greek Australian Students (NUGAS), various community club memberships and as the treasurer of the Greek Orthodox Community of Melbourne & Victoria for the past three years.

How do you see the Hellenic community going forward?

I believe that our community has a strong future which lies within the second and third generations. It is encouraging to see individuals of these generations being active and holding leadership roles in a number of our organisations.

It is important that we place our community organisations in the hands of these young professionals and successful business leaders. This will allow the community clubs and organisations with ageing members to implement a succession plan that will avoid extinction and possible loss of assets. There is too much value in our community to allow this to happen and I am of the firm opinion that we need to band together to ensure it does not.

Do you believe, therefore, that there should be a body to facilitate the consolidation of these assets?

If we fail to encourage the involvement of the second and third generation then yes, I believe that it is vitally important that our community commences the framework required to establish such a body that will be in a position to consolidate these assets, and place them in good use for the wider community.

Your birthplace, how do you see the future?

Greece and its people are currently dealing with a number of economic, social, political and cultural issues.

I truly believe that Greece, once again, will find itself. It will take a lot of hard work, calculated actions, persistence and perseverance, qualities that have endured within the

Hellenic spirit for many years and have seen it overcome many adversities and hardships throughout its history. These qualities have moulded the Hellenic culture into the dynamic character that it is today.

Do you believe that we as Greek-Australians can assist in Greece's recent issues?

All Greeks aboard can play a vital role in assisting Greece. If there are 11 million people living in the southern part of Europe called Greece there is double that amount of people with Greek Heritage living around the world.

There are a number of ways like supporting Greek products and tourism that each one of us can contribute to in order to enable the economic, social, political and cultural recovery of Greece.

Finally, on this matter, I would like to quote Aristotle Onassis:

“It is during our darkest moments that we must focus to see the light.”

Vassilios Anevlavis

Area Manager South East Melbourne, Delphi Bank.



FRAPPÉ WITH LEE

Dearest friends, welcome to the winter edition of Frappé with Lee.

Although we enjoyed a longer summer this year, there is no doubt winter has arrived! During these shorter days and longer nights, routines and schedules must still be maintained. Just throw on some extra layers and continue to indulge in the season's pleasures.

Interestingly, in this edition I have been drawn to creative arts and in particular photography!

Ever since the explosion of *the digital age* we have seen a revolution in cameras to the extent that everyone has instant access to some kind of camera, be it a phone or the latest digital SLR. This means there are more pictures being taken daily than ever before.

In the midst of this digital deluge it has become more about quantity than quality. One afternoon, as I sat enjoying my Frappé I thought to myself *'What happened to the photographer who executed an individual image as an art piece?'*

So I went out and found one!

Bill Gekas is an award winning photographer who indulges his creative and inspirational passion to create stunning portraits. He does this in his spare time away from his full time business. I was curious to find out how he maintains his balance.

And what is it that makes an international online audience, along with the Huffington Post, ABC News and countless others what to know more about him and his work.

A Frappé with Bill Gekas was definitely on my winter to-do list.



BILL GEKAS





Bill's charming model in much of his work also happens to be his lovely daughter

Bill Gekas' portraits have appeared in exhibitions and media around the world. The quality of light and the thoughtful attention to detail in wardrobe and set design all contribute to producing a photograph that you immediately know was part of a complete vision, not an accident or afterthought.

Where do you draw your inspiration from?

What was originally intended to be a few classical-style portraits using the feel of works by Rembrandt, Raphael and Velazquez eventually became an ongoing project, although the photos aren't recreations of any particular painting. I try to recreate the overall aesthetics that the old masters' works were known for. I like blurring the line between fine art and portraiture; creating something deeper.

What made you decide to shoot portraiture?

Portraiture became my main genre around 2005. Up until then I was shooting a bit of everything, but after discovering

some amazing portrait works by great past photographers, I realised that the subjects in these well-known photographs (although they were complete strangers) had connected with me. The portraits were eerie, almost surreal, and that's when I knew I was going to focus on portraiture. Portraiture with a fine art aesthetic and a creative flair where I could fuse historical references; be it light, props or atmosphere, with a more modern contemporary expression from the subject.

How has the advent of digital photography affected you?

My transition from film to digital happened in 2005. Up until then I was primarily shooting both positive and negative 35mm colour, and doing my own developing and darkroom printing from 35mm negative black and white film. As good as traditional processes may have been at the time, the switch to digital just opened up a whole new world, which really simplified the process by a large degree.

My whole philosophy to photography has changed over the years and I now see the camera as being more of an obstacle to the creative process at hand than a creative tool. As far as I'm concerned, photography happens two inches behind the viewfinder in that mush between our ears, the camera is just a tool to record what we've pre-visualised or learnt to see after it has taught us to see!



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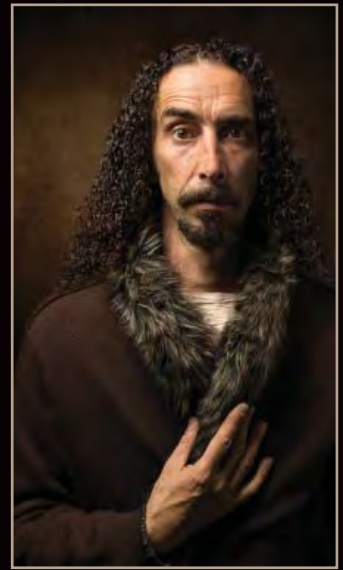
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There is so much detail in your pieces, how do you prepare for a shoot?

With this type of set-up photography I usually take the photo before I execute the shot! What this means is that the photo has already been taken in my mind's eye, sometimes days before, and then it's just a matter of doing the pre-prep work. This method enables me to have every aspect of the shoot and post processing worked out to the point where the research and preparation time might be ninety percent of the time that goes into the piece, and the remaining ten percent of the time is in the shoot itself.

How do you pick the subjects you photograph?

My daughter has featured in a large body of my work and each portrait was an extension of this very personal project, but there have been others. A certain neighbour of mine inspired me to create a work based on Albrecht Durer, a 16th century German painter, engraver, printmaker, mathematician, and theorist. Looks strangely familiar actually...



What advice would you give to other photographers?

The same advice I was given - learn the rules, practice them, master them, then know when to smash them, twist them, and turn them inside out and upside down to create amazing works.

I googled your awards and just last year alone saw an incredible list of credits to your name – which awards are most special to you?

It's a huge honour to get any awards but I was very privileged last year to get a first place gold award at the International Loupe Awards 2012. (He also won three Silvers and three Bronzes from ILA 2012) I was also delighted to get first place at the Wedding and Portrait photographers International – first half online competition in the children's portraiture category and very proud to receive a gold award, second place from the Creative Asia Awards 2012 Portrait Photographer of the Year (along with three silvers at Creative Asia).

The amazing support I get from the online community encouraged me to start submitting my work for awards. It certainly isn't something I think about when I start the process of creating an image in my mind. It's the achievement of the finished image that gives me the most satisfaction; the awards are the (very tasty) icing on the cake.

So where to from here for Bill Gekas?

I'm not planning on giving up my day job just yet. I would love to be able to exhibit my works and to see more print options. At the moment my photography is a wonderful hobby that allows me to indulge in my creative processes. I generally have two or three ideas on the go and finding the time to bring these projects to life is enough of a challenge for me at this stage.

Where can we see more of your work?

I have my own website www.billgekas.com

ANNA BURKE

Anna Burke, federal member for Chisholm and speaker of the House of Representatives is far from a shrinking violet when it comes to voicing her opinions on asylum seekers and human rights.



beings. We need to put the issue into perspective, as I said, Australia sees less than 3% of the world's refugees.

It's difficult to ignore the deaths of possibly thousands of asylum seekers who have drowned attempting to reach Australia. The increase in places target those in most need, including those vulnerable people in camps and in dangerous situations the world. This number will increase to 20,000 over the next 5 years."

Anna, you believe Australia is debating the issue of asylum seekers based on hysteria, not fact. What don't we understand about the right to seek asylum?

The Universal Declaration of Human Rights clearly states 'Everyone has the right to seek asylum from persecution in other countries.' The demonisation of people fleeing persecution is blatant politicking, with a callous disregard for people exercising a basic human right.

The view generated in mainstream press that we're a country of porous borders awash with people smugglers trying to take us for everything simply does not stack up. Australia sees less than 3% of the world's refugees – It appals me to hear people; particularly the Opposition refer to refugees and asylum seekers as 'illegals'.

What do you consider as an ideal way to process asylum seekers?

We can't escape the fact that asylum seekers need screening and assessment. We need to know that new entrants to Australia don't have a criminal background and are healthy. Many asylum seekers have endured terrible conditions and we should ensure new arrivals have medical assessments. We've said the goal is that processing will take 100 days. I think it's irresponsible to let it drag on any longer.

What do you have to say to people who have been swept up in the hysteria of the 'illegal boats' issue?

I remain dismayed by the level and tone of debate in respect of these vulnerable, traumatised and displaced human

Does it all fall back on human rights?

Yes it does get down to human right, the Universal Declaration of Human Rights makes it abundantly clear that people have the right to seek asylum. If you meet people who have been forced to seek asylum, you quickly discover we are all the same. They are searching for a life for their children where they are free from harm and persecution.

My electorate of Chisholm has greatly benefited by the numerous people who have fled persecution and war torn environments, without these new arrivals Australia would not be the place it is today.





OPERA IN ART

ANTHONY BRESLIN

By **RAQUEL NEOFIT**

Inspired by atoms, neutrons,
planets and energy itself,
Anthony Breslin is an artist like
none you have ever met before...



His influences run the gauntlet from African masks, ancient religious instruments and science to fantasy incarnations; and although he exudes the qualities of a relaxed and thoughtful soul, he's a force to be reckoned with in the world of abstract art and performance theatre – with a live art show set to an emotional opera and an unorthodox gallery housed in a refurbished Melbourne church, you'll be fascinated by Anthony's energy, his devotion to the artistic realm, to the world at large and to those who need a champion...

Anthony, your work is eye-catching and vibrant; tell us about your style?

My paintings are tribal influenced but they're kind of fantastical and very colourful. I do an array of stuff – large heads that are very intense, all about the inner-wrangling of being human. Like the contradictions, the yes and no within

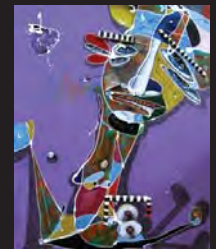
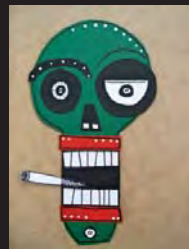
Why do you think you're drawn to the whimsical, fantastically over-the-top world of expression?

I'm kind of drawn to things that are otherworldly. It comes from the motivation of trying to create something that's timeless and doesn't belong in one place – that can belong anywhere.

My productions and paintings are all otherworldly; set in a place we can kind of identify with but that's more connected to the imagination and to a world beyond the illusion of this reality.

Your theatrical production – Trybe – an opera in art, tell us about it?

All of my performances are usually against time, there's a tension, working against a clock – it's all about endurance. It's as if I'm an athlete trying to compete against my own



us at the same time and dealing with mortality, the tension inside the head, the tension between negativity and positivity, trying to get through your life and what it all means.

And then I do these other paintings that are like fantastical worlds of flying creatures and abstracts of life itself, they allude to physics and planets and neutrons, but without being specific to them. They're more about energy and things moving, creatures and things coming to life – they might look like bugs or something familiar but they're not really anything, they're just movement or life itself – and they're very colourful!

Even my building is that kind of design. It's a church in Carnegie that I've restored myself. There's stuff from the 1800s to African masks and a lot of deco pieces that have been restored, to federation pieces – a real mixture of stuff, but it just kind of works.

ability to do it and this experience has led into a process that has restraints and limitation on it, and hopefully the audience is picking up on the fact that it's real.

In theatre there is this idea of the fourth wall. When an actor on stage engages with an audience member, they're breaking through that fourth wall. When an audience goes to a show, they're watching a performance and they're safe from that performance. But when the actor starts coming into the audience and starts interacting with them, there's a violation of that wall that some people find uncomfortable.

In my show there's a violation of that wall in a different way, it's violated because they're watching someone struggle, who is not pretending to struggle, or acting to struggle, there is a real struggle going on and they're invited into that struggle. The idea is to induce them into that environment so they'll have empathy with that wrangle against time.



It's very experimental; people need to be open to experience it as an artistic piece, as a performance. It's a piece of theatre, but it's really a piece of performance art that is theatre. It's hard to put into a bracket – it's also very filmic.

And you've re-built an old church in Carnegie, The Breslin Gallery – what can we expect – good coffee from the café I hope?

I hope so too! (smiling)

I'm creating an arts hub – so I brought an old church and it's taken me three and a half years to re-build it myself, it's been a massive project. I've built three floors in there, restored it all, and had all the foundations dug out.

I'm hoping it will be a creative home for lots of people to come and do whatever they want to do. I'm interested in taking in sole-traders who want to work under the gallery name. People who might want to run children's art classes or dance classes, people who have their own business' who care about what they do.

I get asked to go to schools and teach art classes but now there's Little Masters' art classes running out of there, there's also dance and movement/theatre classes for kids, life drawing for adults and lots more as well as drawing and drama classes which I provide for Yooralla.

I also now host a tango social once a week including lessons beforehand. It's so very South American. I think the tango dance meets in Buenos Aires are like the pub music community in Ireland – both are a place where people come to meet and express themselves. I'm Irish but no one ever picks it! That's what the pub was really for, a centre point for the community to come together. And the tango is kind of like that in Buenos Aires; it's a physical-isation of coming together and now we have a bit of this great cultural pie right here in the gallery.

