

VANILLA CAKES & LOUNGE MAGAZINE – SERVED FREE

ISSUE 8



VANILLA

SPRING
2013

SUE SENSI

Ancient Elegance

FOTOROMANZO

Scamparla Bella

GOOD
GREEK GIRLS!

+

**MICK
MOLLOY**

DEMYSTIFYING
DETOX

BEAUTIFUL
BREEZY

Bree





DUKES

COFFEE ROASTERS

169 Chapel Street Windsor
www.dukescoffee.com.au



Oakleigh's most prestigious street presents a sophisticated urban experience. A lifestyle once unobtainable presents itself.

Designer 1 and 2 bedroom apartments by SJB Architects and SJB Interiors.

Find out more at
athertonandatkinson.com.au

or contact
Damon Krongold
0418 850 757

bellerprojectmarketing

63 Atherton Road Oakleigh

ASPIRATIONS
ARE
ATTAINABLE



EDITOR'S LETTER



17-21 Eaton Mall, Oakleigh, VIC, 3166

OPEN 7AM – 1AM 7 DAYS A WEEK

Fully Licensed – Table Service – Catering Available

TAKE AWAY SERVICE AVAILABLE

VANILLA MAGAZINE

Free magazine of Vanilla Cakes & Lounge

Phone : (03) 9568 3358 | vanillalounge.com.au



Editor – Nikita Ballas nikita@vanillamagazine.com.au

Assistant Editor – Raquel Neofit raquel@vanillamagazine.com.au

Graphic Design & Typesetting – Adele Vrantzes adelevrantzes@hotmail.com

Photography – Con Milonas Photography, Chief Photographer
www.conmilonasphotography.com.au

- www.facebook.com/conmilonasphotography
- Front Cover Photo – Ed Purnomo www.edpurnomo.com
- Petrosphotography Metaxopoulos petrosmy@mail@yahoo.com
- Matt Wren – mattwrenphotography.com.au

Contributors – Lee Andrikopoulos, Maria-irini Avgoulas, Toula Bourmas, Joanna Psarakis, Sonja van As, Christine Basil, Jessica Jacobi, Mariah LeRoy, Alexandra Churchward, Roz Nicolalou & Dan Moore.

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

Advertising – advertising@vanillamagazine.com.au

Production/Printing – Blue Star Print www.bluestargroup.com.au

Publisher – Vanilla Cakes & Lounge

Welcome to the spring issue of Vanilla magazine!

This issue marks two years for the magazine and five years for Vanilla, yet it only seems like yesterday when our favourite 'steki' or hangout first opened its doors. From day one the community embraced Vanilla, and I remember fondly how management and staff felt overwhelmed by hundreds of patrons flooding in (or was it thousands? It was just unbelievable that day!) and how immediately Eaton Mall resonated with a cosmopolitan European vibe. The rest is history of course and five years later, Eaton Mall in Oakleigh with all its wonderful restaurants and cafes claims its rightful place in the world's most liveable city, our beautiful Melbourne.



Enjoy the read! Again many thanks to the whole magazine team, my two angels Raquel and Adele, our photographers, our contributors and of course to all our sponsors. The theme this issue is spring fashion, health & fitness. Make sure you flip over to page 48 and check out our new contributors on fitness, the brand new Jetts gym in Oakleigh Mall. And here is a brief message from Vanilla founder and owner Thanasis Spanos:



A big thank you to all our patrons, our suppliers, our friends, the Greek and wider community, our musicians and our promoters for all their support these past five years. This gives us the strength to continue our efforts to further improve our products and our service. To all the staff, thank you for your dedication and a great level of customer service that has made Vanilla such a beautiful establishment! We feel very proud to have played our part in 'bringing Europe' to the now beautifully upgraded Eaton Mall. All our family is dedicated to the promotion of culture, music and the arts through Vanilla, and we try to do our best in contributing back to the community. For us Vanilla is not just a business but an institution, a gathering place, a lounge room, a family place... We love being here! – **THANASIS**

NIKITA BALLAS



Join our FB community

Do you have a great article idea?

Become a vanilla magazine contributor

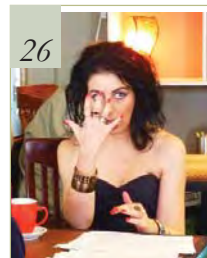
Email:

raquel@vanillamagazine.com.au

All articles submitted for publication become the property of the publisher. The Editor reserves the right to adjust any article to conform to the magazine format. Vanilla Magazine is owned and published by **Vanilla Cakes & Lounge**. All material in Vanilla Magazine is protected by copyright and no part may be reproduced or copied in any form or by any means without the written permission of the publisher. The views and opinions expressed in Vanilla Magazine do not necessarily reflect those of the Editor, Publisher or their agents. All the contents of Vanilla Magazine are only for general information and/or use. Such contents do not constitute advice and should not be relied upon in making (or refraining from making) any decision. No representations, warranties, or guarantees whatsoever, are made as to the accuracy, adequacy, reliability, completeness, suitability, or applicability of the information to a particular situation. The Editor, Publisher or their agents will not accept any responsibility and cannot be held liable for damages (including, without limitation, damages for loss of any kind), errors or omissions, or for any consequences arising from reliance on any of the information published in Vanilla Magazine.

CONTENTS

- 08 Loula Michaels Delphi Bank
- 10 Frappé with Lee – Byron Triandafyllidis
- 12 Sue Sensi – Ancient Elegance
- 16 Beautiful Breezy Bree
- 18 Melbourne's Spring Racing Carnival Fever
- 20 Mick Molloy
- 24 Eat Fat Be Lean
- 26 Good Greek Girls
- 29 History and Culture
- 30 Culture, Language and Identity
- 32 Alex's Travel Log
- 42 My Sri Lankan Table
- 44 Next Gen Cheese Pairings
- 46 Boot Camp Babes
- 47 Yoga
- 48 Winter Weight Gain
- 50 Demystifying Detox
- 53 Fruitful Skin Renewal
- 54 The Comedy Club – From the Green Room
- 56 Humour – A Time to Cull?
- 59 Horoscope – Spring 2013
- 60 Fotoromanzo – Scamparla Bella



VALET ONE

chauffeur cars

Offering exceptional service in professionally driven, luxury chauffeur cars

SERVICING ALL SUBURBS 24/7

- CORPORATE TRANSFERS
- AIRPORT DROP OFF & PICK-UP
- SECURE DOCUMENT & PARCEL DELIVERY
- 7 SEATER EUROPEAN LUXURY
- WEDDING HIRE



Call now and compare our prices to taxi rates.

Baby Seat Available (Additional Charge) | All Cards Accepted | Pre bookings Appreciated

angelo katotas | 0413 630 018 | bookings@ValetOne.com.au



Irene Rosenbaum is hoping to send son Lukas to the US for cancer treatment. Picture: MARK WILSON

Help Lukas battle cancer

FAMILY NEEDS TO RAISE \$200,000 FOR THREE-YEAR-OLD'S TREATMENT

Leader Community Newspaper article on Lukas

GET ON BOARD FOR Lukas Rosenbaum

Please join the community effort helping this awesome family to get the best care for their little boy.



At the tender age of 2, Lukas was diagnosed with medulloblastoma, an aggressive brain cancer, in April last year. Parents Irene and Ralf have been a pillar of strength for Lukas, who has been doing it tough for over a year now undergoing regular chemotherapy, often delayed due to his platelets being too low. Radiation treatment is the only cure for the tumour but the family have been putting it off so far to prevent potential brain damage due to his young age. But there is a life-saving technique available in the USA which utilizes a specialised proton radiation treatment that can potentially decrease the late term toxic effects caused to the brain by the regular radiation treatment.

However this is an expensive endeavour that will cost in excess of \$200,000 USD. Friends of this wonderful family, have set up an account for donations and the community spirit has proved once again to be alive and strong. Thanks to the generosity of many people the family has now reached 50% of the \$200,000 goal. Any amount small or large will help contribute to Lukas' on going treatment. If you would like to contribute please make your donation to the following bank account:

Bank: ANZ
Name: Irene Rosenbaum
BSB: 013365
Acc#: 284536156

Like Luke's appeal Facebook page for support and updates:
<https://www.facebook.com/GetOnBoardForLukasRosenbaum>





CONTACT: Sophie Syvridis

e: info@alfalogistics.com.au | **p:** 03 8555 9606

Address: 14-16 Longford Court, Springvale, VIC 3171



The **ALFA Logistics Group** is a privately owned Australian company comprising of a team of experienced industry professionals who are committed to adding value to your business through proven logistics, transport and warehousing management services.

We are a serviced based organisation, delivering transport and warehousing solutions that

- best suit our customer's needs
- provide competitive cost modelling
- exceed expectations

At **ALFA**, we deliver operational benefits that are real.

WAREHOUSING

- Wharf cartage
- Container Deconsolidation
- Storage
- Pick and pack
- Re-works
- Metro, Regional and Interstate distribution.

TRANSPORT

- Metro taxi trucks (ad hoc and permanent)
- Dedicated fleet management
- Pallet movements (Metro and Interstate)
- Metro parcel deliveries
- Metro refrigerated transport (ad hoc and permanent)
- Warehouse relocations

OUR FLEET

- 1 Tonne Vans
- 1 Tonne Trays
- 2 Tonne Vans
- 6 Tonne Tautliners with and without tailgate
- 8 Tonne Tautliners with and without tailgate
- 12 Tonne Tautliner with and without tailgate
- 14 Tonne Tautliner with and without tailgate
- 3 Tonne Refrigerated vans
- 6 Tonne Refrigerated Tautliner
- Semi Tautliners (22 and 24 pallet)
- B/Doubles (34 pallets)

Committed to Service



Owner Drivers - Couriers >>>

ALFA Logistics Group requires experienced Sub-Contract Owner Drivers for ad-hoc courier work commencing immediately.

WE PROVIDE

- Excellent pay conditions
- Uniform supplied
- Fuel levy paid
- No initial outlay
- Full time and part-time positions available

Good earnings for those willing to work.

VEHICLES REQUIRED:

- 1 Tonne Vans (late model)
- 1 Tonne Trays (late model)
- 2 Tonne Vans (late model)
- 6 Tonne Tautliners (late model) with tailgate
- 8 Tonne Tautliners (late model) with tailgate
- 12 Tonne Tautliner (late model) with tailgate
- 14 Tonne Tautliner (late model) with tailgate

Loula Michaels

DelphiBank

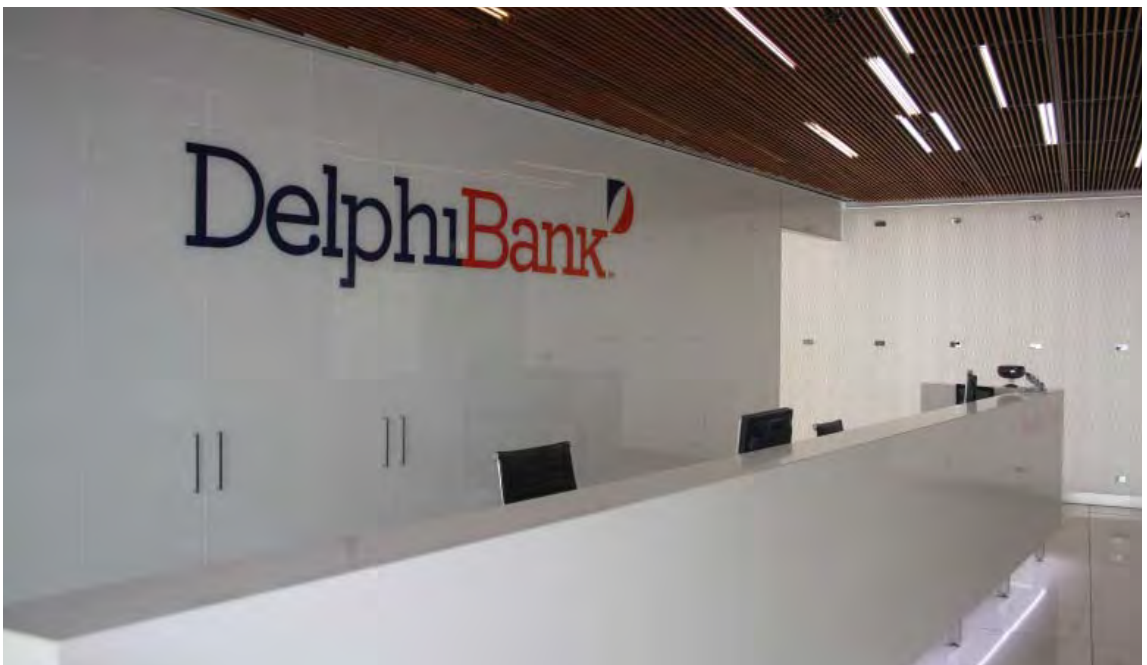
Personalised Banking at the *Centre* of the **Hellenic Heart**.

Enriched with essential community values, Delphi Bank Oakleigh has grown formidably in both size and stature since operations began in early 2000. Formed with the mandate of servicing the needs of the Hellenic and local community, the branch was famously opened by then Premier of the State (Hon.), Steve Bracks. From just a small community outlet to a now well-identified brand along Atherton Road, the branch continues to endure remarkable growth.

Strong community presence across local events, festivals and concerts has helped generate considerable exposure to the

vibrant Hellenic community of Melbourne. The branch also proudly supports various community associations such as Oakleigh Grammar School, Oakleigh Cannons Soccer Club and Saint Anargyri Oakleigh Greek Orthodox Church.

In 2012, rebranding to Delphi Bank took place in Australia. Chief Executive Officer Mr George Tacticos maintains "Our new identity reflects three important pillars – family, business and community". Incredibly pleased to be continuing their journey now part of Bendigo and Adelaide Bank, which aims to be Australia's leading customer-connected bank, George states they are "still proudly Hellenic, but equally proudly Australian". Providing banking services across 14 branches in Victoria, New South Wales and South Australia, Delphi Bank welcomes the next chapter of their future and their growth.





Loula Michaels, International Business Manager, Delphi Bank Oakleigh.

“ Positioned in an area commonly known as ‘Little Athens’, the Oakleigh branch is truly at the heart of all things Hellenic. ”

Loula Michaels, International Business Manager at Oakleigh, describes the transition as seamless. The new brand identity was received warmly by customers, knowing they were still dealing with the same people as when it first opened over a decade ago. Built on personal service and now with the added confidence of being backed by a large successful Australian company, customers felt reassured that Delphi Bank would continue to put their financial needs first.

Commencing her employment journey with the Bank of Cyprus Group Representative Office in 1994, Loula’s opening role involved assessing the viability of commencing full banking operations – and six years later, that’s exactly what

the bank did. Leading a very memorable banking career, Loula was notably involved in the application and subsequent approval of the bank’s official banking licence. In her subsequent years at Oakleigh, Loula received multiple branch awards for most profitable branch and employee awards for excellence in customer service.

In 2011, the Oakleigh Business Centre was added to the core branch to better service the needs of their growing client base. With a 15 year service award in her possession, Loula has taken much satisfaction in seeing the branch operations evolve to the level they are today.

Over an extended period of time, Loula has been fortunate to develop and maintain key relationships with a range of clients. The benefit of her experience and longevity means that she can still serve the needs of the same clients today as she did when the Oakleigh branch first opened its doors. Loula has been able to build a sense of trust, association and mutual respect with her clients where management on a personal level has always reciprocated warmth and appreciation. This connection has enabled Loula to add value to the organisation as a whole.

A proactive branch, Oakleigh has long maintained a strong presence in the local community. With the support across generations still resilient as ever before, Loula is proud to see Delphi Bank still upholding its core Hellenic values.

Delphi Bank – A Division of Bendigo and Adelaide Bank Limited, ABN 11 068 049 178 AFSL / Australian Credit Licence 237879.

FRAPPÉ WITH LEE



Welcome to spring! One of the things I love most about the warmer weather is that you don't find yourself so tempted to hide under the doona at home, instead enjoying balmy evenings out and about. And what better thing to do but to discover some live music. Music can ignite the soul, transport you to special places and times in your life, and of course, gives you an excuse for dancing.



BYRON TRIANDAFYLLIDIS is a very familiar face (and hat!) in the Greek music scene in Melbourne. He is probably best known as a singer and bouzouki player, but is a multi instrumentalist playing also guitar, double bass, violin and percussion. Byron got up especially early to come and have a frappe with me – like most musicians he's a bit of a night bird.

So you are Melbourne based...

I've done lots of gigs in Melbourne but I've also played across Australia, New Zealand and Greece. There has been a diversity of styles but much of it has been Greek and Mediterranean music.

Your favourite gigs?

There are so many options for musicians to play live and I think I've covered it all! I've played festivals, bars, restaurants, weddings, corporate gigs, bar mitzvahs, music for belly

dancers. When not playing live I've worked as a session musician and written music for movies.

My recent highlights have included opening for George Dalaras and playing percussion with Mihalis Hatzigiannis. I consider myself very lucky to be able to make a living in a niche within a niche, playing Greek music in Australia, avoiding Greek pop and focussing instead on playing eclectic Rebetika folk music – music with a history I suppose.

What has changed over the years?

Eight years ago, I was doing between ten to fourteen gigs a week. I think this would be impossible today considering present conditions and economy. Despite Melbourne being a musical Mecca within Australia, the Melbourne live music scene has suffered many blows through the years, and within this, Greek music has suffered also.

Photo by Michael Teo

Byron & the Gypsy Cats



Gypsy Kat with Byron Triandafyllidis at Urchin Bar



Why has this happened?

The reasons for this include the changes to the liquor licensing laws, younger third and fourth generation Greek Australians losing touch with their culture, and the general effects of the GFC.

THE INFLUX OF NEW GREEK AUSTRALIANS, HOWEVER, BRINGS FRESH TALENT AND A NEW AUDIENCE, WHICH I PERSONALLY WELCOME.

What are you working on just now?

I'm currently simultaneously working on a few different recording and live projects:

Universal Love Theory - a collaboration with another multi-instrumentalist/ composer, Greek/Chinese Australian, Michael Teo. It's a chilled out groove based world fusion. We cover a broad spectrum from Mediterranean beach bar to movie-type thematic music. It's mostly acoustic instrumental, with some electronic elements/grooves, and although vocals are included, they are used as instruments, without lyrics: choral/vocal chanting and Amané - solos in various modes. We use influences from across the globe, spotlighting Greece, the Middle-East and Asia



Byron & the Gypsy Cats – upbeat traditional Greek, Turkish and Balkan played with a Gypsy edge/fire. We are a band core of four, myself on vocal, guitar and double bass, violinist Gypsy Kat, percussionist Roscoe Heck, piano-accordion and clarinetist Alister Price.

