



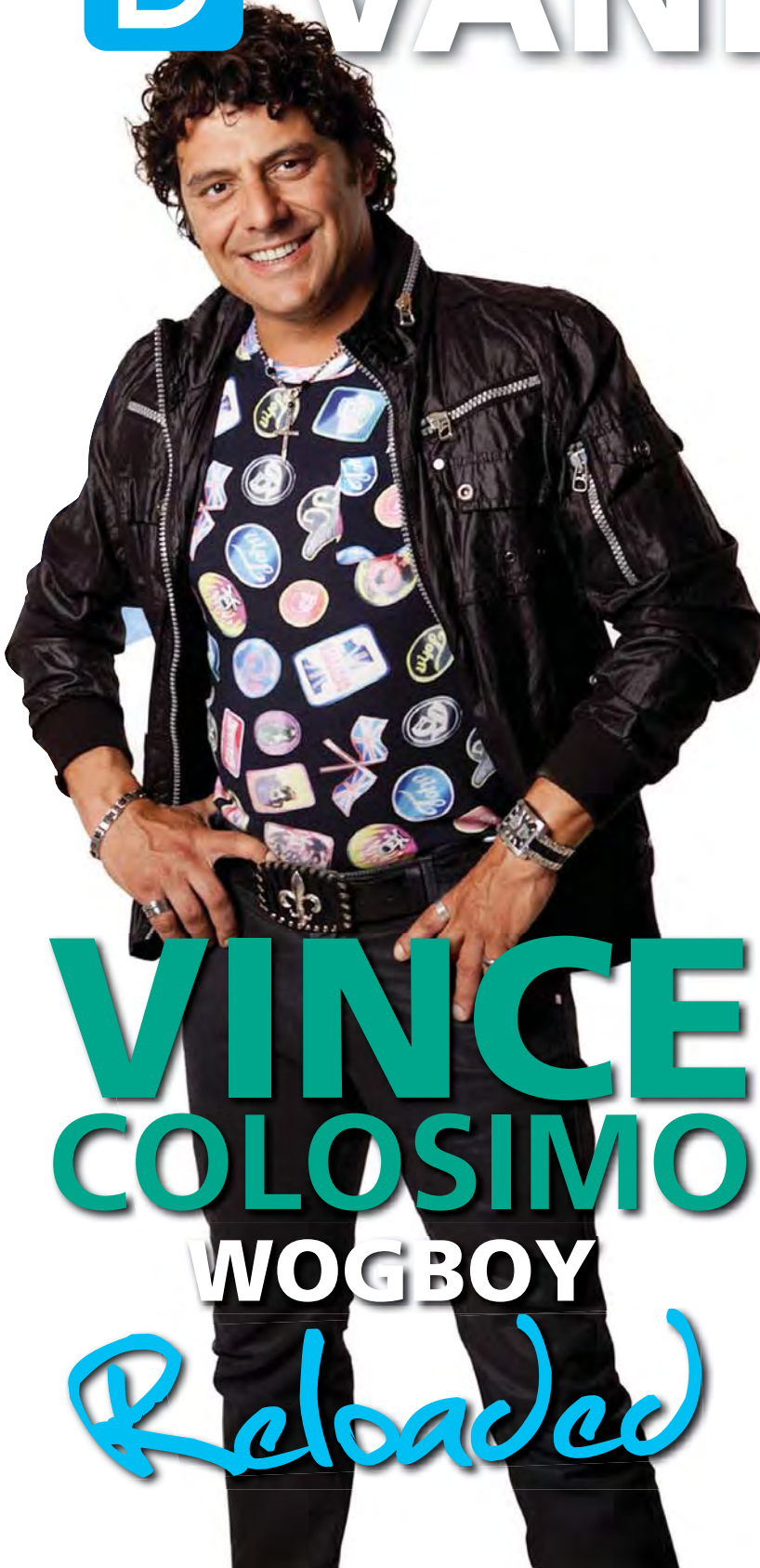
# VANILLA

SUMMER  
**2014**

FIONA O'LOUGHLIN

NEIL PERRY

+  
*Coxy*



**VINCE  
COLOSIMO**  
WOGBOY

*Reloaded*





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# EDITOR'S LETTER

Welcome to the Summer 2014 issue of Vanilla Magazine!

A massive thank you to my angels Raquel and Adele and to all our contributors for raising the bar even higher as we enter the third year of this amazing journey.



Every issue I face a big challenge; how can I possibly make the FOTOROMANZO any cheesier? Yet, to my surprise every single time I discover that when it comes to the pinnacle of human interactions, namely romance, there are no limits and the possibilities are endless in every direction. This time around I had the pleasure to team up with dating gurus Philip Steinke and Teresa Goodone, and with the help of KEAT MANAGEMENT model agency and Blue Diamond Club (always a cool place for a first date ;) together with Vanilla photographer Con Milonas (ladies, if you want a wedding photographer that understands romance, Con is your guy) and our graphic designer Adele Vrantzes we put together a FOTOROMANZO that I reckon should be taught in seminars – hehe.



FOTOROMANZO – On set @ Blue Diamond with dating experts Teresa Goodone and Dr. Phil Steinke.

I am only half kidding. Romance and all its associated rituals offer a unique opportunity for everyone to feel totally alive, lucid, sharp, funny, curious, inventive and playful – a welcome break from the tedious obligations of the rat race. In the great game of romance all the players have something to gain, even the so called 'losers'. To quote Alfred Lord Tennyson, 'Tis better to have loved and lost than never to have loved at all.'

Enjoy the read my friends and have an awesome summer!

**NIKITA BALLAS**



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The Team at Isabella & Marcus Paediatric Brainstem Tumour Fund would like to sincerely and warmly thank the management, staff and generous patrons of Vanilla Cafe for their kindness and continued generosity.

Over the past 18 months Vanilla's patrons have donated an incredible \$2,580.00 in small change donations in the countertop collection boxes displayed at the register. All funds raised will go directly towards finding a cure for brainstem tumours in children.

We are truly overwhelmed by your kindness and thank you for your continued support.

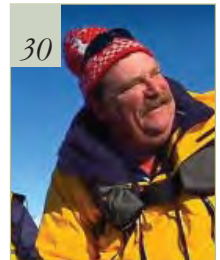
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**Daniela, Tony, Khush & Robert**  
Founders of the IMF



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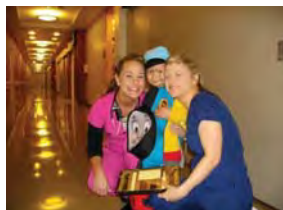


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# GET ON BOARD FOR LUKAS ROSENBAUM UPDATE



Nothing is impossible when a community rallies behind a good cause. Having completed his life saving treatment in Texas, Lukas is now back home to enjoy Christmas with family and friends. A big heartfelt thank you to all the Vanilla readers and everyone else for showing their love and support for this brave young boy. The whole Vanilla family wishes Lukas and his wonderful family a new year filled with health, peace and joy.



Goodbye hugs with Kelly and Cortney, his fabulous nurses!



Throwing the daily coin into the fountain at the proton center



Mummy and papa are so proud



Bye from Houston y'all, time for this cowboy to go home!

## GREEK AMBASSADOR VISITS VANILLA



In good company. From left: Victorian MPs Ann Barker, Jenny Mikakos and Elizabeth Miller, Vanilla owner Thanasis Spanos, Greek Community President Vasilis Papastergiadis, Greek Ambassador to Australia Haralambos Dafaranos, Theoharis Alaveras (Beirut Hellenic Bank) and Sophia Koktzidis (Bank of Melbourne).

## CONGRATULATIONS

to Vanilla regular and new Manningham Mayor **JIM GRIVOKOSTOPOULOS** (Jim Grivas) and to Deputy Mayor Sophy Galbally. Both have Messinian background which makes for a powerful team!





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συνεχώς  
βραβεύεται  
διεθνώς

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ΠΟΥ ΞΕΡΕΙ  
ΤΙ ΘΕΛΟΥΝ  
ΟΙ ΠΕΛΑΤΕΣ  
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ΝΑ  
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ΕΠΙ

Ζαχαρίες... 'Η γυναίκα μου του όρκισε  
πού... Φυσικά, αφού είναι κοινόβγαρο!

Τ-λωτοθ

πεία

Α.Ε. ΚΑΡΑΘ

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# FRAPPÉ WITH LEE



Greeting friends and welcome to the summer edition of Frappe with Lee. Summer and the festive season are finally upon us. It's that time of year when it's all about holidays, Xmas parties, pressies, followed by New Year's Eve frivolities. After all that, it's time to settle in with a frappe as we review our resolutions for 2014.



Ahh, the fun and freedom of escaping into summer! It's like one long festive dance! Speaking of dance, for this edition I've caught up with an inspirational and gracious young gentleman! In past issues I've delighted in a frappe with inspirational first and second generation Greeks in Australia. This issue I've caught up with Deon Manasis – a third generation Greek Australian who is taking the passion of Greek dancing to a whole new level.

"Born in Melbourne in '84', I see myself as an Aussie, however, within me is a fine and deeply rooted appreciation of my family's origin, in this case, Greece.

For me, true Greek dancing is the result of good morals, ethics, cultural freedom with respect and harmony of our identity.

Ever since I could walk I was dancing. Mum would take me along to dad's Alki Manasis dancing classes and I've never stopped since. By the time I was at high school in 2001, I had

started to teach part time. When I got to university to study Industrial Design, my passion for dancing was simply too strong not to pursue my desire to develop and explore Greek dancing further.

IN 2003 I TOOK OVER DIRECTORSHIP OF MANASIS SCHOOL OF GREEK DANCE AND CULTURE. IN THE BEGINNING IT WAS A PETRIFYING EXPERIENCE BUT, EXCITED BY THE POTENTIAL OF WHERE I COULD TAKE GREEK DANCING IN AUSTRALIA, I DOVE STRAIGHT IN.

In 2003 the school had 150 pupils and one formal Manasis event and twenty community performances each year. Today we are running twelve formal Manasis events tailored to the seniors, their families and kids. And there are over 150 community and corporate performances per annum. The





idea all along has been to culturally educate young and old Greeks, and non-Greeks.

Such a representation humbles me. It's both a privilege and huge responsibility to keep teaching young and old about our Greek heritage and culture. Most importantly, I feel proud to be able to give back to my Greek foundations and, ultimately, back to Australia.

Being Greek is not just about presenting yourself to the Greek community but introducing and expanding our culture to the non- Greek community. Manasis events, such as the Premiers Gala dinner are attended by state and federal members and also many different people from multicultural backgrounds. It's the same with The national Australia Day concert presented by the City Of Melbourne.

These are just some of the Australia wide representations we have had to illustrate and educate the larger community on the essence of Greek Dance.

I take my teaching responsibility very seriously as I believe if we are to carry on the cultural traditions a genuine dedication and focus is required. Teaching people to dance is more than just the steps! It's about the origins, the history, the essence and the purpose! Understanding the dance is to understand the soul of the dance.

When a student takes ownership of a dance it directly influences their confidence, self esteem and passion for their origin."

For more information on Manasis events and classes visit [www.manasisdance.com.au](http://www.manasisdance.com.au)



# Zeta

EVERY COUNTRY HAS ITS  
NATIONAL STAR. GREECE HAS  
**ZETA MAKRYPOULIA!**

Her much loved character 'Amalia', the sweet village girl in the Greek hit series *Para Pente* followed by her sparkling presence in the Greek *Dancing with the Stars* and her starring role in the Greek-Aussie film *Kings of Mykonos*, made her widely known in the Greek-Australian community. And now she hits our shores again as the face of Greek fashion brand RAXEVSKI with her own collection, marking her foray into the world of fashion design.

And who else but Zeta could take on the blonde bombshell lead role in the classic musical *Sugar – Some Like it Hot*, which is currently taking Greece by storm?

But more than all that, she has a personality of pure gold. Her disarming smile and down-to-earth approach to life makes it impossible not to win everyone's heart.

No wonder she is the most loved star in Greece and the Greek Community in Australia can't wait to see her on a new TV show or a new film production. And as she told **VANILLA MAGAZINE**, she may soon visit us once again.

**Zeta, did you know you have thousands of fans that adore you in Australia?**

I have visited Australia several times and have felt the love of the Greek community, especially after the movie *The Kings of Mykonos*.



**Has Mihalis (Hatzigiannis) spoken to you about his Australian tours?**

For Mihalis Australia is a favourite destination. The warmth, the hospitality, and the enthusiasm of Greeks and Cypriots living there make him feel at home every time he visits. I experienced the same feelings when we visited Australia together.

**Rumours are you will be visiting us in 2014 for the launch of RAXEVSKI AUSTRALIA.**

RAXEVSKI is planning a big media fashion event in Melbourne and they have invited me to attend. If my theatre obligations at the time allow me, it will be a great pleasure to make the trip!





**Your Aussie fans miss you. Any chance in the near future of seeing you again on TV?**

For now my obligations with the musical leave me no time for any TV productions. But there are many thoughts and interesting proposals for the near future.



**Designing your own collections for RAXEVSKI. Sounds like fun...**

After eight years of working with RAXEVSKI and my engagement with fashion as a model in their photo-shoots, we thought the time had come to further develop our collaboration with more emphasis on the creative side. I certainly do not consider myself a fashion designer, but thanks to the wonderful design team of RAXEVSKI I have learnt a lot. I now actively participate in the selection of fabrics, I select or reject designs and I try and approve samples. The first season for my collection has enjoyed great success with big sales and excellent feedback. My collection will soon be available in Australia from the RAXEVSKI e-shop.



**Everyone loved you in *Kings of Mykonos*.**

Taking part in *Kings of Mykonos* was a very important step for me. I worked together with a great cast, had a wonderful time and learnt a lot by being part of such a good production.

**You have described starring in the hit musical *Sugar – Some Like it Hot* as a dream come true. It was Aliki Vougiouklaki's last musical. Do you feel a sense of awe?**

I am very excited about this musical and my role. It is a classic. Aliki Vougiouklaki was a great actor and all her theatrical productions were a huge success. There were so many great actors back in her time and sharing the stage with them would have been a wonderful experience.

**Do you have a message we can pass onto your mates Nick, Vince, Alex and all the other 'wogboys' in Australia?**

I send them all my love! I hope my pending visit to Melbourne for the RAXEVSKI event coincides with their new live stage production so I can drop in and say hello!





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Zeta Makripoulia for Raxeovsky



# VINCE COLOSIMO

The Wogboy Returns!

By RAQUEL NEOFIT

Vince Colosimo – original wog boy, Aussie Icon and naughty boy of the nineties - is described by many as humorous, charismatic, simply gorgeous, and quintessentially the type-cast image of an Italian Australian.

We managed to sneak half an hour of his time between filming in Queensland recently to discuss the greatly anticipated re-vamped theatre production, *Wogboys*, his views on Italian culture and food, his career, Greece and *Zeta Makrypoulia*.

When posed the question of what it's like to be a 'Wog Boy' in today's society, compared to back in the nineties when the movie was first conceived, he approached the question with a mix of scorn, good natured laughter and a logic that just cannot be argued with – regardless of where you choose to look...

### So you're back on live stage – is it a good break from film making?

I virtually haven't been on the stage for a good six or seven years and I am really looking forward to it. I don't get to do it as often as I'd like to, there's lots of time when you're working on a TV show that has set dates that can't coincide with the dates of a theatre show.

When you do a theatre show, you have to have a good three months clear in your diary to commit. You know, you have to have time to actually rehearse the show, put it on, allow time for extensions or whatever else comes up, it takes up a bit of time.

Even though I LOVE, LOVE doing it, unless it's a commercial type of show, as we hope *Wogboys* will be, it's hard to really make a living out of it. But I love treading the boards every now and again – its good fun and it brings you back down to earth. It brings you back to the roots of what acting's all about.

### Is theatre hard work compared to making a movie?

Look, the experience is very different, it's live and you're in charge every single night, which is actually the best thing about the show. When you do television or film, you go and do your day's work and put a couple of minutes down in television time in a whole day's work, but then you leave it and you hand it over to the Gods – the director and the sound people and so forth, the people who grade the film.

Basically, you give them an ingredient of what they're looking for in their mix and hopefully the end product, well, tastes good – let's put it that way – because you lose control, it's up to them in the end.

*But on stage, its live every single night, you adjust it and try to work your audience out and hopefully end up feeling pretty good.*

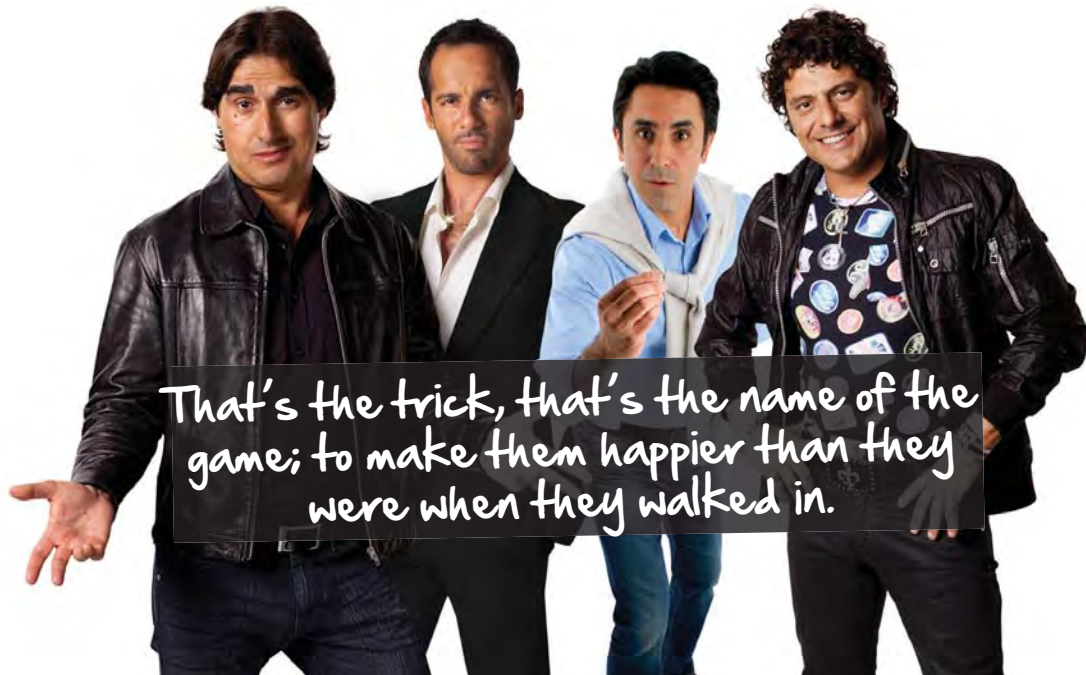
### What's new in the remaking of *Wogboys* on stage?