People can come and have a coffee in the café or look at the different art and think 'that's something I want to do'. It's not about putting up walls, it's about opening up doors.

And will we get to see Anthony Breslin originals?

I hardly ever want to show my work there – it's all about showing other people's work. That's the idea, it will be a hub for an array of exhibitions that will come through other art dealers as I want to bring an amazing array of high caliber shows into Carnegie and Melbourne – I also want to develop a range of unique products, gifts and objects to sell in the shop I am just looking for the right person to help me set this up.

And if the business can sustain itself doing installations or exhibitions that won't sell or that can't sell because it's not

really sellable, then it will give those artists a chance to have exhibitions too, as long as the business can sustain not making money from those exhibitions and the bank is appeased.

You are truly a modern-day champion to those in need and to charitable organisations; tell us about some of the people you support?

I sponsor Yooralla with an art and drama curriculum - I'm involved with a few charities. My opera was produced in conjunction with the Lasallian foundation and what we are trying to do is sell the paintings left over after the opera to raise money to build a school in Papua New Guinea. I work with those clients to make the paintings work for them and their homes. The paintings are four metres by four metres, so I cut them down and I re-paint them, This year I'll go over and run a program with all the tribal kids from the mountains I am sure I will learn far more off them than they will off me.

OPERA IN ART – TRYBE

Trybe is a live art performance set to a passionate opera composed by Greg Long – It's intense, theatrical and fast-paced with live performers artistically adorned in paint before your eyes in an explosion of colour.

A wrangle against time itself, exhibited as a concert, an opera, a theatrical performance and a piece of art with paint, lights, people, movement and un-rivalled abstract drama.

Visit www.vanillalounge.com.au for a preview of Anthony Breslin's Trybe.



Trybe is explorative and fuses music, dance, paint, lights and film in an intense incarnation of expression and passion in a race against time itself.

The Breslin Gallery – 254 Neerim Road, Carnegie, Victoria

Keep an eye on Anthony's website for future Trybe dates.

Find Anthony's performance of Trybe on Youtube.

Protected Destination of Origin

By RAQUEL NEOFIT

What comes to mind when you think of words like champagne, feta, Parmigiano Reggiano and Camembert?

Well, it should be P.D.O or protected destination of origin.

Apart from the fact that these delicacies are delicious and unique, and all hail from some of the most beautiful countries in the world, they have also been awarded a very special status.

The P.D.O labels guarantee your produce has been made in a particular region, in a strict manner, under strict conditions, and with specific ingredients that are known to produce a far more superior or distinct end product. It guarantees quality, taste and tradition.

It also helps farmers and producers of these renowned products secure a fairer price for the special knowledge they hold and the time it has taken them to perfect the art of producing the best delicacies in the world. P.D.O status is also an insurance policy to protect traditional practices; it ensures these old methods aren't lost in our new modern way of life. As long as we have farmers and producers striving to meet the strict demands of producing protected destination delicacies; traditional methods will live on in the produce we love.

The catch, of course, is that these traditional products are re-produced in other parts of the world and can only be monitored in countries where these laws are actually enforced! Beyond European borders, this is rarely the case; anyone can produce a cheese similar to a traditional Greek feta and peddle it as feta cheese. It's only if you are a descendant from the original origins or a cheese connoisseur that you will know the difference. Until you taste a traditional P.D.O feta, that is.

True feta, 'the national cheese of Greece,' must be produced to the traditional Greek recipe, within the certified regions (think Makedonia, Thraki, Ipiros, Thessalia, Peloponisos, Lesvos and Central Greece), the animal must be of good breeding and fed appropriately, and the milk used must be



'Greece's Arvaniti dairy produces an award winning, traditionally made P.D.O feta cheese imported by Epicure Foods in Melbourne.'

either sheep milk or a mixture of sheep milk with up to thirty percent goat milk. The hygiene and handling practices are restrictive and the pursuit to maintain the traditional methods is strictly monitored.

Generally speaking, these products have been awarded P.D.O status because they're unique in some way, perhaps like with Champagne, made from grapes that only grow in the Champagne region of France, or the Roquefort, a cheese that must only be infected by the spores of a particular strain of fungus in the Combalou caves of Roquefort-sur-Soulzon in France.

In Australia, although we may not have P.D.O legislation yet, we are lucky enough to have companies like Epicure Foods who are dedicated to sourcing these traditionally produced foods to keep the foodies of Australia enjoying the best the world has to offer!

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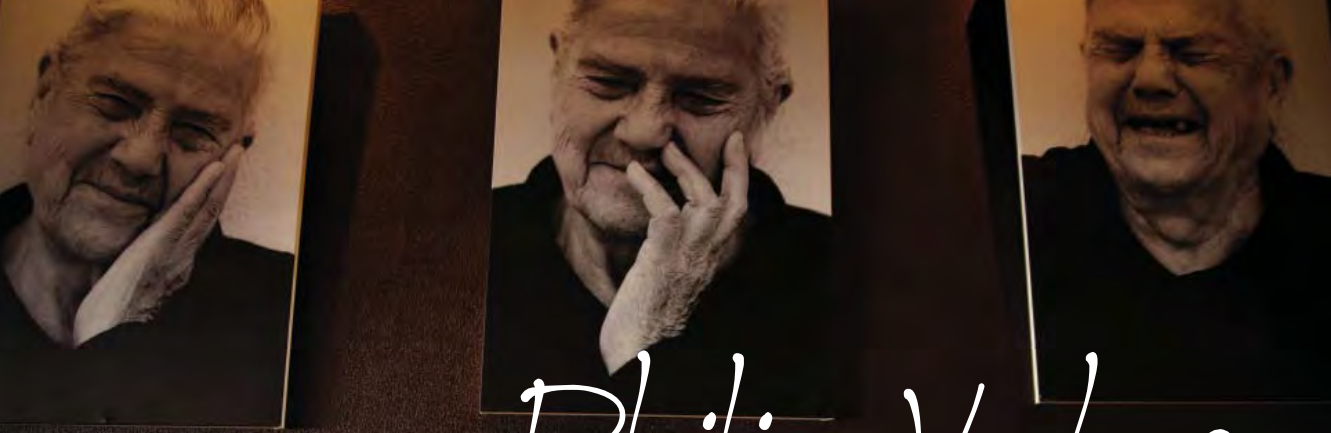
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Philip Vakos

By RAQUEL NEOFIT



With Masterchef gracing our screens again we felt it was high-time we caught up with our very own Greek MC contestant and discover how this God of food and love spends his time post Masterchef...

Christened the Greek God of the Masterchef kitchen in 2010 due to his cheeky charisma and intimate food knowledge, Philip Vakos has followed his food dreams and opened Melbourne's Spitiko restaurant where he draws inspiration from the meals his yiayia conjured up as a child.

Never happier than when he is conjuring up 'food of love' in his kitchen or directing a crowd on the finer art of great Greek cooking, Phillip now divides his time between Spitiko, cooking demonstrations at events like the Melbourne Food and Wine festival and Antipodes 'Flavours of Greece' festival and lending a hand to a multitude of different charities, the Stephanie Alexander Kitchen Garden Foundation included.

Here at Vanilla we know many a Greek that would nod in agreement with Philip mantra 'As long as you have good Greek food, everything will be fine.'

It's hard to imagine Phillip in his accountancy career before Materchef, crunching numbers over nuts - luckily for foodies and lovers of Greek traditions alike, his flair and passion for food is now accessible to us all in his roles as a professional chef, speaker, and instructor. Nominated as a Cleo bachelor of the in 2011 (relax girls, his heart has been captured by another Greek beauty now) and a connoisseur of romantic food, we take some time out to delve into Phillips holy trinity of Greek food, sexiness and dark chocolate...



CON MILONAS PHOTOGRAPHY



What are you up to now Philip?

Well post Masterchef I am now the co-owner of my restaurant Spitiko with business partner John Ghionis and I'm the Australian ambassador of Chris' dips .

Tell us about Spitiko?

My restaurant is a reflection of my personality and the food I'd eaten and enjoyed in my childhood. It's traditional, with a slight modern twist.

You were considered the Masterchef Greek God of food, what did you think of that title?

Haha - the title was kind of funny and flattering at the same time, on the other hand it made me try a lot harder and cook a lot better to keep it.

Tell us about the connections between food and love?

For me food and love go hand in hand. No matter how bad your day has been, or how upset you are, good food can always pick you up and make you feel better. Food can also show someone how much you love them.

How can we communicate our love through food?

You can communicate you love through food by cooking your girlfriend her favourite dish after a long hard day, or by simply giving everything you have into one particular dish and serving it to someone you care about.

So we all know that oysters are the great aphrodisiac, but what do you consider aphrodisiacs?

Anything thing that excites you after eating it and makes you feel kind of tingly inside :), Dark chocolate, mangos, strawberries.

And you have a Greek background, what types of Greek food do you love to recreate? Do you prefer to stick to tradition or do you like to re-invent these classic dishes?

Well my old time favourites like youverlakkia, glaktbouriko, mousaka and kolokithokoftedes, I like traditional cause they bring me back to my childhood when yiayia would make them for me. But other dishes that I grew up with that I didn't like, for example risogalo and baklava, I reinvent to suit my taste buds.

No longer in the running for bachelor of the year, what do you serve your girlfriend Nicole and why, to show her your love?

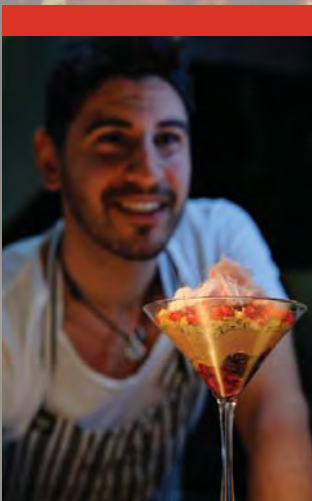
Anything that she likes and that takes a lot of time and care to prepare so it shows you have gone to a lot of effort. Like hand-made raviolyes, turkish delight, baklava and kaltsunia.

What are your favourite foods that represent romance?

My favourite foods that represent romance are berries, white chocolate, champagne and mangoes; because I love them.

We asked Philip's girlfriend Nicole Condos, to describe Philips ultimate gesture of love, with food of course...

It's a chocolate olive oil mousse, topped with berries, pistachios and fairy floss, it's amazing and one of my all-time favourites.



You can find Phillip's DARK CHOCOLATE OLIVE OIL MOUSSE SUNDAE recipe on Spitiko's website:

spitiko.com.au

or

myfoodstory.com.au

Vanilla Magazine's assistant editor Raquel Neofit's food blog

Spitiko – 270 Park Street, South Melbourne



THE FIREBIRD

'FROM THE DEPTHS OF POLITICAL EXCLUSION AN ARTIST IS BORN...'

By Nikita Ballas



The Firebird Tia and Antonis Tsonis

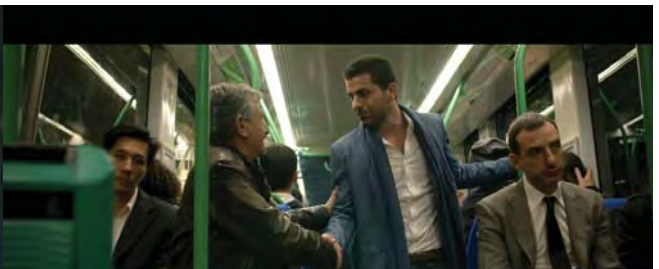
It feels like yesterday when writer/director Antonis Tsonis and producer Tia Spanos Tsonis asked me to come on board as producer for his new short film *The Firebird*. It actually didn't take long for Antonis to convince me. Upon reading an early draft of his script, I was immediately captivated by its poetic depth and great cinematic potential.

The Firebird follows the story of a young, orphaned asylum seeker who, after fleeing his country with his parents due to his father's revolutionary poetry for freedom, ends up in an Australian detention centre only to be deported offshore for further processing.

I remember asking Antonis why he chose the word firebird as the title. He replied that the word came from a Russian folk tale about a bird that is both a blessing and a curse to its captor. And this is precisely the dilemma faced by Australian authorities dealing with the so-called 'boat people' arriving on our shores seeking asylum as the political debate is raging on. Are these people terrorists? Fake refugees or illegal immigrants? Or are they legitimate (whatever that means) asylum seekers? Will they be a liability or will they add value to our society? Should we be tougher in our approach? What about the message we need to send to the people smugglers and all those illegal immigrants scheming ways to come to our country? What



Celebrating with Antonis after receiving the two awards from the Artisan Festival International World Peace Initiative @ Cannes.



A scene from *The Firebird* with Amir Aligorgi (standing) shaking hands with Thanasis Spanos (on the other side is Con 'Thera').



Q&A with Princess Angelique Monet (Artisan Festival International Founder) at the Palais press area after the screening of *The Firebird*.



Entourage: Angelique with her grandma Helen @ Cannes!