ByronKingRose - an alter ego of myself - English language based, a fusion between western elements such as rock, funk, Latin and Greek/Balkan/Middle Eastern. I'm playing electric guitar and wailing vocals on this one.

To stay in touch with Byron look him up on [facebook.com/byron.triandafyllidis](https://www.facebook.com/byron.triandafyllidis)



Better English, Better Skills, Better Opportunities

AMES provides specialist English support to:

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

New courses starting soon so register your interest now.

Call 13AMES (2637) or email enquiries@ames.net.au
Visit our website for a full list of courses and AMES locations.



AMES delivers courses on behalf of the Victorian and Commonwealth Governments.

www.ames.net.au



Sue

sensi

Ancient Elegance

By RAQUEL NEOFIT

and other cultures and gives it a modern and chic overhaul by combining coins, crosses, semi-precious beads and peace signs combined with her treasured eye, the highest quality sterling silver and bursts of invigorating colour.

It is believed that if the evil eye charm falls off it has protected the wearer from **negative energy**.

Jump on line at suesensi.com to discover Sue Sensi's entire range and an inviting collection of Sue's Treasures. But until then, I was lucky enough to catch up with Sue and learn little about what makes her tick and her views on the powers and inspiration of an ancient time with an ancient wisdom, still seemingly as relevant today, as it was millennia ago...

SUE, WHAT IS UNIQUE ABOUT YOUR JEWELLERY?

I believe each piece tells a story of its own and I design jewellery that has a meaningful purpose to those who wear it.

HOW WOULD YOU DESCRIBE YOUR NEW COLLECTION?

POWERFUL...the collection is of all the 12 Gods that ruled Ancient Greece. They had symbols that represented each God. The people believed that the more Gods they had, the greater protection and guidance.

WHAT IS THE CREATIVE PROCESS BEHIND THIS NEW COLLECTION?

The ancient Gods played a big part in ancient history and I wanted to create a collection for the modern day person to reflect on the beauty and symbols that represent each ancient God.

HOW WOULD YOU DESCRIBE THE SUE SENSI WEARER?

Somebody who loves fashion, style and history as this is the basis of my designs. I love to create pieces that have meaning to the wearer.

Love Sue xx

Sue Sensi launched her jewellery designs in 2003, pioneering modern and sleek designs for fashion lovers the world over. And now, in 2013, she's hit the higher realms of worship and drawn her inspiration from the twelve ancient Greek Gods, admired and revered throughout history.

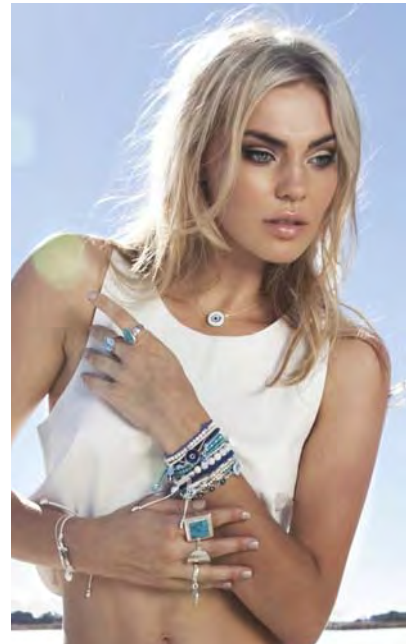
Born to Greek parents and living in the Greek migrant mecca of Melbourne, Sue Sensi has paved a beautiful life for her husband Pino Sensi and beautiful son Harrison.

She began this journey designing pieces for her friends but it seems her destiny was always on a path to bigger things and her pieces soon landed in the hands of AUS clothing designer, Lisa Ho. When her first order launched in every Lisa Ho store throughout Australia, the Sue Sensi label became official.

Fusing fashion and symbolism, Sue features the evil eye throughout her collection because of the ancient power of the eye and its ability to protect us from negative energy, an ancient tradition that has survived millennia. Sue brings this ancient symbol from another time, revered by the Greeks



sue sensi



www.suesensi.com



ANCIENT GODS

by sue sensi

Millennia ago twelve Greek Gods resided on top of Mount Olympus in Ancient Greece to protect all who worshipped them, each God, representing an element of life sacred to all...



APHRODITE

Goddess of love and beauty, her symbol was roses and doves



APOLLO

God of the Sun, music and healing; his symbols were the sun and laurel tree



ATHENA

Goddess of the City Athens and wisdom, her symbols were the owl and olive tree



DIONYSUS

God of wine and peace, his symbols were thysons, ivy leaves and wine barrels



HEPHAESTOS

God of metals, craftsmen and sculptors; his symbol was a smiths hammer



POSEIDON

God of the sea and earthquakes, his symbol was a trident



HERMES

God of Trade, travel, herds and language. He invented the alphabet, mathematics and astronomy. His symbol was wings on this hat



ZEUS

God of the Sky, Ruler of the Gods. His symbol was the lightning bolt, eagle bull and Oak tree.



DEMETER

Goddess of plants and harvest, her symbol is a sheaf of wheat or branches



ARTEMIS

Goddess of hunting, her symbols were a bow and arrow and cypress tree



ARES

God of War, his symbols were a spear and burning torch



HERA

Goddess of marriage and family, he symbols were a pomegranate and peacock



BEAUTIFUL

Breezy Bree

By RAQUEL NEOFIT and NIKITA BALLAS

MEET VANILLA'S
FAVOURITE SPRING RACING
AMBASSADOR –

BREE LAUGHLIN.

IN AUGUST WE INVITED
BREE TO VANILLA AND,
OVER A PIECE OF OUR
FAMOUS LEMON MERINGUE
PIE, WE OH-SO-SWEETLY
TEMPTED HER TO SPILL THE
BEANS ON HER CAREER
AS A MODEL, HER SPRING
RACING CAMPAIGNS
AND HER TOP TIPS FOR
ENTERING (AND HOPEFULLY
WINNING) FASHIONS ON
THE FIELD THIS SPRING.

Growing up in the Victorian country town of Kerang didn't open up many opportunities for Bree as far as a high-flying modelling career was concerned, so at the sweet young age of 16, after a quirky comment from a spectator watching her in *Fashions on the Field* that day and advising her to head to the city, she high-tailed it to Melbourne to pursue her desire of becoming a model, spokeswoman and presenter, and to find her hole-in-one of happiness pursuing her all-time favourite sports – golf and the sport of kings – horse racing!

She possesses a Bachelor of Business degree, which led her to her first role with Racing Victoria as one of their regional finance managers, and then on to follow her dreams and become an ambassador for Country Racing Victoria, where in the 2010 racing carnival she found her true passion in hosting and presenting. She was a part of the popular TV show, *Two Cups and a Plate* and found herself travelling the country hosting one of race day's favourite events, *Fashions on the Fields* – ironically where her initial inspiration for modelling and presenting began.

Bree has an amazing array of achievements under her belt; she's represented Australia in golf, has gained a grade eight in classical ballet from the Royal Academy of Dance in England, was featured on Channel Nine's *Postcards*, attended NIDA's TV Presenter Residency, hosted many fashion events, was the official host of Melbourne Spring Fashion Week, held the title of the Face of Caulfield in 2011 and, this year again is heavily involved with the spring racing carnival hosting various lunches and events throughout spring. And we haven't even touched on her Miss Universe credits!

Apart from being naturally alluring and charismatic, you can't help but to feed off her energy for life and get carried away in her enthusiasm – she's so easy to gravitate towards – and she's seductively grounded and natural, in fact, she makes me long to call her parents and ask for parenting tips for my own girls!

But her best attribute is that she's exactly how she looks, approachable and down to earth with a natural, charming laugh that rings through your ears and instantly lifts your spirits – Bree is a girl you want to get to know! So, with that in mind, we asked her a few cheeky questions before we got stuck into Spring Racing Fever!

How long did it take you to perfect your smile, were there many hours spent in front of the mirror?

Actually, I'm really bad at faking a smile, really bad! I still look at some of my photos and think 'Really Bree.' I think the best way to get a great photo is to relay the photo back to emotions. The emotion that you are feeling will come through in your expression. We did a shoot where I needed to cry– so I used onions to generate the tears. I get my expression from my emotion, if I'm feeling it, then it comes through.



So if you're having a bad hair day and you have to smile through it, how do you pull it off?

I have these funny little tricks that I do, little games. One of them, and this is really silly, is that I'll clap my hands and sing 'The Grand Old Duke of York'. I play silly young kids' games because they remind me of what it's like to have fun. It gets me going and brings me into the zone I need to be in.

THE EMOTION I NEED TO DRAW ON IS WHAT DETERMINES THE GAME I PLAY, BECAUSE IN A PHOTO YOU CAN REALLY SEE THE EMOTION ON A PERSON'S FACE – GENUINE EMOTION ALWAYS SHOWS THROUGH THE LENS.

I love fashions on the field for example, I love going to the races, so when I'm there I'm just flying along and I'm beaming. I have genuine energy because I'm so excited to be there, excited about the fashions and seeing what styles people come up with. I really get excited about those things and it shows in the end photographs.

How do you feel when you are dressed beautifully, your makeup perfect, and then someone comes along with their iphone and it ends up on facebook, do you have a stock smile?

Haha – the go-to smile and the fake laugh? I just try to be myself and always be comfortable.

I'm a pretty emotional, heart on my sleeve kind of girl. I get very passionate and get right in the middle of things - that's just the way I am. I believe you're better off throwing your whole self in, having a go and failing, than not having a go at all.

Are you a 'trend of the moment' dresser?

I love fashion, I love flipping through magazines and seeing what's in fashion but I don't go for trends, I dress in what suits me. But I do love fashion and seeing what's new.

What kind of guy attracts your attention?

I'm attracted to guys who are really good at what they do – regardless of what that is – when they are really passionate about something I find that so attractive.

MATTHEW WREN PHOTOGRAPHY – One of Bree's favourite photographers **Matt Wren**, set up this artistic 1920's shoot to showcase Bree's versatility. Head to www.mattwrenphotography.com.au or connect on facebook



Melbourne's **SPRING** RACING Carnival Fever

We go behind the scenes with our favourite metropolitan racing ambassador, **BREE LAUGHLIN**, and share her first-hand experience of the intensity of a race day, and entice her to spill her modelling insider tips of entering Fashions on the Field...



Does Spring Carnival tend to put the rest of your life on hold? How much preparation goes in to being a racing ambassador?

With any ambassador role you have to be the best version of yourself. I'm not young, not like an 18 year old girl, so I have to ensure that I'm eating healthy and exercising, or it has an impact – what you put into your body is what you'll get out of it. You need lots of sleep and healthy habits to stay on top of it all.

The year I was the Face of Caulfield, I hosted the Age Ladies Lunch at Federation Square on the Friday, Saturday it was Guinness Day, the first big day at Caulfield. It was also my best friend's wedding that Friday – in Echuca!!!

So, I took my mum to the lunch, as soon as it finished my dad picked us up at Federation Square and in the car I wrote my Caulfield blog while he drove us to Echuca. They dropped me off at the wedding, went to dinner, then picked me up at 10 o'clock and drove me back to Melbourne, and then I had to get up to be at the track at 7 am the next morning! So it's not all froth and bubbles but it is a lot of fun!

What does a day at the races entail for an ambassador?

Depending on my role, I will be up bright and early to go into hair and makeup. While there I'll be re-reading scripts and briefs for the day to ensure I know what is happening, where I need to be and at what time.

I like to chat to everyone about the day ahead, racing or fashion related. When it comes to the form though I like to do it the day before, I rarely get a chance throughout a race-day!

PHOTOS: MATTHEW WREN PHOTOGRAPHY

Once hair and makeup is complete, I head to the stylist and change into my race-wear! It's a great feeling when you're ready to go – I just can't wait to get out there!

The PR team and I then head on-course for early media opportunities, photo shoots and interviews. If I'm conducting the interviews and putting together video packages, the team and I will try and cover as much as possible early in the day, which allows us to capture more later on.

Sometimes I am lucky enough to judge fashions on the field, which I love, so I will head to the fashions marquee to be involved there. Then I might head to another marquee to draw a door prize or pop in to say hello to some of my sponsors and friends.

I do get to relax a little once we have wrapped up and, funnily enough, I'm often disappointed to do so because I enjoy it so much! At this point I'm sure they are glad it's over, but I can't help but think... what's next?!

Do you enjoy being a races ambassador?

I love it. I have always had a passion for racing fashion and after working in the racing industry, my love for the sport and the people involved in it grew even further. The racing fraternity is a really wonderful group to be a part of. There is nothing like watching track work from the centre of the track while the sun rises... it's an incredible feeling.

What are the differences between country race-days and metropolitan race-days?

This is a funny question because I think many people may see them as so different. I find more similarities than differences between a country and metropolitan race meeting. Sure, in the city the marquees are far more extravagant, the race-wear is not quite as relaxed and the standard of racing is somewhat higher. But, fundamentally when you peel those extras back, the horses are going around and a group of people have come together to celebrate the sport of kings.



BREE'S SPRING RACING FASHION TIPS

Think Fashionable and Practical!

It's a good idea to have a versatile jacket or cardigan for your outfit given Melbourne's unpredictable weather. Coco Chanel said it best; 'Before you leave the house, look in the mirror and take one thing off'.

Simplicity and elegance is key with race-wear. I always consider my hem length and neckline as racing is a day event – often race-wear is mistaken for cocktail attire.

Beautiful millinery completes any race-wear look and is a great investment if you choose well. If you can find a reasonable size clutch to fit everything in and that works with your outfit, grab it... and let me know where to get it!

WHAT BREE EXPECTS WE'LL SEE FOR THE 2013 SPRING RACING SEASON;

Black and white, separate or together, is very popular this year, in asymmetrical, abstract printing as well as colourful and varied art inspired printing.

We'll see lots of structured cuts and tailoring this year too. The occasional lace incorporation will also be floating around.

Pants were on the way in last spring but this year, they are here with a bang! They may be a very popular female race-wear option for 2013, which I personally love.

We'll see some bright, fresh colours too - watermelon, aqua and orange alongside the black and whites. A great deal of structured millinery to compliment this season's looks, and lots and lots of glamorous people having a wonderful time!

CATWALK TIPS FOR FASHION ON THE FIELD

Walk tall, don't look down, and enjoy yourself – but most importantly - smile! Also, ensure you stand correctly when awaiting the judge's selections.



MICK MOLLOY

"Growing up I really loved the D-Gen and Late Show so getting the opportunity to work with Mick through stand-up comedy has been a great experience especially considering the little teenage crush I had on him, hehe. If I had to do this interview as recently as a year ago, it may not have gone very well as I was still pretty shy around him. Mick was one of those people I'd always wanted to meet and thankfully, exactly as I imagined he would be. Down to earth, very funny and, for the record, I still think he's cute! hehe."

By TOULA BOURMAS



Mick and Tools reading Vanilla's last issue

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

I had no great plan although I wanted to be an entertainer from an early age.

I was in a play about the gold rush in grade one at school. I played Chinaman number 3.

I was on stage wearing a rice paper hat and that was when I knew I wanted to be a performer.

Hehe, did you have any lines?

Umm, I did have a line but I can't remember what it was, although when the play finished and I walked out there was a flutter of programs. Everyone was asking 'Well who is he?' **Hehe.**

What were you like at school? Were you the class clown?

I was the class clown. I got called a buffoon by my English teacher in grade five on my report card and I thought it was a compliment. I thought to myself, 'Well done Mickey, you've achieved it.' **Hehe.** But apparently no, he was having a go.

Are you still friends with any of your mates from school?

When I moved to Melbourne in grade five, I sat next to a guy called Darren Chow and he barracked for Richmond, which is why I barrack for Richmond now. We still go to the football every week and if we lose, as we're walking home I go 'Thanks a lot mate, thanks a lot. I could've sat next to Jim Smith who barracked for Hawthorn.' Daren's my oldest friend in the world.

Who was your hero growing up and have you ever met them?

Probably Ivan Milat... He's a good egg, he's misunderstood. **Hehe.**

No, I didn't really have any heroes growing up.

Before comedy, what was your first job?

The first job I ever had was working night crew at Safeway.

I'd go to work at 12am till 4am and then I'd still go to school. I actually preferred that.

Then going to school?

Exactly. No the late shifts, because you didn't have to dress up. You could wear your tracky pants. Much like what I'm doing now and that's why I love radio. **Hehe.**

So is stand-up comedy something you always saw yourself doing?

No, I came at it from a different route, I did radio and TV before doing stand up.

Most comics do stand up first, but I always felt I'd never earned my stripes so I went back to do stand-up and I love it now; I just want to keep doing it.

I think it's the most brutal art form in the world and you don't have to get up and read the papers to know how you went, you know straight away. **I agree with that, hehe.**

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

I did it late. I don't know how old I was but we were already established as comedians so even though it helps, there was kind of a bit of pressure. My first gig was at the Girshwin room (The Espy) and... it wasn't very good. Stand up is one of those things where not anyone can just get up and do it. **I agree.**

My opening joke, which was the first joke I ever wrote and ever did on stage, was I used to come out on stage carrying two house bricks and I would go 'I'm not saying I'm nervous or anything but I just found these in my pants.' **HAHAHA.**

Do you know how dedicated you'd have to be to carry those things around? On a tram, going to the Star and Garter. **Have you ever thought of bringing that one back?** Haha No, NO...



I know you did a festival show with Glenn Robbins and Jeff Stilson in recent times.

Have you considered doing a solo Comedy Festival show?

I don't think I'm up to it. An hour that is, I like doing 20 mins to half an hour, I think that's my threshold and as an older statesman of the stand-up circuit I think that's a young man's game. **Statesman's are classics, ok, so that's a good thing.** I'm happy to be on the bill with a couple of others. We get so much shit from other comics cause during the festival they're all doing an hour and I'm going 'oh yeah it's really tough out there I think' – they'd ask 'how long did you do?' and I'd say 'oh about 20 minutes.'

If you could pick anyone in the world, comedian, actor, etc. who would you love to work with?

