



# VANILLA

AUTUMN  
**2014**

*Fotoromanzo*



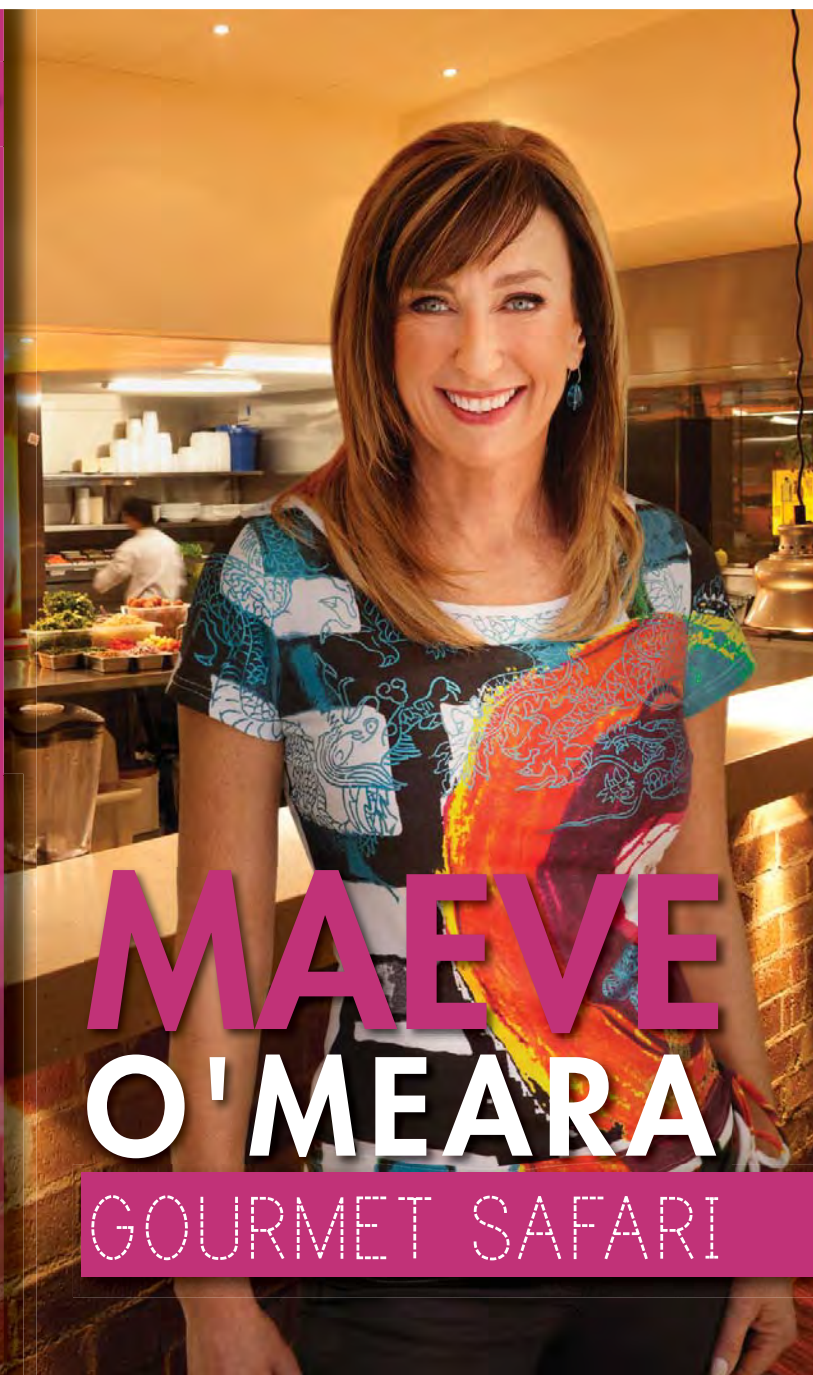
**COMEDY**  
*Festival*

+

*Callum HANN*



*Helena and  
Vikki*



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**O'MEARA**

GOURMET SAFARI



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# EDITOR'S LETTER

Welcome to the 10th issue of Vanilla Magazine!