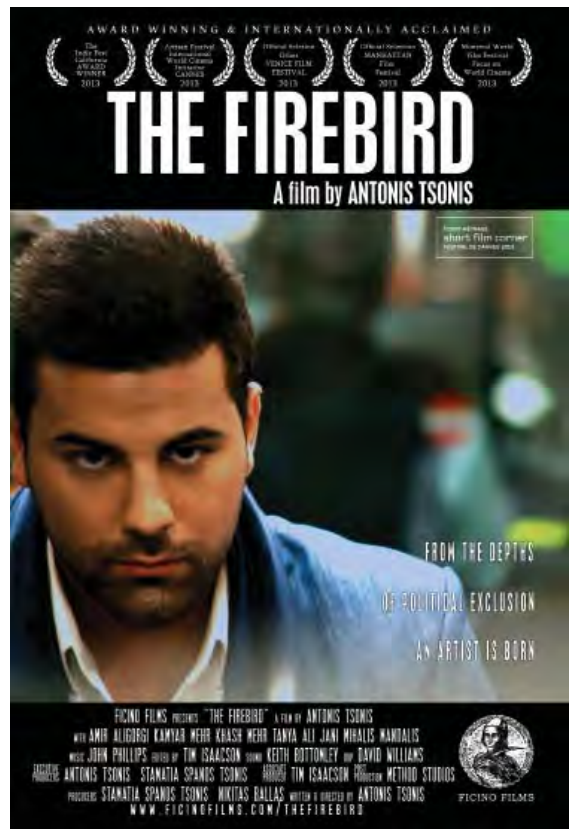
about the children? Is it okay to imprison them until we decide if they are fair dinkum asylum seekers?

But *The Firebird* goes beyond the politics of this complex issue. Instead, it seeks to explore the human condition. Political situations come and go as history unfolds, while the human spirit continues its struggle to express itself in freedom. It just happens that in this instance the political backdrop is the refugee crisis. As he confides in his director's statement, Antonis discovered while he was making the film that *The Firebird* was ultimately about the birth of an artist. 'Omid, our protagonist, grows up to become a musical director whose talent was born out of the trauma of political exclusion. It was his trust and understanding in the wisdom of the great poets and his father's love for freedom that enabled him to survive psychologically while imprisoned.'

In these early months of its distribution, *The Firebird* has enjoyed a great reception in the North American festival circuit. It has already been selected by six festivals on the US East Coast (including three in New York), three on the West Coast and also in Canada by the prestigious Festival des Film du Monde/Montreal World Film Festival.

The Firebird has also enjoyed a positive reception in Europe. It was included in the Festival de Cannes/Cannes Court Metrage – Short Film Corner and also in the Artisan Festival International World Peace Initiative, Cannes. Also, it has been accepted in Bulgaria's In the Palace International Film Festival and has secured a distribution agreement with Guanaco, a European production and distribution house.

It has won three awards; two at the Artisan Festival International (Cannes) for Best Short Film and for Best World Peace Relations and one in the USA at the Indie Fest California for Social Justice/Liberation/Protest.



We are now focusing on worldwide distribution of the film with a Brazilian filmmaker/programmer coming on board to assist us. Of course we will keep you all informed about where we will premiere in Australia.

The making of this film would not have been possible without the help of numerous volunteers. We feel overwhelmed by the encouragement and support we have received from our family and friends. I will always remember the positive energy and warmth of spirit shown by Tanya Ali Jani and Amir Aligorgi during that initial meeting at Booth 1 here at Vanilla. This wonderful couple introduced us to the Iranian community and helped us immensely.

For more updates about *The Firebird* visit www.ficinofilms.com/thefirebird



Taking care of business: Vanilla's own Helen Spanos joined us on our trip to Cannes.



THE TRUE HEART OF ANTIPODES

Not just a weekend in Lonsdale Street!

By RAQUEL NEOFIT

In the spirit of all things Greek and all things film, Vanilla writer Raquel Neofit caught up with the director of the Greek Film Festival, Penny Kyprianou, to share the message on the true heart of Antipodes...

More than a weekend street party in Lonsdale Street, Antipodes has evolved into a Greek tradition of community events, featuring the Flavours of Greece food festival, a newly-established Antipodes Writers' Festival and the Greek Film Festival. Soon the Greek community of Melbourne will have its own Greek Cultural Centre in Lonsdale Street, destined to be home to regular exhibitions and exciting community events.

Penny, firstly fill us in on the history of the Greek Film Festival (GFF)

The Greek Film Festival was founded by a group of passionate cinephiles keen to bring Greek cinema to Melbourne audiences. It was originally held in February to coincide with the Lonsdale Street Festival but as its popularity grew it was given its own place later in the year.

This year the Greek Film Festival celebrates 20 years, and its longevity can certainly be attributed to a love of Greek film and film in general shared by the punters. To acknowledge this milestone, we will be screening a number of popular films from the last 20 years, together with the most recent contemporary Greek cinema.



Photo courtesy of
Constantly Flashing



Penny Kyprianou and Ewen Leslie, lead actor in Dead Europe, at last years Antipodes Festival

What's the spirit behind the GFF, what does it take to make it into the festival?

The Greek Film Festival, as with the Spanish, Italian and French for example, secures films from a number of sources. Searching for films is a year-round job and we look at International Film Festivals and also stay in regular contact with producers and distributors. In past years, many films were sourced from the Greek Film Centre (Greece's equivalent to Screen Australia), however, with funding dwindling lower budget films are being picked up by European distributors, so it's important we stay in regular contact with some of these companies.

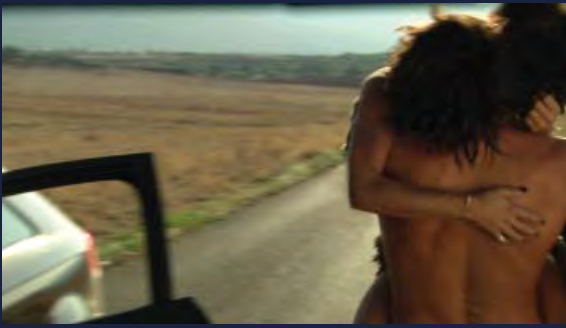
And the films must have a certain Greek essence?

They do. Films include works by Greek filmmakers and filmmakers of the Greek diaspora, films about Greece or Cyprus, and also Greek and Cypriot co-productions. We also screen films by local filmmakers with a prevalent Greek theme.

Last year we closed the Festival with Dead Europe, a film based on a book by the same name by Christos Tsiolkas and directed by Tony Krawitz. The film was shot in Melbourne, Athens, Paris and Budapest, and has a strong Greek undercurrent. Christos' book covered many themes including the notion of curses, politics and the disintegration of societies.

What do you look for when you're screening films?

We look for films that will entertain, inspire and initiate conversations. We know that we have two very different



audiences. There are those who attend the festival to be entertained with a light-hearted comedy and others who like to be challenged by their viewing choices. When it comes to selecting an opening night film, we like to go with a comedy and generally one that has done well at the Greek box office, and we've been fortunate to have had access to hits like Nisos.

A film festival should do more than entertain though, which is why we feel it's important to include documentaries and contemporary feature films that offer a new perspective on Greek cinema, including those that tend to break the traditional conventions of Greek filmmaking, such as Dogtooth, Attenberg and Alps. This variety in programming allows us to appeal to varied audiences.

How do you find that Greek films have changed over the years?

The economic situation in Europe has had a dramatic effect on local funding within the Greek film industry so there are

certainly less films being made, but it has also affected the types of films being made.

Last year in particular a lot of our films spoke about the 'Greek crisis' and the way it affected relationships and life at large. Examples include The City of Children, Wasted Youth and Boy Eating the Birds Food.

It's obvious that Greek filmmakers, especially the new generation of Greek filmmakers, are taking more risks with their story choices and filming styles.

The **DELPHI BANK GREEK FILM FESTIVAL** runs from 30 October – 17 November 2013.

PALACE CINEMA COMO
299 Toorak Rd, South Yarra
greekfilmfestival.com.au

ANTIPODES WRITERS' FESTIVAL CELEBRATING CONSTANTINE CAVAFY

22 & 23 June, THE WHEELER CENTRE

176 Little Lonsdale Street, Melbourne

2013 celebrates the 150th anniversary of the legendary Greek Poet, Constantine Cavafy, the father of modern Greek prose.

The Greek Culture Ministry has declared 2013 'The Year of Constantine Cavafy' and Greek Cultural organisations



around the world are paying homage to the symbolism of Cavafy's poetry.

Antipodes will present five international lecturers, who will speak on Constantine Cavafy, plus film screenings and an open mic session titled A Date with Cavafy, where members of the public are invited to read their favourite Cavafy poem.

International speakers include; George Syrimis of Yale university, Gregory Jusdanis of Ohio State University, Maria Boletsi of Leiden University, Karen Emmerich of Oregon University and Dimitris Papanikolaou of Oxford university.

For more info, visit antipodesfestival.com.au



ANTIPODES 'FLAVOURS OF GREECE' FOOD FESTIVAL

September 2013

Anyone who knows Melbourne know it's the heart and soul of Greek culinary culture with some of the best Greek restaurants in Australia adorning our streets and alleyways.

The Antipodes Flavours of Greece festival unites the best Greek chefs, foodies and produce to give you the true 'Flavours of Greece' in one festival experience over four weeks. Expect to be wined and dined with a generous mix of regional cuisines, celebratory feasts and a modern twist of classical dishes.

Indulge in lovingly prepared produce at participating restaurants or get a team together for the foodie trivia night.

Visit antipodesfestival.com.au for updates.



Flavours of Greece festival share many of Greece's culinary delights, including some of Melbourne's great chefs, read more about Phillip Vakos (pictured) on pages 18-19



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Director: Richard Linklater**Featuring:** Ethan Hawke, Julie Delpy**Rated:** TBC**Run Time:** 109 minutes**Country of Origin:** US/ Greece**Release date:** 18 July, 2013


Before Midnight

By Penny Kyprianou



LOVE is hard when
reality gets in the way.

Celine (Julie Delpy) and Jesse (Ethan Hawke) have some serious history, and those that have followed Richard Linklater's Before...series will know this. However, each film has its own charm and individualistic quality so the enjoyment of one is not dependent on having seen the others.

We first meet Celine and Jesse on a train bound for Vienna in Before Sunrise, and nine years later they are reunited in Paris in Before Sunset. Jesse is in Paris on a book tour, unhappily married and with a child, and the reunion brings up a barrage of unresolved feelings. Celine is a successful and passionate environmentalist. When each film ends, there's a hint of promise for this couple but our questions are never quite answered, and that's what makes this story the defining movie love story of a generation.

Before Midnight brings us to the present, with a forty something Celine and Jesse, now together and with young twin daughters. They're holidaying in Greece and Jesse reels with guilt at having to jet his son back to see his mother after

spending the summer together. The realities of their blended family and the consequences of the reckless impulsiveness of romance are starting to show.

At their villa, they sit at a shared lunch with Greek friends. As they engage in the witty banter we love so much about their interactions, you can't help thinking they're sitting with versions of themselves, where each of the couples represent the past, present and future. This is a beautiful scene, both aesthetically with its sweeping views of Kardamyli but also in the way the characters share their intimate views on love and life. This scene also features a bit of who's who of contemporary Greek cinema, with Ariane Labeled (Attenberg, Alps), Yiannis Papadopoulos (Boy Eating the Bird's Food) and Attenberg director Athina Rachel Tsangari at the lunch table.

Their friends have booked a room for the couple and are taking care of their twins so that they can have a night to themselves. They set off, walking and talking, enjoying the temporary freedom of being with only each other. By the time they arrive at the hotel the conversation becomes uncomfortable, revealing the complexities and insecurities of their relationship.

While Linklater's first two films are about possibility, Before Midnight is about reality.

★★★★★



MELBOURNE INTERNATIONAL FILM FESTIVAL

The Melbourne International Film Festival is one of the oldest film festivals in the world and it's a festival that's held in high regard on the film festival circuit, proving that Melbournians know how to throw together a top-notch event! I caught up with MIFF's Artistic Director, Michelle Carey to discover the past and present appeal of this world renowned cinematic event...

Michelle, can you give us a little history of the Melbourne International Film Festival?

The Melbourne International Film Festival (MIFF) is an iconic Melbourne event, hosting a feast of cinematic delicacies from over 50 countries for 17 days each winter. Heavily garnished with a range of parties and special events the festival casts a celebratory mood over the city.

Established in 1952, the Melbourne International Film Festival (MIFF) is the most significant screen event in Australia.

MIFF showcases the best in current cinema from around the world as well as retrospectives, tributes and talking pictures discussion programs.

Since its inception, MIFF has been committed to local film; it screens a wide array of Australian films every year, and hosts many celebratory world premieres of local films.

Complementing the screening program is MIFF's renowned industry program that includes an investment fund (the Premiere Fund) and the director's development program (Accelerator). MIFF's finance market (37°South) brings the national and international screen industry to Melbourne during the festival and celebrates Melbourne as a centre for screen business.



The 2013 Festival will screen over 300 films, including numerous world premieres and a number of prize-winning films from world-class festivals including a selection of films from Cannes, Sundance, Rotterdam, Berlin and Toronto Festivals. MIFF also hosts the most highly regarded short film competition in the Asia Pacific - screening approximately 100 short films, competing for a variety of prizes.



Nicole Kidman stars in *Stoker*, directed by Chan-wook Park

The programme will once again feature the work of world-renowned filmmakers, and more than a couple of unknown gems, in its popular Australian Showcase and Accent on Asia, International Panorama, Backbeat, Animation, Next Gen and Documentaries series.



MIFF screens at Melbourne's most iconic theatres, the Forum included.



Patrick re-make of the 1970's horror/thriller by director Mark Hartley



Tim Winton's *The Turning*

What have we got to look forward to from this year's festival?

As well as some stand out titles like Park Chan-wook's *Stoker* and big Australian titles such as Tim Winton's *The Turning* and the remake of *Patrick*, the Festival hosts a number of internationally renowned guests, filmmaker Q&As, and special in conversation events at our Festival Lounge.