There's a few surprises! Obviously the last time we did it – you know, we're talking the very end of the 90s, coming into 2000, we were still doing millennium jokes back then – what's the old saying? We grow up but we never mature? Something like that?

And that's something we can really say about this little group, that's for sure! I won't say we've gotten older, but we've matured! We hope that we've brought it up to date and of course, the one thing that our audience loves, and has this great need for, is familiarity. They want to see the old stuff, but they also want to see the old stuff re-invented and brought up to date.

It's like one of those eighties bands that comes back and sing their old hits – no one really wants to hear Duran Duran sing new hits. They want them doing all the number one hits. We can't come up with that song after song after song, but we know there's a couple of relationships they want to see brought back and hopefully we can give familiarity to the people who saw it before, but something that's also for the new-comers.

Hopefully Nick, Alex and I have put something together that entertains and doesn't bore the audience and keeps them happy. They walk in going 'we've got good seats or bad seats' and they walk out going 'that was a great show' and will go and tell their friends.



*That's the trick, that's the name of the game; to make them happier than they were when they walked in.*



PHOTO BY : NICHOLAS SAMARTIS

**Things have changed a lot since the 90s, what does being a wog mean in today's society compared to what it meant back then?**

Haha. Oh God, that's a pretty yuppie question for Vanilla Magazine Raquel! Where are we, in Canberra now?

*Look, it's the same as what it means every single day. Today, being a wog is pretty cool you know.*

So you'll go to someone, 'are you Australian?' And they'll go, 'yeah... I'm born here, but my grandmother's, grandmother's, grandmother, she was French and part Italian.' You know what I mean? They go back as far as they possibly can to find that little ounce of Europe or South American or African. Back in the day you were a dumb Australian mate! Hey, can't you see I'm Australian? So these days you find it wherever you can – even being part Aboriginal is cool these days. Find it wherever you can. Actually, my grandfather, he married this aboriginal lady, so that means I'm one, thirty-two part aboriginal...

**We love your Italian culture, do you upkeep it in your daily lifestyle? Have you been to Italy lately?**

I've been back a few times, but not for a couple of years now. You can take the boy out of Carlton and Rome but you can't take Carlton and Rome out of the boy...

Everything about me holds part of my Italian culture – whether it's the car you drive, the language you have with your parents. It's a part of your language and the way that you speak, what you eat, your mannerisms.

You know, it's gone so far that we can actually send it up it's so ingrained in us – we might as well put it on stage and try and make a buck because it's so much a part of us. We don't put it on. The best part about Nick Gianopoulous and myself, is that we can pretty much walk on stage, take on a character and just do it – we don't have to go into the deep streets of

Carlton or Lochart to research it, cause we know exactly what it is and we're there to recreate it every night on stage and have a bit of a laugh at the same time.

**Moving away from live theatre, where do you see Aussie film headed?**

Look, that's a question without a really quick answer. Australian film has gone from strength to strength – for me it's been stable. I'm not saying it hasn't has its ups and down, but I've been working since I was fourteen – 1982 I made my first film - and I've never seen it go through the roof, but I've never seen it fall away.

Plus it's hard putting on Australian films. Not only do they have to be good, they have to be competitive in today's market, and it's a market of blockbusters where people are spending millions and billions of dollars on films where people are just blown away, literally blown away.

But the one thing you always take away from a great Australian film is quality, and there's great stories to be told. We have major actors in this country, amazing actors and also directors and producers, so we have the people and the capabilities and the strengths and the writers, especially the writers. But it's getting them all together and then finding someone to finance it. The finance is probably the hardest part but where there's a will there's a way and if you want to tell a good story then there's always a medium to do that.

I think the more we grow the more stories we have to tell. If we could put those stories down on paper and then capture them on film I think this country could be one of the greatest story tellers in the world – right alongside great cities like New York.

I think Australia as a whole, you know our cities like Melbourne, Sydney, Adelaide, are great melting pots and when my child is 50 years old and she has children, well I'm sure there's going to be a day where that child's background will come from four different continents of the world and no other countries in the world will probably have that. You know, we're so tolerant, we all interact, we have amazing tolerance for one another, we come from hundreds of





different nationalities, all chucked together in this free-land, so to speak. It's one great thing about Australia and there's a voice for everyone and great stories to be told, we just have to capture them and believe in ourselves, that's all.

**When you filmed *The Kings of Mykonos* did you take away any great memories? Would you like to go to Greece and do another film?**

Who's offering? Of course, who would say no to going to a beautiful country like Greece? Don't get me wrong, it wasn't easy, it was hard work and everyone told me I was so lucky I got to go to Greece and work there, and I was, but it was hard work, every day. And being in a place like the islands of Greece, we were getting up early in the mornings and walking past people who were relaxing and partying – it wasn't easy to walk past every day while you go to work and it was obviously a big deal going over there and making a follow up film, it had to be good. The pressure was on and I hope I can go back there and do something else one day without that much pressure.

*The wogs are the biggest critics in the world, they're harsh you know. They say it as it is and they go, 'the first one was better mate, that was the shit'.*

They don't muck around, straight to the point and you have to take it on the chin and go 'thanks mate, yeah, thanks, thanks....' It's not a sit down discussion. You know, it's real and I'm proud to be a part of that plot to be a household name as far as I'm concerned.



**We've reunited you and Zeta (*The Kings of Mykonos*) within this issue of *Vanilla* – how was she to work with?**

Zeta Makrypoulia? Oh give her my love, she's a darling! She's a sweetheart! I love her to death – she's such a big huge star in Greece and we were so fortunate to

get her. She was a little bit of an escape outside of the work space. It was an absolute delight having her around on a

daily basis and she's one of the Greeks who'd actually turn up to work – on time! Some of them wouldn't even turn up at all, or they turn up an hour and a half late and they'd go 'ey, it's alright.'

But Zeta is a real professional and the incredible work she's done in Greece has made her one of the most sought-after women in Greece. There's many reasons why, I'm sure, but one of them, of course, is her professional attitude to work, and she's a hard worker and she likes to get things right.

And you know what? The other great thing about Zeta is that she doesn't take herself too seriously, I like that about her, she has a really great laugh and she made it a very happy work-place.

**What do you consider your greatest achievement or performance?**

My greatest achievement is still working today! Waking up every day and doing a job I love and maintaining a career as an actor - that will sustain me for the rest of my life. It's hard; I jumped over a couch today and thought, 'why the hell am I still doing this? I should be painting or building the couches or cooking some food! I love cooking – it takes me back. But, I just love to cook yeah? Don't start writing I run my own kitchen, I'm no chef. But I love my job!



# FULL MONTY – THE GREEK WAY

Veteran Greek-Australian director Thanassis Makrigiorgos just doesn't want to give up on community theatre. For 35 years he has been entertaining theatre lovers in Australia and he tackles head on the challenge of keeping Greek community theatre alive. And because desperate times require desperate measures this time around he is literally taking his pants off to lure in the crowds at Kew theatre. And if that wasn't enough he has lured Vanilla's own photographer Petros Metaxopoulos to do the same!

The official version is that following seven years of a successful collaboration with the famous Greek theatrical duo Thanasis Papathanasiou and Michalis Reppas, Thanasis Makrigiorgos' theatrical company Hellenic Theatre Organization Thiasos Parikia is bringing to Melbourne their latest sensation 'Andres Etoimoi Gia Ola' (Men Ready for Anything). The hit comedy is based on the theatrical work 'Ladies Night' and the UK movie blockbuster 'The Full Monty'.

So what happens in this Greek Full Monty? What follows is the transcript of Makrigiorgos' interrogation by Vanilla magazine. (Ed's note: He would make a terrible spy as he caved in at the mere threat of being tickled)

### Is this something you always wanted to do? Speak!

I always fantasised taking my pants off in front of a large audience so when Papathanasiou and Reppas announced their plans to stage Men Ready for Anything in Athens I immediately picked up the phone and yelled 'Me too!'.

Theatre goers in Athens went wild with a sell-out season. Do you expect the same to happen in Melbourne?

It was a smash hit in Athens. They are now doing more shows. The play is a blast. We expect a similar response here in Melbourne. I mean, the moment we announced it, people started booking tickets. The show will run in Melbourne throughout February and we expect to take it for a long tour around Australia.

### That's great news. Greek Community theatre needs all the support it can get...

I remain optimistic about Greek Community theatre. Yes, over the years theatre goer numbers have been dwindling due to the ageing of the first generation Greek Australians, but we are making every effort to engage the younger generations.

### You should get on Facebook then.

Look, because I am really famous from Greek community theatre I wouldn't be able to keep up with all the friend requests from my thousands of female fans, so I let Petros Metaxopoulos, Chris Koutes and Stavros Arberoris do all the dirty work. And the young guy from Greece Giorgos Gazetis is also taking advantage of the situation. They all help manage our official Facebook page. Hey make sure you mention it so we get more likes.

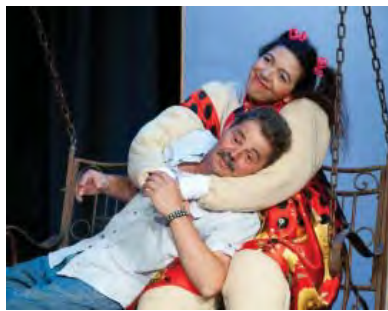
### Don't push your luck mate. Now, unless you want us to tickle you to death, tell us in a few words what the deal is with this Greek version of Full Monty.

Ok. Ok. Well, you know with the Economic crisis and everything going on in Greece, people are losing their pants everywhere, so a few mates decide to make a quick buck by turning into male strippers and putting on a show in their village kafeneio.





Etoimoi gia ola! (From left)Thanasis Makrigrigios, Chris Koutes, Stavros Arberoris and Petros Metaxopoulos



Stella Mihail – 'To Kelepouri'



Proud Greek wives. (From left) Fenia Hatzimihail, Marina Lezou, Faye Eliopoulos and Ritsa Lambrou.

### And how do the women react?

They love it! Well, they have obviously seen their merchandise in private, but the prospect of seeing their men exposing themselves to the whole village electrifies them. Deep down every Greek wife wants to auction off her husband...

### Can you blame them? So what happens next?

Then this Russian stripper teaches them how to shake their booty.

### Is she hot?

Hotter than Putin! Stella Mihail (our fans remember her from our previous plays) returned from Greece especially for this role. And the other girls Faye Charalambidou (Iliopoulos), Marina Lezou, Ritsa Lambrou and Fenia Hatzimihail are as hot as the hell that breaks loose on stage.

### So there is some eye candy for the boyz...

Because it is a given that all the Greek Australian women will flock to Kew theatre to watch us studs do our thing, we also got to keep their men happy... And because I know what's going to happen I am already planning to throw a follow up show titled 'Gynaikes etoimes gia ola' (Women ready for anything)

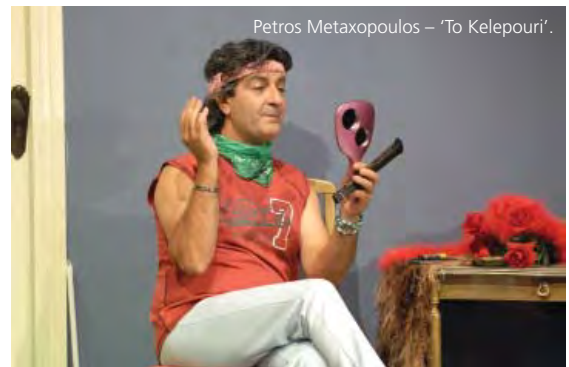
### So is this rated R?

Look. Anything can happen on stage.

If the female audience gets us too excited I cannot guarantee anyone's safety. But the plan is to keep our silly sovraka (undies) on. You know, we don't want any heart attacks. Although I recommend our audience to empty their bladders before they take their seats. Its wholesome fun - no pun intended. Bring your kids along!

### So it's not really 'Full' Monty. Isn't that false advertising?

Who cares? The crowds will be in stitches throughout the show. They will forget we fooled them. It's the journey that matters not the destination if you know what I mean... O.K can you let me go now?



Petros Metaxopoulos – 'To Kelepouri'.

### Only if you promise to stop typecasting our photographer. No more kinky roles for Petros. Is that understood?

Yes, yes. I promise. In the next play he will be a politician.

### Get the feather!

Nooooo!

**ANDRES ETOIMOI GIA OLA** (Men Ready for Anything) at the Renaissance Theatre – Kew High School  
Opening night: **Saturday 1st February 2014 at 7.30pm**

For show dates, times and bookings:

**9384 1423 – 0419 543 163**

**Email:** [hellenic\\_theatre\\_organization@hotmail.com](mailto:hellenic_theatre_organization@hotmail.com)

**Facebook:** Modern Greek Theatre and Thiasos Parikia



## RECENTLY ARRIVED FROM GREECE?

Australian Greek Welfare Society (AGWS) is seeking your assistance to collect information on the needs of newly arrived Greek migrants in Australia.

To complete the survey please visit AGWS webpage on [www.agws.com.au](http://www.agws.com.au) and click on **survey** for new arrivals.

For further information call **9388 9998.**



# FIONA O'LOUGHLIN

Fiona is someone I'm glad to have had an opportunity to work with and get to know on a more personal level. One of the things I love most about her is her honesty which I find so refreshing. I love the way she throws everything out on the table. What you see is what you get and the audience seem to love this too. Where Fiona is endearing and relatable on the one hand, she also manages to make light of darker subject matter that's often drawn from her own experiences.

*A true all-rounder.*



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

I wanted to be an actress, but you couldn't say that out loud back then. **Why not?**

'Cause that's like saying, "I think I'm pretty!" You'd get a punch in the head for that sort of talk on a farm in Warooka in the 70s.

**What were you like at school?**

You know the cool group in high school? **Yep.** I wasn't in that.

Then there's the nerds, I wasn't in that. You had your sporty people, not me either.

In school, how there's always those two weird girls that hung around each other?

**Yep, hehe.** Well, I was one of them.

It was just Mary-Anne Williams and I. She was my best friend and we lived in our own little world. We were really weird, which was fine. But she left. **And it was just you?** Yeah, just me and that was horrifying. They call it bullying these days I think.

**Before comedy, what was your first job?**

I was a nurse. The lives I've saved giving up that career are countless. **Hehehehe, how long did you do that for?** About two years. Mum said "Shut up about that acting thing

and tell people you want to be a nurse." So I did because mum said so and, um, I pronounced someone dead when they weren't dead, which was awkward.

**How does that happen? Sorry, that's kind of comical.**

It was in the local hospital near where I grew up and they used to put me up in the geriatric wing. It was almost like they thought, "How much damage can she do there?" Anyway I was on my way to turn a really old lady that had been dying for weeks and the cleaner came out of the room and said that she'd died. I was 19 at the time and thought the cleaner would know more than me, so I went and told the matron that she'd died. The matron rang the lady's family to tell them she'd passed and told me to go straighten the sheets and comb her hair. When I went back into the room, she breathed. Good news for the old lady - but not very good news for me, haha.

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

I didn't even know what stand-up comedy was because I lived in Alice Springs. I moved there when I was 22. I was really drawn to performance when I was up in Alice, where there was a really strong art scene and we used to put on cabaret nights every couple of weeks at the local theatre with poets and singers. I just put my hand up to be the emcee and someone said to me, "You're actually doing stand-up."

## THE COMEDY CLUB FIONA O'LOUGHLIN



It turned out to be the Northern Territories Arts Minister who saw me and suggested I apply to the Arts office for a grant, so I did. I didn't want to sound greedy so I only asked for \$600. **Hehe.** So I caught a McCafferty's bus to Melbourne and did an open mic spot at the Star and Garter. I instantly knew that's what I wanted to do, but hell it takes a long time.

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

Twenty-seven. It was kind of like going to the casino for the first time and winning. Not winning the jackpot but equivalent to winning about a hundred bucks. **Hehe.**

I certainly didn't get great roars of laughter but I felt like they liked me and I just thought, I'm going to really conquer this, but it was so hard.

Chris and I were little battlers. We had kids and, because I was thousands of miles away from the comedy scene, I'd have to save up my child endowment. Endowment - that's how old I am! **Hehe.** I used to save it up and catch the bus to Melbourne to give it a go but then it became all too hard, so I kind of had two starts to my career. I started again when I was watching The Melbourne International Comedy Festival Gala. I was about 35. I just felt like a kid looking into the playground where all the other kids were playing and I wasn't allowed. I felt like me as a kid again - just wanting to belong. So I made a decision. I'd cried for hours and had really let it get to me. A real feeling of regret. Big shit load of steaming regret. So I rang my local theatre, a 500 seater and said, "I'm going to put on a show in three months". 'Cause then I'd snookered myself. So I wrote that show. It was called *Fiona O'Sister and Some Guy*.