As we leave a beautiful summer behind us we thought it might be a good idea to launch a pre-emptive strike against the upcoming winter blues with the biggest weapon, comedy.



So we urge you to make the most of autumn by laughing your heads off at the **Melbourne International Comedy Festival!** To help you choose from a plethora of acts, Raquel Neofit and Toulia Bourmas bring you up to date with great comedians **Felicity Ward, Eddie Ifft** and **Tom Siegert**. And when the festival is over, you can always go to Toulia's "The Last Laugh @ The Comedy Club" for repeat prescriptions. Or if you fancy ethnic humour, go and see **George Memo Kapiniaris**. You can find him on Facebook or catch him at Vanilla trying to decide between *galaktoboureko* and *baklava*.



The other good news with entering the cold seasons is food. We can all discretely pack a few more kilos on without anyone noticing, so for starters whet your appetites as you read about **Maeve O'Meara's Gourmet Safari** in Melbourne's best kept secret food destination, Oakleigh! Let me just say that she has now officially joined the ranks of those that have seen the light.

**MKR** twin sensations **Vikki** and **Helena** tell us about the inevitability of growing up in a Greek family as a food connoisseur, especially when *yiyia* is around to teach the traditional recipes.

The food extravaganza goes on and on with the likes of **Callum Hann, Rodney Dunn, Sevtap Yuce** and **Lee Holmes**. So, Kali Orexi and enjoy your Easter break!!

## NIKITA BALLAS

Oh, and look out for our new Fotoromanzo star **Shane Mohan**. You will be seeing more of him in the upcoming channel Nine epic TV series **Gallipoli** ;)



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# CONTENTS

- 06 Vanilla News
- 10 What's on these School Holidays
- 12 MKR Twins Helena & Vikki
- 16 Maeve O'Meara – Gourmet Safari
- 22 Callum Hann
- 26 ΠΑΣΧΑ – Easter in Greece
- 28 Cultural Fasting
- 30 Rodney Dunn – Agrarian Kitchen
- 32 Sevtap Yuce
- 34 Eddi Eiff
- 36 Felicity Ward
- 39 The Comedy Club – Melbourne International Comedy Festival
- 40 The Comedy Club – Tom Siegert
- 54 Health – Cacao – Eat me Raw
- 56 Health – Wheat Intolerant?
- 58 Health – Lee Holmes – Eat Yourself Beautiful
- 60 Fitness – Don't Run away from Goal Setting
- 62 Beauty – Fabulously Flawless
- 64 Travel – Back to Nature – Southern Queensland
- 65 Wilsons Promontory – A Great Southern Reserve
- 70 Fotoromanzo – Le Chauffeur



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Kudos to Jenn Alp for taking three months off to visit Africa and volunteer in some amazing humanitarian projects like the public health sector in Ghana for Cheerful Hearts Foundation (CHF). Local radio jock Roula Krikellis 'KkRock Chic' interviewed this awesome young woman who raised \$3,500 at a private function and donated it to help the children of Ghana. 'It was amazing how willing everyone was to help out and everyone had a great day', Jenn said as she described her Africa experience to us.

**So how did you spend the money?**

I stayed with the founder and his family in his village and spent Christmas at an orphanage with other members of CHF. We spent some of the money raised on a large donation that included toys, diapers, schooling material and snacks for the day. The majority of the money, however, went towards sponsoring children in a nearby fishing village where child labour is a huge issue. Children work in the fishing village for around 50 cents a day instead of going to school as education is not valued. It is a very dangerous life. The children are often physically abused and bullied by the fishermen and some children drown, getting caught in nets whilst trying to unhook them from rocks.