Why would new filmmakers submit a film for the festival?

MIFF is a great platform to discover emerging filmmakers from all over the world. If a film is exciting, original, daring or just really awesome then we'd love to show it. It can be really hard to get your film shown to a general public and almost impossible to get shown theatrically if you are an emerging filmmaker without distributor backing.

Festivals are an excellent way for your film to be discovered by audiences and industry alike.

How important is it for new filmmakers to be showcased at film festivals?

It's very important! Festivals are where filmmakers are discovered. At MIFF we strive to maintain a good balance of favourite names and new talent.

Who should we be looking out for at this year's festival, is there a movie, producer, actor or writer you are excited about?

I'm very excited about the new Noah Baumbach film – *FRANCES HA* – it is co-written with the actress Greta Gerwig (who also stars) and has the feel of the breezy French new wave films from the 60s or even late 70s Woody Allen. It proves that you don't necessarily have to make anything epic or big budget looking to produce great cinema.

Can we expect any big names to be attending the festival this year?

You'll have to wait and see – we don't announce that until July 2!

e-Mini Passes are **NOW** available for sale.

A first glance of the program was announced on **28 May**.

The full program is announced on **2 July** and will be available in *The Age* on **5 July**.

For more information please visit www.miff.com.au

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Il Cameriere



SCENEGGIATURA: NIKITA BALLAS

FOTOGRAFIA: CON MILONAS (CON MILONAS PHOTOGRAPHY)

ORGANIZZAZIONE: ADELE VRANTSSES

PERSONAGGI E INTERPRETI

NASOS THANASIS VATIS

ALIE ALIE BÉKIRI

RENEE RENEE ISLE

TONY TONY POLYKANDRITIS

VIVIENNE VIVIENNE POLYKANDRITIS

AKIS AKIS KONTIS

MELISSA MELISSA NAHZA

THANASIS THANASIS SPANOS





Here she comes again!

AKIS

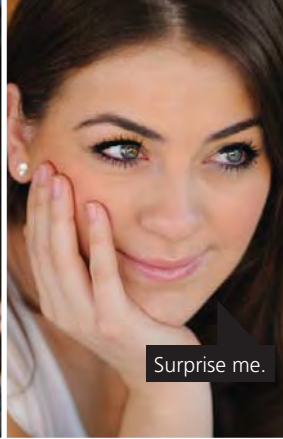
NASOS

No, you go.

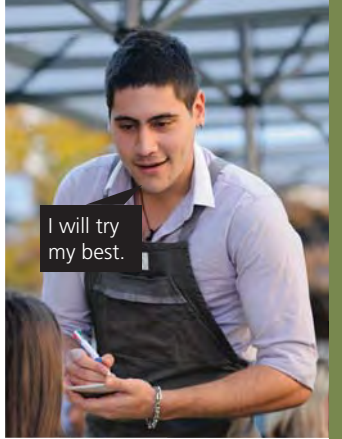


What would you like?

ALIE



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I will try my best.

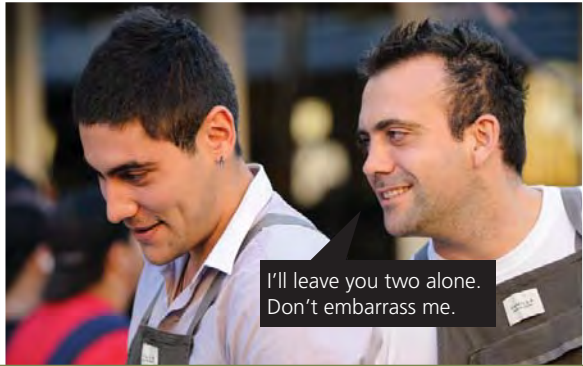


You hardly need to try.

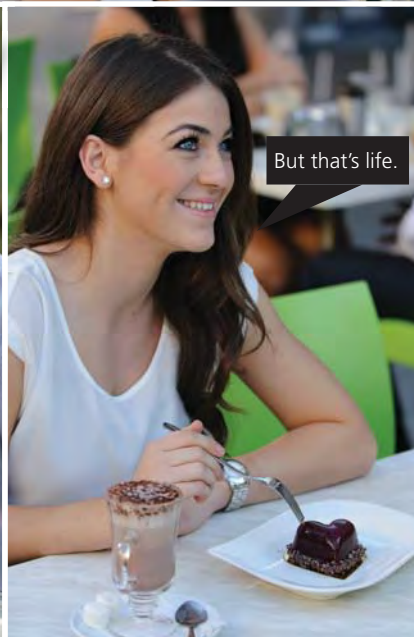


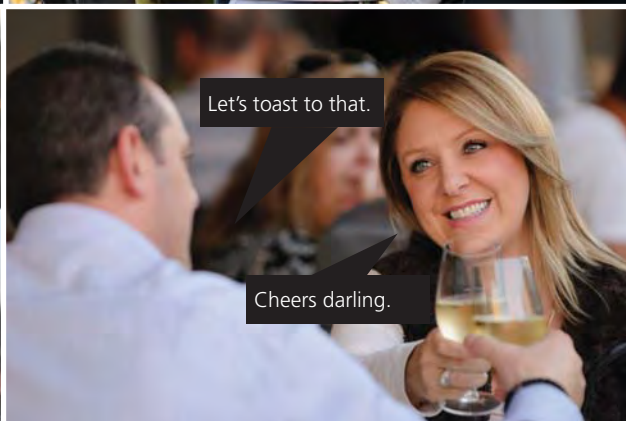
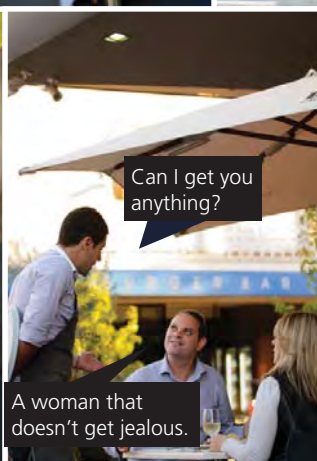
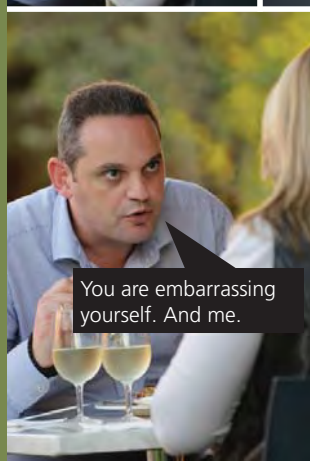
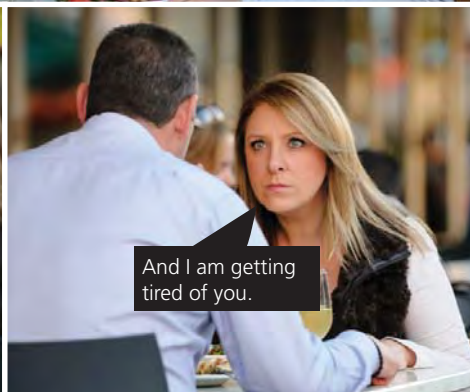
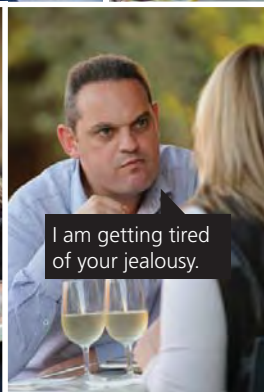
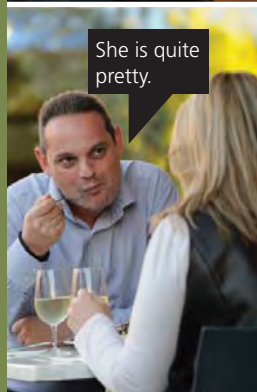
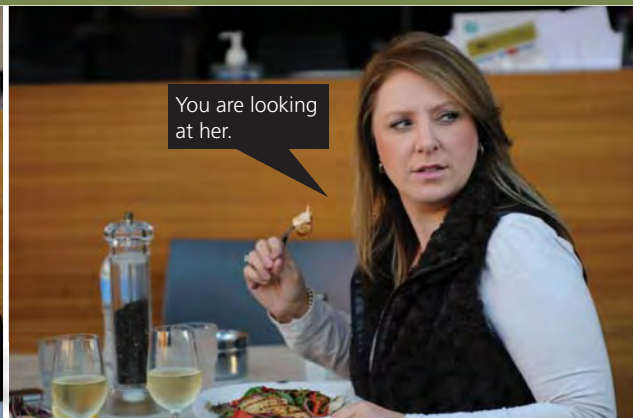
Any progress?

Shouldn't you be inside?



I'll leave you two alone. Don't embarrass me.





RENNAE

I see you are good at helping others.

What a pity you cannot help yourself. She is leaving...

Now is your chance. Make a move.

I don't pick up customers.

It's my policy.

I get put off by cowards. That's my policy.

See that guy? He is not afraid to show his love.

I am not afraid to show my love.

Then show me.

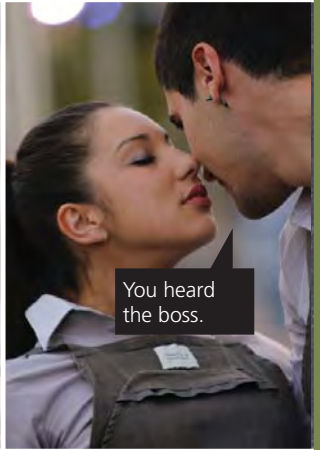
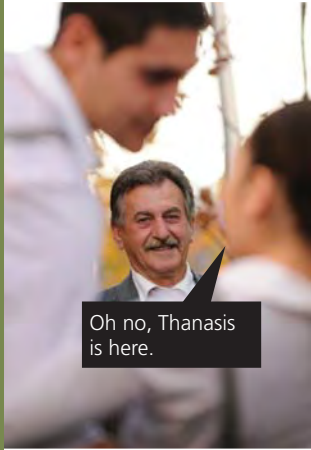
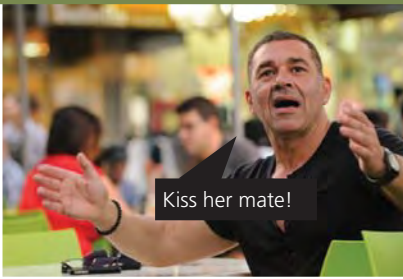
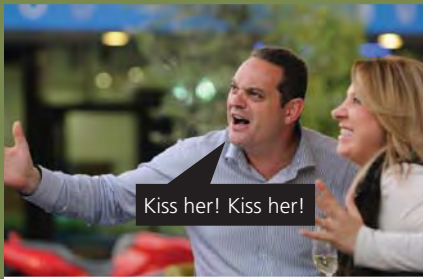
Now or never.

What are you doing? Are you crazy?

Do you want to get us fired?

I don't care.

Yes I am crazy. For you.



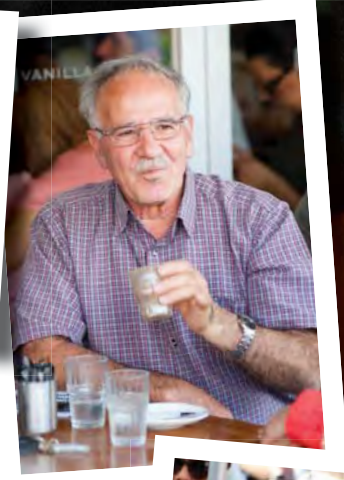
La Fine





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Vanilla Bakehouse

Mix it up this winter at the
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Choc heart