My younger sister was then a comic actress and we took it to the Adelaide Fringe in 2000 and then to the MIFC in 2001, and won the best new comer. The rest, as they say, is history. **That's awesome.**

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

I don't know if I could work with him but I'd love to be Seinfeld's friend, haha, I just want to be his friend and hang out with him.

You know the six degrees of separation thing? **Yeah.** Well, I was in Canada on tour with Tom Popper, Seinfeld's best buddy, and as we were getting on the tour bus I'd just said something rude and hilarious about another comic to him as he got on the phone to Jerry Seinfeld. Tom answered the phone laughing hysterically and Jerry asked him what was so funny? Tom said "Just this comedian, Fiona O'Loughlin, made me laugh," and I was like



aaaaarghhh haha yeah he heard my name. **Did he say he'd take you to meet him?** NO!

**Have you been in any movies?**

No, I'd like to be. The acting bug has never left me, still deep down I would love to act. Surely I could play a boozy-bar maid in something? **Hehe.**

**Tell us about your first book, *Me of the Never Never*.**

I wrote it with two fingers, haha, cause I can't type. **Hehe.** I remember when I was literally on the last chapter and I was sitting outside, cause I like to write outside. My son walked past and asked, "What are you doing Mum?" I said, "I love writing outside but it's just so hard to see the screen."

Then he pressed one button, that I didn't know existed, which lit the screen up. **Hehehe.**

**So what's the next one going to be about?**

I want it to be an extension of the first one because I was pretty cautious not to hurt people's feelings in the first. Now that I've turned fifty I couldn't give a flying f\*#k about people's feelings. I just have to wait for two people to die and I reckon I've got a best-seller. **Hehe.** It'll take me ten years to write the bloody thing anyway.

**Bog catchers, G-strings or clean skin?**

I've only ever worn inadvertent G-strings. **Hehe.** My undies are so old, haha, they've lost their elasticity. I think my underpants are confused of late 'cause once upon a time there was a clear definition of where your arse is and now it's just like, "Where is the end of this?" **Hehe.**

**What is it like being a female comedian in a bit of a sausage fest industry?**

Look, in the beginning it's hard for any comic but particularly for a female comic at open mic stage. I have such respect for open mic comics because they are the front line soldiers, although without them there is no industry.

They're going to have to die first, haha, they have to get out of the trench and be shot. But the thing is, when you are a female, and I don't whinge about it because it's just a fact in almost every

profession and it'll change over time, but there's less female judges, there's less female lots of things, but it will get better.

**With a combination of your TV commitments, live work and the fact that you have five kids, how do you keep everything balanced?**

You can spin it any way you want and people often ask me. "Fiona, how do you juggle it all?"

I don't juggle it, I just leave them. This arse sees a lot of couch time, let me put it that way.

**What do you do to wind down?**

I'm a television addict and I love watching really bad T.V. At the moment I'm obsessed with The Bachelor. Actually, I've got a really intelligent daughter and it embarrasses me that she's up in the attic reading Eckhart Tolle while I'm downstairs screaming, "TAKE THE DEAL!" **Hehe.**

**Do you have any pets?**

Yeah, I've got a cat named Mrs Fooks. She's got a back story. Her husband died in the war. **Hehe.**

**And finally, innu or outy?**

Innu and it's really cavernous these days, they talk about finding lint! I reckon you could find the Beaumont kids if you looked hard enough. **Hehe.**

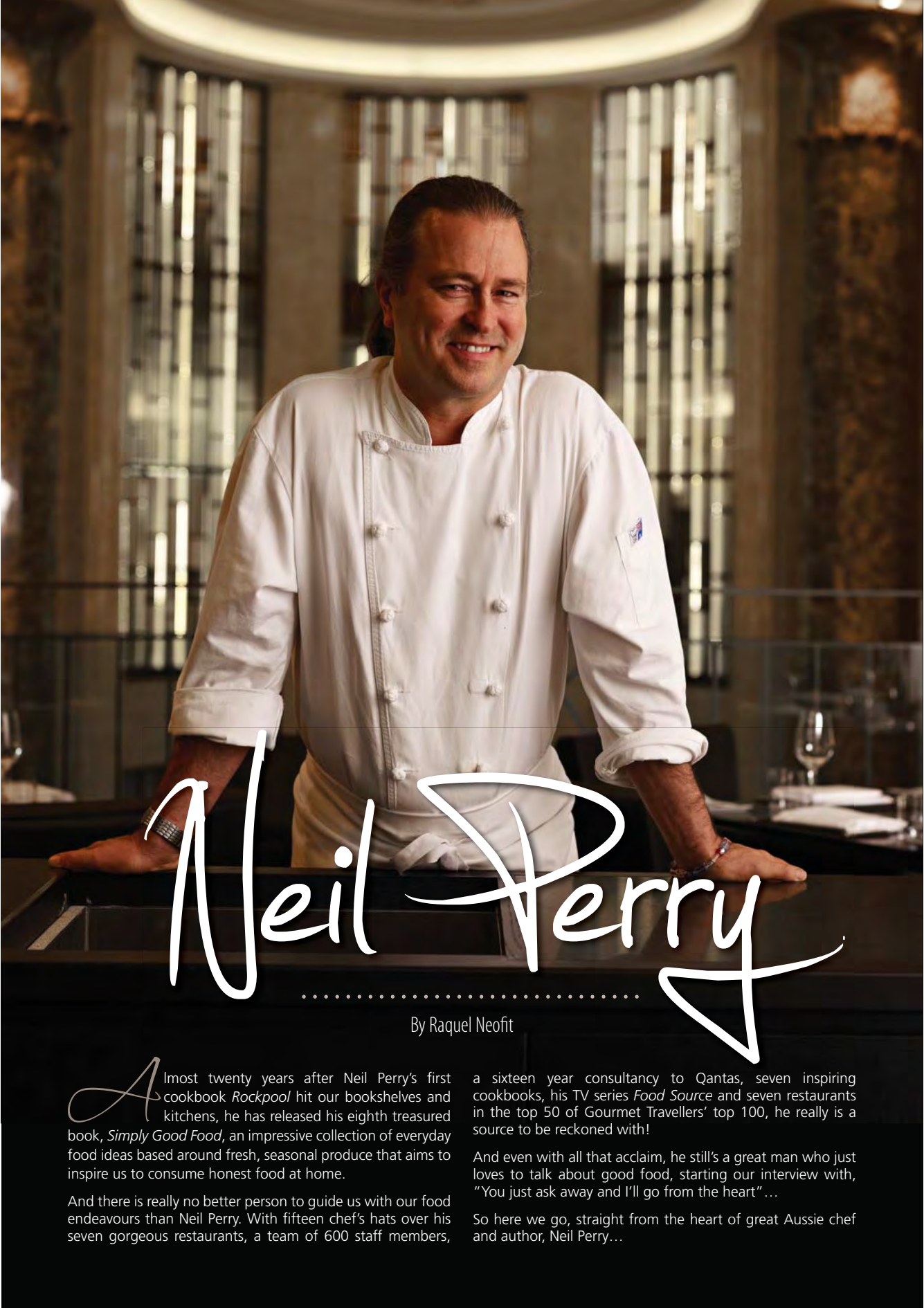
**TOULA BOURMAS**

Venue and Entertainment Manager  
The Last Laugh at The Comedy Club

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# Neil Perry

By Raquel Neofit

Almost twenty years after Neil Perry's first cookbook *Rockpool* hit our bookshelves and kitchens, he has released his eighth treasured book, *Simply Good Food*, an impressive collection of everyday food ideas based around fresh, seasonal produce that aims to inspire us to consume honest food at home.

And there is really no better person to guide us with our food endeavours than Neil Perry. With fifteen chef's hats over his seven gorgeous restaurants, a team of 600 staff members,

a sixteen year consultancy to Qantas, seven inspiring cookbooks, his TV series *Food Source* and seven restaurants in the top 50 of *Gourmet Travellers'* top 100, he really is a source to be reckoned with!

And even with all that acclaim, he still's a great man who just loves to talk about good food, starting our interview with, "You just ask away and I'll go from the heart" ...

So here we go, straight from the heart of great Aussie chef and author, Neil Perry...





### What is your first food memory?

I think one of the things that really stood out is going to really great Chinese restaurants and eating mud crab and beautiful slabs of pork. As a child it was really exciting to be sitting at a table with your parents and eating like that. He cooked quite a few curries at home too but also, fishing is another really great memory with him, catching fresh fish all the time. We'd be on holidays eating it for breakfast, lunch and dinner basically.

### What first ignited your love of food?

It's been with me all my life really. My father was a massive influence. He loved food and cooking all sorts of different, exotic dishes, plus he was crazy about really fresh produce. I just remember being in a family as a young person that was essentially consumed with food, the way I am today.

He was Australian, but with very eclectic kind of tastes. He loved Chinese food, and he had lots of Italian and Greek friends and food influences, and he was a butcher so we ate lots of different cuts of meat and offal. And we went fishing too, so we ate lots of fresh fish and he grew plenty in the garden so we were always eating lots of seasonal fruit and vegetables – it was a great upbringing, I'm a product of him no doubt and when I look back and think about my career, he's the most influential person in my life.

### Do you have a process in developing new dishes? Where do your influences come from?

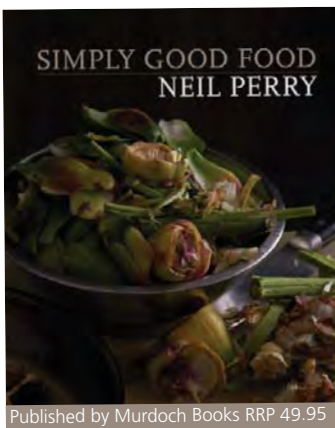
You know, what I'm cooking in my restaurants is what I'm cooking at home and that is where most of my dishes come from. And you know, one of the really great things about Australia is the multiculturalism, so in the book you see traditional western influences but you also see a lot of traditional Asian influences from Chinese to Korean to Thai and Vietnamese and I really love Mexican. We eat that a lot at home now. All of those influences have found a home in the book.

### What is your favourite home-cooked meal?

It's a toss-up between a really beautiful roast chicken, a gorgeous bowl of pasta or a stir-fry of beautiful fresh prawns – my wife loves fish tacos at the moment. I dry grill and kind of burn tomatoes and when they start to break down in the pan I add chipotle chilli and lime juice and we use that as the sauce. Then I get some great fish and grill it and I make a salad of cabbage, jalapenos, spring onions and coriander. Then in the pan that we cooked the fish in we also fry some sliced onions, and we put it all on the table with a nice little wine and wrap everything in a tortilla – it's a really great way to eat too.

### Where has your inspiration come from for this book?

It was born out of my *Good Weekend* column and I think it just comes from this place of food that's simple and produce driven. It's just as much about shopping as cooking, and it's about eating simple and healthy foods.



It's about living well and eating well and getting back to comfort food, honest produce, good seasoning; a great roast chook and a good piece of fish needs nothing more than not to be over-cooked really.

### Do you have a favourite book?

My books are sort of like a journey really, a collection of the moment – I love the original *Rockpool* because it's very much a book about how I felt about the restaurant and cooking in 1994. I really like *Food I Love* because I think it's a book about teaching people to cook in the

Mediterranean style. There's great technique in there but also lots of discussion about how recipes can be used in different ways. I like *Balance and Harmony* in the same way because it doesn't matter whether you want to be a beginner Asian cook or a great one, there are just great recipes and a great journey in it. And, of course, *Bar and Grill* is special because it's the story of these great restaurants and the importance of providence and the produce within them.

### 'Collection of the moment', I love that term...

I think if you're writing and you're doing things, you're just taking a snap-shot of where you are up to at the time and it's really interesting for me looking back at *Rockpool* for example – it's twenty years old next year – *Food I Love* is ten years old next year *Simply Asian* is fifteen. You can see what you were doing and what excited you and particularly since I usually write a few words with each book, you know what you were thinking. And you know, as you get older you change and you see more, and you understand more about life and your view changes within the books.



**Your books are still as relevant today, I have *Rockpool* in front of me, and even though it was printed almost twenty years ago, they all carry through your contemporary style...**

Thank you, and the honest answer is; I love that book. It's just what that restaurant was about and one of the things we're going to start working on, and it will take quite a while to do, is a new *Rockpool* cookbook.

**If you found the time to produce another TV series, how do you think it would play out?**

Probably just like my first one. Our restaurants are very much focused on the quality of ingredients – whether its from fisherman or growers. I guess I would want to be filming the life of the restaurant – and that would go from suppliers and growers all the way through to cooking the food that we cook for our customers, and really showcasing the food like we did on *Food Source*, but some thirteen years later.

But it would very much be on Australia and all the incredible gifts that we have here. I'd love to showcase how incredible Australia is as far as the Pilbara and Catherine and the Mornington Peninsula, Kangaroo Island, Port Lincoln. You know, it's such an extraordinary country and most Australians don't really understand how amazing it is. We need to get more Australians visiting Australia!

**Speaking of TV, how do you think shows like *MASTERCHEF* influence the food industry as a whole? Many of them talk about wanting to be chefs when they leave the show?**

Oh look, I don't think very many of them end up in restaurants when they leave – it's not something that tends to be ongoing I think. Many of them kind of look for their fifteen minutes of fame or an immediate career – a few do, but the vast majority of them are just having a crack. And, look, I think the thing about *MASTERCHEF* and any show that promotes cooking fresh food in the home and the kids are watching is great – I don't really think that it's got major implications for the industry itself but the more we talk about food on

mainstream radio, TV and magazines the more it educates us, so it's a good thing – It's not a bad thing but there are no short cuts in this industry. You can't go on a sixteen week show and expect to be running a restaurant, you need more time and you need more exposure to technique and other things – I don't think it will change the industry as a whole.

**What traits do you look for in a good cook?**

*Attention to detail and focus*

– we say in the kitchen that quality and consistency is born out of repetition, so you need to be able to do something over and over again, but not just over and over again, you have to be looking to do it the best you possibly can the next time you do it – so it's being inquisitive, enquiring and wondering why something happened so that next time you do it you'll do it better.

**There must be something you don't like in this big world of food?**

Hmm, Not really crazy about kiwi fruit. Maybe it's all those years of the Kiwis beating the Wallaby's!

**What's next?**

Well, we've just relocated *Rockpool* to Bridge Street and we're focusing on running these restaurants and running them really well. We get offers every day in Australia and overseas, and I think it's just a matter of whether it's an appropriate brand association and there's a meeting of two philosophies that work well together. We'll continue to grow – I don't know where that is or what is happening next, but I know that something will happen.

**And lastly, the pony-tail – will it ever go?**

No, probably not...

**You'll be buried with it?**

I hope so, but it will be grey by then.



Stefano's harbour side restaurant, Balla

# Stefano Manfredi

By Raquel Neofit

Stefano Manfredi is a man who lives life to the fullest. Years ago he headed off to his homeland of Italy to build his knowledge of his Italian heritage, rich in food and wine.

He fell in love with Italian wine in Verona in 1986, which sparked his desire for his Italian wine adventures, and his passion to discover more of Italy and more of the cuisine that is a part of his heart and heritage.

He remembers days lounging in the sun enjoying ingenious fresh food, company and conversing with friends and family on the characteristics of wine. As he said to us, 'In Italy you don't just have wine and you don't just have food, you have food and wine together.' Or should that be wine and food together? I can't help but wonder if that's a distinction most Italians would have trouble making. 'In Italy, the culture of wine is different to the culture here or in America. In Italy, wine is a part of everyday life. Italian children in Italy are allowed a small amount of wine with dinner, so they grow up with a different attitude to alcohol than children do here.'

Luckily for those of us who share his love of food, wine and Italian culture, he also has a deep affinity for writing and sharing his journey of discovery...

This is what his newest accomplishment, *Italian Food* is devoted too – a comprehensive voyage throughout Italy and Italian delicacies.

If you do manage to make it to Sydney, head out to his restaurant, Manfredi at Bells. Book a night in the onsite accommodation and roam around his acres of heirloom Italian vegetables that he grows throughout his three kitchen gardens. If not, do yourself a favour and check out his blog at [www.manfredi.com](http://www.manfredi.com)

Not only does he find time to pen it himself, but apart from delicious recipes and drool-worthy food photos his topics are varied and interesting – I especially love the one on music in restaurants called The Playlist and couldn't help but ponder his view on never allowing café or restaurant wait staff to choose the music on your playlist...



## Stefano Manfredi's Italian Food

Allen & Unwin | RRP 59.95

There is no better travel guide ever printed than Stefano Manfredi's latest tome! From the north to the south of Italy, he leaves no stone unturned – history, culture, food, regional specialities, and recipes for every taste and occasion. *Italian Food* is an exciting adventure for those who have never been to Italy and a reminiscing trip down memory lane for those who have lived there.

Known as the god father of modern Italian cuisine, he shares his personal food journey through Italy with off-shoots on everything from interpreting Italian wine labels to keeping bees, Italian heirloom vegetable and how to acclimatise them to our Aussie climate.

If you own an iPad, be sure to add this book if you are heading off to Italy.



# Stefano Manfredi's

## DEFINITIVE GUIDE TO ITALY

In under a thousand words!

### 1. PASTICCERIA MASCALE

24, Via S. Bernardino - 25030 Roncadelle (Brescia)

Run by one of Italy's top pastry chefs, Mauro Masciale, this pasticceria on the outskirts of the northern Lombard city of Brescia is a delight. At Christmas time they make what I think are one of the top five panettoni in Italy. At Easter try the pandoro. When available get the amor polenta. Everything here is made with care, skill and love. And the coffee is great.

p: +39 030 303615

### 2. SCANNABUE CAFFÈ RESTAURANT

In the beautiful city of Turin there are many great restaurants. Scannabue is the sort of place I love because you can have one of the best coffees in town, facing a small piazza in an eclectic part of the city. Fabulous wine list, excellent dishes prepared from meticulously scrutinised sources and attentive, friendly service. Try any dish offered with the local white truffles during the season. Last time I went I had one of the best pieces of beef I've ever had, a vaca veja (old breed) of Piemontese beef.