**What else did you do there?**

I also did research on the high number of teenage pregnancy in a local village. The research included going with people from the foundation – who grew up in the area – to perform interviews with locals, using a translator if needed. We then collected all the data,

analysed it and wrote a research report on the areas of highest vulnerability and strategies that could be implemented to decrease the incidence of unwanted teenage pregnancies. It was all conducted in a very respectful way. The community was comfortable with giving advice as a lot of people believed that it was an issue, they just did not know how to fix it.

**What did you do in South Africa?**

I volunteered on a wildlife reserve doing research on the animals and documenting data on their eating, hunting, social habits. I learned so much about both animal life and conservation issues. Every species of animal was so beautiful in its own way that I cannot even put it to words. It was a very interesting place and I cannot wait to go back. I am

currently looking into doing a field guiding course there next year.

**Did you miss the comforts of home?**

The accommodation was very basic in both Ghana and South Africa which, although a shock at first, I adapted to quite quickly. It helped me to appreciate the things that I take for granted at home, such as warm showers! It was also quite relaxing not to have constant stimulation such as social networking in my face all the time. After the wildlife reserve I stayed at a horse riding training place. We went on horse rides in the wildlife reserve, getting within meters of giraffes and warthogs. It was a great way to meet the locals in the area.

**Sounds like the trip of a lifetime.**

I learnt so much and met so many amazing people. I recommend this trip to anyone who would like an eye opening vacation that definitely will get you out of your comfort zone in the most comfortable way possible!



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# GET ON BOARD FOR LUKAS ROSENBAUM UPDATE

Brave Lukas has been back home in Australia for three months now, readjusting back to normal life. He shared a lovely Christmas with family and friends. 'Lukas went through a patch of extreme tiredness for a while - common after brain radiation - but that seems to be easing off somewhat now and he is starting to get his energy and cheekiness back. He has also started kindergarten, which is a major milestone, the great news is that a month ago he had his first scan following the end of his treatment and his parents got the absolutely amazing news that is was reported to be free of tumour! His delighted mum said 'This is the first time we have heard this since the start of this battle so we pray and hope that this is all we ever hear again, 'free of tumour!!!'



Vanilla Magazine readers have shown overwhelming support for Lukas and his family, showing once again the power of community spirit. We thank you all for keeping Lukas and his wonderful family in your prayers and thoughts.



Baklava eating competition at Antipodes!



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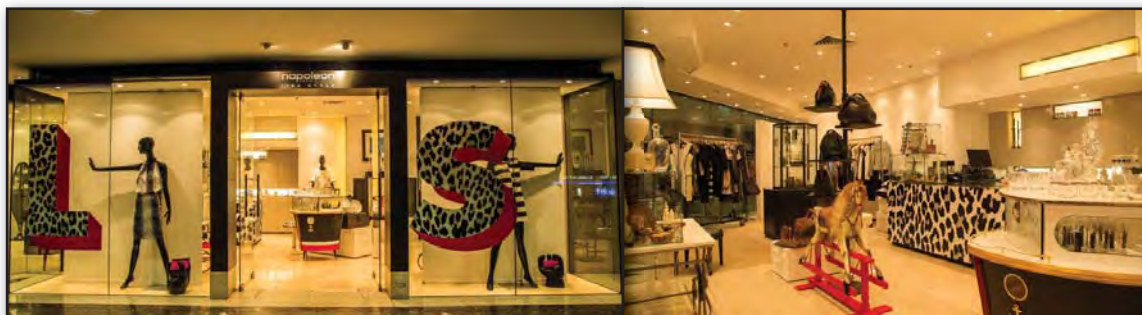
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# WHAT'S ON THESE **SCHOOL HOLIDAYS**

Add some magic to the **EASTER SCHOOL HOLIDAYS** and get out and about in our very own cosmopolitan city. You'll be amazed at the family fun Melbourne has on offer. Apart from the old gold treasures our city has on offer, we've done some digging and come up a list of interesting and extraordinary activities to immerse the kids in and keep them happy these school holidays... Read on for our list of top things to do in multicultural **MELBOURNE**...

## 1. SCARECROW MAKING AND POP-UP PATCH

Join Melbourne's famous Little Veggie Patch Co at Federation Square. The kids can build their own scarecrow and get some hands-on practice in the art of planting out their very own veggie patch.