Flourless Jaffa



Chocolate Mud Cake



Flourless choc heaven



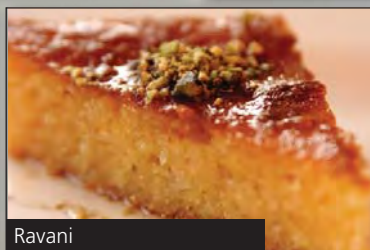
Black Forest



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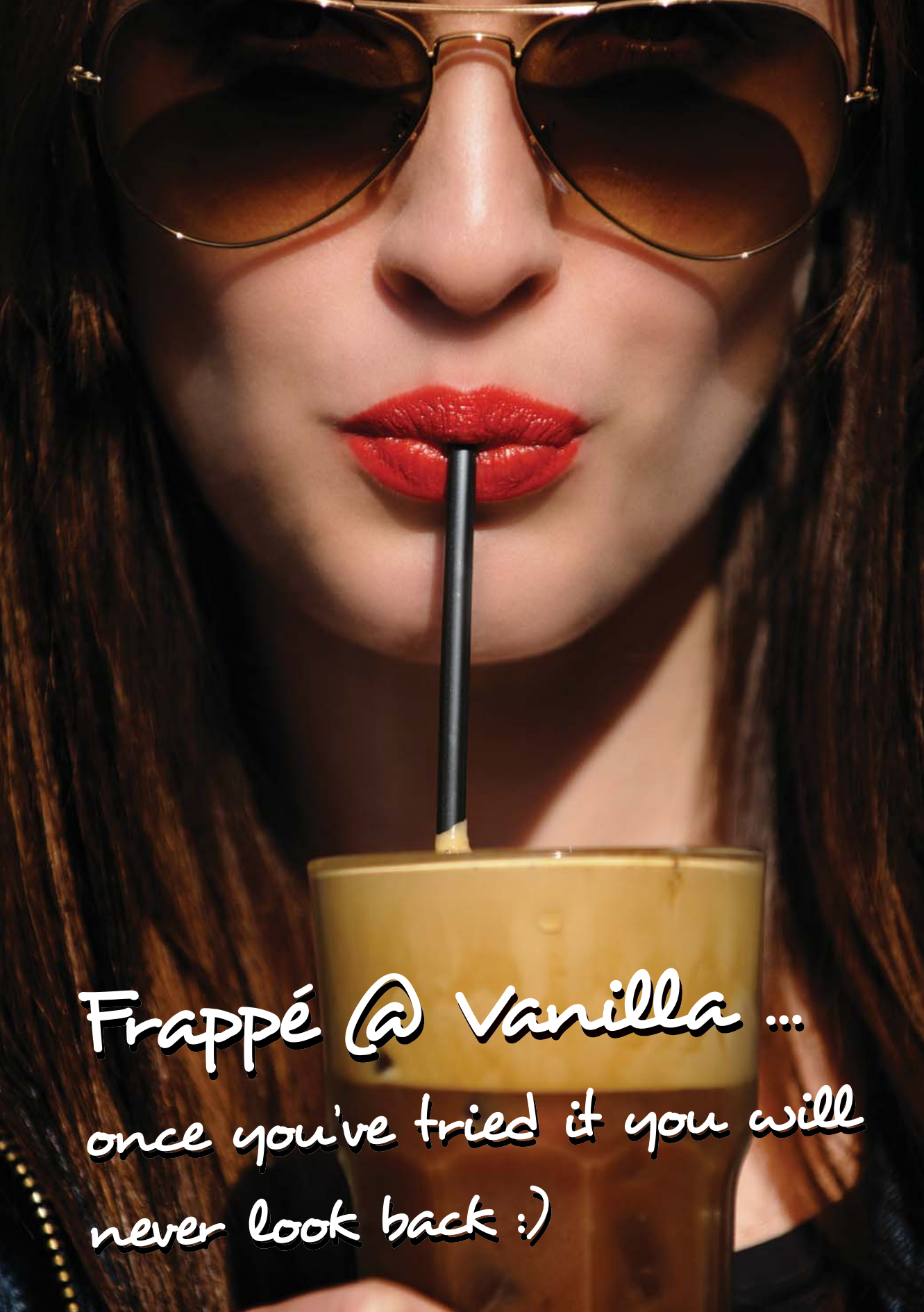
Saragli



Ravani



Portokalopita



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VANILLA Winter Menu



Baked dish

Mousaka – rich and warming baked beef mousaka



Chips or Wedges

Winter snack or side, hot crispy chips or wedges



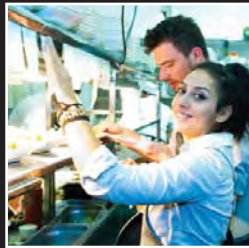
Pasta Bake

Pastitsio – layers of pasta and meat sauce topped with a cheesy bechamel sauce



Soups

Rich winter soups (may vary due to availability)



Menu & Specials



Risotto

Tender chicken pieces in a napoli sauce



Pasta

Creamy prawn pasta



Risotto

(Chicken, prawn or vegetarian)



Meat platter

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

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Sicilian My [✓]Table

By RAQUEL NEOFIT

This issue My Table sees Raquel cooking Sicilian style with the Gissara family.

I should really have called this issue's column My Italian Table, but Sicily has so much history and evokes such strong emotions I just had to let her stand proud on her own. Besides, I'm not ready for those legendary Sicilian concrete boots just yet!

Sicily is considered a land of contrasts, the glimmer of the Mediterranean Sea and the harshness of her sharp cliffs and strongholds. It's also known as a land of seafood and vegetables.

Letizia has brought the food of her homeland with her to Australia for her husband Joe and daughter Maria, and doesn't think they really miss out on many 'culinary pleasures' in Australia. It's her family and friends she longs for the most, and the knack Italians have of 'sharing a meal'.

Chef Rick Stein says 'There's a truth to Italian cooking because most of the ingredients used are caught or harvested within a couple of miles of where the meal is prepared, it's simple and honest.'

This rings true from Joe's days in Sicily. 'We'd start with soup then move onto pasta or stewed vegetables. Most of the food was from the land. If you lived around the bay, you ate fish, if you lived inland, you ate mostly vegetables,' he says.

But Sicily's true fame lies in her sweets. They're proud to make the best cannoli and are well known for icy granitas, in particular a crushed almond and milk granita. Then on salty summer mornings, the Sicilian tradition is to head to the local bar for an Italian version of the French brioche called 'brioscia' filled with a rich chocolate centre.

Home-style cooking is at the heart of the Sicilian way of life, or as the Sicilians say it, *casalinga*. Translation – as my wife cooks it for me...



Recipe - Porpetti

- 1 cup rice – well-washed
- 2 cups water
- 1 heaped TBLS Vegeta (or 3 stock cubes)
- 1 large potato – diced in 2cm chunks
- 2 eggs
- ½ cup parmesan cheese
- 1 cup breadcrumbs
- Salt and pepper
- Flour or bread crumbs for dusting

METHOD

Add rice, water, Vegeta and potatoes to a saucepan, loosely cover and bring to boil.

Reduce heat to low and cook slowly until the water has absorbed, stir regularly as it begins to thicken and remove any starch that builds on top of the water.

Once the rice and potatoes are cooked and thickened, pour the mixture into a low-sided dish, add parmesan and bread crumbs and combine well. Allow to cool.

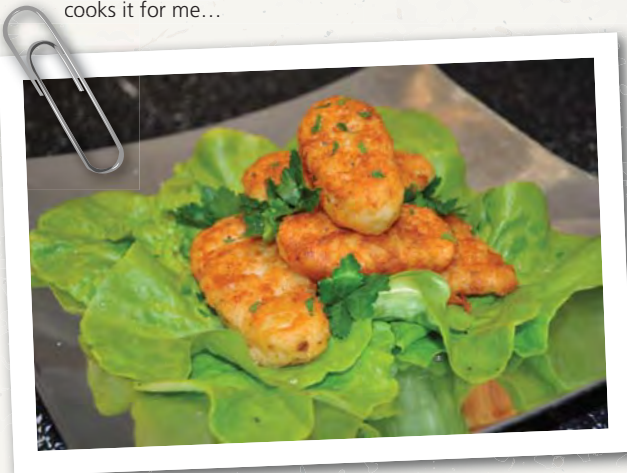
Mix through eggs and season to taste.

This is where you can get creative and really pack these little morsels with flavour. Add freshly chopped herbs, or little cubes of mozzarella in their centres or turn them into full-blown arancini with a bolognaise centre.

Shape into small ovals with wet hands, lightly dust with flour or breadcrumbs then fry in olive oil over high heat until golden brown.

Mangia!

To have your food culture profiled in the *My Table* column please email raquel@vanillamagazine.com.au



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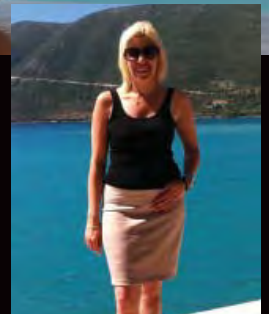
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VANILLA CULTURAL EXPERT, MARIA, TAKES US BACK TO OUR ANCESTRAL ROOTS TO DISCOVER HOW TRADITIONAL FAMILY REMEDIES AND HEALTH FOLK-LORE TRANSFER TO OUR MODERN DAY LIVES...



By MARIA IRINI AVGOULAS
PhD Candidate
– Deakin University
Associate Lecturer
– La Trobe University

TRANSMISSION OF CULTURE

SIMPLY 'the way things are done'

The way that people think about health and illness can greatly influence their health related behavior, and in different cultures this can often be influenced by our ancestors' folk beliefs about health and the remedies they've used throughout time to combat illnesses.

In this issue, I'll explore the area of cultural transmission and to illustrate some of the information I've drawn on examples from the Greek culture, but these perspectives can be applied to most cultures. Young people, parents, even grandparents, can reflect on how culture may have influenced their beliefs and practices.



Over time, traditional folk belief becomes powerfully entrenched in one's culture and the way it's maintained is by handing them down from generation to generation. Over time, what occurs is that these beliefs become trustworthy. Interestingly, we often trust them without any medical or scientific ground to them. The reason they become trustworthy is because they have withstood the test of time.

Cultural traditions can be described as something that can be both learned from and shared among individuals, groups and populations and it adds a unique dimension to the way we understand health and illness. Culture can influence how one perceives symptoms of illness and what measures are taken upon diagnosis.

Cultural change is closely related to the transmission of traditional knowledge, passed from one generation to the next, for example; grandparents handing down their values and beliefs to their grandchildren.

Interestingly, this transfer of information is not necessarily a deliberate act or even an uninterrupted process. Instead,

it is something that occurs over time and more importantly does not need to be forced but eventually becomes part of an individual's thinking without the person even realising it.

An example that comes to mind is something a second generation Greek-Australian told me recently – a remedy that was taught to him by his grandmother. This young person recalled a time in his childhood when he was ill with the flu and his grandmother was caring for him. At night, before he went to sleep, his grandmother would put a slice of onion with cinnamon next to his bed, believing this would help absorb any bacteria or germs. He mentioned that, as a child he felt this was odd.

However, now as a young adult he's amazed that he still uses this remedy and believes this is something he will tell his children one day. He has already shared this traditional Greek remedy that was used by his great grandmother in a village in Greece over 70 years ago, with other people.

Transmission of cultural knowledge however, is not always easily achieved, particularly for migrant communities where individuals may feel a bi-cultural identity relating to the country of origin and the new country of residence. The Greek diaspora, the focus of my research, has managed to maintain their culture and this dual identity. This has meant that they are bilingual and at the same time they feel they belong to both cultures, represented by celebrating their birthday as well as their name day, for example.

These folk rituals, used throughout our generations, give us a great point of reference to stay connected with our ancestral heritage and is now simply the way things are done...



TRADITIONAL GREEK FOLK BELIEFS

To relieve;

TOOTHACHE – soak the sore tooth in ouzo until the pain subsides and then place a lightly chewed clove on top of the tooth for a few minutes – repeat as needed. ('This nerves were either drunk or dead' quoted the author or marriedtothegreek.wordpress.com after his in-laws talked him into trying the remedy)

HEADACHE – soak a washcloth in vinegar and water, and place on your forehead

MOSQUITO or INSECT BITES – dabbing with vinegar will relieve itchy bites from pesky bugs

UPSET STOMACH – just down a few olive pits! (However we recommend swallowing them whole and avoid chewing them!) Or you might need to see remedy one again

FEVER RELIEF – place three pieces of sliced potato into a hankie or muslin cloth and position along your forehead to draw out the temperature.



Engage your Senses

By JOANNA PSARAKIS

'THE WAY TO HEALTH IS TO HAVE AN AROMATIC BATH AND SCENTED MASSAGE EVERY DAY.'

- HIPPOCRATES

The benefits and effects of essential oils are numerous, but it all begins with our sense of smell. It's one of our most significant and powerful senses, and is so important, it's even thought to be linked to memory formation because it delivers scents directly into the smell receptors in our brain. Ever wondered how certain aromas can bring about positive or negative memories?

There is strong evidence that suggests certain scents can brighten our mood or lift memory function and a great example is how we might react to the smell of good coffee, freshly baked bread just out of the oven or the waft of an exotic perfume. Surrounding yourself with a smell that makes you feel good will generally trigger a positive emotion or memory.

The use of essential oils dates back over 4000 years and is known as aromatherapy. The healing powers of aromatherapy have been repeatedly proven over the years and can address a multitude of issues. This was made evident by Hippocrates who recognised that certain aromatic oils offered protection against contagious diseases, whilst others could be used to relieve pain. He also promoted the use of essential oils in cosmetics and fragrances.

Essential oils are concentrated aromatic liquid substances extracted from specific plants and aromatherapy is the therapeutic use of these oils to promote health and wellness.



They facilitate the body's own healing power at a cellular level, allowing the body's systems to repair and restore health naturally.

Over the last decade Aromatherapy has made a sensational comeback in popularity because of its power and effectiveness to repair and restore health, and many people are flocking to use essential oils for relaxation, personal care and even in cooking - right down to cleaning and sanitising their homes.

USE OF ESSENTIAL OILS:

Add a few drops of your favorite essential oil to your bath, oil burner or diffuser to create a relaxing atmosphere. Alternatively, you can use quality, scented candles to breathe in the benefits.

DIFFUSE or Inhale to minimise seasonal discomforts - facial steams are great for respiratory, sinus and headaches. Just add a few drops to a bowl of steaming water, cover your head with a towel, lean over the bowl and breathe deeply.

MASSAGE a specific essential oil or synergistic blend, mixed into a carrier oil, directly onto your skin or problem area.

PURIFY and INVIGORATE the air in your home or car by filling a 200ml spray bottle with filtered water and add 8-10 drops of your favorite essential oil. Spray around your home or car as needed.



Essential oils can also have a powerful effect on our energy levels and wellbeing. Lavender and chamomile, for example, are well-known for their relaxing and calming effect, while citrus oils like bergamot, mandarin and lemon, invigorate and energise. Eucalyptus, thyme, lemon and tea tree provide antibacterial and soothing relief from colds and flu symptoms, and peppermint is amazing for pain relief!