25 Via Saluzzo, 10125 Torino

P: +39 011 669 6693 | scannabue.it



### 3. THE VALTELLINA

Take a drive north of Lake Como to this historic area that leads through high mountain passes into the Alps.

Stop off at the Mamete Prevostini winery for some great wines and a bite to eat at their restaurant Crotasc. Try the violino di capra (goat prosciutto).

Via Don Primo Lucchinetti, 63 23020 Mese (SO)

p: +39 0343 41003 Ristorante Crotasc | p: +39 0343 41522 Cantina

### 4. LA CASCINA DEI SAPORI DI PAPPALARDO ANTONIO

Antonio Pappalardo is originally from Naples, but its way up north, in Rezzato, near Brescia, where his clientele encourages him to experiment, that he's made his home. If you enjoy interesting, thoughtful toppings on a wonderfully light, long-leavened natural pizza then you'll love his restaurant. Lots of new wave Italian craft beers as well as an intelligent regional wine list. Try the pizza degustazione.

via Almici, 1 - Rezzato (Brescia)

p: +39 030 2593557 | lacascinadeisapori.it

### 5. IN VENICE EAT AT DALLA MARISA

It's in the old Jewish quarter near the original ghetto. You must book because this restaurant is tiny. There's no menu just what's caught that day in the lagoon.

652B- Fondamenta San Giobbe, Cannaregio | p: +39 041 720211

### 6. BOLOGNA IS A GREAT PLACE TO EAT. ONE OF MY FAVOURITE RESTAURANTS IS OSTERIA BOTTEGA

It's in a narrow side street off the historical centre. They have a culatello display cabinet, order a tasting and a glass of REAL Lambrusco. It's black, dry and the perfect accompaniment to salumi.

The tortellini in brodo di cappone are fantastic! So is the cotoletta alla bolognese. But it's all good here.

For a casual lunch go into one of the many delis in the city and get some bread, cheese and slices of mortadella. You have to have the mortadella in Bologna.

Via Santa Caterina, 51, Bologna | p: +39 051 585111



## 7. SORA MARIA & ARCANGELO

Just an hour by car outside of Rome is the beautiful town of Olevano Romano. Well worth a drive through some gorgeous rolling Roman hills. Stop and have lunch at Sora Maria & Arcangelo

Everything is as it should be – fabulous antipasti and so much regional produce from the best producers. Try the Rigatoni alla amatriciana, Coda alla Vaccinara (slow cooked ox tail), Abbacchio (suckling lamb). Make sure you order a bottle Damiano Ciolli's unforgettable Cesanese.

Via Roma, 42 Olevano Romano  
p: +39 06 9564043 | [soramariaearcangelo.com](http://soramariaearcangelo.com)



## 8. SALINA IN THE AEOLIAN ISLANDS – HOTEL SIGNUM

Salina is a dream. An island in the Aeolian group just above Sicily, it was formed by two volcanoes that the locals describe as breasts. Hotel Signum is in the commune of Malfa, a 20-minute winding drive around the mountain from the port of Santa Marina. It looks out across the Tyrrhenian Sea to Panarea and the gently smoking Stromboli, the perfect picture of a volcano.

Signum's chef is Michele Caruso. His food is deceptively simple but cooked with supreme skill. Spaghetti is tossed with a little local extra virgin olive oil, bottarga (dried tuna roe), wild fennel and fine breadcrumbs. Sommelier Vincenzo Minieri doesn't miss a beat. You're in his hands and his wine choices are perfect.

Via Scalo 15, 98050 Salina-Malfa, Aeolian Islands, Sicily  
p: +39 090 9844222 | [www.hotelsignum.it](http://www.hotelsignum.it)

## 9. CATANIA

I love this city! Easily walked with everything you need nearby. Wonderful markets for seafood, fruit and vegetables, cheeses and meat, as well as wine shops showcasing the new breed of Sicilian wines are all within easy reach. Just south-east of Mount Etna, the volcano looms large in the background.

For some of the best cannoli and pastries you've ever tasted go to:

Pasticceria Savia, Via Etna, 302 Catania  
p: +39 095 322335 | [www.savia.it](http://www.savia.it)



## 10. ONE OF THE 3 BEST TRADITIONAL PIZZAS I'VE HAD.

One metre long, parked on a trolley next to your table, a pilgrimage to this picturesque town just south of Naples is a must if you want to taste pizza perfection.

Pizza a Metro da "Gigino"  
Via Nicotera, 15, Vico Equense (NA)  
p: +39 081 8798309 | [www.pizzametro.it](http://www.pizzametro.it)



# Coxy's Vanilla Break

BY RAQUEL NEOFIT

Coxy has had a long-standing stint on our TV screens. In fact, Coxy's Big Break is one of the longest-running travel shows in Australia and it all came about from his boyhood passion of drumming. His band, Cox Brady and the Occasional Lady, landed a corporate gig for channel nine and in typical Coxy fashion he told the nine MD he could do a much better job than the wackers he had on screen at the time. Two months later and the call came for Coxy to attend a screen test and Coxy's Big Break hit our screens. That was 15 years ago and he's never looked back!

In the spirit of escape, we turned to this Aussie travel icon to discover his most-loved spots throughout this great, vast land we call home and jump head-first into the travel tips that he's picked up through his many years of travel television!

## Over to you Coxy

I just love holidaying in Victoria, we have some of the most amazing scenery and history in the entire world, and I really think people need to look locally for a great holiday. Someone said to me the other day, where else in the world can you be surfing or skiing within three hours from Melbourne? There's not too many places in the world where you can do that. Sure, in Austria you can jump off the train and go skiing, but I'll tell you what, it's a long way to walk to the beach!

Echuca – One of my all-time favourite things to do is just sit on the banks of the Murray River and watch the sun go down. They've spent millions revamping the Old American Hotel and it's just perfect now. But one of the best holidays is a house-boat holiday! And the best location to leave from on a houseboat holiday is Echuca! You can pick up a four berth boat that's full of style and better than a five star hotel, and split the cost between four families or couples and all of a sudden you have an extremely affordable holiday.

Ballarat and Sovereign Hill to Swan Hill and hey, even throw Bendigo in there. All of these smaller cities that have gold history.

If you have overseas guests come to visit, you just have to take them to Ballarat and Sovereign Hill. Do the entire gold-rush experience! The history is unbelievable. Hire yourself one of those gold-pan things, you'll get a lot of nuts and bolts but if you're lucky you might land yourself a bit of gold to take home!

And if you're a golfer, start in Mildura and come down to Yarra Wonga and play the golf courses along the way. Aside from driving your wife nuts if she doesn't play, you'll play the best golf of your life! We have the cheapest golf for that class of golf course anywhere in the world!



Sovereign Hill



Bendigo



Mornington Peninsula Golf Course

Photo: David Scaletti



Montreal, Canada



Coxy in the Arctic

Rich River and Murray Downs, which is over the border of the Murray in Swan Hill, are brilliant. Yarra Wonga has three golf courses and it's just magnificent up there. I used to laugh but now I know it's true - they get more sunshine than the Gold Coast, they actually do! Because it's in all of their brochures now and one thing I did learn from doing this show is you can't lie – if you say stuff like that people will come down on you like a ton of bricks! So I checked it all out with David Brown, the channel 7 weatherman! He's a meteorologist.

And you must go to the high country! You can fish for trout on the Howqua River or go horse riding in the snowy mountains and immediately when you get there, you call Charlie Lovick – who was the master horseman in *The Man from Snowy River* and you tell him Coxy said to ring you to go for a horseback ride! He's the best horse rider in the state and apart from being a maniac, he is a fantastic guy. And the night before you go for a ride you stay at the Merrijig pub and when all the cowboys come in, then you really find out what Australia is all about! Actually the last time I went up I had to wear a hard hat for OH&S and he said, 'not on my f-ing horses, you're not wearing that shit!' And I said, 'but mate, I gotta!' So he says, 'okay Coxy, this is what were gonna do; tell' em to take long shots of you way off in the distance and then they'll never know it's you!' Well, they did! And I got in an awful lot of trouble that day!!!

### Warrnambool

The history of the Lockhart Gorge is fantastic and there is lots of close off-shot places to visit. It's especially good for overseas visitors who really want to know what the Aussie bush looks like. You must go to the Maritime Museum – the Australian history down there is just terrific.

Sorrento and Portsea - And not just because it's trendy! Where else can you drive an hour from Melbourne and have the best golf courses and the best beaches in the world – I just love playing a game of golf and then heading back to a mates house at four in the afternoon for a BBQ – it's my favourite thing in the world. Plus, the wife can head off to a day spa if she's not a golfer!

## OUTSIDE OF VICTORIA

### Sydney

I would never have dreamt that I would put Sydney on a list of most-lovable places, but after a recent trip I think you've just got to do it! I wouldn't live there (although I did back in the seventies when I played drums) but nothing beats the Opera House and wandering around the harbour discovering all the little bars and eateries.

Heading up towards the northern side or the top of Australia, I've got real warmth for Port Douglas and Noosa, but if you go to Port Douglas stay in the main street because you can't get a taxi after midnight!

And you just have to go to the Red Centre, Illaroo and Darwin – there's a great restaurant in Darwin called The Ducks Nuts! And its sign is a little duck with his nuts hanging between his legs – it's brilliant!

I just love Paris – you've gotta put Paris in, well, all of France, Canada, and a trip that not many people have done and not many people know about and probably the greatest thing I have done is the Arctic – we got within 17 kms of the North Pole! We had polar bears on their back feet, roaring and stamping! You can get to them through Quark and they are just brilliant! We went on a Russian breaker, even the food was fantastic.

## TRAVEL TIPS TO KEEP IN YOUR POCKET!

1. The number one tip and the most important advice I can give anyone travelling to Asia and make sure you remember this! - is if you're hungry and want to eat off a street cart, make sure the food is hot. In other words that's just come straight out of the wok if you want to avoid food poisoning! We nearly lost a mate; he brought a chicken sandwich and came back in a coma.
2. If you are travelling in the colder months, especially in Victoria, and especially in caravan parks, ASK FOR A DEAL! What have you got to lose? You may save a few bucks or you may not – but you won't if you don't ask! I always think most people when they travel forget that they can stay in great two bed cabins where you can cook. Look at places like the RACV holiday parks. It's amazing the number of people who will do a deal!
3. Don't ever, (and we find a lot of people do it) ever say when you arrive in a place, 'where do I put my dog?' Don't just assume you can take a pet like so many people do – ask! It's the real silly stuff that people do that I find fascinating – 'Hey, I've got a Doberman, can I bring him?' You don't turn up with a Doberman and say, 'Oh okay; well he can stay in the car...'
4. Always, even if you go to the tropics, take a really light jacket – it will stop sunburn! And, as a skin specialist said to me, even in the middle of winter if you're playing golf, wear sunscreen, even if it's raining.
5. Where ever you are going, talk to someone who's been there – you'll save thousands!

# THE Darling SPOT OF SYDNEY

BY JESSICA SKELTON

Once a grimy industrial dock, Darling Harbour now holds a top spot in Sydney's list of places to visit.

This charming spot offers a little bit of everything, but with a more relaxed feel than the city's main harbour. It boasts, to name a few, the Australian national maritime museum, interactive studio experiences, live theatre and musical entertainment, harbour cruises, and the largest IMAX screen in the world. To gain great deals on many of these attractions, be sure to pick up an Adventure card. You can also grab the Darling Harbour Big Ticket, which gets you entrance to the zoo, aquarium and Madame Tussaus for one low fare.

Annual cultural festivals throughout the year also present exciting entertainment options for the whole family. Each event allows you to travel the world and experience exotic arts, culture and cuisine, without leaving Sydney!

For another cultural adventure, head just outside the harbour to the Chinese Garden of Friendship. This gift from Sydney's sister city, Guangdong is calm and spacious feeling, and offers a momentary escape from the hubbub.

Also located only a few blocks away is the Sydney Fish Market. In regards to variety of fish, this local institution is the world's second largest seafood market. Come early and view the

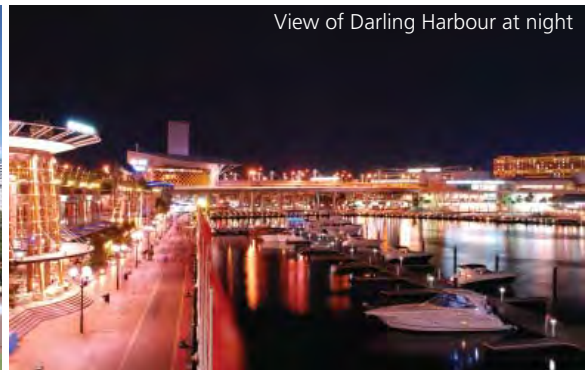
daily auctions (floor opens to the public at 7 a.m.), and there is no better place to get your sushi, fish and chips, and other seafood selections when your mouth starts to water. You can also buy some fresh cooked seafood, a bottle of wine, and other treats at the in-house food shops for an impromptu picnic on the waterfront tables. Or, sign up for the Sydney Seafood School and learn from the best on how to cook up some tasty morsels at home.

If seafood isn't quite your thing, head back to Darling's main harbour for a multitude of other restaurant offerings. If you're looking for something a little more upscale, head to the eastern side of the harbour, which is dominated by an upmarket café, diner, and restaurant precinct. The western half, on the other hand, is filled with multilevel bars, quick-eats in the shopping mall, and fantastic restaurants with plenty of outdoor seating (be sure to snag an exterior table before dark on Saturdays during the summer for the best seat to watch the impressive free fireworks display).

Of course, that's a lot of ground to cover in one day. So, why not extend your stay? There are several accommodation options directly in the harbour, ranging from contemporary rooms and stylish suites with spectacular views to fully furnished studios, 1-, 2-, or 3-bedroom apartments. That way, you don't waste a second of your trip to this darling spot of Sydney.



Darling Harbour Tumbalong Park



View of Darling Harbour at night



# Happy Days Girls Weekend's Away

By RAQUEL NEOFIT



Okay ladies – admit it, we can all succumb to the rigours of daily life – maintaining a household, kids, family, school runs, timetables, careers, friends, extra curricula activities and stress can quickly catch up with us and render us in need of a holiday before steam bursts forth from our ears and friendships are destroyed!

So we book the trip, load the kids, the partners, pack the bags, cater, plan, run around, find the skateboard and the Nintendo DS, hunt for the portable DVD player... Hang on a minute – this is starting to sound more like a family adventure with the daily routine lingering than a chance to un-wind, relax and take life a little slower. Maybe even slip in something you actually want to do?

*Well, look no further than a few close friends and a great destination!*

When you're feeling stressed it's important to engage in an activity that makes you feel better. And as much as we love our home lives and families, sometimes they can really add to the everyday stress of life.

The trick is to not allow guilty feelings to take over, we all need and deserve a true break from routine. Grab a few of your closest girlfriends and remember the old saying if guilt

comes knocking at your door or slipping his fingers in your pocket, 'distance makes the heart grow fonder!'

A true break from everyday life gives you therapeutic rejuvenation and nothing rejuvenates better than a full night's sleep without interruptions from partners or kids sharing the bed! There have even been studies done to prove it!

You'll get a chance to reconnect – it's easy to lose touch with those precious people in your life. You know, maybe the post-children girlfriends or the high school besties, or even those whose working and lifestyle schedules don't match up with yours.

Recharge your body – the options are endless. Think beachside hide-a-ways, a dreamy spa escape, a scenic winery weekend, or a foodie paradise experiencing the whole slow food or paddock to plate movement. Hey, you might even get a sleep-in!

All in all, a weekend away with a few close friends and an open mind will recharge your mind, body and spirit, and put you in a super frame of mind for the month ahead.

*Go on you deserve it! Read on ladies and see what we recommend you get up to if you spend a feline weekend away in lovely Corne*



Just a couple of hours drive out of Melbourne offers an escape worthy of your precious summer holidays. Not only can you cruise the Great Ocean Road on the way there and soak up some of the most beautiful beachside views in Victoria, but it offers mountains of things to do besides relaxing by the seaside.

# Love Lorne

By RAQUEL NEOFIT

Lorne boasts enough saintly old rambling buildings sheltered by the new and modern to make it still feel like a beachside town that's been around forever. I like to call it modern luxury with beach-bum charm. And it's the perfect getaway for you and a few friends or an active spot for the whole family!

1. **THE BEACH** – okay, so I know I just finished saying there was more to Lorne than the beach but you'd be a fool to avoid it completely, especially on a gloriously sunny day. Aside from the crystal coastline, Lorne boasts an old-school timber pier perfect for a romantic stroll or a spot where the kids can throw in a fishing line. The sea baths are perfect for those of you who wish to avoid any sea-life swimming around your feet and the kids will go jumping-mad on the foreshores trampolines. And don't forget your skateboard – there's a skate park right on the foreshore too.
2. Ever longed to **LEARN TO SURF?** Melbournian Rebecca Andrews loved the ease and fun of surfing lessons from Go Rode A Ride. And not only do they cater for every level of ability but you can also throw in some skateboarding lessons too! [www.gorideawave.com.au](http://www.gorideawave.com.au)
3. **ERSKINE FALLS** – Lace up those hiking boots and head up hill behind the shops on Mountjoy Parade to the impressive Erskine Falls. There's a few walking trails of varying lengths to choose from, and apart from being a great hike (well, great for those of us who don't dabble in walks of the bush-kind) the clear water cascading to the pools below is refreshing and rejuvenating. If you're sure-footed you can even venture over to the other side by hopping on imbedded rocks in the river. If, like me, you are not so sure-footed, your friends watching from the riverside can cackle and laugh while you try!