Well I don't know if I'd like to work with him but I love Dave Chappelle. I think Chappelle is one of the funniest men. He's one of the truly great voices of our age. I think he is way smarter than he lets on

Having worked on TV, radio, movies and writing, which of these do you enjoy the most?

Theatre Restaurant! **Theatre Restaurant, really?** Haha, I think Theatre Restaurant is the only one I haven't done. You know what? I like them all. I like to have them all up and running because you never know when you are going to get sacked from one. **Hehe.** I've been run out of TV, I've been run out of film and radio so that's why it's nice to have them all up and running.

Have you ever thought of writing a book? Or have you written a book?

Um, no I haven't written a book. I'm thinking of writing 50 Shades of Mickey. **Hehehehe.**

Growing up and loving The Late Show. One of my favourite segments, and I'm sure many others, was Shitscared, where you played the assistant of stuntman Rob Sitch.

I still have the helmet. **Bullshit?** I do, I bring it out in the bedroom sometimes just to keep it interesting.

So on another note (Shitscared), how did that come about and was it something you both came up with?

We made it up, the first one we shot in the Channel 9 car park 'cause we had about two hours up our sleeves and the only reason I wore a helmet and a jacket was 'cause I just saw them lying around and I put them all on. **Serious?** Yep, absolutely and basically Rob, who's a genius, was pretty much making it up as he went along. Basically I just stood beside him trying to look silly and that was how it began.

Was the first 'Shitscared' the one where you and Rob tried to break into a locked gate that swung open while Rob was climbing over it because it was actually open all along? Hehe.

No that was actually the first one that went to air, it wasn't the first one we did. The first one we shot for a pilot on Channel 9 called *The Late Late Show*, which never went to air. It was also the first time I was ever sacked by Channel 9.



Mick with Wayne De Ingeniis





The first of my three sackings; oh, I'm getting teary just thinking about it. **Hehe. Have you guys ever thought of doing that skit again?** We talked about doing a one off like a NYE show for charity 'cause we totally understand how well liked it was so we are very respectful. In a way, we'd hate to mess with it but we have from time to time talked about a one off show for charity, which would be fun.

Briefs, boxers or free balling?

Well, I've always been a briefs man but then I found out that my brother Richard wears boxers and my mum was ironing his underpants and NOT mine. **Hehe, my mum does the same thing.** I was very upset upon hearing this so I'm starting to wear boxers just to see if I get the same treatment.

Did your family encourage you to do stand up?

Not really. No, my mum was never entirely happy about it and she's still convinced that I will go back to Uni and get a proper job.

Have you got any new shows or movies lined up for the future?

Not for TV I think. I'm happy sitting on panels and don't want my own show.

Yes, we are writing another film at the moment. It's a porno. **Hehe, are you going to wear the helmet?** I will wear the helmet. Haha

How are you finding fatherhood, especially with twin boys?

I love it. I think I should be named father of the year. Either me or Joseph Fritzl. **Hehe.**

It changed my life. To say it was planned is probably a little overstated but I do love it. They are beautiful boys. Do you want one? **Do I want one of your boys?** Yeah. **Ok.** You can choose, I'd go Lenny though, I think Fred may be evil. There's always an evil twin. **I love evil, hehe.** Ok, he's yours...

What do you look for in a woman?

I like a hottie who's been to finishing school that goes off like a fire cracker in the sack. **Hang on. Can you say that again? Just want to write that down, although you are clearly describing me. Hehe.**



Mick Molloy, Christine Basil, Adam Rozenbachs after a gig at The Comedy Club

Where is the last place you went to on holiday?

Mexico. **How was that?** Fantastic, I loved it. Mexico was fun. I was smuggling some drugs at the time, apart from that it all went pretty well.

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

The best thing is you get a lot of good will from people and the worst thing is, you can't get away with anything, all of your disgraces are very public.

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

Don't die wondering. The hardest thing is actually getting up and doing it. Just give it a go.

And finally, what is your rider?

Haha, my rider actually is half a dozen VB's and ham and cheese sandwiches. **Bullshit?**

It's the truth. **Really?** Yeah, generally that's what it is. I'm a simple man! **Hehe.**

TOULA BOURMAS

Venue and Entertainment Manager
The Last Laugh at The Comedy Club



EAT FAT BE LEAN

BOOK AND HEALTH

BY RAQUEL NEOFIT

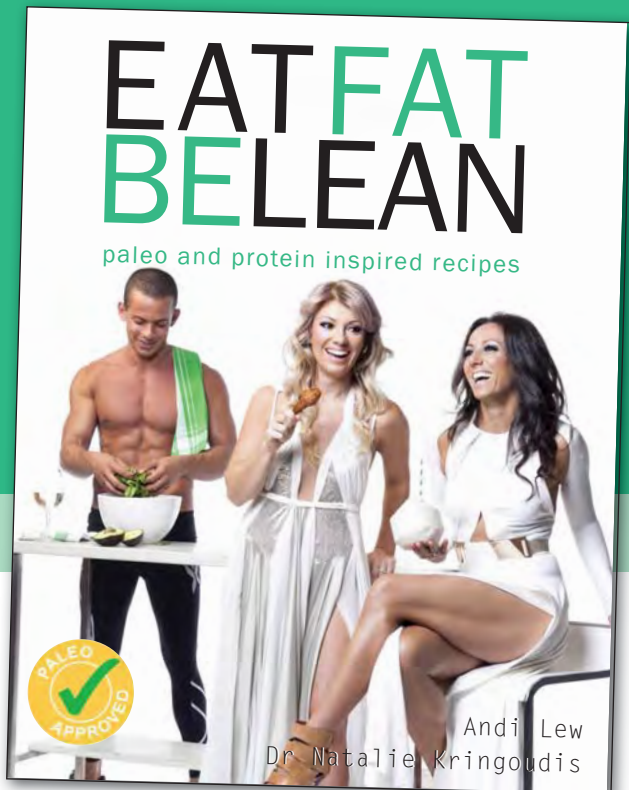
Vanilla's favourite health, fitness and lifestyle girls are back at it with a brilliant savoury edition to their sell-out first book!

After the extremely successful launch of the book *Eat Fat Be Thin* which taught foodies how to 'have your cake and eat it too' Andi Lew and Natalie Kringoulis recently answered the cries of their readers for a savoury edition of their popular food phenomena.

Eat Fat Be Lean really gets down to the bare bones of what these two super-powers of health and wellness do and don't put into their bodies. We learn about their beliefs, and the cultures and knowledge that influence their food habits.

The new edition not only gives us a plethora of tasty treats for everyday healthy eating but once again, these girls with their witty humour and knack for making education seem like a cheeky mid-week catch up, teach us why we retain fat, why diets don't work, and how important it really is to get these 'good fats' into our bodies and make them a part of our daily lives.

They delve into the realms of paleo eating, they answer the question 'why am I gaining weight' and they address the 'clash



of the philosophies' – Andi and Nat's eastern beliefs on health versus our modern western ways, and they educate us on how we can combine the best of both worlds to achieve greater health and well-being, living life to the fullest – every day!

These two crusaders of health and wellness share their knowledge like an old friend chatting in your ear, dissecting the struggles and importance of changing the types food we consume. As Nat declares, 'You can only abuse your body for so long before it breaks down' Andi adds 'Ask yourself, what am I gaining by changing my food habits, not what am I losing'.

If this interview has proven anything it's that they feed off and complement each other perfectly. Andi admits to being a vegetarian for sixteen years but Nat's paleo inspired lifestyle made sense to her once Nat taught her the paleo philosophy on consuming animal protein. So now, when her body craves meat, she understands the cravings and can give her body what it is asking for.

They also address what they call the 'tricky subjects and confusion' where our health is concerned. Tricky they say, because these theories go against everything your doctor has ever told you. 'We should be setting ourselves up for future health' they say, and we should look to other cultures like Asia for inspiration. Cultures where obesity isn't at epidemic proportions. Nat also encourages us to look back to our ancestor's for inspiration, back to a time where obesity wasn't an issue.

'Our diseases have changed so our foods must change' they advise us, 'we need to ditch the trans-fats in our fridges and look to therapeutic fats and whole foods'. Andi says it perfectly, 'It isn't about weight loss, it's about lifestyle'. Eat the therapeutic, wholefoods and the weight will take control of itself.

PALEO PROTEIN PANCAKES



'It all comes back to intuitive eating and paying attention to how your body is responding' they say. Listen to your body. There's a part of your brain called the amygdala, which switches off the hunger mechanism when you're full, or satiated on a nutritional level. We miss out on fat in our diet, so we are never satisfied, always craving more. Eat good fat and your brain tells your body you're full!

Once again, they break through the myths and misinformation to aid your journey to health and happiness. And if there is one thing I take away after a chat with these girls, it's that belief in your philosophies and dedication to your cause gets you everywhere.

Eat Fat Be Lean is available in book stores, or Botaniko and online at www.eatfatbelean.com.au

"WE LOVE EATING..."

Where sugar is required in any Eat Fat recipe, they use and recommend Naturally Sweet Xylitol. After reading their books and remembering that chemical-laden artificial taste left in my mouth by the likes of EQUAL sweetener, I was curious to discover what these natural sugar substitutes tasted like. They hit the mark in my morning coffee but the real test was in the cooking. So I whipped up a bunch of my go-to white chocolate and macadamia nut muffins. All in it was a success – I did need to up the content to get a sweet tasting muffin but they passed the test of my kids! My standard recipe calls for $\frac{3}{4}$ cup of caster sugar, second time around I upped it to a cup and they were brilliant!

If you'd like to try Naturally Sweet products, jump online at www.naturallysweet.com.au and Vanilla readers will receive 10% discount – enter the code EFBT at checkout.



GOOD GREEK GIRLS!

Poet, writer and producer Koraly Dimitriadis talks to Vanilla Magazine about her Good Greek Girls film project, a series of short films bringing to the big screen an adaptation of her poems about, well, good Greek girls!

By Nikita Ballas

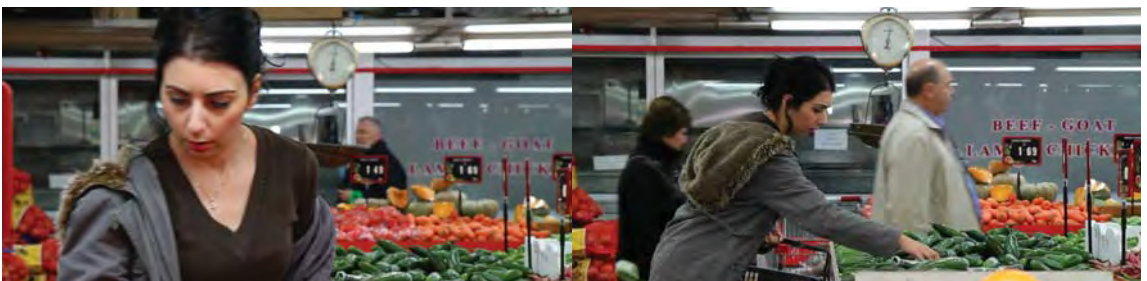
First of all, what's your definition of 'a good Greek girl'?

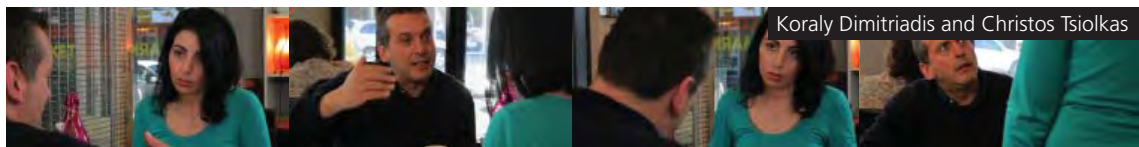
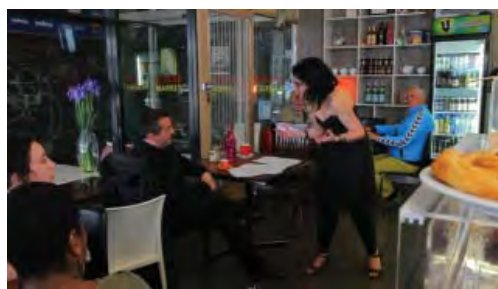
If you define the term, I guess you run the danger of generalising or stereotyping, and I don't want to be didactic in my art. I just want to generate discussion about culture and what it means or possibly feels like to be a girl growing up in a migrant culture. In order to understand what a good Greek girl is, you have to go back to the beginning, to our parents. They migrated to a foreign land and clung to their old ways because it was the only way they could protect their children and feel safe. While Greece and Cyprus evolved and modernised, the migrants were stuck in the times of the sixties and seventies, where women were expected to be 'good'. That is, to find a good husband, buy a house, have children, cook, clean and respect. Essentially, a good Greek girl doesn't date men and is a virgin before she marries, she doesn't explore her identity or sexuality. Also added to this is the migrant mentality that

children must be university educated in a job which will bring in good money. She is a good Greek girl and does what is expected by her culture. She doesn't question, even if she is unhappy, and she will do what it takes to be good and to protect the reputation of the family.

What about 'a good Greek boy'?

Is there such a thing? LOL! Kidding. I guess, for me, a good Greek boy is a guy who runs wild in his younger years, getting into all sorts of trouble and relationships with women. His parents know of his behaviour and see it as necessary in order for him to become a 'man'. This behaviour isn't gossiped about, however, if a woman was behaving like this she would be locked up in her room. A good Greek boy studies at university as a doctor, accountant or lawyer, etc, or takes over the family business. He has a number one woman in his life: his mumma, aka miteroula, manitsa mou, etc. Eventually, he will reach a certain age where his parents begin to nudge him into marriage. He will find a nice, good Greek girl, marry her, work hard to buy a house while his wife stays home and takes care of the children. He is a hard worker and never rents, he always buys a nice block of land out in





the suburbs, preferably close to his mum, or if not, near his wife's mum's house, so they can help look after the grandchildren.

From poet to film producer. How did this come about?

I call myself a poet when people ask what I do but I give myself that title for simplicity's sake. I really see myself as a story teller. I have been making up stories in my head since I could think. I write poetry, novels and short stories. When I perform I am telling a story orally. I am conveying emotion. In all of my art I want to resonate in the thoughts of my audience. I want them to feel what I feel, to see what I see. I want them to ask questions of themselves, I want to challenge and inspire. I know my poetry is strong on the page but it is even stronger when I perform the poems. By creating films of my poems, I am able to bring the poems to life for people to see and hear. Because I produced and wrote the scripts and co-directed, I have been able to control and deliver the story that I want to tell.

Seeing your words come to life during filming, did you experience any new meaning?

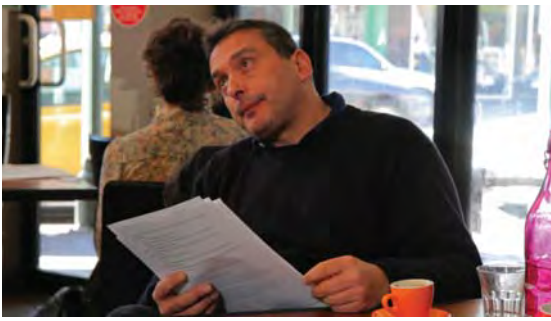
Yes, I have, tremendously. As a film maker you are able to deliver so much more to your audience through visuals and audio. It is very powerful. You have a narrative as you would in a novel but you are also able to bring it to life. I have also enjoyed having a crew that I work with who are

creative in their own ways, aiding me in bringing my story to life. Another surprising element is that I didn't expect to

become so emotional and absorbed in the poem when we were filming. As a performer, I am always able to convey the emotion of a poem as I felt it the day I wrote it, even if the poem was written five years ago. But a performance is a one-off event. In the filming, working with Nathan Little, my co-director, he pushed me to go deeper and deeper into the emotion with each take and I was able to go there and surrender completely to the emotion. It's very powerful.

How did Christos Tsiolkas get involved?

I met Christos many years ago at a talk he gave at Readings bookshop. I had just read *Loaded* and was working on my first novel, *Misplaced*, which is yet to be published. I went up to Christos and spoke to him about how much I loved *Loaded* and told him a little about my work. He asked me to send him a chapter. A few months later he emailed and asked me to send the whole book. He then met up with me for coffee and said he wanted to mentor me. I wanted to capture our first meeting in my film *Love According to Wogs*. I asked Christos if he would be part of the clip and he said yes. I was thrilled. Christos has been an amazing support and mentor for me, especially at times when I have just wanted to give up. There are not many Greek-Australian female artists writing about the things I write about. Having



Christian Bianco(Easy Tiger Studios) audio, Nathan Little(co-director and cinematographer) with Koraly Dimitriadis and Christos Tsiolkas.

Christos' support has been paramount. I also had another great mentor, Anna Kannava, however she sadly passed away two years ago.

Tell us about shoot one – Love According to Wogs

I wanted my poem, Love According to Wogs, to be set in Coburg. I grew up around the area and Sydney Road always has and always will be part of my life. I wanted to capture the trams, the busy-ness and the markets. We filmed in a small café next to the Coburg markets and also in the markets themselves. All the cast and crew were from migrant backgrounds so it was a powerful experience. In terms of the narrative, without giving too much away, I wanted to show the different facets of the Greek girl. The person that we show to people, the rage within and the person we hide away. The plan is to screen all four films at the Greek Film Festival in November.

Some of your poems express a strong sense of anger...

Everyone gets angry from time to time. It is part of being human. The difference with me is that a poem might come out when I am angry. I am able to take an emotion within me, emotions that everyone feels from time to time, and amplify them into a poem. In essence, I am actually dramatising a moment, creating art. In my every day life I am shy and reserved. My poetry persona is not who I am. I tend to write poetry when I feel something intensely, and as humans we feel things more intensely when we are angry. Yes, I have felt anger and I create art from that anger but what I really want is for someone to read it and say, 'thank you for writing that, I feel like that too I just didn't know how to say it! That is the most rewarding part of being artist, when people tell you that. I have been angry with my culture and the expectations placed on women to conform. At one point in my life I was so angry I shut my culture out completely. But I feel I needed to do that, to stand my ground and say 'this is who I am'. I do love my culture very much today. I guess you could say it has been the most intense love-hate relationship of my life! I absolutely adore being Greek-Cypriot. I love going back to Cyprus for holidays, I love my family. But there I things I hate about my culture too. My culture drives me insane because I love it so much.