PURE ESSENTIAL OILS AND THE AILMENTS THEY BENEFIT

Meditation and Focus

Basil, frankincense, cedarwood, grapefruit, lemon, peppermint and rosemary

Relaxation

Lavender, roman chamomile, ylang ylang, jasmine, cedarwood, sandalwood, and rose geranium

Motivation

Egyptian geranium, basil, bergamot, cedarwood, rose and peppermint

Cold and Flu

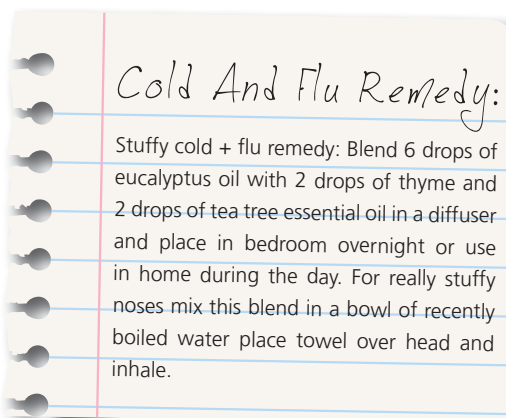
Eucalyptus, peppermint, rosemary, thyme, basil, sweet marjoram and lemon

For more information on individual essential oils see www.auroma.com.au

Some essential oils are not without side-effects so exercise caution when using them, especially during pregnancy.

Always seek advice from your health care professional and invest in a good aromatherapy reference guide like The Fragrant Pharmacy - A complete guide to Aromatherapy & Essential Oils by Valerie Ann Worwood

If you have not tried aromatherapy now is the time to indulge and revive your senses. It's simple, effective and enjoyable.



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The tree of life

OLIVE TREES ARE CONSIDERED THE OLDEST FRUIT TREES IN HISTORY AND WERE EVEN SPOKEN OF IN TIMES OF OLD, 'THE FRUIT THEREOF SHALL BE FOR MEAT AND THE LEAF THEREOF FOR MEDICINE'

EZEKIEL 47:12

By Joanna Psarakis

For thousands of years, olive trees and their fruit have been a significant part of the Mediterranean way of life, providing food, fuel, timber, key ingredient in personal care items such as soap and as a base for medicine. In ancient times, it was believed that the 'Tree of Life' referred to in the Garden of Eden was actually the olive tree.

The oldest olive tree is believed to be on the island of Crete and to this day olive oil is a key ingredient in the Hellenic kitchen; I cannot think of any dish that my family has served without olive oil.

This life-enhancing tree produces a fruit that's not only delicious but considered to be a gift of health from nature by its proven ability to heal and prevent disease through-out history. Many ancient physicians such as Hippocrates, Diocles and even Galen, recognised the health benefits of olive oil, and olive leaf extract is the liquid extracted from freshly picked leaves of the olive tree.

Research suggests that olive leaf extract contains antibacterial, antiviral and anti-inflammatory properties in the perfect medicinal combination. Not only is it one of the most powerful antioxidants (more powerful than vitamin C), it can aid the body's defense against colds and flu, fevers and even viral infections. One of the simplest ways you can boost your immune system this winter is by consuming Olive Leaf Extract. It's also beneficial for people with cardiovascular problems like high blood pressure, cholesterol or heart disease. If you take medication, consult your health-care professional before you use Olive Leaf Extract.

The fruit and oil from the olive tree is an amazing super-food that should definitely be a tradition in every home!



Recipe:

Make your own Olive Leaf Tea (an old family recipe)

Add 1-2 teaspoons of oven dried olive leaves to water, bring to boil, strain and serve. To enhance the medicinal properties or flavor, add lemon or Manuka honey.

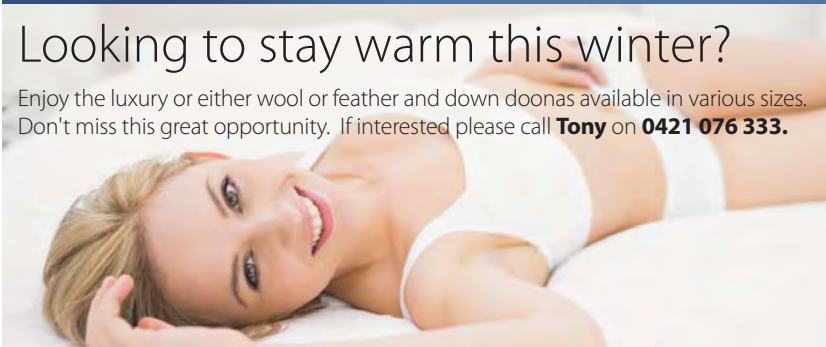
(Makes approximately 1 cup of olive leaf tea.)

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The Art and Culture of THERMAL BATHING

Mineral Springs Relaxation

By **Raquel Neofit**

Greek hot springs have been renowned for their medicinal healing properties since antiquity. In fact, on the island of Lesbos sits the Livori hot springs, allegedly possessing a mineral pool dating back to Turkish rule. Santorini is famous for its off-the-beaten-track thermal waters and followers are so devout in reaching these natural thermal miracles, they must swim the final leg of the journey.

The Native Americans were also well-aware of thermal waters' healing properties, classifying some hot springs as 'power spots', instrumental in sacred ceremonies and tribal gatherings – even becoming a 'safe-zone' between warring tribes in the midst of battle thousands of years ago.

It's difficult to pin-point an exact time in history when people first discovered the benefits of thermal bathing but it's pretty certain the first bath-houses were built by the Roman Empire, and evidence suggests Native Indians carved rudimentary stone baths from rocks in America's Big Bend National Park, which were possibly some of the first commercial bath-houses outside of Europe.

The science of bathing in thermal or hot spring waters is known as balneology and, although still in its infancy in Australia, it's an area of increasing interest.

Hot springs consist of geothermally heated, mineral rich water – some fed by rain water, which seeps through faults and fractures into the earth. It's then exposed to gasses, minerals and energy from rocks and mineral deposits that are heated deep underground.

Others have a natural mineral content from the rock chambers it sits in and is heated miles under the earth's surface by volcanic activity, magma chambers and natural gasses.

MEDICINAL BATHING

Decades ago, doctors routinely prescribed bathing in hot springs to keep us healthy, bathing was part of culture, but as we made scientific advances in penicillin and antibiotics, hot spring therapy waned and prescription of thermal bathing decreased significantly. By incorporating the 'culture of thermal bathing' into our lifestyles we'll be well on our way to better health.



HOW IT WORKS

Your body absorbs the minerals in the water through your skin as the heat opens your pores – your body can continue to absorb the minerals for hours after bathing, so try not to shower directly afterwards or you'll rinse away all that mineral goodness.

As you bathe your body heat increases – killing any germs or viruses harboured by your body along with increasing your metabolism, blood-flow and circulation while relaxing your mind and soothing your body. Carbonated mineral water also acts as a gentle exfoliate.

MINERAL CONTENT

Bathing in bicarbonate water helps to open the peripheral blood vessels, improve circulation, help address hypertension, and possibly assist with cardiovascular disease and nervous disorders.

Here's a quick rundown of some of the benefits from Peninsula Hot Springs.

Boron – builds muscle mass, increases brain activity and bone strength.

Magnesium – converts blood sugar to energy and promotes healthy skin.

Potassium – assists in normalisation of heart rhythms, reduces blood pressure, helps eliminate body toxins and promotes healthy skin.

Sodium and natural salts – alleviate arthritic symptoms and may stimulate the body's lymphatic system.

Peninsula Hot Springs, Mornington Peninsula





Irresistibly Sexy Skin

By RAQUEL NEOFIT

We all long for sexy skin and sexy skin is healthy skin! Healthy skin glows, it's radiant and it's oh-so-supple.

But you'll never achieve smooth, sexy skin by neglecting it every day. Sexy skin takes care, it takes time, it takes attention and a little professional advice along the way.

Sounds like a lot of work, right? But with a few simple techniques slipped into your daily routine you'll have irresistibly sexy skin in no time. The real trick is to maintain it through-out the winter months and not just when the lure of spaghetti straps and shorts skirts draws near.

If you truly want the best results for the time you spend caring for your skin, consult a qualified beauty therapist first, they'll assess your skin type and condition, then advise you on the best products and procedures to use at home.

I headed out to the Peninsula Hot Springs Spa Dreaming Centre and met with senior therapist Sally, to discover her secrets for maintaining sexy, red-carpet ready skin everyday!

Exfoliation and Cleansing

Dead skin cells develop on the outer layers of our skin every day and if left to build up can cause unsightly unevenness. Exfoliation polishes the skin, removes dullness and helps to oxygenate the skin. Gently exfoliate your body in the shower every day with an exfoliating mitt or glove and a moisture-rich shower gel, in gentle, circular motions.

Sally advises dry brushing before showering; it's a great way to get your circulation going. Dry brushing can aid with fluid retention and cellulite while helping to detoxify the body and soften the skin. Always brush towards your heart then follow with a mitt in the shower.

Tip – Never use a mitt or glove on your face, only a gentle, natural exfoliating gel or cream.

TURKISH STEAM ROOM THERAPY

Treating yourself to a Turkish steam room treatment is a magnificent way to detox and purify your skin, and have been used in Europe for centuries. Traditionally called Haman, the

name translates to the silent doctor, enough said really... Haman encourages all-over healing, cleanliness and wellbeing.

HOT SPRING BATHING

Bathing in a thermal hot spring is a great natural exfoliator. The bicarbonate water gently removes dead skin cells while calming the mind, body and soul, and the geothermal water is packed full of minerals that enliven your skin and make it glow from within.

Hydration

Hydrated skin is soft and supple and oh-so-radiant and there are so many options available. Whether you use a serum or a cream, make sure it is derived from natural products. Synthetic products like lanolin, alcohol, petrochemicals, artificial colours and fragrances or mineral oils will clog your pores and no moisture will actually absorb into the skin.

MUD WRAPS

A quality sourced mud wrap is like a miracle offering to your skin; it will detox, hydrate and soften your skin while giving you an overall feeling of well-being, balancing your mind while relaxing and de-stressing your body.

Massage

Massage isn't just a god-send for soothing sore muscles and relaxation (although when you're relaxed you do look younger). Massage brings the blood, collagen and elastin to the surface of the skin, giving the area an over-all glow and the oil used offers skin deep hydration.

Haman Steam Room



HEALTHY SKIN STARTS INTERNALLY.

Drink plenty of water and get enough rest and relaxation. Eat clean food - lots of fruit and vegetables. Processed foods, sun, smoking and alcohol are our biggest agers. To truly achieve sexy skin, you need to get your circulation moving. Everything needs to flow through the body; blood, collagen and elastin needs to be brought to the surface of your skin, so make sure you incorporate massage and exercise.

Protection

Sun care is particularly important for great skin, especially for people living in Australia.

Muddy Madness to Calm the Soul

Sally fills us in on benefits of mud therapy...

Exfoliation is like taking off the outer coat and then the mud treatment nourishes and treats any skin conditions you might have. We like to use colour therapy in our mud treatments because your body is quite intuitive through this therapy and you are naturally drawn to the coloured mud that offers your body the treatment it needs.

Feet

Use a pedi-rasp before showering to remove the outer layer of skin then apply a salt scrub while showering. Follow with a mask then slather on copious amounts of pedi-lotion and a pair of cotton sock.



LIPS

Use a soft toothbrush and gently exfoliate your lips then regularly apply a good quality balm.

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Ever wondered why Mediterranean skin stays looking younger longer? Because their blood contains more oil and the Mediterranean diet has less fatty acid.



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Permanently Beautiful

By RAQUEL NEOFIT



The newest trend to hit Hollywood over the last few years is the art of beauty tattooing, otherwise known as Permanent Makeup. So with film the focus this issue, we thought we'd check out the ins and outs of Permanent Makeup and discover why Hollywood heavyweights are turning to the needle...

Also called Semi-Permanent Makeup or Micro-Pigmentation, Hollywood royalty like Angelina Jolie, Jenifer Aniston, Megan Fox and Kim Kardashian are enhancing their natural features by highlighting areas like eyebrows and lips. It's even spilled over to the world's most prestigious runways with the world's hottest models following this beauty trend.

There are some definite benefits when it comes to facial tattoo enhancements; for starters, it's smudge-free – so no sweating it off in a passionate moment or on a sweltering summer's day and no dreadful dark shadows under your eyes after a night on the town, you'll even look good sweating it out at the gym!

WHERE?

- Eyebrows – adds shape, definition and the appearance of thicker brows, especially if your eyebrows are thinning due to age or excessive plucking
- Eyeliner – enhances the lash line and helps your eye-colour stand out
- Lip liner – add shape and definition to the lip
- Full lip – add colour, shape and plumpness

HOW IT WORKS

Your therapist will use a very fine needle to add permanent colour to the dermis of your skin. Over time, these layers gradually shed and the colour will gradually disappear.

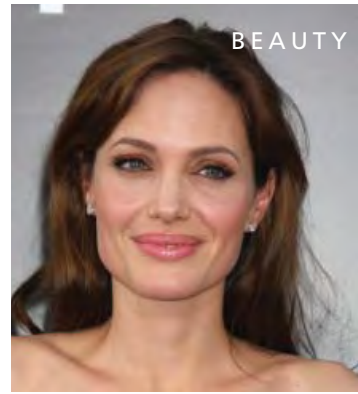
THE BENEFITS

The idea behind facial tattooing is to enhance the natural features of your face; it shouldn't look like topical makeup but, to a certain point, natural and undetectable, an enhancement of your natural features. It's great if you've lost lustre in your eyebrows or you want to disguise a scar.

Another benefit is for people who suffer from poor eyesight, no more squinting into the mirror to get those lines in the right place, just to end up with wonky lines or bleeding lip-liners, and with the busy lives we all lead it's a bonus to have one less thing to worry about in the mornings.