Scarecrows making available from **9 Mar – 21 Dec**

Pop-up patch **15 Mar | 16 Apr**



## 2. THE (VERY) BIG LAUGH OUT

Comedy for kids at Federation Square throughout the Melbourne International Comedy Festival.

**29 Mar – 20 Apr**

## 3. COMEDY CLUB FOR KIDS

Bring the kids along to The Spiegeltent, the new home to The Comedy Club for Kids in the Easter holidays where they can laugh along to mountains of wacky jokes.

**5 Apr – 20 Apr**



## 4. NATURE PLAY WEEK

Head over to the Royal Botanic Gardens for a plethora of workshops and activities celebrating Nature Play Week/

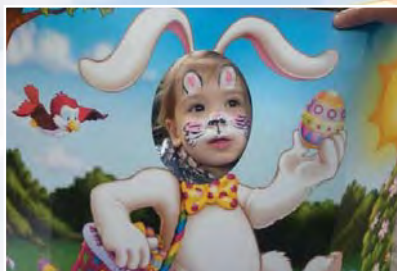
From **1 Apr**



## 5. EASTER BUNNY TRAIL

Hop on down to Cooks Cottage to join the Easter Bunny Trail. A self-guided trail for kids aged 4 – 6 and 7 – 11.

**5 Apr – 27 Apr**



## 6. NATIONAL SPORTS MUSEUM

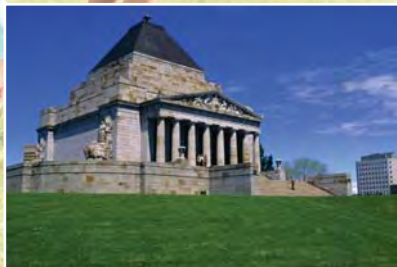
The return of footy to the MCG is showcased at the NSM these holidays. Relive some of the greatest moments in sporting history.

**5 Apr – 21 Apr**

## 7. SHRINE OF REMEMBRANCE

Pick up a map for the family trail and share the memories and meaning of the Anzac's. Make sure you check out the Ray of Light ceremony at the Sanctuary and pick up a free Anzac cookie when you complete the Family Trail activity.

**5 Apr – 20 Apr**



## 8. LIVE RADIO PROGRAM

Head over to SYN 90.7 radio headquarters in Carlton and experience the excitement of being a radio star for the day. Kids aged 12 – 18 can produce their very own radio show with the guidance of SYN's trainers and volunteers – hands on!

Mon, Tues & Wed's **9 Apr – 16 Apr**



## 9. MELBOURNE ZOO – KEEPER KIDS'

Join in with Zoo staff in the Keep Kids' area of the zoo learning and experiencing what it's like to work behind the scenes at the Zoo. Throw on a safety vest and a tool belt and try your hand at all sorts of different jobs performed by zoo keepers and staff.

From the **7 Apr – 17 Apr** (excluding weekends)



## 10. MELBOURNE MUSEUM

Celebrate the opening of the Aztecs at the Melbourne museum with a range of family friendly activities designed to open our eyes to the lives and cultures of the ancient Aztecs.

## 11. LUNA PARK

How could we compile a top list of things-to-do in the holidays without giving Luna Park a look-in. Jump on the oldest rollercoaster in Oz, check out Port Phillip Bay upside down from the Pharaoh's Curse, or ride the 100 year old carousel, who knows, you could be sitting on a hand-painted pony your grandmother sat on many years ago!



## 12. MELBOURNE AQUARIUM

Feed the fish, meet their mega croc, Pinjarra, and enter a rainforest to discover which animal live inside or brave the chilli water and swim with a shark. The Melbourne Aquarium always has so much on offer to keep the kids busy for the day.

## 13. CATCH A MOVIE

Hollywood doesn't disappoint these school holidays with some first-rates flicks set to hit our big screens. The Lego movie, Mr Peabody and Sherman, The Muppets Most Wanted and The Amazing Spider-Man 2 will entertain and keep the kids off the streets for a couple of hours.