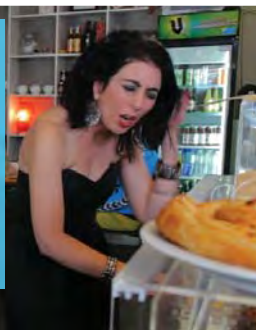
CON MILONAS PHOTOGRAPHY

What kind of responses have you received about your poems?

Some people thank me for writing the poems. Others tell me that I don't know what I am talking about and that our culture is not the way I depict it in my poetry. It has been mixed but for the most part it has been positive. But for me, as long as I am getting the discussion going I am happy. Antipodes have been extremely supportive in recent years. I have been completely overwhelmed by their support because I have always viewed Antipodes as the peak body representing my culture. To have their support has meant the world to me because I know that I write very controversial things that I even sometimes struggle with. Sometimes I am afraid of the poetry that comes out of me because it is so raw and honest. To have their support gives me encouragement that I am on the right path. My number one ethic in my writing is honesty. If I am honest with myself in my writing then there is no way I am on the wrong path because every human emotion is valid. Receiving the Australia Council Art Start grant was a further validation that I was on the right path as I have applied for funding many times before and have been unsuccessful.

Photos courtesy of Kaliopi Malamas & Nathan Little Design and Entertainment

I tend to write poetry when I feel something intensely, and as humans we feel things more intensely when we are angry.



Proud sponsor: Owner of Andre's café (Coburg Market), Youssef

HISTORY AND CULTURE



Theo Markos, Roz Nicolaou, Marinis Pirpiris, Nick Dallas, Vernita Zigouras, Sponsor: Annette Scales, Costas Markos, Presenter: John Kostarakis, Vasso Zangalis, George Kallianis

Roz Nicolaou from the Greek Community's History & Culture Seminars committee speaks to Vanilla Magazine about the success of this year's seminars and what's in store for **Season 3: August – October 2013**.

One of the exciting cultural initiatives of the Greek Orthodox Community Melbourne Victoria (GOCMV) over the last few years has been its **History and Culture Seminars** which have attracted a loyal following of enthusiasts with many newcomers being of varying ages and backgrounds, i.e. **both Greek and non-Greek**. The formula is simple: quality speakers and interesting topics that appeal to a wide audience. After two very successful years, this year's organizing committee has had quite a challenge in maintaining the existing high standards: a strong program with talented local, interstate and overseas speakers.

The series was launched on 21st March 2013 by Prof. Nikos Papastergiadis, and the first lecture was delivered by La Trobe University's Prof. Chris Mackie on *Homer*. As a result of the GOCMV's Lonsdale Street premises being unavailable due to the construction works on the new cultural centre, the new location, the Kelvin Club in Melbourne Place, may surprise many but it's probably one of Melbourne's undiscovered gems for hosting events.

'Antiquity-classical Greece' subject matter was the dominant theme of **Season 1** which ran until the end of May. '*Mycenaean Greek Society*' by Dr Stephie Nikoloudis and '*Sexuality in Ancient Greece*' by Dr K.O. Chong-Gossard were some of the topics covered. Special 'Antipodes Festival Event' lectures were

held at the prestigious Wheeler Centre. Two examples were those by Sydney-based Prof. James Arvanitakis and Assoc. Prof. Nicholas Doumanis. An ANZAC Day commemorative lecture by Perth-based Dr John Yiannakis looked at Lemnos in the discourse of Australia's Gallipoli campaign. An interesting lecture on the socio-economic and political evolution of post-1974 Greece was given by journalist and current editor of Neos Kosmos (English edition) Kostas Karamarkos.

Season 2 covered themes pertaining to the Byzantine and Ottoman periods. Speakers included Prof. Roger Scott and Dr Adrian Jones, as well as Mr. Dean Kalimniou on '*Kapodistrias & Trikoupi: The Origins of Greece's Modern Crisis*'.

The final **Season 3 Program** focuses on Modern Greece and its Diaspora and Cyprus. Lectures are on Thursdays at 7 pm. For details of dates, venues and subject matter see: www.greekcommunity.com.au. Themes include: '*Classical and Contemporary Friendship*' by Prof. Nikos Papastergiadis and a special Antipodes Festival Event lecture by Justice Emiliou Kyrou on '*Attributes of Identity-in Conversation*'.

Entry is free of charge and is open to the general public.

The committee encourages attendees to become members* of the GOCMV – which assists the continuation of the seminars in the future. For membership details, see: www.greekcommunity.com.au/gocmv_public/index.php/en/membership-application

***All Premium member entries go into the draw for One Return Airfare to Greece with Qatar Airways (conditions apply) and other great prizes!**



Mr Dean Kalymniou Lecture: '*Kapodistrias & Trikoupi: The Origins of Greece's Modern Crisis*' at The Kelvin Club 25th July, 2013



Culture, Language and Identity...

Vanilla **cultural expert**, Maria, contemplates the importance of language in our society, histories and upbringing...

"Our culture is like our identity"
(second generation Greek Australian)



The area of cross-cultural psychology has shown that there is a vital link between culture and the development of behavior. This has created a great interest in researching what happens to individuals with dual and/or bi-cultural identities. For example, the Greek Diaspora that has been a part of the Australian community for over three generations and where each generation has a perceived experience of racism in association to their bi-cultural identity on different levels but which has not impacted upon their ability and drive to maintain their cultural values.

A second generation Greek/Australian said to me recently, "I feel it is part of me, I'm Greek and it will always be there".

Literature throughout the world indicates that there are certain variables that can influence or hinder the maintenance of an ethnic language, which is an integral part of culture. These variables include; social status, demography and institutional support. A method that has been used by this group across the generations to maintain their culture and the Greek language is through the education system. The

migrant generation often chose to send their children to Greek schools. These schools, however, charged fees and often these migrants made significant sacrifices, including giving up trips to their homeland, to ensure that their children learned about Greek culture, the Greek language and maintained their ethnicity and Hellenic heritage.

Language is a key marker and a crucial component in maintaining community identity and the family is a key component to this. Older relatives, (grandparents, aunts and uncles) often play a major role in this. This is of particular importance for the second generation. Their parents (first generation) may not use the community language at home, or generally use a mix of both the Greek and English language with their children. Younger Greek Australians found it common for their parents to switch between two languages.

"I was talking to one of my Australian friends and I'm trying to explain something to them and I get caught because I can't think of the word in English."

It is often the grandmother who provides childcare and has a crucial role in exposing children to Greek. In recent times, however, the media has provided another avenue for both the first and second generation to maintain the language. We have Greek newspapers, pay television channels broadcasting direct from Greece - even the Greek Facebook world has gone viral, connecting Greek youth all over the world. This exposure to their community language is important in the Australian context because it has been found to enhance the likelihood for people to use the language, to understand it and to maintain it.

"I talk Greek around my grandparents. I will talk Greek when there is something to be said that I don't want anyone to know about."

(2nd generation Greek Australian).

It seems the most common times the community language is used these days by 2nd generation Greek Australians is with family, in reference to religion, around Greeks friends, at Greek school and when talking about Greek food. Particularly for the grandchildren of the Greek Diaspora this is their conceptualization of being Greek.

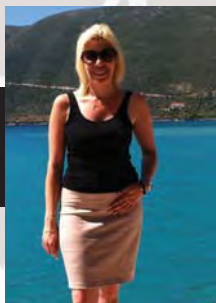
Some common Greek words used by the second generation Greek Australians during a predominately English conversation are.

- Χριστούλι – Jesus
- Γιαγιά – grandmother
- Παππού – grandfather
- Κοτοσουπα – chicken soup
- Μουσακά – moussaka
- Μάτι – evil eye
- Νυστία – fasting
- Χαμομιλη – chamomile tea
- Χοριο – village

For the first and second generation Greek Australians, this bi-cultural identity has meant that they may be bi-lingual and, at the same time, may feel they belong to both cultures, represented by celebrating their birthday and name day for example. Like the original migrant generation, many younger members of the Greek community seem to accept the importance of maintaining their cultural heritage and do not pursue complete assimilation into the larger Australian mainstream.

"When I have kids, I will pass on as much as I can to them. It's really important now that I have my γιαγιά and mum."

(2nd generation Greek Australian).



By **MARIA IRINI AVGOULAS**

PhD Candidate – Deakin University

Associate Lecturer – La Trobe University

Call Out



The Transmission of Culturally Determined Health Beliefs among Three Generations of Greek Families in Melbourne, Australia

The purpose of this research is to explore the transmission of health beliefs among three generations on Greek families in Melbourne, Australia and the way they understand both health and disease as an aspect of cultural maintenance in the context of larger Australian society. This study will provide insight into the role of culture in forming individual or group conceptualizations of health in this community and will contribute to our understanding of the nature of Australian society and the experience of one of its major cultural sub-groups.

If you are a female student aged between 16-18 years, whose mother and grandmother both live in Melbourne, Australia and you would be interested in participating in this research please contact Ms. Maria-Irini Avgoulas.

Participation in this project will involve a semi-structured interview conducted in the English or Greek language by Ms. Maria-Irini Avgoulas. The interview will centre on your views and the way you understand both health and disease. At no time will any personal information about you will be required. Instead, you will be asked to discuss in general how you understand the nature of health and illness and what a person might do to maintain health and treat illness in the context of your cultural background.

If you have any questions regarding this project or if you would like to participate please feel free to contact me:

Ms. Maria-Irini Avgoulas

(PhD Candidate-Deakin University)

Phone: 0423-087-899

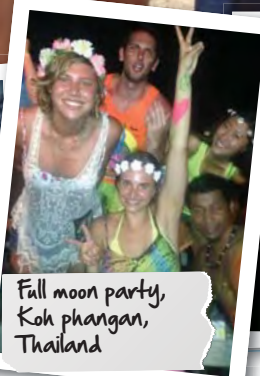
email: mavgoula@deakin.edu.au

Alex's Travel log

Windmills in Mykonos (from left) Georgia, me, Margi, Kai and Lulu



Siem Reap, Cambodia



Full moon party, Koh Phangan, Thailand



Eating a scorpion in Bangkok, Thailand



Pre-full moon party, Koh Phangan

Almost four months ago I started a year long journey around the world, and it has lived up to my expectations. Although I'm currently making my way through Europe, it's only natural for me to start at the beginning.

I arrived in Singapore battling temperatures of 38 degrees and humidity level of 90%. Having just come from cold Melbourne, this wasn't exactly ideal, but Singapore was the perfect city to get my bearings and let the reality of my world trip set in.

I decided to visit Cambodia and much of it was a big culture shock. Siem Reap, in northern Cambodia on the other hand, was cleaner, less hustle and bustle, and I met some great people. Seeing the Angkor Wat temples was something to tick off my bucket list, especially after discovering they were used in the first Tomb Raider movie.

Next was Thailand for their famous full moon party. My time beforehand was spent shopping down Khao San Road

and visiting Sky Bar in Bangkok while looking for my non-existent wolfpack.

After shopping for fluoro paints and accessories, and buying our buckets, we met up with most of the people we met in Siem Reap to start our full moon experience together. It was incredible and everything we'd hoped it would be. The day after full moon, we did what every logical person does in Thailand and we got bamboo tattoos. Second word of advice, don't do it on your foot. It hurts. And sooner than I realised, I was saying goodbye to my friends and heading to India.

The culture shock that I expected from India had already hit me in Cambodia, so I was a little more prepared. India is a different world and is worth experiencing if you take the necessary precautions. Delhi and Agra were overpopulated, and Orcha, Khajuraho and Varanasi were unique in their own ways. The Taj Mahal was a highlight but the crowds were huge.



Local Thai jewellery maker, Koh Phangan

Sunset just off Koh Samui Thailand





Good luck flowers on the Ganges River in Varanasi, India



Taj Mahal in Agra, India



Canyon in Khajuraho, India



Nepal

Varanasi was milling with tourists wanting to get in touch with their spirituality - scores of people visit every year because it's one of the most sacred places in the world and it was my favourite place in India. Every day, hundreds of people are cremated on the banks of the Ganges River and every day hundreds of people bathe in that river.

When I left India for Nepal, I was anxious for the real fun to get started. Four days after my arrival in Nepal, my sister arrived, I was ecstatic! Along with our friend Jono, we set out to experience the best that Kathmandu, Pokhara and Chitwan had to offer. The shopping in Kathmandu, the lake in Pokhara, the wildlife in Chitwan (including running from charging rhinos), made the experience truly memorable.

But the icing on the cake was a five day trek through the Himalayas! I have never challenged myself so much! When we reached the peak, 3500m high, it was the most satisfying feeling and something that I would definitely love to do again! After three weeks in Nepal and many glasses of vodka after long days spent trekking, it was time to temporarily say goodbye to my sister and hello to a place I call home. I was heading to Greece.

Luckily, I had a friend waiting when I landed at Athens airport. Before I even thought to ask how she was, I flat out demanded a metro frappe and a mousaka. Comfort food at its finest. We were heading to Thessaloniki that night. Having never

My first couple of weeks in Greece passed quickly, and included short trips to Istanbul and Meteora, visiting the Acropolis, Temple of Hephaestus and drinking too many frappes. But the time had come to visit the Greek Islands with my sister Lulu, my best friend Georgia, and Kai and Margi.

Mykonos was our first island stop and it was heaven. Every day was spent lying on the beach, eating gyros, and drinking frappes, and every night was spent seeing famous DJs at equally famous nightclubs and eating more gyros. DJs such as Afrojack and Paul Van Dyke played at Paradise Beach Club and Cavo until well after the sun came up.

Ios was equally exciting, though with a different vibe. Smaller bars and clubs, and cheaper drinks! By this stage, I'd bumped into enough Vanilla customers to understand that Greece was infested with half of Oakleigh, with a customer even stopping me and saying 'You can't hide, we know who you are'. But the presence of people I used to see on a daily basis just made the experience a whole lot better for me. We had a great time, regardless of succumbing to what has been dubbed the Ios Cough.

After a few restful days recovering in Santorini, it was time to say goodbye and head to a country where I could fluently speak the language!

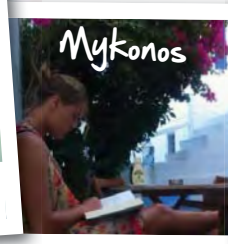
Rome beckoned, beautiful as ever and I was glad to see my friends again. I'm staying with a family I stayed with five years ago and I'm loving Italy more than ever!



Panathenaic stadium Athens



Sunset with Kai in Oia, Santorini



Mykonos



Vanilla girls

been to Greece (or not really) I was excited to see how the real thing compares to what I have come to know and love at Vanilla. And who better to show me than Vanilla customers. Our first night in Thessaloniki, we stayed with loyal Vanilla customers and I couldn't have been happier to see them, they know who they are.

I say goodbye to my best friend in a few days, the last of my Melbourne companions for a while, and then organise my travels to Austria, Switzerland, Germany and France. I'm excited to see places I haven't been to before and to meet new people, but nothing quite compares to the company of familiar faces. It has been the greatest experience so far and I still have eight months to go!



The canals in Venice, Italy



Panoramic view from Piazzale Michelangelo in Florence, Italy



The Duomo in Florence, Italy

Vanilla, I miss you and I'll see you soon!

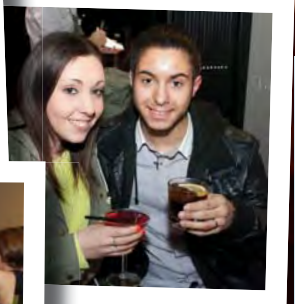
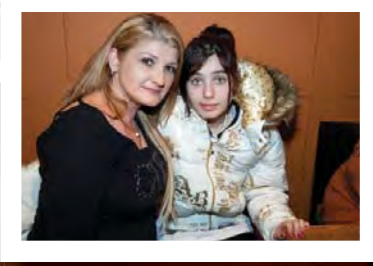
Alexandra Churchward
Vanilla manager





VANILLA

CAKES AND LOUNGE



Like Us On  facebook

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

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

See our Facebook page for more info.