- Makes brows look fuller and more defined
- Frames the face and eyes
- Enhances the symmetry of the face
- Can plump, define and re-shape lips
- It's a cheaper alternative to lip filler





PERMANENT – BUT NOT FOREVER

The pigments used in micro-pigmentation should last for around 3 to 4 years, so although your stylish arched brow or sexy defined pout won't wash away in the shower, it won't last until the end of time either, so if you change your mind and long to follow new trends in shape and style every so often, you can.

THE OUCH FACTOR

Beauty tattooing should be pain-free due to the introduction of effective anaesthetic topical gels.

THE AFTER EFFECT

The colour in the tattooed area will look darker than you expected it to look straight after the procedure but it will fade fairly quickly, as the outer epidermal layers shed and are replaced by new layers. Within 3 to 4 days the colour will fade into a beautiful natural look.

Keep in mind, the lighter the shade the quicker it will fade, and the darker the shade the longer it will last.

THE COST FACTOR

The initial outlay for a full eyebrow or a sexy feline eyeliner procedure is around \$500. Be wary of anyone offering you cheap treatments, check their credentials. Most therapists should offer a free initial consultation to give you an idea of how the procedure will go and how your new Permanent Makeup will transform your everyday look.

THE FINE PRINT

Make sure your therapist is certified! We've all heard horror stories of people partaking in beauty treatments that have had a flip side of disaster, and beauty tattooing is no exception. Your eye and lip areas are delicate, very delicate, so do your homework and make sure they have the relevant permanent cosmetic association accreditations.



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Winter 2013

By EFFI BIKOUVARAKIS



BEST AUSTRALIAN DESIGNERS

Toni Maticevski

Australian designer Toni Maticevski is renowned for his exquisite drapery and fine tailoring. Each collection features his beautifully cut soft fluid, draped dresses made in luxury fabrics with emphasis on femininity. Maticevski offers a collection of ready to wear garments as well as Haute couture custom made pieces.

These glamorous designs are adorned on fashion's elite as well as everyday fashion lovers who appreciate beautiful well-constructed quality pieces that will stand the test of time.

Sass & Bide

Established in 1999, Sass & Bide is known for its innovative fashion forward designs.

They offer a range of women's ready to wear, denim and lingerie collections.

Renowned for their innovation in denim, Sass & Bide also offer stunning embellished evening dresses, statement jackets and pants. Perfect for those who want to stand out in the crowd.

BEST CHAIN STORES

Zara

This Spanish clothing and accessories chain offers the best of women's, men's & children's fashion.

Zara features great affordable fashion encompassing the latest fashion trends straight from the runway.

With tailored work pieces for day and sexy dresses for night to casual weekend wear, Zara delivers its fast fashion weekly to satisfy even the most ardent fashion lovers.

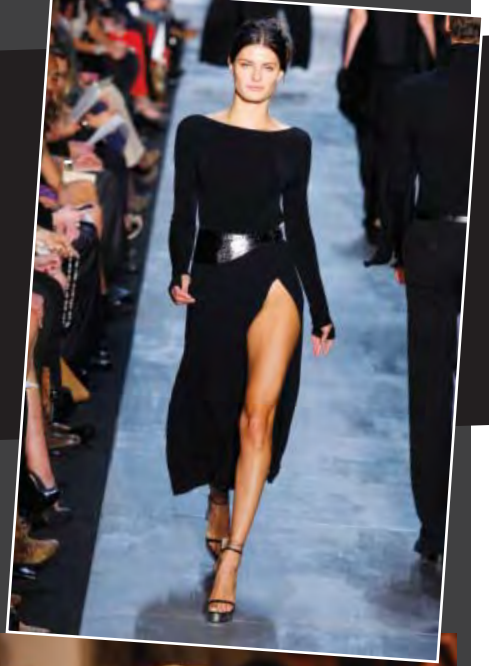
Cue

Australian brand Cue, have been providing great women's fashion for over 40 years.

Cue's on trend new designs arrive in stores weekly. Known for their great tailored pieces, with an emphasis on quality and fit, Cue is the go to brand to update your work wardrobe.



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BEST DEPARTMENT STORE

Myer

Australian department store Myer offers the very best in fashion from Australia and around the world. Boasting an impressive collection of labels ranging from international designer brands like McQ by Alexander McQueen, to the great stable of Australian designers including Wayne Cooper and Aurelio Costarella along with a great range of Aussie brands such as Country Road.

You'll find the very best of contemporary, youth, modern & classic fashion as well as plus and petites specialty departments to suit all budgets.



BEST SHOPPING CENTRE

Chadstone Shopping Centre

Chadstone – The Fashion Capital is home to a large collection of luxury fashion brands including Chanel, Gucci, Louis Vuitton, Burberry, Ralph Lauren & Prada.

Sitting along side these international luxury brands is the nation's best fashion retailers including the finest Australian designers, chain stores, boutiques & department stores .

The Fashion Capital houses Australia's most impressive fashion collection all under one roof.



LAWRENCE **MOONEY** REVEALED

Who was your hero growing up?

My heroes were Essendon footballers, Des Tuddenham and Phil Carman. I've met both men and they were shy and quiet, considering the men they were on the football field.

Are they still your heroes?

I still have a place for both of them in my heart but the hero worship has cooled.

Before comedy, what was your first job?

My longest non-comedy job out of school was as a Customs Officer. I was in the Australian Customs Service for six years and two of those years were as a drug detector dog handler. My job was to find drugs and I can tell you, I've found a lot more drugs as a comedian than I ever did as a Customs Officer!

You drove a taxi for a year and then did a show based on that experience. Have you used this technique for any other shows and can you also tell us your most memorable experience driving a cab?

That is the only time I've done 'the method' if you will. It was fascinating but all the time I was driving the cab I was thinking to myself 'why aren't you at home just using your imagination and writing jokes like other comics?' My most memorable experience was picking up an AC/DC cover band in Swanston Street and taking them to Prahran. They invited me in and we partied until the end of my shift. I drove the cab back to the depot 'slowly'.

So how old were you when you first did it and what was that first gig like?

I was 29 years old and my first gig was great. I was doing a warm-up spot for some friends who were putting on a comedy play at a pub in Fitzroy. I did twenty minutes and brought the house down.

Vanilla's own funny girl Toulia Bourmas corned comedian Lawrence Mooney backstage to talk about life, comedy and past incarnations.

Were you the class clown at school?

I was the class clown. When you discover you can make a whole class laugh then the world bursts open. It became my raison d'être, my reason for being, and still is.

Where did you grow up?

I grew up in Bayswater in the foothills of the Dandenongs. I had a sweet time with my brothers and friends - lots of freedom.





You've been in the industry for a while now, do you think comedy has changed in that time?

I've been doing stand up for 19 years and it has changed massively. There's real urgency about the new generation, an urgency to get the career started. They should still stop and smell the roses and smoke a joint occasionally.

Do you see social media as a help or hindrance when it comes to writing material?

I'm on social media as a contributor and sometimes I sit and read for hours, it's amazing how much time it can consume, but it doesn't bother me as a writer. In fact, it's quite instructive as to what common thought is and how to avoid it.

Do your family and friends think you're funny?

My mum thinks I'm very funny but my brothers think they are funnier. They are both older and they think they taught me everything, which they did.

Which tv show did you enjoy doing the most, The Denise Show, Postcards, The Circle?

I loved doing The Circle with Yumi and Gorgi, it was a really good show that covered great areas. I did meet my wife on Postcards and it was one of those fantastic in-between jobs whilst you're cooking up a bigger plan.

As a presenter for the London 2012 Paralympics, an event viewed by millions of people all over the world, did you find the discipline required for sports commentary restricting?

I was working on a panel with Stephanie Brantz, Adam Zwar and Sam Pang doing discussion and comedy so I wasn't really commentating. The whole experience was just amazing; to be introduced to the world of the Paralympics was life changing.

Do you try new material on your partner Lulu?

She is very funny so I write down a lot of her observations. But yeah, I run things past her and she normally loves them so I think she's biased.



If you see someone fall over do you laugh, help or apologise?

All three but in a different order. Hehe

Favourite holiday destination?

Italy or just staying at home. Italy has a strong hold on me- I think I was an emperor in a previous life.

My brother claims he was Alexander the Great... Seriously.



All comics get heckled at some time. What's the best one you've encountered?

I was introduced one night by the president of a football club like this, 'this next bloke wasn't our first choice but the other comedian couldn't make it because his mum is gravely ill, please welcome Mr Lawrence.' Well, I died and about ten minutes in somebody shouted 'I wish your mum was crook'. That's a bloody good heckle!

If you had to live in another country, what would your first choice be and why?

Italy. Italians are so relaxed, they park anywhere, they smoke and their cats have balls.

What is the best and worst thing about being recognised?

It's normally pretty good being recognised, I love talking to people. The worst thing is when somebody points at you and says, "I know you, who are you?" And then you list credits and they are like, nah, nah, nah. I hate that.

TOULA BOURMAS

Venue and Entertainment Manager
The Last Laugh at The Comedy Club



FROM THE GREEN ROOM

Pre-performance



What performers have prepped may not always suit the crowd. It's important they're flexible and able to read the room – figure out where the crowd is at and win them over.

For me, it's a beautiful thing to watch and in my eyes is what separates the beginners from the true pros. In saying that, no matter what level a comic is at, whether they're just starting out or a seasoned veteran, they all have one thing in common. It's their style and way they approach a gig that really sets them apart from the rest.

The greenroom is a place where comics relax, converse and go over material, a room with good energy, where they can 'get in the zone'.

It's easy to forget that performers have a life outside of comedy. They, like everyone else, have to face life's hurdles and adversities but no matter what, they still show up, put on a smile and do the gig like they don't have a care in the world. It's often the support they get from their peers and staff that gets them through the show.

COMIC PERSONALITIES

It'd be impossible to list all their quirks and eccentricities; however, here are some of the different personalities I've become familiar with backstage in the green room...

PACERS – they pace up and down running their routine in their head. They're approachable but once left to their own devices, continue to pace.

WALLFLOWER – self-explanatory really, faces the wall and runs their lines.

GAG TESTERS – also known as 'So what do you think of this?' They'll continuously tell you what new material they have thought of and run it by you and anyone else who'll listen.

LONERS – will sit quietly by themselves, reluctant to socialise.

Something that had always intrigued me is what goes on backstage at a theatre and it seems many other people harbor a curiosity about the 'secrets' of the green room too.

You may've heard stories about what some performers get up to back there, the drinking, drugs and of course the groupies.

Seeing it first hand can have its ups and downs, but today I'll just shed a little light on what happens before a show with the comedians we get to know, love and avoid!

All shows are structured to a certain point. An Emcee, support and headliner, but anything can happen in between and comics always need to be ready to adapt.





THE ATHLETE – feels it necessary to do lunges, stretches, squats and, in extreme cases, even pushups.

THE TECH BANDITS – can't stay off their damn phone. They'll talk to you whilst texting, checking Facebook and tweeting. Sometimes the only way to get their attention is by messaging them.

JOKE TELLERS – this is cringe-worthy. These comics bombard you with (wait for it) dad jokes. Thank God they laugh at their own punch lines because I wouldn't know when to...

NOTE KEEPERS – Very common, always carrying a notepad. It's like a private journal they feel lost without.

They usually pull their notebooks out and go through pages of material to see what they can do on the night, but if they stupidly leave them lying around, I will often leave random messages for them to discover at a later date!

BRAGGERS – never shut up about how busy they are and what shows they've got coming up. Constantly throw random dates I can book them for that will fit in with their touring. They spend all night talking about themselves, unaware that everyone has stopped listening.

ATTENTION SEEKER – no matter what anyone is talking about in the greenroom they somehow manage to hook into the conversation and bring the attention back to them.

THE COMPETITOR – can't bear the thought of someone being funnier than they are.

They typically give everyone the shits.

I WROTE THAT – would have you believe they have written almost every joke first!

Also known as 'In Denial' hehe.

SNOBS – demanding and highly strung. Think they're above everyone and specialise in making their peers feel inferior.

THE DELUDED – always boasting after a bad gig, no matter how obviously crap and apparent it is to all. They're often heard chanting 'I killed it, I smashed it' repeatedly.

NUT BUSTERS – guaranteed to suck good energy out of the green room. They're only there for one reason, to hustle for a gig. I find myself avoiding lengthy conversations with them at all costs, but as much as I can do the run around, I definitely cannot hide... Believe me I've tried... hehe

TOULA BOURMAS

Venue and Entertainment Manager
The Last Laugh at The Comedy Club

FRESH OFF THE MELBOURNE COMEDY FESTIVAL TRAIL – JASON CHONG

I'd been dating a girl for a year and a half – by far my longest relationship at the time, but it was time to break up. Conveniently, she lived between my place and the gig I had on that night. So I popped in, said hi to her mum, went into her room and we ended it. That sounds way easier than it was. It was pretty emotional – I burst into tears in front of her mum as I left and blubbed my way to the gig. But I kept my mouth shut when I got to the venue and actually had a pretty good gig. I guess it was the next best thing to break up sex. Lucky too, as the break up hit me hard the next day, and the next few gigs I had were awful. Just like my ex.

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HALF WAY TO One Hundred



50



I turned fifty recently and nothing bad happened! Well, why would it you ask? I know this now but in the weeks leading up to hitting the big FIVE-0 I'd gone into doomsday mode with ridiculous, apocalyptic scenarios turning over and over in my mind. Imagining that on the day dead birds would fall from the sky and there I'd be standing sobbing in the middle of a deserted street, flinching as an empty bakery cake box brushed past my leg like some kind of symbolic birthday tumbleweed.