Chef's tasting plate is 'to die for'



Lorne foreshore



I came, I saw, I conquered!  
Erskine Falls



Mantra Lorne's giant chess set and restaurant



Bernadette and Chef Tony

4. **SURF COAST WALK** – swap the boots for some runners and give the Surf Coast walk a go. It spans the Great Ocean Road and winds and ducks around some great cafés. The paths are world-class and can even accommodate push bikes for some of the journey. Head to [www.visitgreatoceanroad.org.au/surfcoastwalk](http://www.visitgreatoceanroad.org.au/surfcoastwalk) to download a trail map.
5. **FOOD AND SHOPPING** – you will never find a travel story written by me without food and shopping if there was great food and shopping to be had! Lorne's restaurants and cafés have a great relaxed, seaside village ambiance about them. Wonderfully inventive foodies without the need of a little black dress!

And who can resist a boutique, sea-themed shop that sells over-priced ukuleles with surf-coast mottos that take you back to the 80s? Apparently not me! Luckily my entourage talked me into keeping them for the kids for Christmas! Hey, the boutique owner was a writer too and we all need a little financial support!

If you're a book lover it would be a crime to walk past Lorne Beach Books – winners of the Regional Booksellers award for 2013 and I can understand why. Meryl's knowledge and enthusiasm still remains after 33 years in the industry and she is as interesting and as knowledgeable as they come! <http://www.lornebeachbooks.com.au>

#### 6. SPA THERAPY

There isn't only one Endota Spa in Lorne – there are two! Does it get any better?

They offer great experiences for a one-off facial or massage or flexible packages to have you swooning in no time at all. From head to toe there is relaxation on offer for everyone. On a girl's weekends away – a spa escape is essential for blissful relaxation. [www.mantralorne.com.au/day-spa](http://www.mantralorne.com.au/day-spa)

7. **ACCOMMODATION** – if there was ever a place of diverse sleeping quarters it is definitely in Lorne! Choose from a tent in the caravan park to a B & B, a hotel or an



Tony's herb garden



Lornebeach books

apartment with a range of sleeping options to a 5 star house fit for royalty. But our choice was the Mantra on Lorne. I was sold at words 'buffet breakfast included' and 'beachfront property'. With foreshore access, a pool, tennis courts and giant chess or checkers!

An onsite Entoda spa really sealed the deal and the attention was divine.

The restaurant food was to die for and chef Tony was as delightful as his food! You are even welcome to check out his herb garden growing in planter boxes outside his fabulous restaurant. And the staff – I've never had better service anywhere – they were new friends in a flash...

Order the chefs grazing plate – you will thank me as you're eating!

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

Why Greek Aussies love going  
to Greece for a holiday,

**AGAIN and AGAIN!**

GREECE

*“Water and soil from your homeland  
equal health and prosperity”*

This is a common sentiment echoed by Greek immigrants who left their homeland decades ago, but what does it actually mean? In this edition, my piece will reflect on the significance of ancestral homeland for all three generations of Greek Australians and what makes them return to Greece year after year; is it just for a holiday or something more? As you enjoying perhaps a cold drink, a coffee or one of the delicious cakes here at Vanilla and you're reading my piece, you could perhaps think about what your homeland actually mean to you.

For most immigrants, migration was only temporary as they planned to return to their homeland. The first years of their settlement were difficult ones and for many this dream of returning home was never realized, for a number of reasons. Their only comfort being returning to Greece for a holiday and for many this was decades after migration. It

was not uncommon for these immigrants to kiss the soil of Greece when they returned all those years later. With pain in their eyes they have told me, *“I was home after all those years”*. And that's what these 'holidays' are, their return home, their return to their village, to their family and to their fellow countrymen and to the land that they were born on and for many this same land was a return to their parents burial as well.

*Nostalgia for our siblings, family  
and the thought of us being  
together again in the village.*



Dimitropoulos Boys



Despina Natasha Donato @ Lipso with  
cousins Maria Kairi and Dhmhtra Antonis



Vanilla patron Betty Kosmas with uncle  
Yianni @ Kosmas village, Kinouria Arkathias



Vanilla's own Margarita Dilveridis in Greece catching up with family and friends. A. With Thia Vaso (mum's side) in Astro. B. With Milenia (from dad's village) in Ioannina and C. with grandmas (dad's side) in Florina

Today, this original immigrant generation is part of Australia's elderly population and has continued to protect their Greek heritage despite significant acculturation. Enormous efforts were made by these immigrants to maintain their language and culture of their native land and this was achieved by handing down their traditions to their children and grandchildren. These immigrants did not only transmit culture, language, identity and the general Greek way, but they have also passed on something else, the nostalgia of the Greek homeland.



Thanasis Spanos reuniting with childhood friend and renowned bouzouki player Christos Nikolopoulos in Greece.

Grandchildren of these immigrants have told me "even though it's not my home, so to say, but it's part of who I am and that's what makes me different from everyone else in Australia, so it's like you are going to your homeland, it's really weird". Many have told me of this feeling of weirdness, when they spoke about holidays to Greece and the reason they felt this way was "mum and dad were born here, I was born here, but we are never really accepted". The need for acceptance and a sense of belonging is associated with pain for all three generations.

*We are Australians there and  
Greeks here, like we don't  
belong to anyone.*

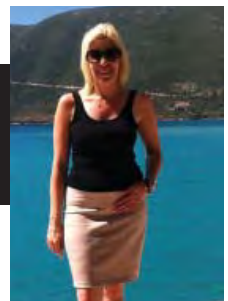
A grandchild shared with me an interesting story; they remember growing up playing in their grandparent's backyard "you know the Greek backyard with at least one olive tree, a lemon tree and the veggie patch". They said to me that they remember their grandfather to always be smiling when he is

in his garden. Their belief was that this simple garden was like them being in Greece.

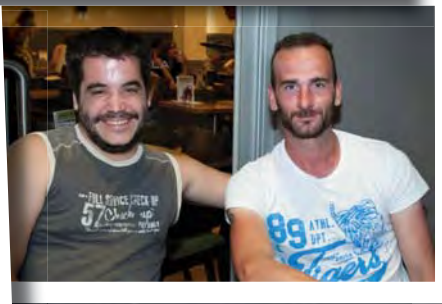
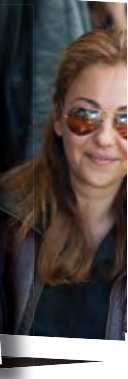
Is the Greek soil something special for the Greek Diaspora? "I can't explain it, I am a child of an immigrant, my first trip to Greece was with my partner and children, I was 35 and the minute the plane landed on the runway, my eyes filled with tears as I felt that I was really home".

So one may wonder is it the Mediterranean weather, those warm summer nights, the breathtaking views of the islands that fills the planes with immigrants, their children and grandchildren, year after year. Or could be that their homeland is their health and prosperity, that olive tree, those summer tomatoes could be the memories and nostalgia for Greece and these gardens are in a sense an element of emotional wellbeing. Furthermore are these 'holidays' a link, an acceptance and an emotional connectedness to their two homelands, because as many of immigrants say "after all these years living here, both Greece and Australia are our homeland".

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



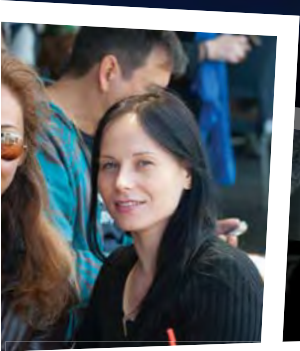
OVANI





# VANILLA

CAKES AND LOUNGE



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PETROSPHOTOGRAPHY  
METAXOPOULOS

# Vanilla Bakehouse

## VANILLA CAKES

Made with lots of love

CON MILONAS PHOTOGRAPHY



Almond Pear Tart



Greek Cookies



Almond Berry Tart





Kahlua Cheesecake



Banana Choc Marshmallow Pastes



Cookies & Cream Cheese Cake



Mille Feuille (Milfei)



Red Gold



Portokalopita



Turkish Delight Baklava



Karidopita



Flourless Orange Cake

Mango Caramel  
Choc Mousse



Green Tea Mango Mousse



# Summer Treats

Mango Passionfruit  
Mousse



Fruit Salad  
& Yopurt



Our Cakes Consultant *Vicki*

will go *out of her way* to create a cake design that

*everyone will love*





# VANILLA CAKES

*elegance harmony artistry*

DESIGNS BY *Kaba*



# Summer Specials



Chicken Mango Salad



Asparagus Zucchini Salad with Risotti

Stuffed  
Zucchini  
Salad





Penne Salmon Salad  
with Pine nuts



Penne Matriciana



Zucchini Croquettes with  
Yogurt & Mint Sauce



Vegetarian Stuffed Mushrooms  
with Avocado & Cream Cheese



Red Mullet (Barbouni)  
with Greek Salad



Eye Fillet with Grilled Asparagus  
and Mashed Potatoes



Peas & Artichokes with  
Fresh Tomato Salsa



Chicken Salad with Grilled  
Veggies and Fennel



Kokkinisto with Rice

# A little taste of the Mediterranean at home

Food is an enticing component of any travel adventure and these great chefs and food writers share their love of culture, food and travel through the pages of these truly inspiring lifestyle cookbooks.



## LOVE ITALY

**GUY GROSSI**

Penguin / Lantern | **RRP** 100.00

The sheer size and vibrancy of Guy Grossi's newest volume is hard to go past. Think child in a candy shop! His food excitement and philosophies are intoxicating and, combined with his regional breakdown of specialities, he dives head-first into those little delicacies he treasures, like buffalo milk mozzarella, traditional pizzerias, traditional markets, grappa and prosciutto.

The life, the colours and the characters captured through vibrant photography within this book's pages take you on a visual journey worthy of many an afternoon basking in Guy Grossi's glorious Italy.

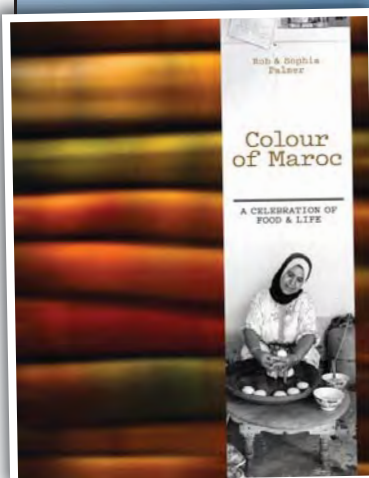
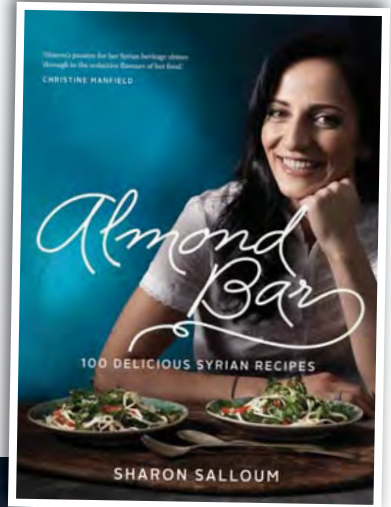


## ALMOND BAR

**SHARON SALLOUM**

Pengjun Lantern | **RRP** 39.95

Sharon Salloum is an Australian born Syrian who is passionate about the flavours of her Syrian heritage. She learnt the traits of Middle Eastern cuisine and techniques from her Syrian mother and aunts then embarked on a journey of food discovery. She opened her first restaurant with her sister Carol in 2007 and this book is a culmination of all she loves and cherishes about Middle Eastern cuisine.



## COLOUR OF MAROC –

A CELEBRATION OF FOOD AND LIFE

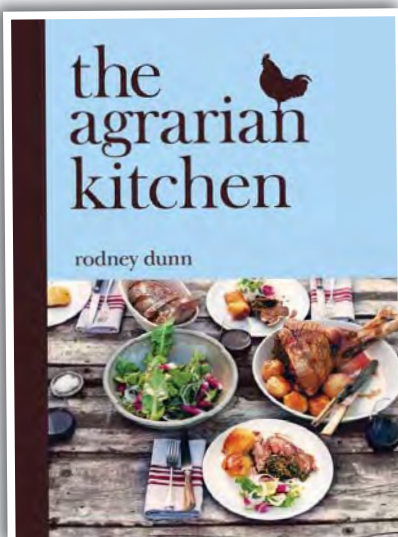
**Rob and Sophia Palmer**

Murdoch | **RRP** 59.95

In an era of contemporary style cookbooks, Rob and Sophia have brought Morocco alive in this book of textures, food and insightful photography. Our journey begins and ends in Marrakech in a whirlwind dance through the modern, the ancient and the mountainous heart of Morocco.







## THE AGRARIAN KITCHEN

**RODNEY DUNN**

Pengiuin Lantern | **RRP** 59.99

Set in a misty valley in the Tasmanian town of Lachlan is an old property the locals call, The Old Schoolhouse, now converted into The Agrarian Kitchen at the hands of renowned chef and food writer, Rodney Dunn and his wife Severine, who have morphed the property into a cookery school and sustainable farm.

Rodney encourages us to eat fresh, seasonal produce grown in our own Aussie soil, and although he may not have based this book on European food culture, I just had to include it in this review because so many of his recipes have the flair of Mediterranean cuisine that would happily keep any foodie drooling and excited.

Divided into seasons, the photography in this book alone makes it worth buying, add the recipes and advice on everything from bee keeping, to raising happy chickens and to growing fresh produce, makes it's an enviable addition to any book collection.



## TURKISH MEZE

**SEVTAP YUCE**

Hardie Grant Books | **RRP** 39.95

Turkish chef Sevtap Yuce is the owner of The Beachwood Café in northern NSW. With the release of her second book, Turkish Meze, we can delight in the lighter side of modern Turkish cuisine. Her passion for a shared table full of fresh, in-season produce is second-to-none and she shares little morsels of vibrant food that will have you turning away from the corner kebab shop and heading to the market. She loves how the simplicity of Meze suits our Aussie lifestyle so perfectly, and asks only that you be true to the ingredients and imagine yourself surround by good friends and good wine on a hot summers day enjoying her Turkish Meze deliciousness.



Images and recipes extracted from Turkish Meze by Sevtap Yuce published by Hardie Grant \$34.95 available in stores now



## SALT GRILL – FINE DINING FOR THE WHOLE FAMILY

**LUKE MANGAN**

Murdoch | **RRP** 59.99

Luke takes us on a journey through different cultures and their means of sharing food. He embraces the eating habits of the Chinese sharing a huge plate in the middle of the table. The Spanish with tapas galore, the freshness and spice of a Tex Mex fiesta and, as those at Vanilla know and love, the colourful table of a delicious Greek spread. His tales at the bottom of each recipe give us a knowledgeable insight into where his food inspiration originated.



# INTRODUCING ANGELA...



- Nutrition
- Fit-ball, Pilates, yoga and floor exercises
- Postural programs
- Stress Management.

Some clients come in with ailments like aching joints and sore backs, their poor posture putting constant strain on the skeletal system. Everyday activities have become painful and are no longer enjoyable. By strengthening and stretching the correct muscles, I help my clients to ease tension and pain in their body and support natural movement. It usually only takes a few sessions to feel the difference in everyday movement and pain levels.

*After working with Angela, I have found my hips, knees and Achilles have improved. I'm no longer walking around like an old woman. Ang has really helped me target my problem area and I feel great. Thanks!*

CATHERINE NOLAN-BIONDIC, MOTHER OF THREE

*M*y name is Angela and I work at Jetts Oakleigh as a Personal Trainer. I have been working in the health and fitness industry for over 20 years and in this time I have built a vast wealth of knowledge. My aim as a Fitness personality in Oakleigh is to help educate and train as many members of our community as possible. I want to help promote healthy, active lives and positive exercise habits to all members of the community, regardless of age, race or gender.

*I retired from my job in 1982 and for the past 20 years have been a couch potato. At age 62 I had a heart bypass surgery and my doctor advised me to walk daily. Problems with degenerative spinal disks prevent me from being able to do this, so my wife recommended I join Jetts in Oakleigh. Angela developed a gym program for myself and my wife and we have been attending 3 times a week for the past 8 weeks. My whole lifestyle has changed for the better because of the advice of my personal trainer, Angela.*

Living an active lifestyle and continuing to move no matter what age you are is something I am very passionate about, and my work at Jetts Oakleigh allows me to help clients of all ages to maintain their fitness and hold on to youthful energy. I aim to help as many people reach their personal goals as possible. By being active and achieving our fitness goals we will all live longer, healthier, happier lives.

RON FERGUSON, 73

I have been involved with many different aspects of the fitness industry and have built up experience over the past twenty-odd years working with clients from a range of different backgrounds. Part of my role as a personal trainer is to be adaptable and to be able to fit my skills to work for my clients, and I have studied many courses to be able to help a wider variety of people. My skillset has grown, over the years, to include certificates and qualifications in the following topics:



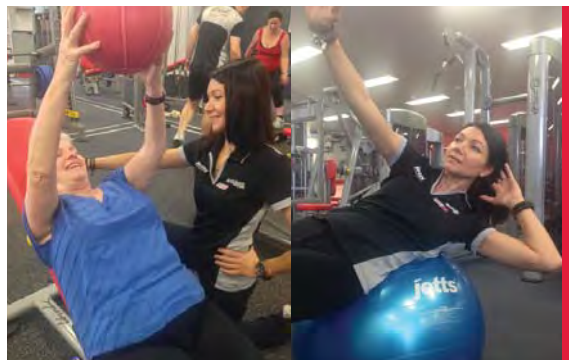
- Pre/post natal specific
- Age-specific programs – youth fitness classes
- Injury / ailments - arthritis, osteoporosis, hip-replacement, heart problems, high blood-pressure
- Weight management and fat-loss

I offer a functional approach to exercise which is safe and effective for all ages and abilities. I run a stretch class at Jetts on Thursdays, consisting of yoga and Pilates and a Super Session on Saturday mornings which is an outdoor group class. Having 24 hour access to the gym means my clients can visit when it suits them, but if you can't commit to regular workouts at a gym, try to squeeze some exercise into life wherever you can.