PHOTOS BY:
PETROSPHOTOGRAPHY
METAXOPOULOS

Vanilla's Parisian-inspired Cakes and Pastries

CON MILONAS PHOTOGRAPHY



Fruit tart



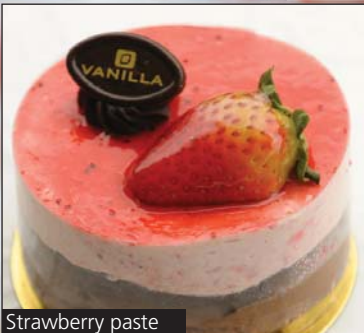
Fruit tart



Lemon merange



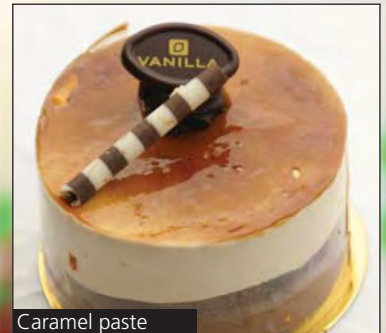
Raspberry panacotta



Strawberry paste



Orange paste



Caramel paste



Vanilla paste



Mille Feuille

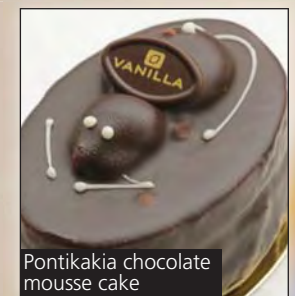


Strawberry cheese cake



Flourless hazelnut
chocolate heaven

*Spoil yourself with
a Vanilla sweet treat
inspired by the city
of love and romance...*



Pontikakia chocolate
mousse cake

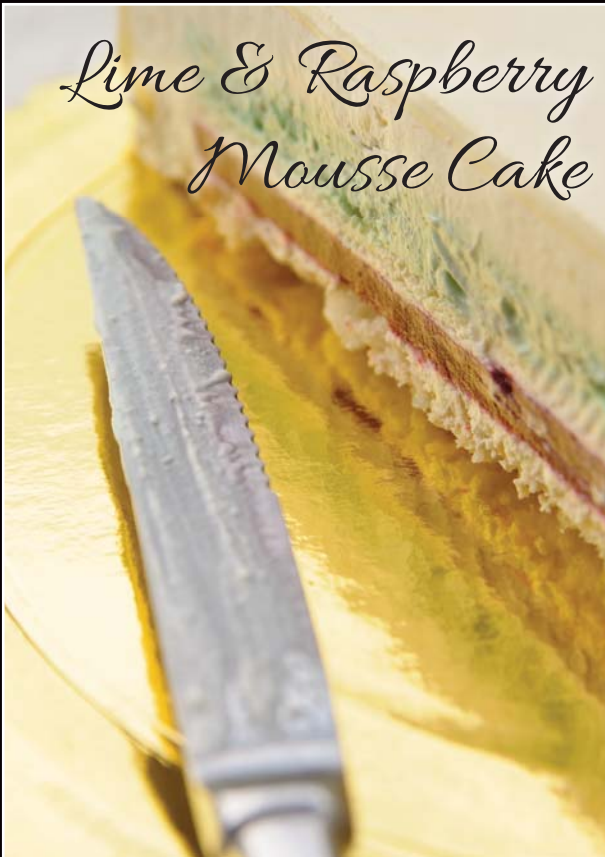
VANILLA BAKEHOUSE



*Green tea
Mousse cake
with mangos
and passionfruit*



*Lime & Raspberry
Mousse Cake*





Order your
special occasion
cake **today**
with *Vicki*
Only @ **Vanilla!**



VANILLA BAKEHOUSE:
Introducing Pastry Chef Marco

Con Milonas Photography





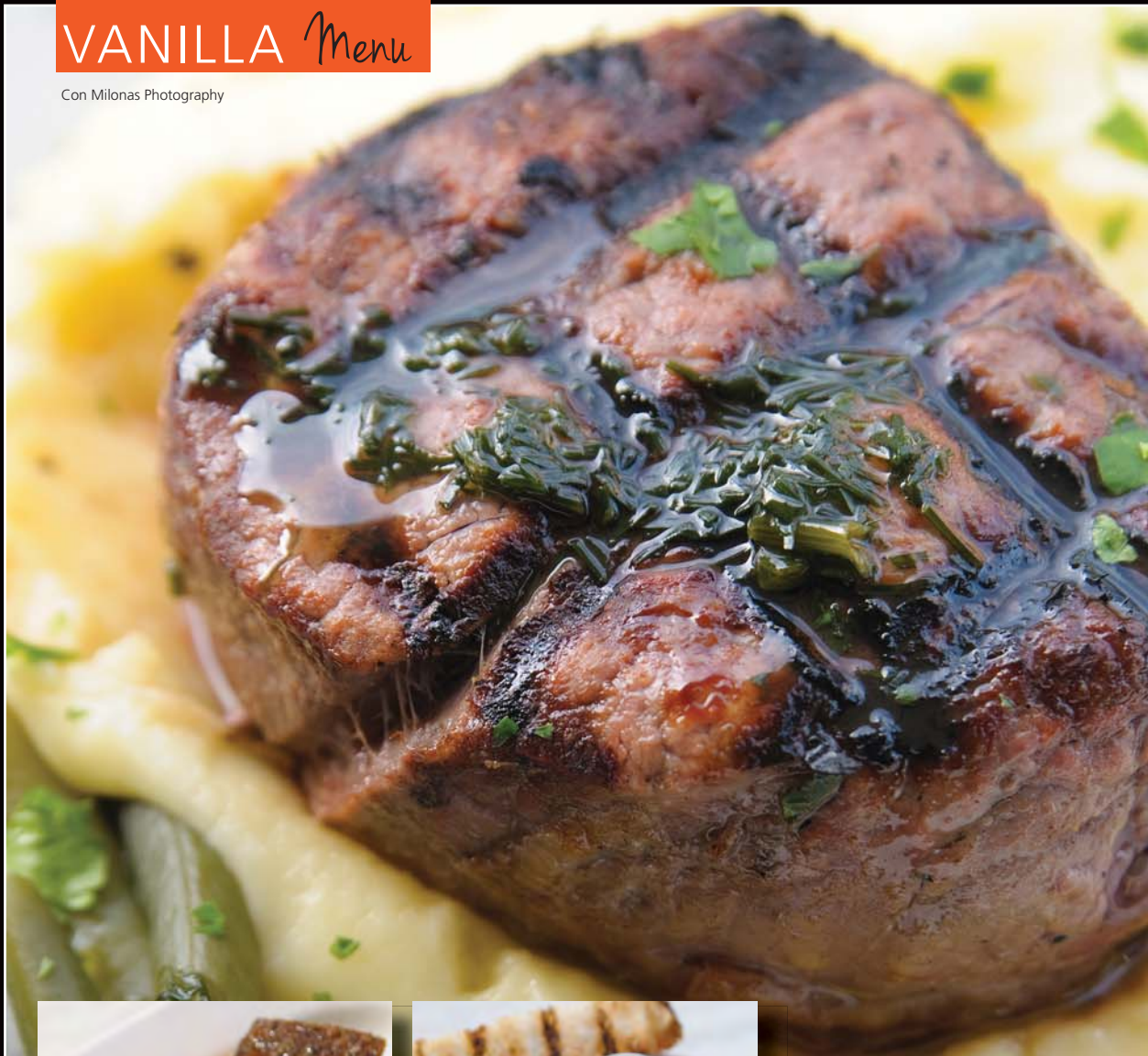
VANILLA CAKES

elegance harmony artistry

DESIGNS BY *Kaba*

VANILLA Menu

Con Milonas Photography



Salmon Fillet with potato mash & brussel sprouts



Eggs Kayiana - scrambled with fresh tomatoes

Eye Fillet Steak with potato mash & green beans



Cheese Croquettes



Stuffed Eggplants with a variety of cheeses



Nicoise Tuna Salad



Penne al Pesto



Honey and Mustard Chicken with vegetable couscous

Sri Lankan My Table

By RAQUEL NEOFIT

This spring My Table catches up with Nichola Watson, Victorian sales manager of Roza's Gourmet Sauces, the perfect job for this foodie at heart and Vanilla patron – so grab a cup of Ceylon tea as we voyage across the ocean to the island of Sri Lanka and bake their very special occasion cake, breudher.



Nichola Watson and Greg

Sri Lankan cuisine's roots aren't easy to trace, geographically speaking. Due to its close proximity to South India, their cuisine has developed certain similarities to their Indian neighbours. But they have also picked up colonial influences from their days as a major trade hub, selling their renowned spices to other cultures and countries dating back to times of old. This incursion of different cultures brought about a plethora of international cooking methods and influences – gradually Sri Lankans fused their national cuisine to encompass the global flavours that landed on their shores, making it a complex cuisine to break down into a specific food culture.

In home cooking you'll find influences of the Brits, the Portuguese and even the Dutch, along with those who traded not only spices but precious ivory.

Three main ethnic groups originate from Sri Lanka; Nichola's Burgher, the Tamils and the Singhalese, although Nichola's ethnicity is considered Euro-Asian – half European half Sri Lankan and a fabulous mixture of everything!

Just like many European countries, their dishes are regionally influenced and vary depending on whether locals reside by the sea, inland or on one of the four points of the compass. It's hard to find an exact historical account of an actual traditional recipe, Sri Lankans cook as the world should cook; based on taste. They add ingredients that please their palates, consuming curries, rice dishes and chutneys. In fact, their curries are said to be some of the hottest in the world.



Popular dishes include coconut sambal and kiribath, a creamy, satisfying rice dish cooked in milk. But Sri Lankans are probably most famous for their mountain grown Ceylon tea, exported to all corners of the globe and consumed on a daily basis.

Nichola's family share one of their most prized cultural dishes, a breakfast celebration cake served only on Christmas, Easter and New Year's Day – the buttery delight that her two children, Jake and Zara love – Breudher.

Recipe - Breudher

- 2 lb. dough (ordered from a bread shop the day before)
- 1/2 lb. caster sugar
- 20 egg yolks
- 1/2 tsp bi-soda
- 1 dessertspoon milk
- 250g fresh butter
- 1/2 lb. sultanas

First prepare the breudher pan (a bundt tin is the perfect shape) by greasing it with butter, then decorate it with sultanas.

Put the sugar, butter and egg yolks in a food processor and combine well. Break the dough into small portions and add to the food processor four to five pieces at the time, combine well after every addition.

Dissolve the bi-carb in the milk and add to the processor, combine well.

Then add 2/3 thirds of the sultanas, mix by hand.

Pour the batter into the prepared pan filling it around three-quarters full, decorate the top with the remainder of the sultanas and let it rise for about half an hour in the sun.

Bake in moderate oven. If a skewer comes out clean after 40 minutes remove from the oven, if not continue cooking until cooked through.

Turn the Breudher cake out on a plate and serve with fresh butter and jam or cheese.

East Coast Farms Pty Ltd

*Fresh direct from
the farm!!*

Suppliers of **fresh produce**
to Restaurants & Hotels

For enquiries please call:

Mark: 0422 222 136

Jeff: 0411 965 555



Next Gen Cheese Pairings

By Raquel Neofit

There's a newcomer to the cheese tasting scene that is growing in artisanal popularity and it might just surprise you, some even call it a gastronomic revolution. Push the wine aside for a moment and pair your wedge with an ale or lager...

Wine has always been the supreme power on the cheese pairing trail, but beer's revenge at being stuck behind the bar befriended by bar-nuts and pretzels is on the up! In fact, beer and cheese actually have a surprisingly natural affinity.

It makes sense really, both are traditionally farmhouse produce. In western cultures, often the dairy cows who give the milk to make our complex artisan cheeses, are fed the grains that are left over from brewing our beers. Even the process of producing the two is similar, the characteristics of their flavours can be similar if not complementary, and both consist of layers of complexity.

Cheese importers, artisan cheese producers and micro-breweries are popping up in alleyways all over Melbourne.



Con Milonas Photography

Pair your Greek Fix Beer with an artisanal Saganaki, Feta, Kefalotiri, or Kaseri from ARVANITI Fromagerie Greek Cheeses. Available through your local delis or epicurefoods.com.au



Epicure Foods' protected destination of origin Feta from the ARVANITI Fromagerie with a selection of their imported Greek cheeses and Vanilla's house wine.

But to survive, these craft breweries and cheese-makers must offer more than a pint or two of well-rounded ale or lager. We are looking less for local corner pubs in today's food savvy society and more for a gastronomic sensation – and a gastronomic sensation is something beer and cheese, as the sexy new-comers, can definitely offer!

As consumers, we want more, we want an experience and beer can offer this to cheese if paired intelligently. Beer has a versatile taste and profile but, just as with a good wine pairing, it all comes back to balance. A strong, pungent wine will kill any delicate aroma and flavour on the palate, as will a dark strong ale. Characteristics vary, flavours, scents and aromas vary, and this is where an expert guide can make this adventure fun and more than a little intriguing.

You can even find beer and cheese 'events' featured more and more as micro-brewers' palates and desires lead away from the old burger and fries, and closer to the texture and maturity of a fine artisan cheese board.

Although each beer and every cheese will have its own characteristics that will pair better with some than others, there are a few general guidelines to keep in mind if you want to stroll along the path to the wonderful world of beer and cheese pleasure.

A light or delicate beer is best suited to a soft, young cheese – think a delicate young imported Greek feta cheese, Camembert or Brie.

Feta and goat cheese pair smashingly with a German or Belgian style wheat beer and if you can get your hot little hands on a traditional protected destination feta like Epicure Foods Arvaniti Fromagerie, all the better for your tastebuds.

For a darker malt-style beer, consider an intense style cheese. Think Roquefort or stilton if a stout takes your fancy. Or for a pairing with a different note, try a quality, young parmesan with an alluring amber ale.

Beer is far more versatile than most can imagine and can offer a fun, light-hearted experience or a sophisticated night of fine-dining and tasting... Micro or craft breweries have jumped on-board and many offer an interesting array of tastily paired cheeses to compliment the ales they so lovingly brew. Even cellar doors who offer an array of liquid golds' are moving into the craft beer market and slicing up some of the world's best wedges of wonder to introduce us to this gastronomic delight that is taking the world by storm...

So the next time you're in Vanilla, grab yourself a FIX beer full of barley and hops hardiness and warm-goosey saganaki and settle in for a gastronomic taste sensation...

Read on cheese, wine and beer lovers, and let me take you on a vicarious, armchair adventure to a couple of Melbourne's best fermented, flavourful havens.

REDHILL BREWERY

Set amidst the hops vines on the Mornington Peninsula is Redhill Brewery, who regularly opens up their cellar doors with an array of local and imported cheese creations to match with their craft beers. Jump online at www.redhillbrewery.com.au for dates and opening hours.



CELLARDOOR WINE STORE

Situated in the mineral-rich hills of Northern Victoria in Beechworth is the Cellardoor Wine Store who offer regular events featuring cheese, beer and wine. Head to www.cellardoorwinestore.com.au for future dates and event details.



BRIDGE ROAD BREWERS

While you're visiting those mineral rich hills of Beechworth, be sure to drop into Bridge Road Brewers for a personalised beer and cheese pairing from their renowned charcuterie for a good serving of rustic old coach house charm. www.bridgeroadbrewers.com.au





**FROMAGERIE
ARVANITI
SPECIALITES DE FROMAGE**



**Saganaki
ready to cook**

Available at
your local
Delicatessen



Gold Medalist 2012

the awarded
feta
cheese

Ph: 8806 9741
Sole distributor for Australia
Epicure Foods Pty Ltd
www.epicurefoods.com.au

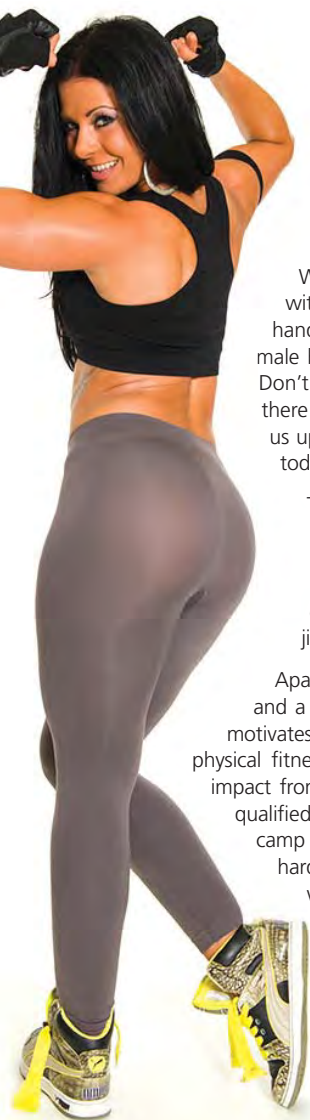








BY RAQUEL NEOFIT



*M*onique de Dios is Vanilla's queen of boot camp. Together with Giselle Kaplan, these fit and fab girls hit our parks and homes to keep us motivated on our paths to fit and fabulous with their ladies only, Bouncing Booty Boot Camp...

We've all seen the television commercial with those two early risers, coffee in hand, hiding in their car, watching all-male boot camp, but what about us girls? Don't sit in your seat any longer ladies, there are plenty of motivators for getting us up and out in the morning and joining today's trend of trends, BOOTCAMP!

This duo believes there are great benefits in attending boot camp, especially for women who attend an all-female boot camp that offers a fun, safe and comfortable environment for ladies that jiggle a little more than we'd like to.

Apart from the opportunity to share a laugh and a giggle, being in a group atmosphere motivates you to push harder towards your physical fitness goals and to achieve the highest impact from your work-out. The girls are both qualified personal trainers and have set a boot camp program that features a collection of hard and fast cardio workouts combined with tailored muscle strengthening madness. They monitor your form and technique so you can attain maximum endurance and physical strength from every move you make. Plus, they offer constant support and nutrition advice.

Boot camp is a great way to start your weekend and as the sun peeks out from our dreary winter skies it gets you outside enjoying the sunshine and fresh spring air of our great Aussie outdoors. Being in a group environment is also thought to improve your mental outlook because you are interacting with people and building new friendships, and if the girls have anything to do with it, you'll be laughing the whole way through.

But beware – boot camp isn't an island holiday and you won't be sipping marguerites on the beach!

It's a high-intensity workout of cardio and strength training, aimed to burn calories faster than you can say portokalopta. It's an hour-long feat of endurance, stamina and stubbornness that the girls will force from you like sweat, and it's the probably one of the best and most disciplined workouts you'll ever get. Boot camp is challenging, but you will see results if you stick at it.

The best part, ladies, you will be training with ladies, so for those of you who don't like to work out in the company of our other halves, you can be comfortable in the knowledge that you'll be in a group of ladies with the same agenda – fun, games and a bouncing booty atmosphere...

BENEFITS OF BOOT CAMP

- Motivation from others
- Varied exercise programs that can be individually tailored.
- A happy healthy environment with others to boost your mental outlook.
- Expert guidance on; weight loss, muscle strengthening, nutrition.
- Form critique.

For further information contact: MONIQUE – 0432 367 455
 GISELLE – 0434 620 636, Email moniquededios@gmail.com
www.facebook.com/BouncingBootyBootcamps
www.facebook.com/Dizzymonique
www.dizzyfitness.com.au

YOGA

By JESSICA JACOBI



“Yoga is not an ancient myth buried in oblivion.

It is the most valuable inheritance of the present. It is the essential need of today and the culture of tomorrow”

SWAMI SATYANANDA SARASWATI



Yoga is a philosophy that can be found throughout most Eastern cultures and can combine physical, spiritual and mental practices to attain a multitude of goals; physical strength, fitness, improved posture, stress reduction, improved health, and as a method to still the mind or find a path to spirituality and divine connection.

We asked Oakleigh local and Vanilla patron, and more importantly, yoga instructor, Jessica Jacobi to fill us in on her yoga journey and the reasons she decided to become a yoga instructor and turn this Eastern philosophy into a career.

Have you noticed that yoga is a very popular topic? Interestingly, yoga models are used to advertise products not even related to yoga. Doctors recommend yoga to prevent and treat various diseases and recently, scientists have become interested in studying the biological mechanisms of yoga's effects.

Why has yoga become so popular in the western culture? I've had a lifetime exploring different physical activities; gymnastics, martial arts, folkloric dance and classical ballet. Finally, I chose yoga as a lifestyle and as a career.

In my case, yoga helped fix what needed to be fixed in my life. When this happened, I felt the need to share my finding - discovering yoga was like discovering a treasure and I needed to share that treasure. So I became a yoga teacher. There are three reasons why I choose yoga as a lifestyle.