Now, I'm not sure why this impending milestone caused me to fall apart like a dunked biscuit, BUT IT DID. Rationality had packed a few things in a hurry and left my head without so much as a note suggesting when it might return. Fortunately, it did return. Rested, cheerful and far more realistic, I'm a mature new me. Now ready to embrace the expression 'it's just a number.'

Although last week I certainly wasn't! In fact, I almost bit someone's head off for saying those very words. 'Just a number,' I snapped, 'do you think that when little Damien's mum ran a comb through his hair and discovered the three sixes she thought to herself, never mind, it's just a number. Well do you?'



I've put that uncalled for anger behind me now. After all, with age comes wisdom.

I firmly believe most of us do begin a wisening-up process on a subconscious level at some earlier point, to help us cope with the onset of middle age. I know I've been preparing. It's the little things that give it away, subtle things like turning your body slightly sideways when negotiating stairs. Doing a gig at a hall or club and looking for the urn... NOT the bar. Nothing

beats a performance enhancing cuppa! Surrendering to the elastic waist, the lower heel and a sensible bra.

Unfortunately, it's not just the behavioural changes we face. There's a sneaky physical deterioration going on. Unless one is prepared to remove every mirror in the house or never again look down, you either have to accept or address the exterior. It doesn't seem that long ago when a bit of mascara, some lippy and a hint of cleavage gave me the confidence to get out there and mix it up a bit. Not anymore. These days I find a more industrial approach is necessary.

Breasts can be a let down, both suddenly and literally. One day (given the required manipulation) quite presentable. Next day – pendulous and defeated. To me they now resemble a couple of salmon fillets hanging in a smoke-house. Putting on make-up takes so much longer to apply. Let me put it this way, if young skin is like fine Egyptian cotton then my fifty-year old skin has a thread count lower than a 'fully sick' Commodore cruising up and down Lygon Street.

But hey, you know what? I'm tired of overthinking it. I'm fifty. BIG DEAL! It's time to take off the reading glasses (a recent acquisition) and look at the bigger picture. Focus on all the great stuff. My family, my friends... Krill oil! I'm going to enjoy life, no matter how many bloody candles are on that cake.

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

MODERATE LEVEL

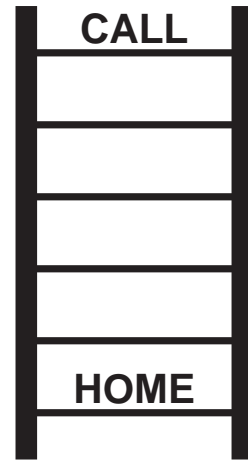
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	1	5	6		8			9
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			5	2	3			
6							7	
9							5	

VERY HARD LEVEL

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		7	6					

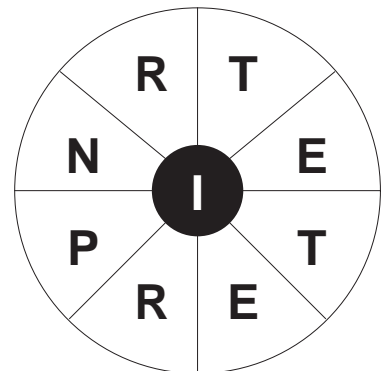
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Find as many words of three or more letters as you can in the wheel. All words must use the central letter. There is at least one nine letter word to be found.



.....

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Horoscope!

Winter 2013

ARIES:

You will feel the urge to try new things and make changes; if you enjoy life on the edge, act on those urges. Find friends who help you set boundaries and keep honesty foremost. You are full of ideas and will soon decide on a plan of action. Apply all your intensity to finding answers to your problems and you will leap over all obstacles. You want freedom and change, but you may gain genius and chaos.

TAURUS:

This is a great time to visualise your goals and dreams and to take stock of what they are. You will be successful if you are organised and focused. Persistence will pay off. Reevaluate who your friends are and who are more than that, your thoughts can be chaotic. Be careful of misunderstandings, you may need a change of strategy. Understand the difference between fantasy and reality.

GEMINI:

Take care of old projects so that you can start on new and exciting ones. Learn to say no as you can't do everything. Continue to look for fulfillment in your professional life as you will soon find it. Thoroughly think through any business ideas before you set them into motion and try not to tell other people of your plans as they will try to burst your bubble.

CANCER:

Social activities will keep you busy and if a professional relationship is stressful, you will have the chance to reestablish this relationship and carry on. You will find a mentor for a new enterprise. If you attempt to take the easy way out on a project you will regret it. Be yourself and it will be okay. Trust your intuition and let others know your true intentions.

LEO:

Avoid promising more than you can give. Plan your moves carefully and try not to ruffle any feathers. Trust your judgment in a relationship before you give your heart to someone. You may not get the cooperation that you are looking for if you come on too strong so make every word count. Don't be catty, do be forceful. Keep your ideas original.

VIRGO:

You may misread the intentions of someone close to you, remember that compromise does not mean sacrificing your beliefs. When you strengthen your resolve you will become both constructive and creative. You will need to discuss where things are going in a romantic relationship and this will help resolve any issues but you will need to exercise great caution. Be kind and honest in all your dealings.

LIBRA:

Keep affairs of the heart honest and open, if you have any secrets, now is the time to come clean. Business will require that you work harder than ever; if you need to, ask for help from those around you. Keep instructions clear and precise or your project will fall flat on its face. Speak to your superiors about changes in your status, you will be successful.

SCORPIO:

This will be a very confusing time for you. Push through new emotions, review your strategies and reconsider your options. You will keep experiencing change; some will be very good and some will be not so good. Your imagination is grounded in common sense and this will allow you to come up with a solution to your problems. Get your point across without causing any bad feelings. The seeds of change have been sown.

SAGITTARIUS:

It is time to heal old hurts that have been festering for years and continue on with a new spirit and open mind. Be cautious starting a new love affair, maintain your moral integrity or you will get burnt. Watch what you say and do, don't hurt those who want to help you. You are feeling manipulated by those around you but you are smart enough not to make the same mistakes twice.

CAPRICORN:

You're going to make great progress as you establish yourself in your career. Finish long-term projects and make them very good by taking your time. Use your creativity and your hard work will pay off in dividends. Improve your productivity by reviewing plans and making necessary adjustments. You will go far. There may be tensions at home but think logically and communicate honestly.

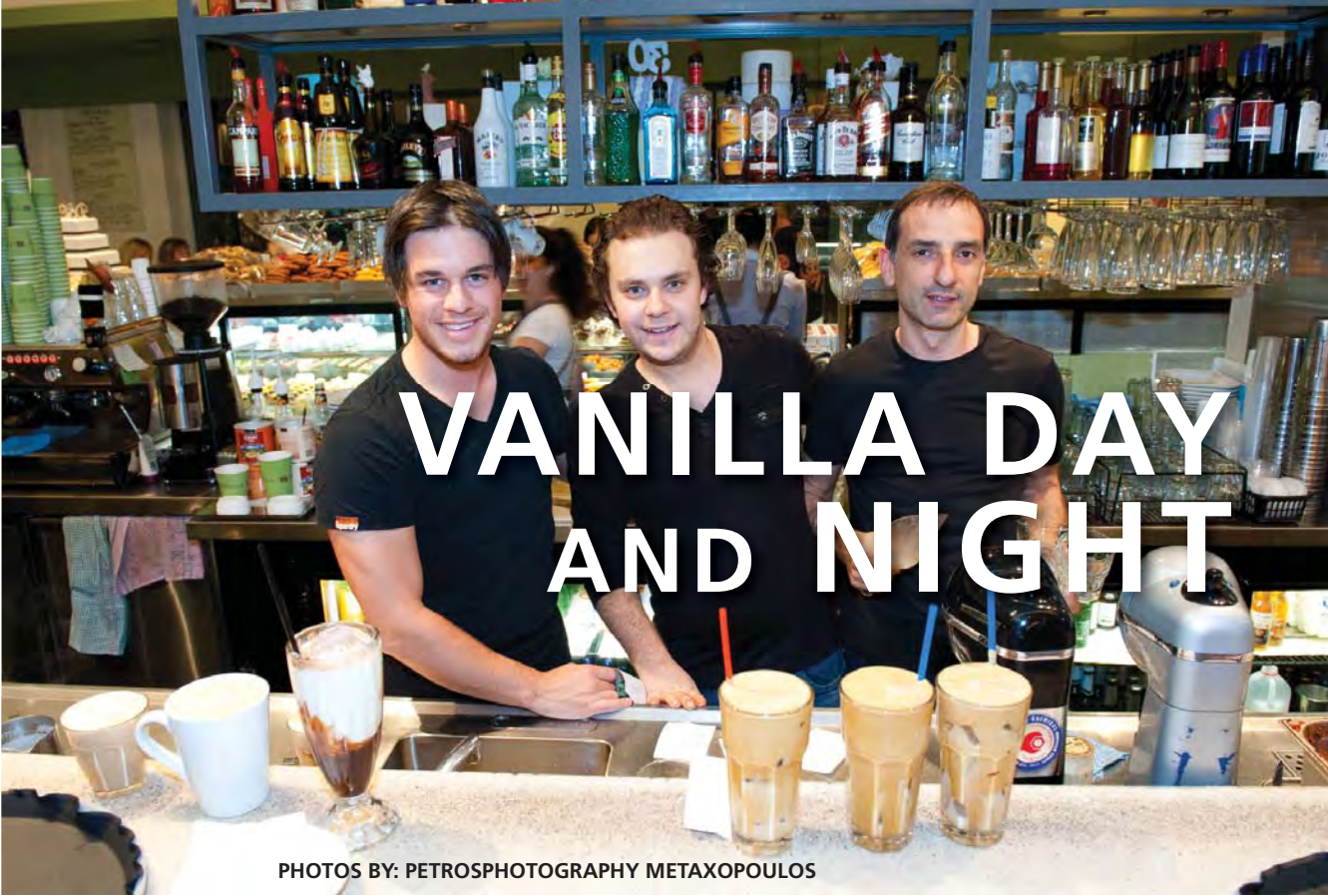
AQUARIUS:

Find new venues to learn and create, read newspapers and listen to intelligent conversation. In your travels to find enlightenment you might meet someone just like you who loves ideas and new thoughts. If you have a moneymaking plan on hold you may want to get it out. You have a sudden impulse to take off for a more exotic place but don't over-extend your budget.

PISCES:

Be happy and open-minded and wait for exciting new opportunities. Develop a clear plan of action and eliminate distractions. Look around you and you will see that you are winning the admiration of others. Your generous spirits will want to be kind to everyone, yet it is vital that you establish your expectations of other people's work. Watch for a possible money-making project on the horizon.





VANILLA DAY AND NIGHT

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VANILLA DAY AND NIGHT



VANILLA NEWS



Team Hym were at Vanilla to raise funds for the MS walk-a-thon with Thanasis lending a helping hand for this important community event.



Retired UFC heavyweight world champion, Bas Rutten paid Vanilla a visit on his recent world tour

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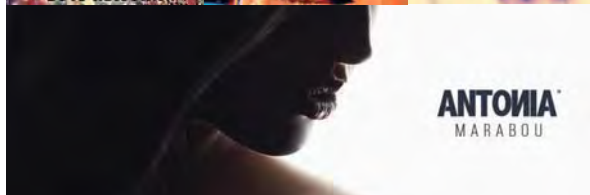


In lipsa ta
Andreea Bănică
feat. What's UP

VANILLA CHART
WINTER 2013
THE BEST IN EUROPEAN HOUSE

TOP 30 by DJ BALLA

1. Andreea Banica feat. What's Up - In lipsa ta
2. INNA - We Like To Party (by Play & Win)
3. Kros Feat. Kalex - Te Quiero Mi Amor
4. Arando Marquez - Need ya (Andeeno Damassy Remix)
5. Bpm Projects & DirtY DeeJays feat RAmA & Andross - Prima Iarna (Dj Robert.T Remix)
6. David Guetta ft. Rico Love - Lights Go Down
7. AVICII & BASTO – Cuchillo
8. Armin van Buuren feat. Fiora - Waiting For The Night
9. Celia feat. Mohombi - Love 2 Party (Balkan Remix Xtd)
10. DJ Suri, Markus dB & Ivan Gomez feat. Soraya Naoyin – Looking For Love
11. Alexandra Burke ft. Inna – Tonight
12. Andreea Banica - Love in Brasil New Full remix 2013 Dj_Mk
13. Play & Win - 5 AM
14. Dj Sava feat. Misha – Tenerife (Dj Bonne Official Remix)
15. AdonX - Rio de Janeiro (Radio Edit)
16. Emrah Türken ft. X-Project - Blue Dreams
17. Mario Bischin ft. Revolt klan - I.D lover
18. Marty – Suddenly
19. Party collective feat Irina Sarbu – Atinge
20. David Guetta Feat Akon - That Na Na
21. DJ Layla & Dee-Dee - Born To Fly
22. Lycopodium /Helen Brown feat Linda Lugnet - Here I go
23. Alex Ferrari - Bara bara bere bere
24. DJ Sava feat. Misha - Cocktail (DJ Bonne Party Remix)
25. Guena Lg Ft. Gravitonas – Brighter
26. Dani B. & Jonathan Carey Ft. Ari - Fire To The Floor
27. Antonia - Marabou (DJ Just Club Rmx)
28. DJ Pantelis – Carnaval
29. Depcentral Feat. Eleftheria – Raindrops
30. Tom Boxer & Lexter – Hot



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