As a working mother of three, I understand the demands of a busy lifestyle and making the most of a workout to produce the best result is the easiest way to minimise the time you spend directly on your fitness. Maintaining your health is essential for a happy life.

Try some of these little tricks to keep yourself fit and active...

- Run errands on foot where you can.
- Park in the furthest spot from where you need to go and walk the rest of the way.
- Head for the stairs instead of the elevator.
- Ditch the car and ride a bike.
- Keep runners in the car so you can go for a walk when you have spare time.
- Turn on the stereo and groove with your kids for 5-10 minutes. Not only is this fun but I'm sure you'll break out in a sweat and encourage your kids to get active too!
- Don't sit during your child's sporting game. Instead, walk around the oval or court as many times as you can.
- Use your lunchbreak - eat your lunch at your desk and visit the gym during your break time.



- Do short, mini-routines through the day. Try calf-raises when ironing, squats when washing dishes, lunges when feeding a child in a highchair, etc.
- If you have time before picking up the kids from school, arrive 15 mins early and go for a walk.
- Start your day earlier! Set your alarm 30 mins earlier and start your day with a walk or a workout.

With a longstanding background in the health and fitness industry, I'm a happy and energetic person. I have a passion for encouraging and motivating others to achieve their goals, whether it be for weight-loss, fitness, mobility or anything. I'm your resident female trainer at Jetts Oakleigh and work with clients of any age and fitness level. Come down and say 'hello' and ask about how I can help you reach your potential!

Contact Angela: 0414 635 496 or [angela.tsitouridis@jetts.com.au](mailto:angela.tsitouridis@jetts.com.au)

## NEED A BREAK FROM THE KIDS?

We want to give you **no contracts, low fees and 24/7 access** so you can workout on your terms at a time that suits you. **It's the gym that works out better - simple.**

**7 DAY TRIAL\***

Plus great offers available in club for mums!

**Jetts Oakleigh**

T. 9530 9217 E. [oakleigh@jetts.com.au](mailto:oakleigh@jetts.com.au)

**f t 1300 JETTS 247 | [jetts.com.au](http://jetts.com.au)**



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workout on your terms.

\*Valid at the club stated for 7 consecutive days during staffed hours only. Staffed hours available at [jetts.com.au](http://jetts.com.au). 1 offer per person. Must be 16 years or older and live near the club. Not to be used in conjunction with any other offer. Proof of employment/membership required at the time of joining. Existing or past members are ineligible to claim the offer. Weekly membership of \$11.95 is based on recurring fortnightly direct debit in advance. Additionally, a one-off "Club Access Fee" of \$148 applies and is payable upon joining. The minimum amount payable per member is up to \$171.90. Terms and conditions apply and are available at [jetts.com.au](http://jetts.com.au)



# COCONUT OIL

## NATURE'S PUREST ELIXIR

BY JOANNA PSARAKIS

*"Coconut oil is the healthiest oil on earth"*

Dr. Bruce Fife, a naturopathic doctor and the author of  
**'The Healing Miracles of Coconut Oil.'**

---

A Coconut oil sensation is sweeping our supermarkets and health food stores and has become a key ingredient in nutritious whole-food cooking – and for good reason too. Coconut oil is derived from the coconut meat which is naturally high in fibre, vitamins and minerals. For hundreds of years coconut oil has been used, not only as a food but for its natural medicinal properties.

The health benefits of coconut oil are widespread, from skin and hair care, to stress relief, to boosting the immune system and helping with digestive problems. The benefits of coconut oil can be attributed to the presence of lauric acid, capric acid and caprylic acid, and their respective properties. They hold antimicrobial, antioxidant, anti-fungal, antibacterial and natural soothing qualities.

Coconut oil does contain saturated fats but it's important to remember that not all fats are equal. The saturated fat in virgin coconut oil contains a medium chain fatty acid that is actually good for your health.



## BENEFITS OF COCONUT OIL:

- Digestion
- Manages Blood Sugar (diabetes)
- Improves Immunity
- Supports Thyroid Function
- Supports Heart Health
- Skin and Hair Care
- Wound Healing
- Oral Hygiene and Dental Quality
- Weight Loss
- Stress Relief

## USES OF COCONUT OIL

### COOKING

Coconut oil is one of the healthiest ways to cook. It's one of the most stable oils when heated to high temperatures, making it great for stir-frying and shallow frying and also makes a great egg or butter substitute in baking.

Use a tablespoon of coconut oil when making popcorn for a healthy treat, or add it to your breakfast cereal or favorite smoothie – the options are endless.

## PERSONAL CARE

Coconut oil is wonderfully hydrating making it a great moisturiser for the skin. Used daily on face and body will help your skin look good, feel good and minimise fine lines. Coconut oil is great to use for massages and effective as an after sun treatment. It makes a great nappy rash cream too.

It's also an effective hair and scalp treatment, improving the texture of dry hair and reducing itchy-scratchy scalps.

Hair Treatment: Simply apply the coconut oil over the hair and massage into the scalp, leave overnight and rinse in the morning.

## OIL PULLING

Oil pulling is an effective and safe way to clean and whiten teeth, and clean your gums. It is also a simple way to detox the body. Oil Pulling is an Ayurvedic tradition that has been used for hundreds of years to ensure oral hygiene.

Simply put a tablespoon of cold pressed coconut oil in your mouth and swish it around for 10-15 minutes, spit it out and rinse your mouth with water.

The enzymes in the coconut oil draw the toxins out of your body. This method also helps with gum disease and tooth infection. After trying this myself, my teeth and mouth never felt cleaner – bad breath eliminated! It definitely put my toothbrush to shame.

*Rediscover this amazing and diverse superfood.*

## YIAYIA'S COCONUT BISCUITS WITH ORGANIC COCONUT CRUNCH

This recipe incorporates **Banaban Virgin Coconut Oil** and Banaban Organic Coconut Crunch and was created by the Greek mother of a family friend.

### Ingredients

- 259g **Banaban Virgin Coconut Oil**
- $\frac{3}{4}$  cup sugar (**Banaban Coconut Sugar** with low GI)
- 2 cups fine coconut
- 1 cup shredded coconut
- 2  $\frac{1}{2}$  cups self-raising flour
- 3 eggs (whole)
- 2 tablespoons **Banaban Organic Coconut Crunch**
- Glazed cherries

### Method

Preheat oven at 180

Blend oil, sugar and eggs with egg beater

Combine all dry ingredients then put them in with the oil sugar and eggs and combine the lot with wooden spoon.

Place tablespoon of mixture in cookie tray and add cherry on top.

Place in oven at 180 for 15 minutes.

[www.naturepacific.com/contents/en-us/d218\\_yiayias-coconut-biscuits.html](http://www.naturepacific.com/contents/en-us/d218_yiayias-coconut-biscuits.html)

## BEAUTY PICKS & TRICKS

BY RAQUEL NEOFIT

With so many products out there on the market these days, we thought it was high time we started taking a closer look at what's around, what's new and what's hot in the world of beauty.

So here we go, with our first ever Vanilla beauty reviews... including our favourite pick of the season.

This issue we take a closer look at some organic, natural spa products to deep clean, moisturise and make you feel like your bathroom has been transformed into a luxurious day spa.

If there's something new or interesting out there that you would love us to have a closer look at, email; [raquel@vanillamagazine.com.au](mailto:raquel@vanillamagazine.com.au)

# LITYA

### Mother of Pearl Body Polish - Of the Sea

A delicate, cooling body polish containing marine plant extracts to gently exfoliate the body whilst smoothing skin for a healthy, glowing appearance.

This body polish is a divine, gentle exfoliator with marine plant collagen, mother of pearl and Tasmanian bull kelp – it leaves skin feeling soft and renewed.

RRP \$81.00



### Wild Rosella Hydrating Mist

A reviving moisturising mist infused with Wild Rosella flowers to revitalise, cool and hydrate the skin.

Love, love, love this Wild Rosella and Rosewood hydrating mist! A few quick bursts and, apart from the scent instantly lifting your spirit, you feel refreshed and hydrated. Brilliant on a super-hot day! Everyone commented on how amazing the scent was!

Definitely a summer must-have!

RRP \$61.00



## Pick of the Season

### Pearl & Peppermint Skin Refining Cream - Of the Sea

A light and refreshing body cream designed to moisturise and revitalise the appearance of skin.

Deliciously moisturising with marine plant collagen, mother of pearl and macadamia oil. The way this cream absorbs into even the driest of legs in a flash is like a small miracle. Your skin will never look more luminous or feel so hydrated!

RRP \$76.00



### Herbal Kelp Hydrating Polish

A dual-action exfoliant and mask based on plant extracts. This polish will moisturise, smooth and re-texturise the skin's surface.

This is a brilliant and clever product – it's a mask and an exfoliant in one! Brilliant as an all-in-one in the shower! The Tasmanian kelp, macadamia oil, Australian clay and honey leave you face feeling soft and smooth.



Available at [litya.com](http://litya.com) or the Peninsula Hot Springs

# Organi

### Cranberry Mask Organi

This mask smells delicious and offers an amazing detox that deeply cleans the pores on your face. You're left feeling refreshed by the scent and deeply cleansed by the mask's ability to draw the impurities out of your skin. And the fact that you can exfoliate it all away at the end as you wash your face is brilliant. It leaves your skin feeling divinely renewed!



### Honey Cleanser & Toner

Alcohol free and super-light, this cleanser and toner in one is a delight to use and cleans away the daily impurities that gather on our skin deeply and gently. The scent is almost spicy and invigorates your senses as you wash, while the toner leaves your skins feeling soft and subtle.



### Salt Scrub

This salt scrub is divine!

There is nothing about it that doesn't feel like it's straight from the sea! This body scrub detoxifies your skin, exfoliating away dead skin and removing 97% of the impurities that accumulate. Your skin will never feel more alive and subtle... It's definitely one of the best I've tried.



I was amazed at how well this exfoliant worked at removing dry skin and what came off it as I washed it away. And better yet, there wasn't a spot of dry or flaky skin anywhere! My skin was soft and subtle.

[www.organi.com.au](http://www.organi.com.au)  
Available online and at  
Chadstone Shopping Centre.

# Endota

### Cinnamon and Honey Lip Balm

This balm is brilliant for rehydrating dry summer, parched lips and the addition of honey holds natural antiseptic qualities. Thick and rich without feeling like an oil spill has invaded your lips. It has a glossy finish that also gives you a sexy pout!

New to Endota is their specially formulated Ceuticals range and I just love their collagen serum!

Apart from boosting the levels of collagen in your skin (always a helpful and desirable thing), it's soothing and cool as you apply it to your face and doesn't leave any greasy residue. I love the way it absorbs. Within days I noticed a smoother, finer definition to my skin. Love it!

RRP 80.00

Available at [www.endota.com.au](http://www.endota.com.au)  
and any Endota spa.





# Summer Ready... Some Are Not

It's often a last minute dash to the finish line.

For me, it's normally around September when I have every intention to shape up for the festive season and the approaching warmer months. This year though, it feels like summer has really crept up on me like a pantomime villain. 'Where's that slimmer, taut, perfectly manicured version of myself boys and girls?'.....'She's behind you.' More like next to me! I am beside myself, Vanilla readers.

Straight up – honest to God – somebody has stuck MY head on the wrong body! Let me explain. I've been hitting the gym pretty hard of late - five nights a week of cardio and weight training, religiously. Catching a glimpse of myself in a shop window yesterday (NQR ironically!) I would suggest these claims to be the delusional rants of a neurotic couch potato. A neurotic, deep-fried couch potato.

Look, I'm no fool. Not for one minute do I expect the Hollywood fairytale results the advertorials and magazines would have us believe are possible...AKA those 'before and afters'. There's bound to be some legit testimonials out there but let's face it, we're mostly talking about Snake Oil peddling folks. Calorie controlled, fat free, sugar free, carb free... snake oil.

At the risk of sounding cynical (too late?), there's a good chance the leotard clad woman we see demonstrating the 'Thighlanator 2000' and shoving shakes in our faces is simply the product of good genes. You know the type, the progeny of pipe-cleaner parents! Of course THEY never get fat, it isn't possible when you possess the metabolism of a humming bird with ADHD. Nevertheless, many of us

feel obliged to at least make an effort and I'm no exception to the rule. I only wish I'd waited before quitting smoking. While getting fit and giving the 'ciggies' away together are still top ideas, as a comic I really should have better timing – apparently I don't.

May I impart this small piece of wisdom; tackle them separately or risk battling the new emotion I like to call 'fangry'. Yep. Fat AND angry – where's the patch for that?

Not to finish up on a downer, summer is a great time in Australia. Christmas with the family, social gatherings with friends (those with a pool). Don't judge me – I'd invite people over to swim in our pool – but it has a hole in it...

*Need to gain weight and lose your temper with people? Ask me how... limited offer!!!*

## CHRISTINE BASIL

Celebrating over 20 years as a stand up comedian and comedy writer.

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**





# Horoscope!

# Summer 2014

## ARIES:

You may feel some solitude this summer but it won't last. Make sure to say exactly what you mean in all situations and don't compromise yourself to keep the peace. Negotiations on the work front will bear fruit and things look favorable for a raise. Romance looks promising as long as your attitude remains relaxed.

## TAURUS:

This summer is likely to be favorable for you and life will bring you no troubles. Your status in life improves and pleasures will occupy much of your time. You may find that your energy comes in erratic yet strong bursts and your intuition will be a great asset in your professional life. Try to watch your expenditure towards the beginning of 2014.

## GEMINI:

This summer finds you feeling restless but new avenues will open up which will see you achieving your life ideals. Cut down your expenses to a bare minimum to help achieve these ideals. If you work to foster harmony, you will get the support of your peers and peace will prevail in your professional life. This is a good time to get out and socialise.

---

## CANCER:

Don't wait for things to happen or life will pass you by, now is the time for action. Most of your projects will have a happy ending so try not to dwell on the past. Live in the present because your future is bright. Fresh possibilities will present themselves on the work front and these will be worth your while. Take care of your finances.

## LEO:

Remember to tell your loved how much they mean to you, words are powerful. You are about to undergo a metamorphosis, which will require self-analysis and you will discover just how resilient you are. Get ready for a rebirth. This is a time of scheming and dreaming for the next exciting chapter of your life, don't bring grudges or hatred into it.

## VIRGO:

Try to break free of restrictions that are keeping you from doing what you want and don't compromise your own needs for those of others. You will be hungry for knowledge so now is a good time to beef up your skill set. There is potential for recognition in your career so be prepared to push your projects. Close relatives could cause stress unless you set up strict boundaries.

---

## LIBRA:

Try not to be too serious and instead have fun this summer. Dress up to the nines in your most attractive gear and go in for the kill. You will feel talkative, light hearted and social, and you will no longer be happy scratching the surface of life. To gain respect you will have to get off the fence and take a firm stance.

## SCORPIO:

At the moment you can do no wrong and you will navigate through the cracks without anyone noticing. The speed at which your life is evolving is unprecedented and this whirlwind will continue. There is a good chance that you will change jobs, move, or start or finish a relationship. You will discover how powerful you really are. Beware of impulsive purchases.

## SAGITTARIUS:

It is time to balance business with pleasure and yesterday's efforts are turning into today's rewards. Don't be shy when receiving what is rightfully yours because you worked for it. If you start to feel overwhelmed, take a break, a holiday is long overdue. Let go of all that no longer serves you and make way for the new.

---

## CAPRICORN:

You are becoming a master at tearing down the old and rebuilding from scratch and you realise nothing will ever be the same, so take a deep breath and let go. Your life will get an extra boost and you will have more energy and more luck. Friends and lover will beat a path to your door and you will have no time to feel isolated. This is your time to shine.

## AQUARIUS:

People will have a great deal to say but you would rather sit and listen. There's nothing wrong with that as a lot of it is gossip so you probably won't want to get involved anyway. Simply absorb what you hear and filter out what doesn't ring true. The urge for a break will send you searching for an isolated retreat where everything is done for you, and you will find it.

## PISCES:

Now is the time to think about others. Instead of going ahead with a project by on your own, enlist the help of friends and family. It is easier to get things done cooperatively no matter how much you want to go it alone. Your love and creativity zone will receive a big boost this summer and pleasure is on the rise. There may be travel so keep your passport handy.



# BUON MANIERE

**SCENEGGIATURA:** NIKITA BALLAS

**FOTOGRAFIA:** CON MILONAS (CON MILONAS PHOTOGRAPHY) **ORGANIZZAZIONE:** ADELE VRANTSES

**SCRIPT -** NIKITA BALLAS & PHILIP STEINKE | **DATING CONSULTANT -** TERESA GOODONE

#### **MAIN CAST**

BELLE - KARINA GAAL  
BLAINE - ADAM DIXON  
ORGANISER - TERESA GOODONE  
CHERRY - JOULINE WINTER  
"LATINO LOVER" - GURU GURSHARAN

**FEMALE SUPPORT CAST** - LIPINE SAOLOTOGA, BRIANNA MCNIGHT,  
NANDI JOHNSTON, GABRIELLE-BETH VOLOVSKY, LINDSAY BRACKEN,  
STEFANIE CROWLEY-CLOUGH & ELLE LARY

**MALE SUPPORT CAST** - FRANK FAZIO, TOM KONDOVASIS,  
DANIEL PEROGIANNIS, MADING JOCK, SAHIL SALUJA,  
OMAR NURISTANI & JOAO CHRISTOPHER KANDA

#### **THANK YOU**

**TERESA GOODONE** (HAIR STYLIST) - [TPCUTZ@BIGPOND.COM](mailto:TPCUTZ@BIGPOND.COM)

**KEAT MANAGEMENT (MODEL AGENCY)** - [KEATMANAGEMENT.COM.AU](http://KEATMANAGEMENT.COM.AU)

**BLUE DIAMOND CLUB (LOCATION)** - [BLUEDIAMONDCLUB.COM.AU](http://BLUEDIAMONDCLUB.COM.AU)



Hi, I'm Blaine and I am bored to death.