HEALTH

Yoga gave me back the health that I need to do the things I love. Genetically speaking, my body wasn't very healthy, regular physical activity is a must in order to avoid asthmatic crisis, rheumatic pain and plantar fascia problems. And once I hit my thirties, the old saying 'move it or lose it' started to apply.

Thanks to yoga, all my back and joint problems are gone. Having a regular yoga practice, I feel healthy enough to enjoy the occasional hiking with family or even ballet classes, activities that normally are not advisable if not done on a regular basis. And, the most important benefit that yoga gives me is mental health. Problems including eating disorders and anxiety, among others, which nowadays are very common in our society, are under control when I have a regular yoga practice.

FUN

I am that kind of person who gets bored very easily, I find it extremely difficult to do repetitive activities. Yoga always has something new to explore, it's never boring because there are always new challenging poses and new combinations of the basics.

EASY

Yoga is for everybody – any age, any body shape and any profession. I could say that most things I have tried to do in my life have been difficult. Ballet, science, motherhood, immigrating to a new country, learning a new language, everything has been pretty challenging but not yoga. The challenges that it does have are enjoyable and they keep me excited all the time. I don't have to achieve anything because yoga is not an achievement, it is just a practice and I love that. I just have to listen to my body and follow my body's instructions when a new yoga sequence appears.

For further information please contact JESSICA
www.yogawjj.com
www.facebook.com/YOGAwithJessicaJacobi



WINTER WEIGHT GAIN

By Mariah LeRoy

Has winter left you feeling tired and weighed down? Have you stopped moving and let your fitness go? Do you want to shape up and be fit before summer? If you answered yes, you're not alone.

Winter weight gain isn't just an urban myth; it's a reality rooted in our biology and fuelled by mood. Most of us gain between one and two kilos during the winter months, whether we plan to or not. And despite our best efforts, even the leanest of us usually grow a little as we retreat inside to avoid the cold. Gaining weight each year seems inevitable but there is hope: You can combat winter weight gain and keep your body trim for summer.

It might seem counterintuitive to exercise when you are feeling fatigued, but the reality is that exercise – whether it's a quick walk around the block, a workout at the gym or a hike in nature – can give you the boost that you need to keep going through the day. Why is that? Exercise stimulates the release of feel-good endorphins that not only make you feel better but also increase your energy levels.

As the temperature drops and sunlight wanes, many of us turn to warm, hearty meals to satisfy our need for food and warmth. Meals laden with creamy sauces, filled with pasta and potatoes, and often served with warm crusty bread and butter. Delicious as they are, what many of us don't realise is that these comforting meals are often rich with fats and full of calories. In summer, our increased energy levels help burn off those extra calories gained from overconsumption, but when our activity levels drop through the middle of the year, gaining extra weight is a certainty.

Most of us tend to hibernate through winter, daylight hours restrict our activities and it becomes harder to stay committed to exercise. The problem with this, of course, is that at the end of winter, as the sun starts to reappear, we are reminded all too soon that summer is on its way.

Exercise is your best weapon against winter weight gain. It can be hard to brave the cold to go for a jog or run, so if you want to keep your energy levels up it is worth visiting your local gym to use the treadmills or other cardio equipment. And strength training will do a lot to keep your metabolism revving. For the best results, aim to get to the gym at least three times a week and build a workout plan that will focus on your biggest muscles. Spend time working on your legs; they will burn more calories than any other part of your body. Add a little cardio to the routine – about 15 minutes per workout – and you'll do a lot to avoid adding extra kilos.

Boxing is another fantastic exercise to maximise energy levels and maintain your fitness. It will rapidly build your cardiovascular fitness and develop your aerobic pathways, leading to increased oxygen delivery and increased energy. Get a friend and try some boxing to get fit again before summer, or enlist the help of a personal trainer who will help you to stay motivated and manage your exercise program.

For many, making time to exercise can be difficult but any activity is beneficial. The more active you are, the better your circulation will be and good circulation is essential for energy. Your blood transports oxygen and nutrients to the cells all over your body – the more efficient these pathways are, the more energy will be delivered to your cells. If you struggle to find time for exercise, there are ways to maintain some activity.

For those of you with sedentary jobs – if you have a desk job or spend most of your day reclining – set an alarm to get up and move around throughout the day. Once an hour is ideal, you'll only need to move around for 5 to 10 minutes to give your body breaks from activities such as typing and



staring at the computer. Make sure to stretch your arms and legs, and get all the joints in your body moving.

If you spend all day sitting, try to get an ergonomic chair or sit in a chair with lumbar support and sit up straight. Good posture opens the chest cavity and increases oxygen intake by as much as 30 percent, making more energy available to your brain and muscles.

Also, stand up when you're on the phone or walk around your workplace

if possible. When you're stuck seated, like on a long car ride, do neck rolls and shoulder shrugs and circle your feet to keep blood circulating.

Here are five key points to help you shed those extra kilos;

- Lift weights / use your muscles
- Make sure there is cardio exercise in your routine
- Cut down on fatty foods and sugar where possible

- Eat a healthy breakfast to kick-start your metabolism in the morning
- Drink plenty of water and stay hydrated!

If you follow these simple guidelines and keep activity levels up in the cooler months, you will maintain your health and fitness, boost your energy levels and find every day that little bit richer and more enjoyable.

For further information please contact **Jetts Oakleigh** on (03) 9530 9217.

WORKOUT ON YOUR TERMS.

Jetts
workout on your terms.

Jetts Oakleigh

Tenancy 61-63, Centro Oakleigh

39 Hanover Street, Oakleigh, VIC, 3166

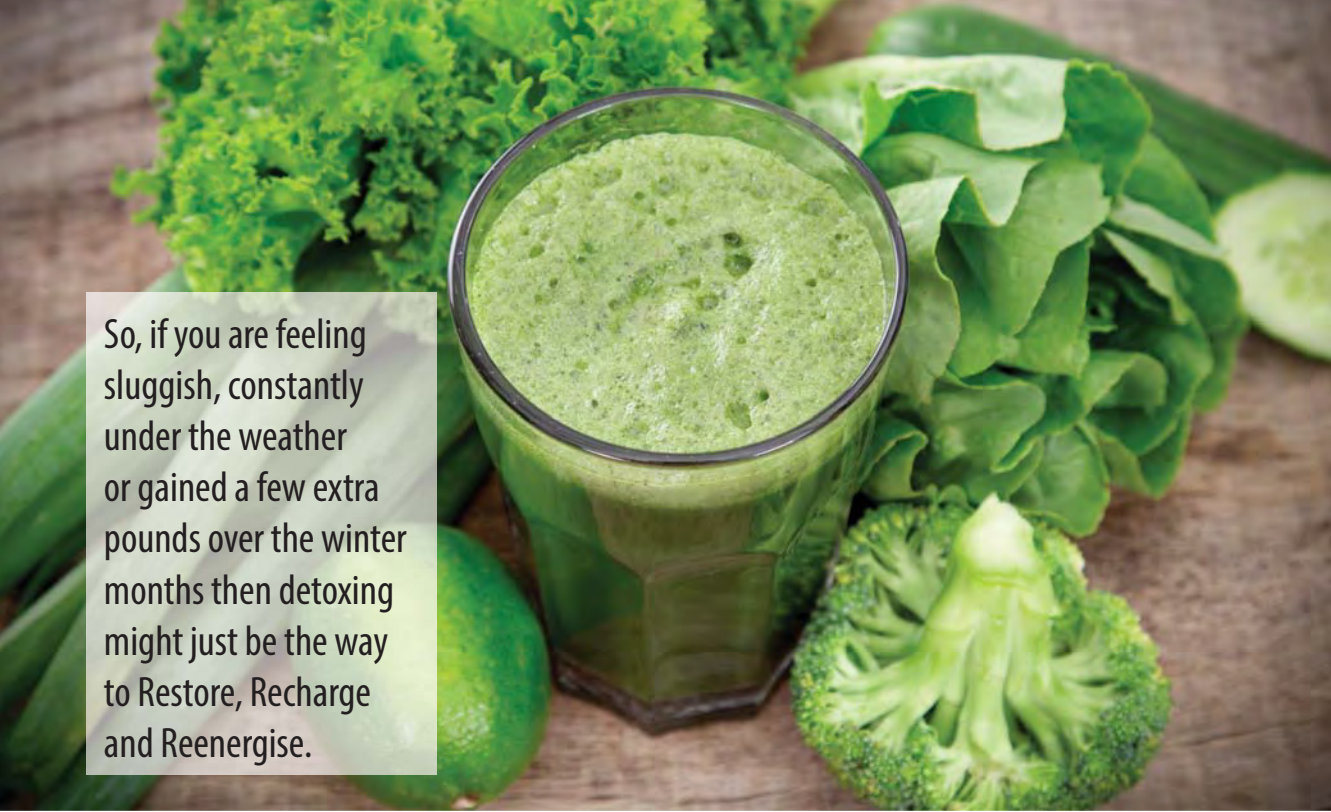
 twitter.com/JettsOakleigh |  facebook.com/JettsOakleigh

1300 JETTS 247 | jetts.com.au

A close-up photograph of a woman with dark hair pulled back, wearing black-rimmed glasses and a white lab coat. She is looking slightly to her left with a curious expression while drinking a vibrant green smoothie through a blue straw. Her hand is visible holding the glass. The background is softly blurred, suggesting an indoor setting.

DEMYSTIFYING **DETOX**

By JOANNA PSARAKIS



So, if you are feeling sluggish, constantly under the weather or gained a few extra pounds over the winter months then detoxing might just be the way to Restore, Recharge and Reenergise.

Over the past decade, detoxing has become somewhat of a fad. So what is all the fuss about and is detoxing really necessary?

Today we live in a toxic world, our bodies are continually bombarded with toxins from the air, food, water and the products we put on our skin. These toxins can accumulate in our body and adversely affect our health. Health problems such as allergies, cancers, depression, obesity and infertility are on the rise and some attribute this to overexposure of toxins.

WHY DETOX...?

According to Swee Boon Chai, **toxins are better out than in!** When our body is overexposed to toxins, its natural detoxification system becomes compromised risking ill health. Undergoing a detox program may just be the support our body needs to eliminate toxins, restore balance and maintain optimum health.

There are many reasons to detox and the method or approach to detox will depend on your particular goal. Whatever your reason or motivation it's important to set realistic goals and expectations - set a menu plan for the duration of your detox that is simple and achievable, and be mindful and prepared for any challenges you might face along the way.

PROCESS OF DETOXIFICATION

Our bodies actually have detoxification mechanisms built in; the liver, kidneys, intestines, even our skin work tirelessly around the clock to eliminate harmful toxins and waste.

Detoxing can be achieved from: salt rooms, lymphatic massage, ionising foot spa treatments, skin brushing, saunas, colon cleanses, taking detox supplements, fasting (water/juice) and so on.

One of the most popular methods is the juice fast. This method provides essential vitamins and nutrients whilst supporting the body's systems to cleanse and remove harmful toxins. It can be implemented for three days, a week, a month or even longer depending on the reasons for detoxing. If you are trying this method for the first time, it's better to start with one day then build up slowly to three, seven and so on.

Once a realistic timeline is established, create a detox menu plan. It's important you also have the right equipment. For juicing, a cold pressed juicer is highly recommended as it produces superior quality juice that retains most of the enzymes. Lastly, use organic produce and ensure you have enough to meet your daily requirements.

Foods to enjoy during your detox: Any fruit and vegetables, nuts, seeds, olive oil, coconut oil, green tea and water.

During your detox avoid: Grains (bread, oats, pasta, rye, oats, spelt etc), caffeine, milk and milk products, meat, fish, dried fruits, sugar, flour, honey, processed foods and artificial sweeteners.

When undergoing a detox program, you will experience a 'cleansing' reaction in the first few days. This may include headaches or loose bowel movements due to the sudden withdrawal of certain foods such as caffeine. These symptoms do subside within a few days and by the end of the detox your body will generally feel lighter and more energised.

Detoxification is not without 'effects' and some people are not medically able to detox. Always consult with your health care professional before you undergo a detox program. Detoxing is not recommended for children, the elderly or women who are pregnant or breastfeeding.



MY STORY...

I recently decided to undergo a seven day CABALA juice fast. This detox program was specifically recommended to me by author and health educator, Don Tolman to assist my body in releasing toxins which have triggered unwanted symptoms of late including lethargy, bloating and a weakened immune system. The program simply involved drinking a full glass of filtered water with lemon juice and a pinch of Himalayan salt every morning followed by CABALA juice throughout the day for seven days.

CABALA JUICE RECIPE:

- C – Carrot (3-4)
- A – Apple (1 red)
- B – Beetroot
- A – Apple (1 yellow)
- L – Lemon (skin included)
- A – Apple (1 Green)

My first day I was full of excitement and my motivation levels were high. I was determined to meet my goal of completing the detox. By day two I began craving carbs and my mind kept diverting to all the foods I was meant to avoid. Day three the headaches arrived, this was expected especially since I was not having my daily lattes. During this time, I made a point of drinking extra water with lemon and a pinch of Himalayan Salt - I found it hydrated me faster and eased the headaches. Resting when I needed also helped to keep me balanced and motivated. By day four my 'healing crisis' had begun. I experienced aches and pains in my kidneys, lower back, legs and joints like never before. I was advised this was to be expected and that everything I was feeling was as a result of 'death leaving my body'. By day seven the aches and pains subsided and to my surprise I felt awesome! It was an amazing experience. My body got through the worst and I certainly felt the healing. I feel more energised, lighter and healthier.

Before you embark on a detox program, it's important to keep a few things in mind:

- Consult with your health care practitioner which detox program may be suitable.
- Be clear about what foods you can include and which to avoid.
- Plan a realistic timeline.
- Design a detox menu plan for the duration of your detox, ensure your pantry and fridge are well stocked and that you have the necessary equipment for preparation.
- Include fruit and veggies in your menu plan.
- Be creative with your juice combos, it makes the process more interesting and ensures you receive the essential vitamins and minerals.
- Ensure all your ingredients are organic. The idea is to eliminate toxins not add more.
- Drink plenty of water – 1 litre per 22kg of body weight.
- Drink a glass of filtered water with lemon juice and a pinch of Himalayan salt first thing in the morning is a great way to cleanse and boost the system.
- Get plenty of REST and BE KIND to yourself.

Incorporating a regular detox or cleansing ritual with whole foods is a valuable way to restoring health, energy, harmony and balance and a great way to prepare your beautiful body for summer.



Love Yourself, Love your Health – **CHOY SHIAU HUI**

FRUITFUL

SKIN RENEWAL

Imagine browsing through skin care aisles and finding that one, perfect product that boasts of all-natural ingredients. Serendipity, right? Then you go and read the label expecting to find a virtual salad but instead finding yourself reading benzoic acid, butyl stearate, and some totally unpronounceable compounds. You're no botanist but you're sure that those things don't grow on trees. This is because most commercial items meant for skin care nowadays contain preservatives and other chemicals to maintain their consistency and shelf life. Problem is, most of these chemicals can actually irritate more sensitive skin.

ADD-ONS SUCH AS OATMEAL, WHEAT GERM, BROWN SUGAR, AND DRIED HERBS ARE ALSO INCLUDED FOR MORE SPECIALIZED CONCOCTIONS SUCH AS A PIMPLE TREATMENT, FLAKING, AND OILY SKIN.

Skin care using natural ingredients offers great variety. There are facial cleansers, scrubs, moisturizing creams, and face masks, and indications for use are usually found with the recipes. The recipes indicate whether the mixture is for normal, dry, oily, sensitive, and acne-prone skin. Some are even more specialized as blackhead removers or whitening solutions.

Homemade skin care routines have many advantages. First, the ingredients are easily available and the choices are great. They are also natural, thus, greatly reducing risks of allergies or skin irritations. Second, the ingredients are cheap, which translates into more savings for you. Third, you can modify the recipes to suit your needs. Since the risks for irritations are minimal, experimentations are relatively safe. Fourth, vitamins and antioxidants are naturally found in fruits, while milk and honey have restorative properties. Therefore, you get the same vitamins found in commercial products while limiting or eradicating chemicals.

As these skin care recipes use natural ingredients they require refrigeration and can only keep for a week. However, it is better to make these in small quantities or batches for immediate use. In addition, these recipes contain natural hydroxy acids and vitamins for direct and instant skin rejuvenation. Also, don't forget to keep fit by exercising, having a balanced, healthy diet and regular sleep. With these pre-requisites and your new skin care solutions, you're on your way to having the healthy skin that can top what science can offer. Now, that's what you call natural.

Bananna and honey face mask

The solution is simple. Create your own homemade skin care line. There's nothing to it as most ingredients are found in your fridge or fruit basket. All-natural skin care recipes are easily found on the Internet or in magazines. Usually, these skin care mixes are composed of a combination of one or two fruits. Combinations like these can include either the fruit pulp, fruit juice, or both. Milk, water or honey are usually added to smoothen the mixture.

BANANNA AND HONEY FACE MASK RECIPE

- 1 ripe banana
- 1 large tbs honey
- 12 drops lemon juice

Mash the banana in a bowl, add the lemon and honey and combine well. Smother over your face and sit back and relax for 15 to 20 minutes. Rinse with warm water.





FROM THE GREEN ROOM

'It's not easy being green'

– Kermit the Frog

A green room is a room in a theatre, studio, or other public venue to accommodate performers or speakers when not on the stage.

Cheers, we all know that, but where did the word come from?

The term green room is one of the most used and misunderstood words in the entertainment industry and even though, historically some rooms were green, the modern green room is generally not green at all.

When I decided to explore this topic, I thought I should research its origin and I was surprised to find not one theory but many. Over time it seems the origin of the term has been lost in history. Although who knows which one, if any holds the true meaning? I guess the person that came up with it originally is the only one that knows!

During my search, I did find a few interesting and plausible theories.

The earliest recorded use of the term was in 1701, although some argue the first reference was in a 1678 play titled *A True Widow*.

More than likely, it was commonly used by the end of the 1690's with some concluding the term originated from the colour the early greenrooms were painted, but no explanation as to why the colour green was chosen!

Possibly it was soothing to the actors eyes (after they come off from performing in the limelight, it would leave a greenish after-image on the retina). Performers = precious. Even back then! hehe

Apparently London's Blackfriars Theatre had a room backstage which happened to be painted green. Here, actors would wait before going on stage so it became known as the

green room. It's said some English theatres contained several of these rooms, each ranked according to the status and salary of the actor. One could be fined for using a greenroom above one's station. Clearly something I need to incorporate at The Comedy Club - \$\$\$

Another theory is that plays originally took place outside on the village green. It could also be because it was a room where the shrubbery that was used on stage was stored in.