Or for some super-big screen entertainment, head out to the IMAX theatre in Carlton for an encounter with sharks, butterflies or our great big universe.

## GET OUT OF TOWN...

### 14. RED HILL SHOW JUMPING

Looking to get out of the suburbs, then head out to Red Hill and check out the Red Hill show jumping event at the Red Hill Equestrian Centre.

**5 Apr**

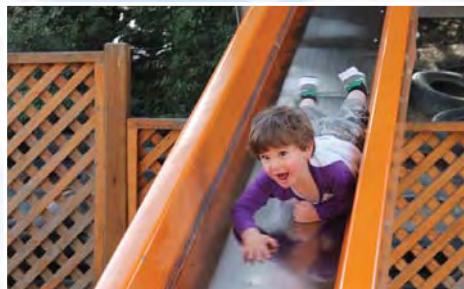
### 15. RIP CURL PRO

Or head out to the other side of Melbourne for the Rip Curl Pro at Bells Beach. Held every Easter for the last 50 years, kids and adults can marvel at some of the best and most experienced surfer's as they head out and 'shoot the curl' at Bells. Gnarly dude...

**16 Apr – 27 Apr**

### 16. VISIT SHEPPARTON

**SPC ARDMONA KIDSTOWN** – Australia's biggest adventure playground! An easy two-hour drive from Melbourne on the Midland Highway between Shepparton and Mooroopna in Victoria.



### EMERALD BANK LEISURE LAND

Emerald Bank Leisure Land is a family friendly destination with plenty to see and do. The manicured gardens and picturesque lake are perfect for a relaxed stroll. Enjoy a coffee, or lunch, at the Windmill Chocolate Shop and Cafe.. There is a mini golf course to try your skill and the kids can be entertained at the Adventure Park on weekends and school holidays.

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You haven't experienced the true flavour of fresh fruit until you pick your own! Belstack Strawberry Farm's strawberries are grown without chemicals so they taste yummy and stay fresh longer. Enjoy a Devonshire Tea or Strawberry Sundae in the café.

So there you have it, a list of attractions set to keep everyone entertained these school holidays.

And don't forget we have some of the best parks, beaches and markets in Australia. So get out there and enjoy our amazing city of Melbourne these school holidays.

Once you've filled in your day with great adventures and good fun make sure you drop into **VANILLA** for a bite before heading home.



# Helena & Vikki



It's hard to go un-noticed when you are Greek, so it was only natural **HELENA & VIKKI MOURSELLAS**

would make quite an impression on Australia's favourite cooking show, *My Kitchen Rules*. Stealing some time from their superheavy schedule on MKR, the lovable twins spoke to **Vanilla Magazine** about their life changing journey in the wonderful world of showbiz. Food has always been their passion as they grew up watching their *yiayia* make magic in the kitchen.

*So our first question to them was...*



### How has MKR changed your outlook towards food?

**VIKKI** Food has always been an important part of our lives as we grew up in a traditional Greek home. Being a very close family we bonded through all the rituals of food. For example, as young girls we learnt a lot from our *yiayia* (grandma) who shared with us her knowledge and passion for cooking. And here we are today, competing in one of the most successful cooking shows on Australian television!

### Which is changing your lives...

**HELENA** This show has redirected our careers. As young girls, now 25, we had many plans for our future. Before MKR I was working in graphic design while studying media, and was looking into a TV presenting career, while Helena was studying radio producing.

### And now?

**HELENA** MKR has now opened up for us some great new horizons. We can now follow a career path with our great love, food!

### Is anyone in your family involved with the food industry?

**VIKKI** No, we will be the first ones. We feel very determined to reach our goals and succeed in this challenging industry. We are not discouraged by limitations like lack of capital. There are a lot of business ideas we are working on at the moment.

**HELENA** We feel very confident. At the moment we are writing a cookbook and we are also looking at starting a catering business and even creating our own food web channel.