As you can see, there is zero chemistry with **Cherry** next to me.



She is into the Latino guy across...

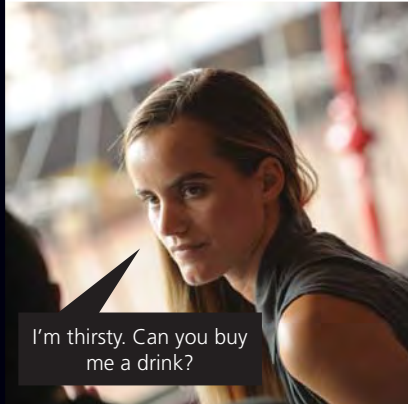


...who is totally ignoring the cute girl talking to him.

Her name is **Belle** - and rightly so...

# Welcome to the speed dating world

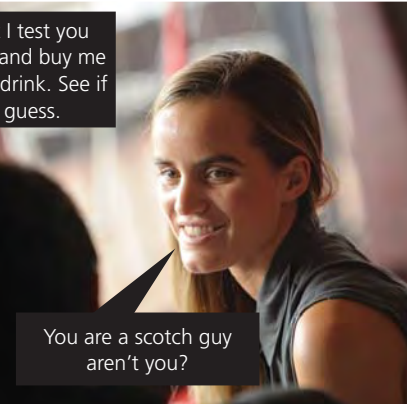
You have 4 minutes...  
Be yourselves!



I'm thirsty. Can you buy me a drink?



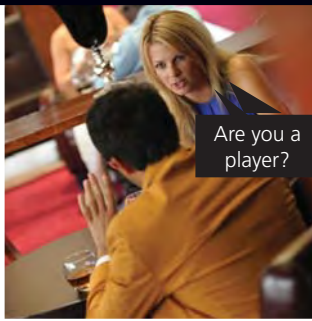
How about I test you first. You go and buy me my favourite drink. See if you can guess.



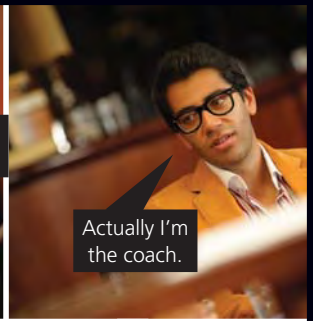
You are a scotch guy aren't you?



Two minutes to go....  
Give it your best shot guys!



Are you a player?



Actually I'm the coach.



How many women have you been with?



Counting Antarctica?



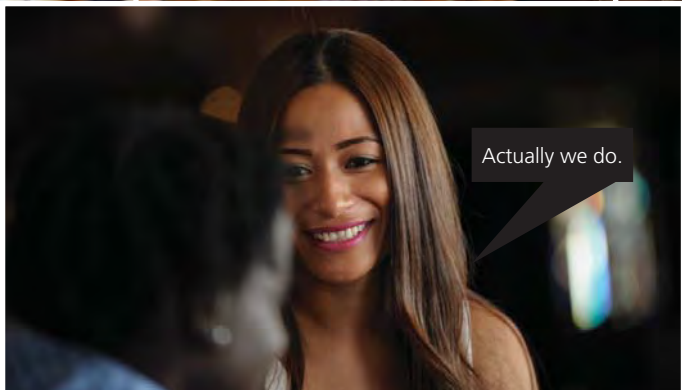
Do you use this line with other girls?



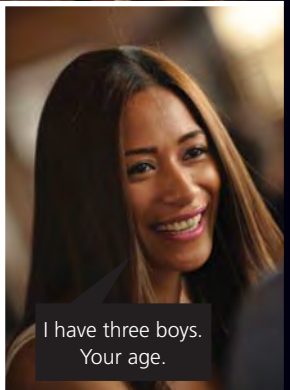
All the time. But you are the first one it worked on.



I think we have a lot in common.



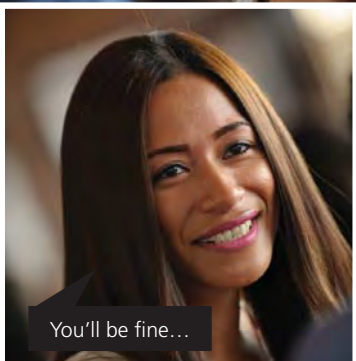
Actually we do.



I have three boys. Your age.



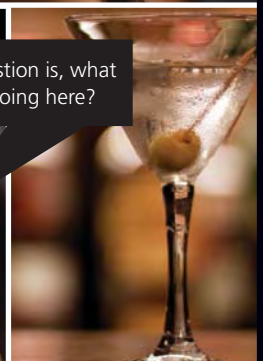
Oh...

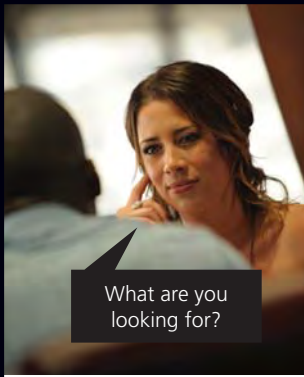


You'll be fine...

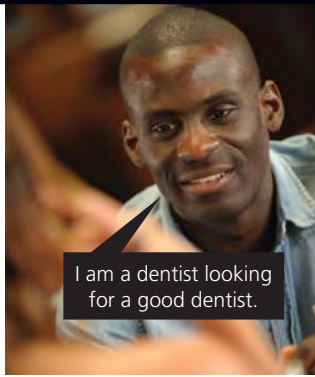


The question is, what am I doing here?

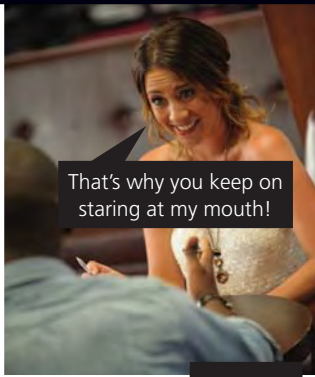




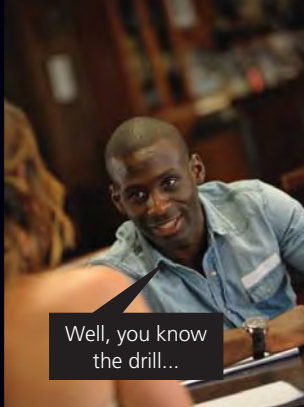
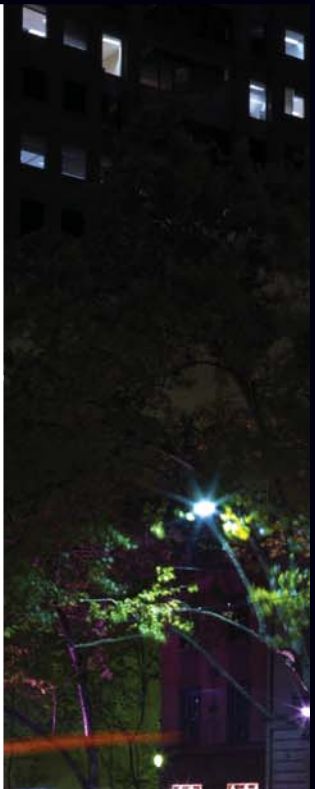
What are you looking for?



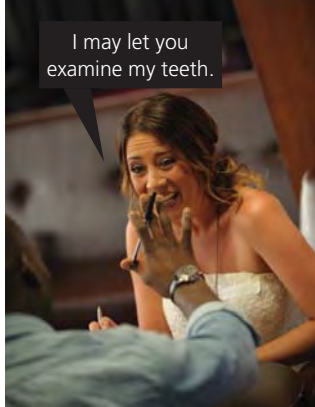
I am a dentist looking for a good dentist.



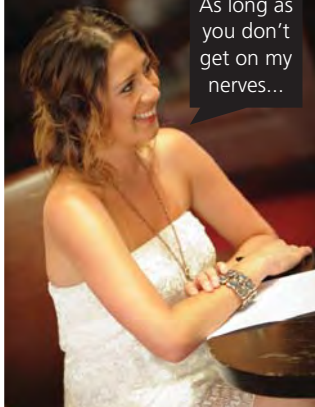
That's why you keep on staring at my mouth!



Well, you know the drill...



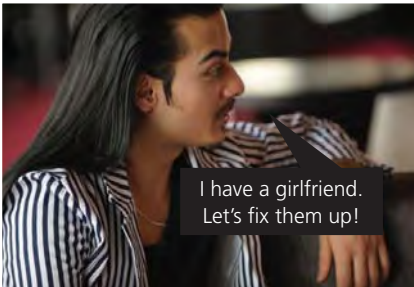
I may let you examine my teeth.



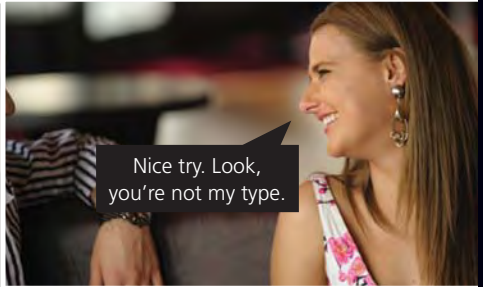
As long as you don't get on my nerves...



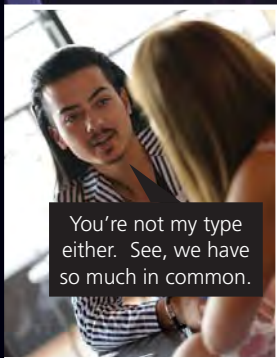
I'm here to support a friend. I have a boyfriend.



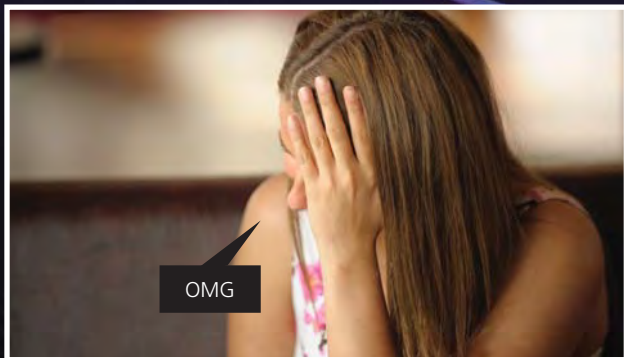
I have a girlfriend. Let's fix them up!



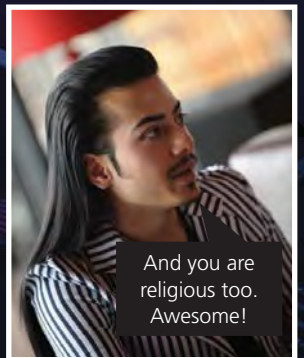
Nice try. Look, you're not my type.



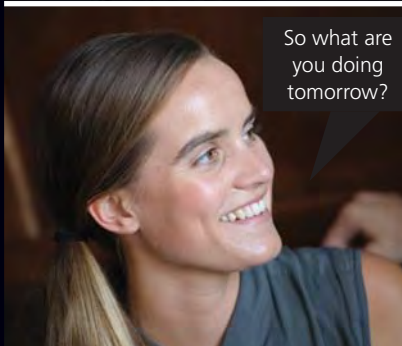
You're not my type either. See, we have so much in common.



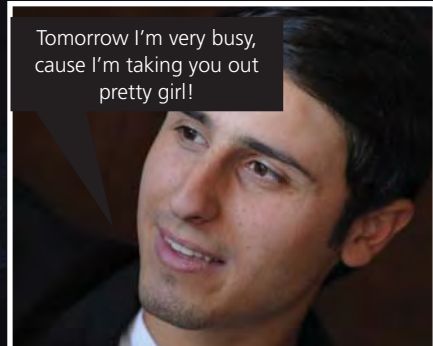
OMG



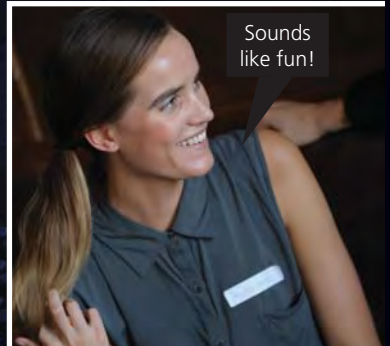
And you are religious too. Awesome!



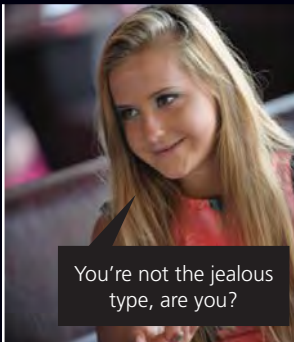
So what are you doing tomorrow?



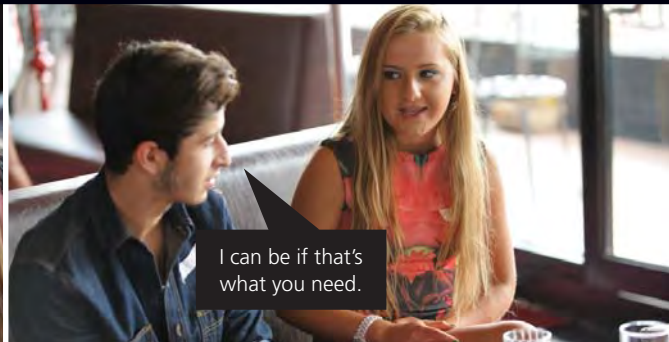
Tomorrow I'm very busy, cause I'm taking you out pretty girl!



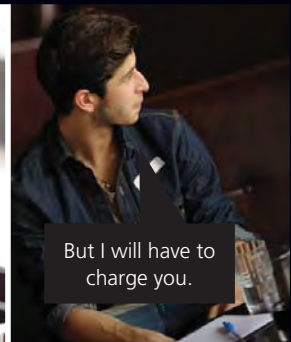
Sounds like fun!



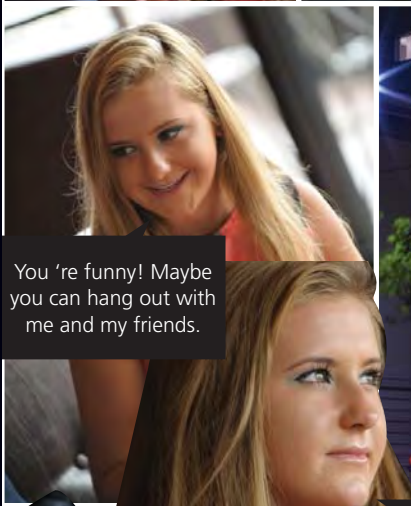
You're not the jealous type, are you?



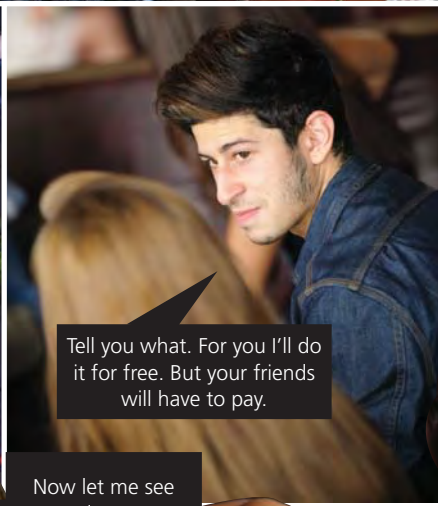
I can be if that's what you need.



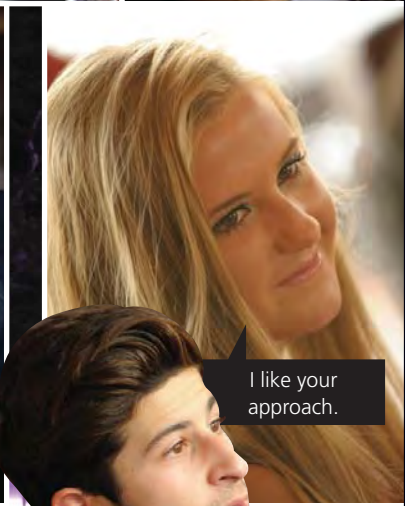
But I will have to charge you.



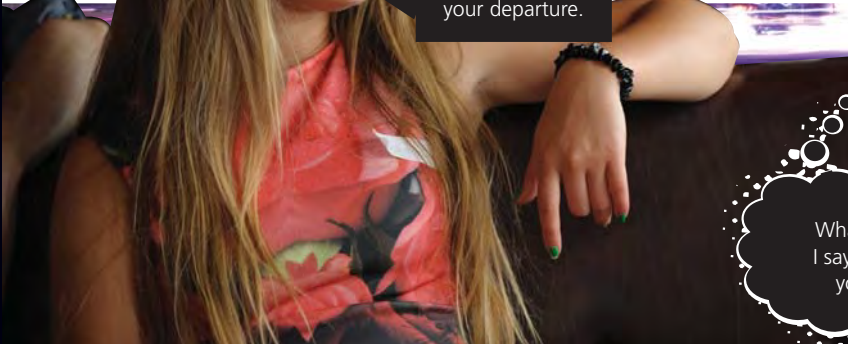
You're funny! Maybe you can hang out with me and my friends.