Ancient Greek theatres also had an area behind the stage covered with vines. It was a place where actors could rest in the shade after performing in bright sunlight. I find this most likely as so many historical theatres were outdoors; it makes sense the cast would've been surrounded by vines during the day and drank the fruits of the vines at night. A tradition still practised and enjoyed by performer's today!

The word also refers to the makeup worn by performers. When first applied, old-style makeup was prone to cracking until fully cured. Immediately after it was applied, it was green in colour and the green room was a quiet place for them to sit and relax while the makeup cured properly.

These days, some women still use plaster as a suitable foundation base. They are literally a crack-up!

Evidence also suggests performers were often nauseous from nerves before a show or performance, resulting in a green complexion.

This I can vouch for, especially with spotters trying out in our room for the first time. I refer to them as The Kermit's of Comedy.

I wanted to offer up a clear and concise explanation on the origins of the green room, but I couldn't put it down to any one thing. However, I have come away with a renewed knowledge and some interesting facts.

Recently I asked some comics where they think the term actually comes from. (Yawn...) I didn't realise how boring hearing their theories would be as they all came up with similar ideas, some mentioned above. So I changed tact and



BEN LOMAS



ADAM ROZENBACHS



MATT KLEIN



CHRISTINE BASIL



SIMON PALOMARES



CJ FORTUNA



THE NELSON TWINS



CHRIS FRANKLIN



LEHMO



ELLEN BRIGGS



DAVE CALLAN

instead decided to ask what the Green Room means to them. Something I wish I'd bloody-well asked in the first place as I got some really great responses.

I also agree with most of them.

- The place where I laugh the most – BEN LOMAS
- Where the jokes that can't be done on stage, get done. – ADAM ROZENBACHS
- Where the comics will rip into each other so bad it's almost a relief to get on stage – MATT KLEIN
- It's a comedy fox hole, a place to prepare for battle and retreat to, even if you die – CHRISTINE BASIL
- Where even men sit in full make up waiting for someone to talk to them – SIMON PALOMARES
- It's not green. It's really messy, boxes of junk everywhere and there's a stench of comedy history... It's a funny smell. The colour green is supposed to be relaxing but I think it's the beers that do it. – CJ FORTUNA
- Where comedians get together and talk about the comedians they hate– CHRIS NELSON (THE NELSON TWINS)
- Where the real comedy happens – CHRIS FRANKLIN
- It's full of fragile egos pre-empting suggestively that the audience is stupid and probably



DANNY MCGINALY



PAUL BRASCH



DAVE HUGHES

- won't get their stuff. It's also like a twenty year old pair of tracky dacks... filthy, stained, too small and very, very comfortable – LEHMO
- Where you return like a rock star or you return and want to crawl under a rock. It's also where you'll hear more shit spoken than on The View – ELLEN BRIGGS
- It's a place for staff and cast to entertain friends... WITH GREEN – DAVE CALLAN
- You know the cave on Dagobah where Luke fights Vader? That's the Green Room – DANNY MCGINLAY
- It's a place where I feel like I can play with myself in private when no one's around... Unfortunately, there's always someone around. – PAUL BRASCH
- It's a place for comedians to distract each other while they're meant to be organising their set – DAVE HUGHES

TOULA BOURMAS

Venue and Entertainment Manager
The Last Laugh at The Comedy Club

THE LAST LAUGH AT THE COMEDY CLUB

For Bookings & Discount Tickets
Phone (03) 9650 1977

“The Last Laugh Comedy Club is considered the No.1 venue for great comedy - in the city that is celebrated as the home of comedy in Australia.”



A TIME TO CULL?

Hoarder or collector? Apparently there's a fine line between the two. According to my family the line is actually there. It's just under one of the precariously balanced mountains of treasure dotted throughout my ever-shrinking home.

Okay. Confession time.....

'My name is Christine and I'm addicted to op shops, garage sales, flea markets and will admit to occasionally pulling over to sift through a pile of hard rubbish with both the enthusiasm and patience of a prospector, along with the covert execution of a jewel thief.'

Incidentally, when is the council going to hold a soft rubbish collection? I've got an old cot mattress, two ripped beanbags and a matted Flokati rug that I'd actually be happy to part with!

In the way many of us watch *Biggest Loser* to feel better about ourselves, (guilty as charged) I'm the same when it comes to those hoarding shows. Ironically, Foxtel screens waaaay too many of them. For example, I'm nowhere near as bad as Lewis Fowler of North Carolina who's storing seventy-three plastic containers of his own urine in the garden shed.

Seriously??? Unlike a fine wine, it's hardly going to improve with age. Any collector will tell you their obsession is not a problem, but more a vehicle for expression – revealing insight to their personality both inside and out. I fear though, Lewis Fowler may have taken this too literally. Who wants to crack open a bottle of Chateau De Oui Oui on their 25th anniversary? Not even Mrs Fowler I'm guessing.

It's funny how anything pronounced in a French accent somehow sounds more high-end and stylish, which is why I'm choosing to describe my interior design in the following ways; Couture Clutt-eur, Extremely Shabby Chic and Crème de la Crap.

Why is it so many people care about how much stuff other people have in their own homes?

Every hoarding show episode inevitably features the concerned family seeking the services of an Organisational

Therapist... or Neatness Nazi as I prefer to call them. If such an intervention was bestowed upon me, I'd be furious - some patronising stranger touching my stuff, telling me what to part with, what I can keep and where to put it. Bring it on. I'll tell them exactly where to put it!

Oh, and the psychobabble that spews from their condescending mouths...'You're building a fort to protect yourself from unaddressed emotions, unnecessarily holding onto representations of the past that would be better stored as a beautiful memory' or 'It's a cry for help signalling a deep, unrelenting loneliness.' Okay, maybe the last one rings a bit true. Since the kids moved out I have been a little lonely. Rarely is there a knock on the door. You know you've got a problem when even the Jehovah's Witness looks at his watch!

Personally I feel the hoarding problem of the world is not nearly as bad as cable TV would have us believe. Whatever happened 'to each to his own'? No one seems to be picking on the empty, sterile environment of the *Minimalist*. So back off Foxtel and stop judging the warm itemised hug surrounding the *Maximalist*!! (I've decided that is a word.)

Admittedly, the time has come to adopt some self-control and begin a small scale culling process, but at my own pace. Push me and I'll vanish. Uummm, and just for the record, if I'm gone for more than 24 hours – before you file a missing persons report – I suggest a quick scan of the house. Search party volunteers need only think back to any Third World Earthquake footage they might have seen. Should a gesturing hand poke out from under a pile of rubble... its quite possibly mine.

CHRISTINE BASIL


Celebrating over 20 years as a Stand Up Comedian, Comedy Writer and Maximalist.

Specialising in corporate events, work and sporting club functions, emceeing and special occasions.

For bookings or further details please contact **Blaskett Entertainment** on 0416 220 114



melbournes newest 24 hour greek radio station



Rythmos 1656AM

greek radio to a different beat

17 d chester street oakleigh

www.rythmos1656.com.au

listen@rythmos1656.com.au

just some of the shows you can hear on rythmos



THE NEWS

Weekdays at 8am 9am & 12pm

A comprehensive look at the days latest events and news stories. Covering local, national and international news sports, finance and weather.

www.facebook.com/Rythmos1656



likethis&likethat

Weekdays at 9am & 12pm

Enjoy non-stop Greek hits with a little from here and a little from there. So even if you like it like this or you like it like that they have got you covered..

www.facebook.com/likethislikethat.rythmos



polithrona gia dio
Thursdays 4pm-6pm
hosted by eugenia & vangelis

POLITHRONA GIA DIO

Thu 4pm - 6pm

Eugenia & Vaggelis host a 2 hour show with the latest Greek Music, gossip and light-hearted fun for all... Don't miss it at 4pm every Thursday... on Rythmos

www.facebook.com/PolithronaGiaDio



GOOD LIFE

with Dafni Fridays 4pm - 6pm

The drive-time show with a difference... Join Dafni every Friday between 4pm - 6pm for good life because you have to find the good side of life.

www.facebook.com/goodlifewithdafni.rythmos



THE KK FACTOR

Fridays 7pm - 9pm

Set your Fridays afire on Rythmos 1656 with the KK Rock Chic, every Friday from 7pm - 9pm. With crazy competitions, singing games, prizes and surprises...

www.facebook.com/TheKkFactor



HAPPY CLOUD

Weeknights 12am - 2am

Lift up your weeknights with the best mix of 80s & 90s guaranteed to take you higher... Because behind every silver lining, there is a happy cloud.

www.facebook.com/happycloud.rythmos

www.rythmos1656.com.au/listen-live

Exercise Your Brain!



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

MODERATE LEVEL

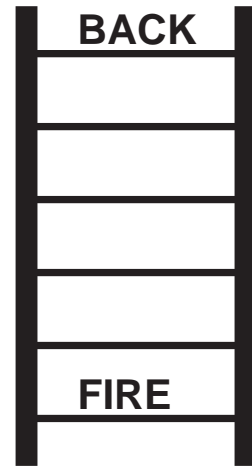
		7				8		
5			6					1
9				1				3
		5	1	4				
4								5
				6	3	1		
	4			9				3
	6				7			4
		3				7		

VERY HARD LEVEL

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

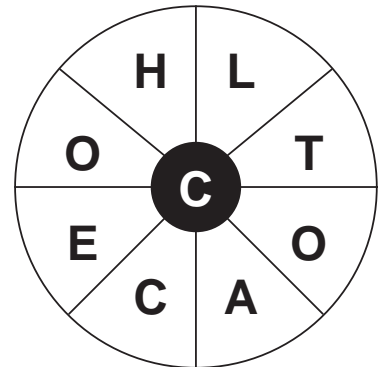
Word Ladder

To solve the word ladder puzzle you must find a chain of other words to link the two words shown, where at each step the words differ by altering a single letter.



Word Wheel

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



.....

.....

.....

.....

Horoscope!

Spring 2013

ARIES:

Spring is a time of growth and a time to live life with spontaneity and change. Change with the season and plant and dig in the dirt, look to nature for fulfillment. If there are situations that threaten to cause depression, don't let them. Address any dissatisfaction as it occurs or that depression could take hold. Stop to smell the flowers and enjoy the warmth of spring.

TAURUS:

Now is the time to take stock of what and who you are and start to visualise your long-term goals. You will be successful at anything you try as long as you can be organised. Stay focused and calm and your hard work will pay off. Things are going your way and you will receive the accolades you've longed for. Beware of misunderstandings.

GEMINI:

It's spring, time to start on fresh, exciting new experiences. This spring will bring you creative ideas that add a new sparkle to your life. Try not to tell others about your ideas because they will burst your bubble. Be tactful when delivering an important message and try to be sensitive to other people's feelings. Embrace the warm weather and go outside and have some fun.

CANCER:

A professional or personal relationship may become stressful. You will have to reestablish this relationship. You will find a mentor for an enterprise that is close to your heart and with spring will come fresh new ideas that will help to establish your name. It may be scary to take a chance but it will pay off. Do not opt for the easy way out for it will backfire on you.

LEO:

Avoid spreading yourself too thin, concentrate on the commitments that you've already made. Focus on one thing at a time. Fulfill your need for travel by learning a new language or watch the Discovery channel. Trust your instincts in relationships and don't push things too far, give your heart to someone worthy. Watch your temper, be forceful without being catty. Start living life to the fullest and enjoy yourself.

VIRGO:

This spring you will have great empathy for those around you and at times it will seem like you can feel their thoughts. This is the time to rehash personal issues and intelligently discuss where you and your partner are heading. Discussing difficult issues will go a long way towards resolving the troubles in your relationship. Making compromises does not mean letting go of your beliefs.

LIBRA:

This spring, keep the affairs of the heart open and honest. If you have been keeping any secrets from your significant other, now is the time to come clean. It is better if you tell your partner yourself rather than having them hear it from others. Professionally you will have to work harder than ever, make sure you are being original. This season will be filled with new people and places.

SCORPIO:

This spring you will keep experiencing change and it will be a very confusing time. Some of the change will be very good, some not so. You will need to use extreme measures to get where you want. People are listening so speak up, they know you are grounded in common sense. You will be able to dream up solutions to what seem like impossible situations. Speak what you feel, you won't cause any harm or bad feelings.

SAGITTARIUS:

This spring, organise painting and clearing the outside of your home. You will be able to heal old wounds that have been festering for years. Be cautious when entering a new love affair, it is better to move slowly than to repent at leisure. You will ignite a flame that can only be put out one way. Be careful that one night of bliss doesn't turn into a lifetime of regret. Maintain your moral integrity or you will get burnt.

CAPRICORN:

This spring you will establish yourself in your career and your hard work will get you what you want. Take advantage of this time to finish a long-term project but make sure to read the instructions and use your creativity. Your hard work will pay off and you will be recognised by those who matter. There may be high tension in the home, don't get caught up in it, it will pass.

AQUARIUS:

This spring you will be looking for answers, find new classes and venues where you can learn and create. Read and travel to find enlightenment, join intelligent conversations, you might meet someone just like you. Your tastes will be turned upside down as you meet new people and try new things. Your future will be happy if you just be yourself. Avoid unnecessary arguments.

PISCES:

People in your workplace will be unreliable and circumstances generally very strange. Be open-minded and wait for opportunities. At the moment you need work and work is what you'll get. Develop a plan of action and eliminate distractions. There will be turbulence in your relationships yet you will try to blur the truth so that you can move on. You will want you to be kind to everybody, don't lose perspective of who you are.



Scamparla Bella

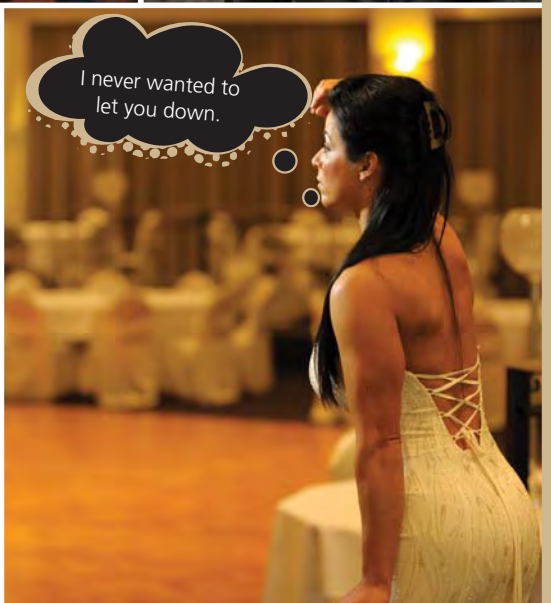


Sceneggiatura: Nikita Ballas
Fotografia: Con Milenas
(Con Milenas Photography)
Organizzazione: Adele Vrantzes

Personaggi & Interpreti
Christina - Christina Halkiopoulos
Zac - Ramis Issac
Tom - Tom Kondo
Blonde Bride - Marina Cookie Sugar



I am very sorry... Please forgive me... For breaking your heart.





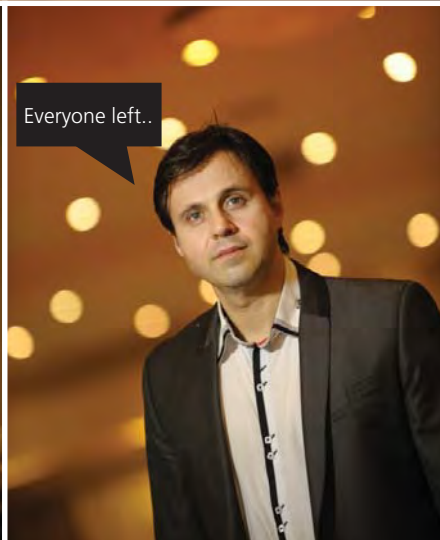
And bring you shame.



What have I done?



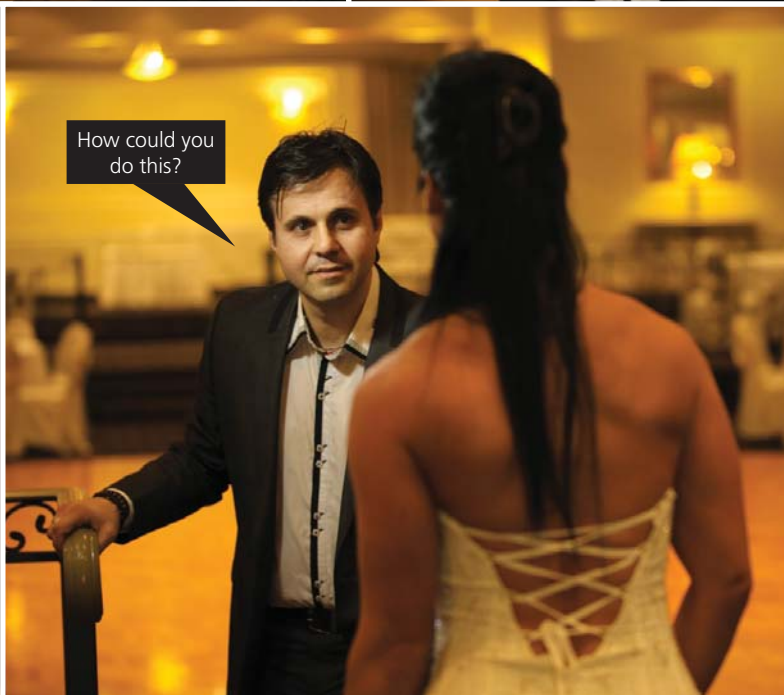
...mum, dad?