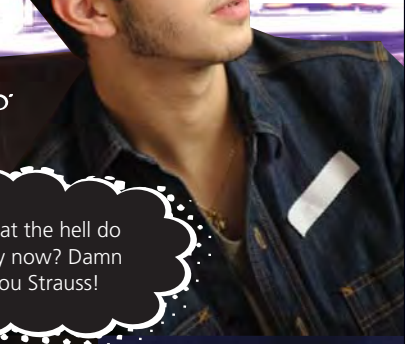
Tell you what. For you I'll do it for free. But your friends will have to pay.



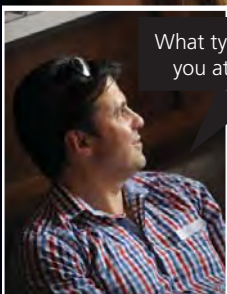
I like your approach.



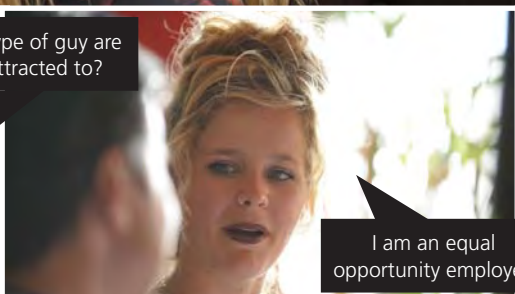
Now let me see your departure.



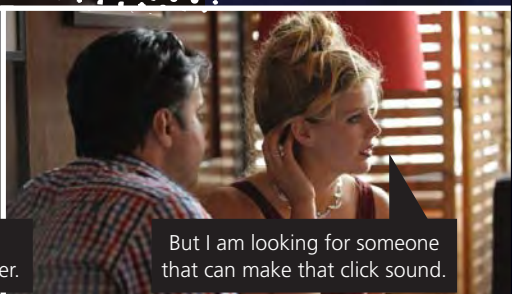
What the hell do I say now? Damn you Strauss!



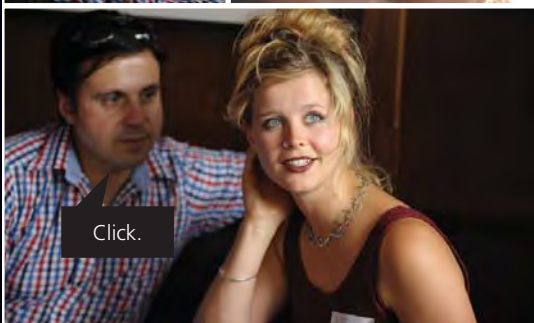
What type of guy are you attracted to?



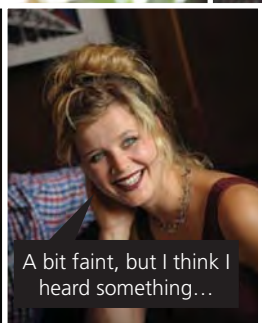
I am an equal opportunity employer.



But I am looking for someone that can make that click sound.

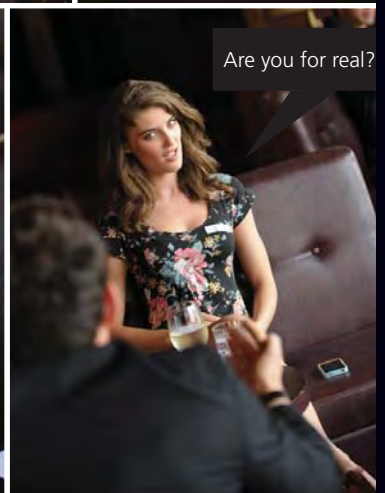
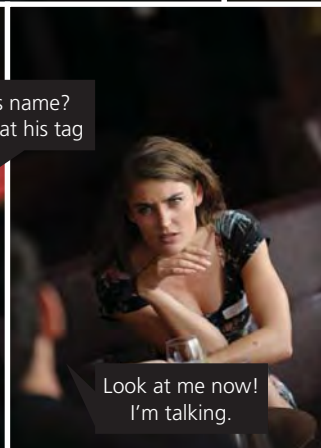
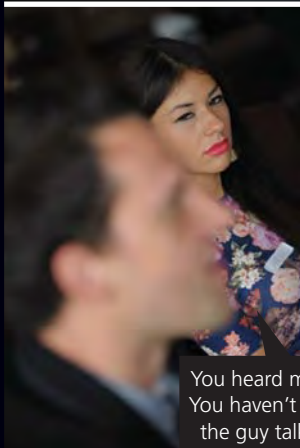
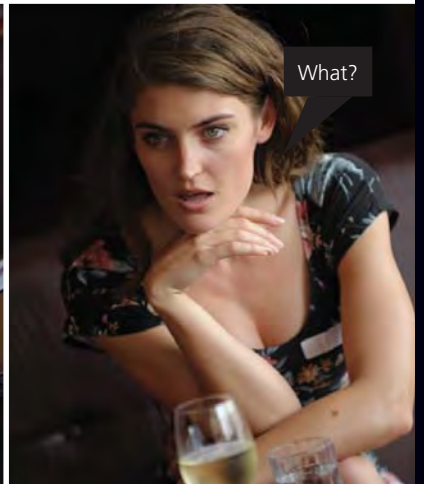
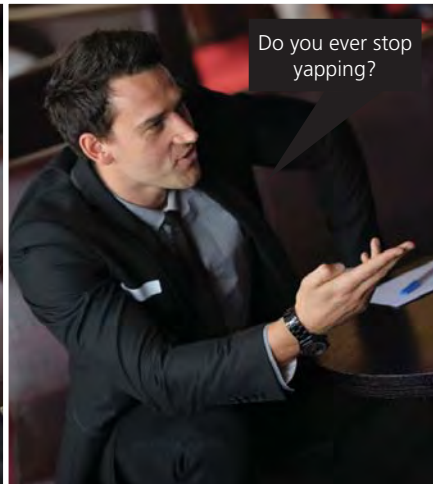
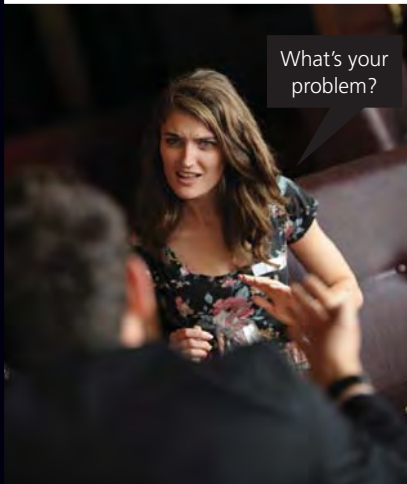
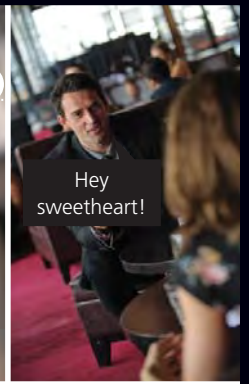


Click.

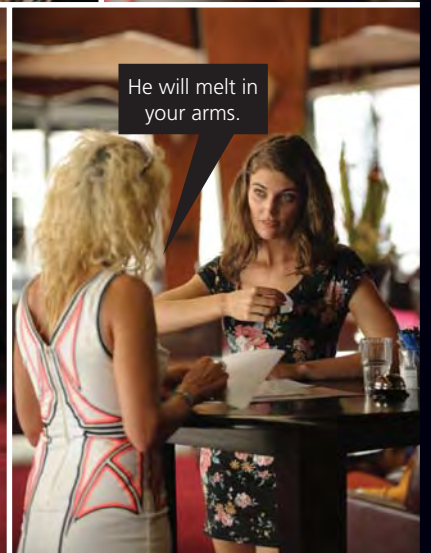
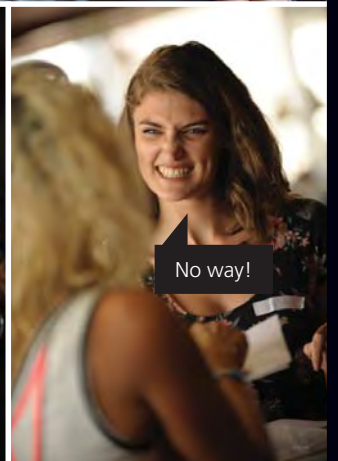
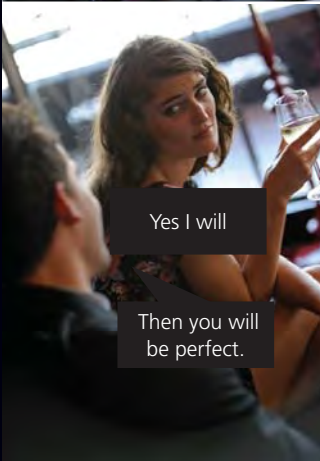
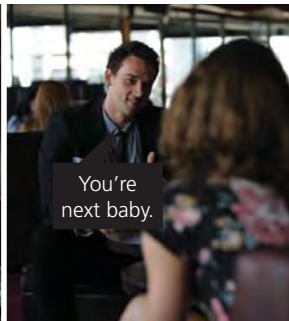


A bit faint, but I think I heard something...





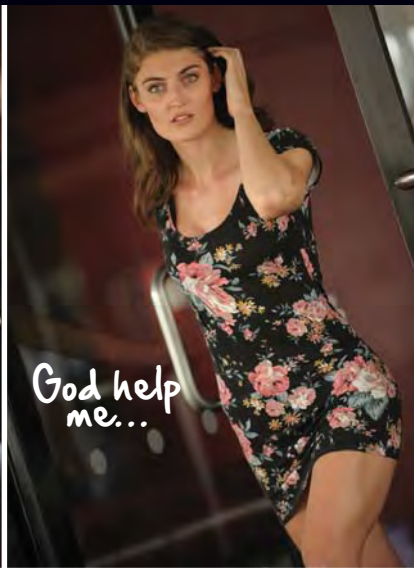




Even if short-lived,  
it will be intense!



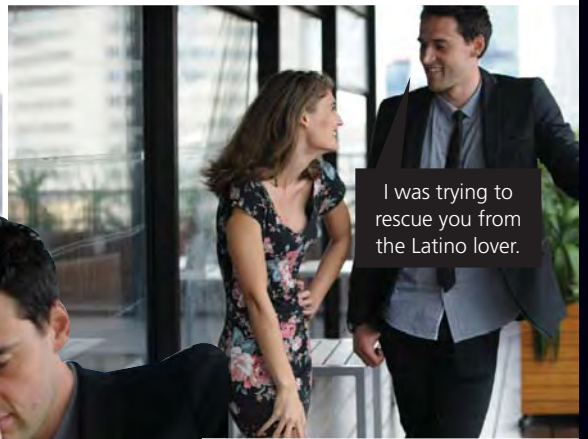
God help  
me...



Watch and  
learn boyz



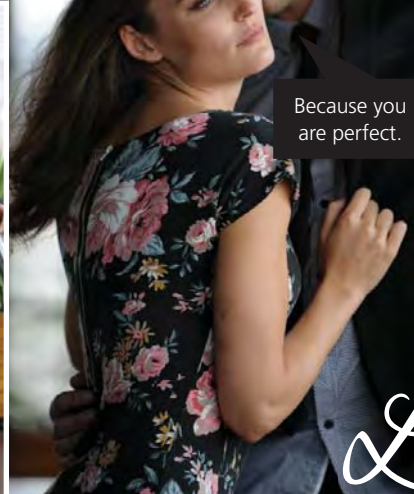
What's with the stunt  
you pulled in there?



I was trying to  
rescue you from  
the Latino lover.



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ignore you.



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hosted by eugenia & vangelis

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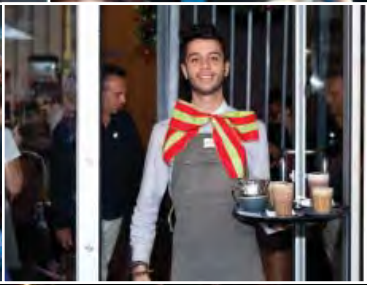
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## THE THANASIS Corner





# Eleftheria Eleftheriou



XOXO

Sexy, sweet Greek-Cypriot singing sensation **ELEFThERIA ELEFThERIOU** landed in Australia to promote her forthcoming album and share a frappe with our very own Greek PR star, Nicole Condos.

We caught up with Eleftheria to learn her thoughts on Australia, her new album and travelling the world for her love of music...

Eleftheria rose to acclaim in Greece and Cyprus from her appearance on Greece's X-Factor – singing her way into the hearts and homes of Greek admirers. Apart from gaining the affection of Greece's population, she also piqued the interest of some influential movers and shakers in Greece's music industry and was signed by Greek producers, Cobalt Music..

Eleftheria hit our shores in November to perform in Melbourne and Sydney before she took to the skies' and headed to New York.

Her appearances on X-Factor led her on a whirlwind adventure – touring with Panos Kiamos and then later in the year gaining the opportunity to tour with Greece's pop-sensation, Nikos Vertis. In her enchanting performance on Eurovision representing Greece with her song Aphrodisiac, she stole the stage and proved to the world that her talent reached far wider than her Greek / Cypriot audience. She's also been working with one of Greece's most anticipated rising star's, producer Claydee Lupa, on her debut single Teliosame and some smoking tracks off her new album that look set to take the European music scene by storm...

### What brings you to back to Australia?

I'm here because I was performing at Trak for GR Superclub, who run Greek events in Melbourne and a performance in Sydney.

### Tell us about your music style?

It's actually a mix of pop and folk Greek music. The folk keeps the sound of traditional Greek music in my style and

sound. I sing in Greek and English, and that makes my music very international. I represented Greece in the Eurovision competition in 2012 but I sang an English song.

### Tell us about X Factor?

I was in X Factor in Greece and I performed in six live shows. I didn't win but when I left X Factor I had the opportunity to work with Sakis Rouvas. It was a big opportunity to be able to work with him for a year after the show. Then a year later I was approached to tour with Nikos Vertis. It was very exciting.

In Greece these shows are as popular as they are in Australia and they give you a great opportunity to follow your dreams and make things happen for yourself – it doesn't matter if you win the show or not, it matters what you do after the show – you need to be prepared to follow your dreams and follow up on opportunities.

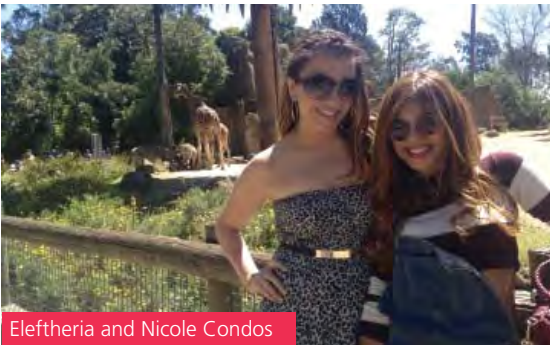
### So what's happening in your world now?

I am working on my new album and the single was released in November. It's my debut album and will have nine new tracks, including a Christmas song. I'm lucky to have worked with one of Greece's rising stars, music producer Claydee Lupa, who produced my debut single along with other original songs.

### When did you first discover your love of music and how did you develop it?

I've been singing for as long as I can remember – since I was a baby I think – whenever I was alone I was singing. Then I went to London to study music.





Eleftheria and Nicole Condos

**What's your favourite thing about Australia?**

We went to the Melbourne Zoo and I saw kangaroos and koalas, I really enjoyed it, we had a good trip. I love Melbourne, everyone is so kind here. Every time I visit this country I meet more and more people, and I don't ever want to leave at the end. I want to come again and again. The Australian Greeks get so excited when a Greek singer comes from Greece to visit. If Australia wasn't so far away from Europe I'd love to come more often.

**How are you finding the music industry in Greece at the moment, do you feel you'll gain the support and opportunity's you'll need to keep building a successful career?**

Greece is very supportive of music, but the competition is very steep. I've been very lucky to meet great people within the industry and have been offered great opportunities to build my career. But I would love to share my music with the whole world. My dream is to sing on a global scale.



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2. Edward Maya – Mono in Love (David May remix)
3. Natalia Gordienko – Agapi Mou
4. Bo ft Shaya – Kalokairini Kardia
5. Antonia – Marabou
6. Pitt Leffer – No Lies
7. INNA feat. Yandel – In Your Eyes
8. Andreea Banica feat. Kio – Bumerang (Vally V. & DeeJay Kapone Extended)
9. Sasha Lopez feat RadioKiller – Perfect day (Radio version)
10. Dj Sava feat Misha – Tenerife (Club Mix)
11. Otilia – French Kiss
12. Mia Martina ft. Adrian Sina – Go Crazy
13. Allexinno feat. Mirabela – Loving you (Iulian Florea remix)
14. David Deejay – Calanderia (DJ AleX'G Edit)
15. Dj Sava feat. Raluka & Connect-R – Aroma 2013 (Radio Edit)
16. Edward Maya feat. Violet Light – Back Home
17. Faydee – Catch Me
18. Sunrise Inc feat. Miradey – Tout Le Monde
19. Mastiksoul vs Mc Robinho – Rwatta Toca Bunda
20. T-LoCo – Cariño
21. Party Collective feat. Irina Sarbu – Atinge
22. Fly Project – Toca Toca (DJ HaLF Remix)
23. Mia Martina – Latin Moon (Kadir Aydin & Baris Keskin Remix)
24. Tacabro – Tacata (Engin Yildiz Club Mix)
25. Ela Rose & David Deejay – I'm Done (X-Kom Edit)
26. Kristine feat. DJ Rabinu – Ana Bahebak
27. Enrique Iglesias – To Night (Kadir ACAR Remix)
28. DeepSystem – Better on my own
29. Emrah Türken ft. X-Project – Blue Dreams
30. Mia Martina – Burning



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