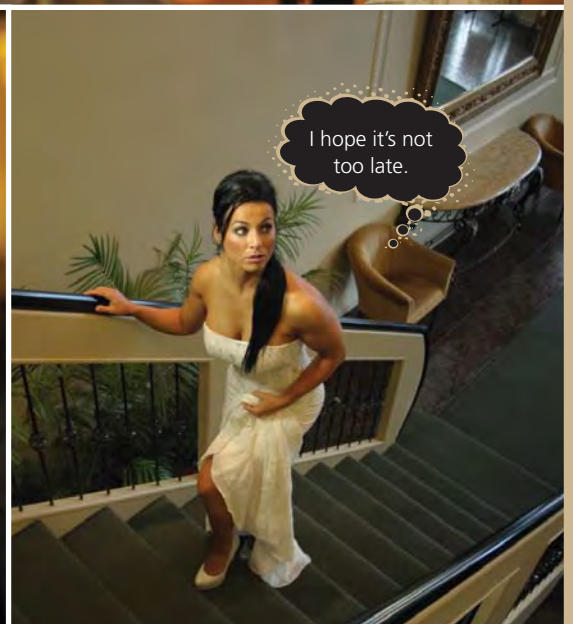
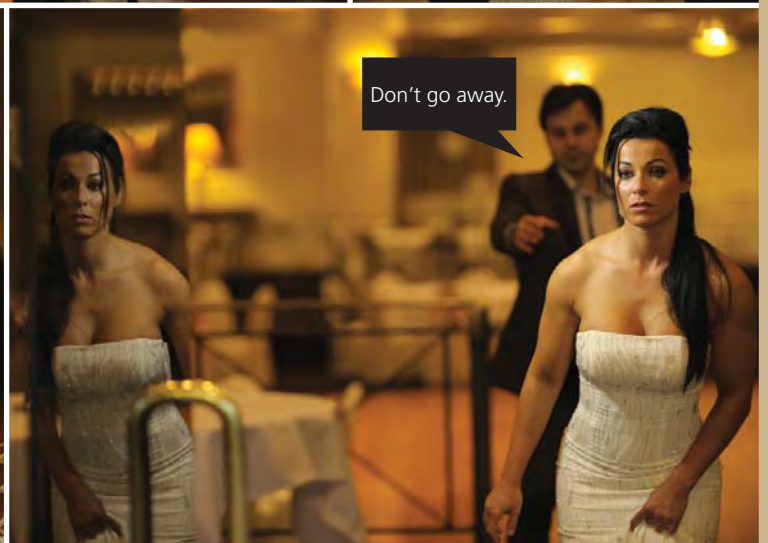
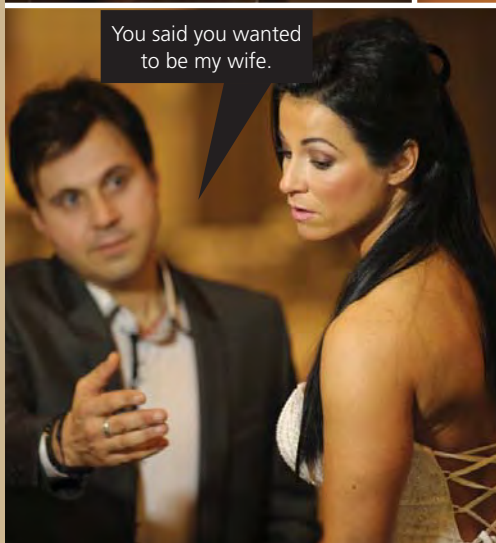
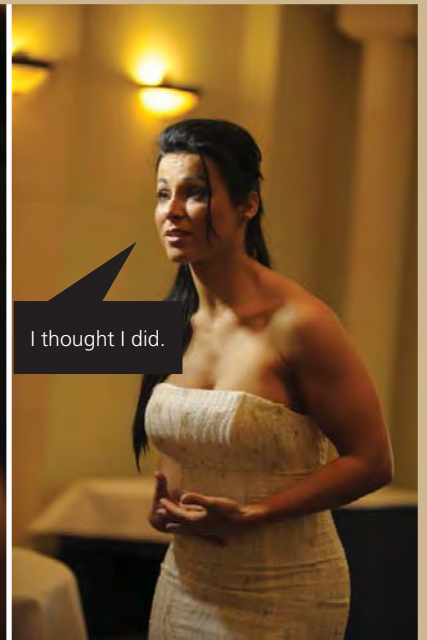
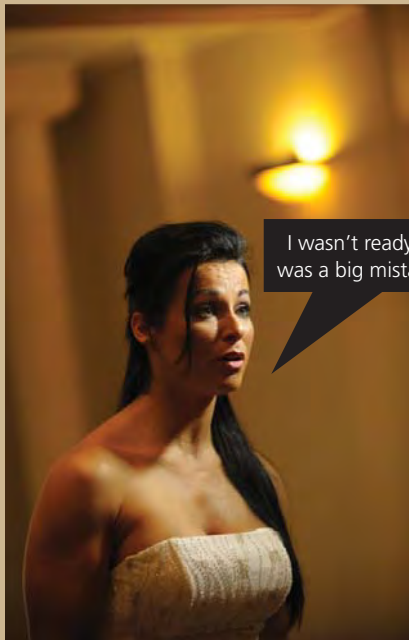
Everyone left..



Tom!



How could you do this?





Who is she?

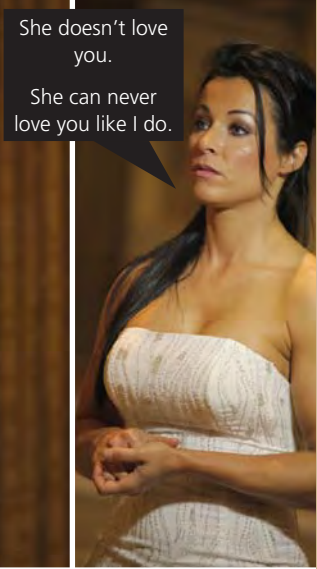
No!



She is my wife. The one that will never betray me.



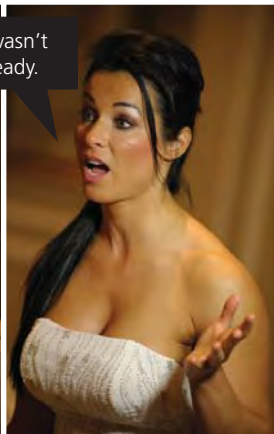
What do you want?



She doesn't love you. She can never love you like I do.



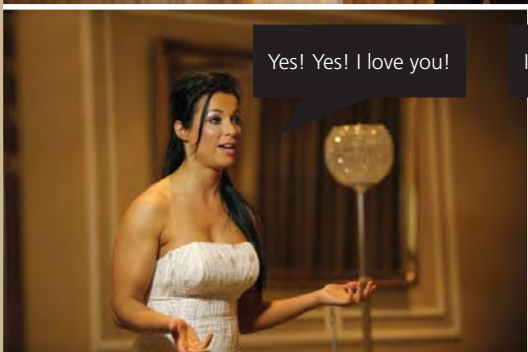
Then why did you leave?



I wasn't ready.



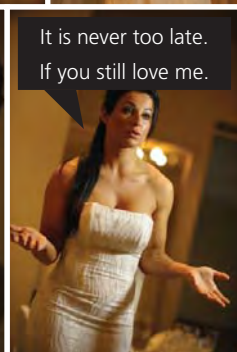
And now you are?



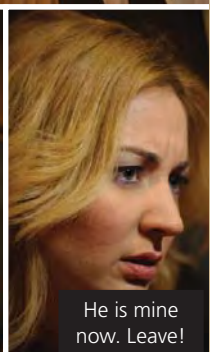
Yes! Yes! I love you!



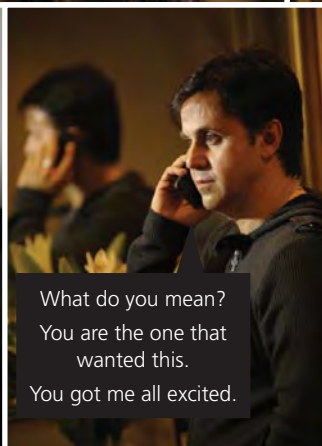
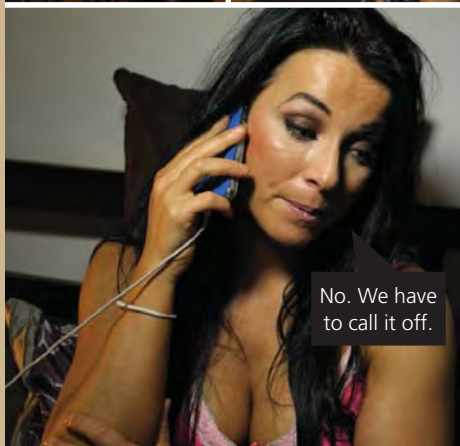
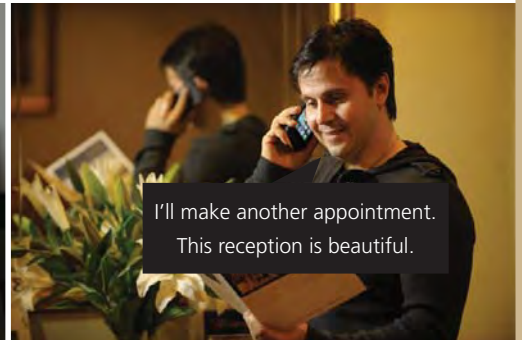
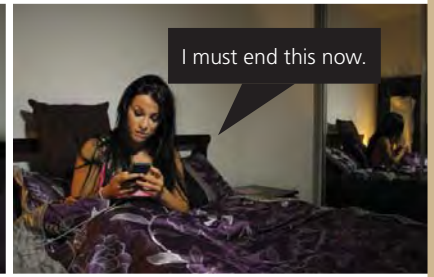
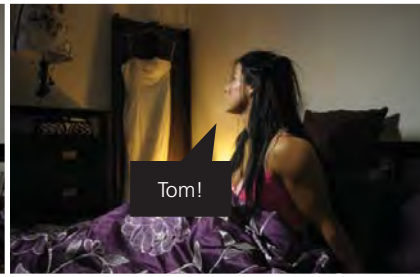
It is too late.



It is never too late. If you still love me.

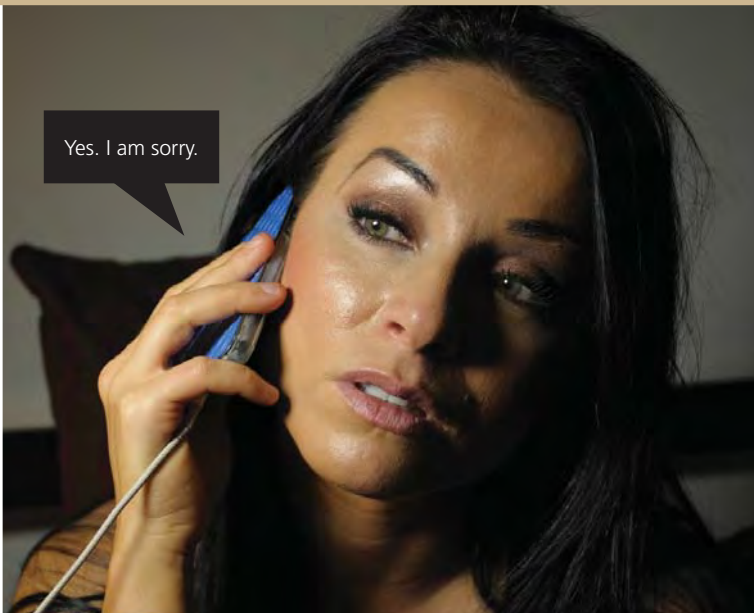


He is mine now. Leave!

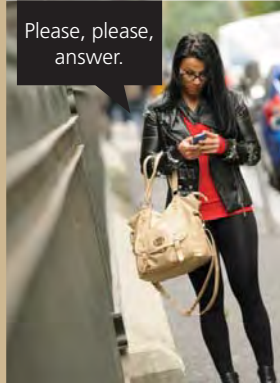




Your ex?



Yes. I am sorry.



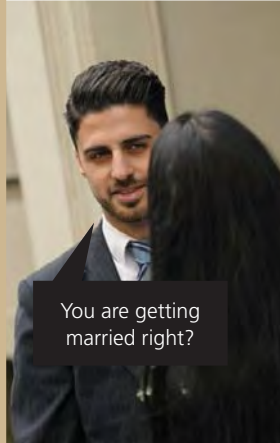
Please, please, answer.



There you are!
What's wrong?
Everything o.k?



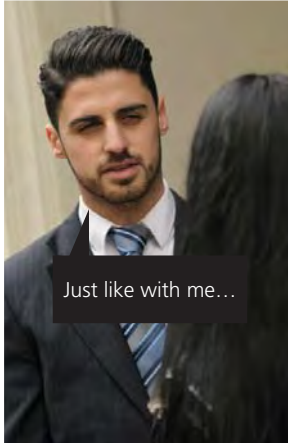
You won't believe what happened.



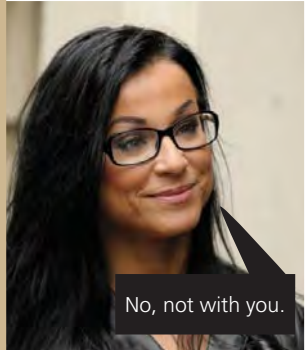
You are getting married right?



Not anymore. It was a narrow escape!



Just like with me...



No, not with you.



What do you mean?

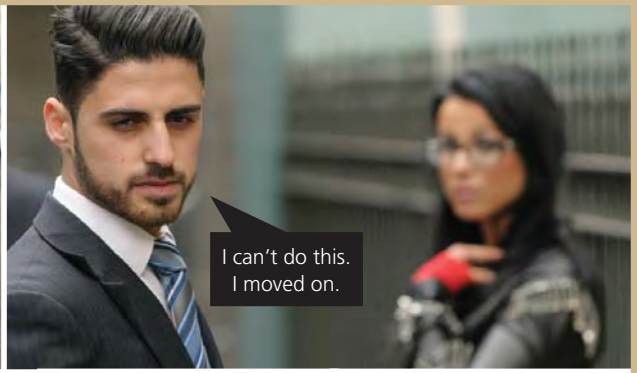


I was escaping my fears.

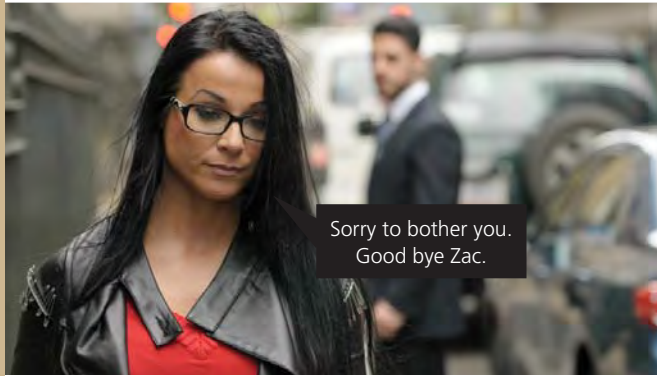
I never put pressure on you.



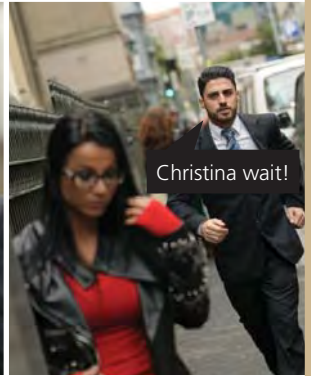
I did it to myself.
I loved you, I still do.



I can't do this.
I moved on.



Sorry to bother you.
Good bye Zac.



Christina wait!



Do you know this
time what you want?



Was my bride in your
dream at least beautiful?

Yeah she was, but
she was blonde.

Is that right?
No contest babe.

*Yes. I never want
to let you go.*

La Fine



Ultima is Elegance & Style.... All it needs is you

Whether 50 or 500 guests, Ultima's choice of 4 intimate and elegantly appointed function rooms is sure to exceed your expectations.

Ultima

Cnr. Keilor Park Drive & Ely Court, Keilor Victoria 3036 (Melway Ref 15 BB)
Tel 03 9336 3344 Fax 03 9336 3954 info@ultimafunction.com
www.ultimafunction.com





VANILLA HOUSE BAND

EVERY THURSDAY NIGHT @ VANILLA


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



PLAYING NOW @ VANILLA!



VANILLA CHART SPRING 2013

DJ BALLA

THE BEST IN EUROPEAN & LATIN HOUSE

TOP 30 by DJ BALLA

1. Tube & Berger & Milan Euringer - Lovebreak
2. Tomaz Filterheadz - Sunshine (Uto Karem Remix)
3. Radio Killer feat. Junior Caldera - Beautiful people
4. Ela Rose - Lovely Words (DJSamp Remix)
5. Ella Rose Ft. David DeeJay - I'm Done
6. Liviu Hodor feat. Mona - No Stress
7. INNA - Shining Star
8. Arando Marquez - Need ya (Andeen Damassy Remix)
9. VillaNaranjos - Jalon
10. Jerry Ropero & Denis The Menace Feat Jaqueline Coracao Sandro Monte & Andres Cabrera Remix
11. Aloe Blacc -- I Need A Dollar (DJ Viduta Remix)
12. Afro Medusa - Pasilda (Kneedeep Club Mix)
13. Chocolate Puma - Tonco Tone (Original Mix)
14. Coxswain Feat. Josbel - Cumbakin (Yo Soy Di Cuba)
15. Daniele Petronelli - Salamandra (Juan Ddd Johan Dresser Remix)
16. Nick & Danny Chatelain roberto serrano Pikante Original Mix
17. Nick Kamarera & Alinka - Get A Life Da Fleiva Remix (Jhaps Production)
18. Mr Jamming Feat. Tonny Sax - Let Me Be The One
19. Tamy feat Morris - Siente la vibra
20. Alex Velea - E marfa tare (Andeen Damassy Remix)
21. Dj Sava, Magic Juice feat. J. Yolo - I wanna rock
22. Starchild feat. Me High - Hayati
23. Andeen Damassy & Georgya - Jamilah
24. Play & Win - Don't try to stop this
25. That's Right Feat Mellina - My Life (Stephan F Remix Edit)
26. Christina Matsa - My Reason
27. Deep Zone Project - Made for loving you
28. Christina Matsa - If You Wanna
29. DJ Project - Miracle Love (DJ Juvenile's Club Life Mix 2013)
30. Hoxxygen Feat. Mellina - Take My Hand (Stephan F Remix Edit)



KINISI LIVE

9429 1224 | www.kinisi.com.au | 560 Church St, Richmond



Let's get Together!

VANILLA

CAKES AND LOUNGE

17-21 Eaton Mall Oakleigh VIC 3166

vanillalounge.com.au

Our Eureka Visa Debit Card

A secure way to
access your money



VISA
DEBIT

rediATM
Your money when you need it

Call **1300 660 550**
or visit **delphibank.com.au**

DelphiBank