**VIKKI** And all this thanks to MKR. We feel extremely lucky and are very grateful for the new opportunities this show has opened up for us.

### Tell us about the challenges you have been facing in the show.

**HELENA** Being on the show is very stressful and at times you think 'I can't do this'. But through persevering we learnt that

everything in this life is possible as long as you don't give up and you push through to the end in order to achieve your goals.

**VIKKI** MKR taught us that if you work hard, there will always be a good outcome. We have become, stronger, more resilient.

**HELENA** It has been very difficult, not so much physically, but emotionally and mentally. It is very hard to stay focused and perform your best in such a tight schedule.

Behind the scenes it is full on! Long hours of filming, then getting up the next day at 6am and doing it all over again. But you are in MKR! So your mindset is to stay strong and make it to the very end.

### Where or who do you draw strength from?

**VIKKI** We think about our family, knowing that they are there for us. We are blessed to be in such a close family. Our Yiayia of course is our biggest inspiration. She is in Greece at the moment but she still encourages us – we call her three times a week - and if it wasn't for her of course we wouldn't even be in this show! We lost our dad when we were 12, but we always know he is watching down on us from Heaven. This gives us the strength to fight till the end.







### What about your 'telepathic' bond as twins?

**HELENA** Vikki and I throughout the show finish each other's sentences and we pretty much work as one person, which makes us a very strong team and helps us maintain a positive mind during the competition.

**VIKKI** We work really well together, we know what each one of us is doing, in other words we work in sync!

### Do you ever fight?

**VIKKI** As sisters we have our moments, but never on the show. Instead, we are always there for one another, and when one of us is down, the other one will be the strong one. So there is no conflict between us.

### You had conflict with others though...

**HELENA** Yes, we did experience a lot of conflict with Chloe and Kelly of Perth. They were hard to get through to. Vikki and I came to this show to be ourselves. So we were not fake to anyone. What you see in real life you also see with us on TV. So we basically told them how it was...

### You did not feel intimidated?

**HELENA** No, we are both very confident people, so no contestants intimidated us. Manu on the other hand..., but that's what the judges are there for, to make you better and stronger!

### Your inspiration from Greek cuisine looks like it's put you on a winning path?

**HELENA** We draw a lot from Greek cuisine, and the food we grew up with and have come to love and know well, but we also like to step out of our comfort zone...

### How do you incorporate Yiayia's recipes?

**HELENA** Back in Yiayia's days, the dishes were simple. Today, you can't just have a basic dish, you need to add three

elements and make it amazing. So we use her basic recipes, add a twist, and turn them into our own creations.

### Are her recipes written down?

**HELENA** To tell you the truth, they are all in our head. We memorised them after all these years of watching her cook.

### Will we see them in the cookbook you are working on?

**HELENA** Our cookbook will be based on her recipes of course. That's where it all started.

### When you have dinner guests, do you do the Greek overkill thing?

**VIKKI** Oh you know, we love cooking for friends and family. They come over, we cook for them and then they are not able to move!

### Name an ingredient never missing from your fridge.

**HELENA** Feta cheese.

**VIKKI** Parsley.

### What's your favourite Greek sweet?

**HELENA** We make amazing *Ravani*.

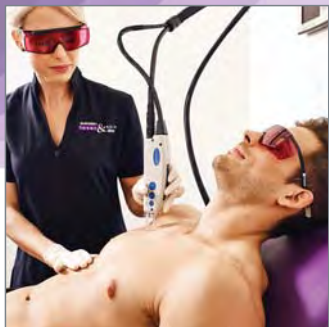
**VIKKI** And we love *Galaktobourekoi*!

### So, with all the fame, has there been a marked increase in marriage proposals?

**HELENA** Well, not for me, I am in a five year relationship. Only Vikki is single.

### And?

**VIKKI** Not looking for anyone at the moment. No rush... I like being single for now!



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# MAEVE O'MEARA

By RAQUEL NEOFIT

She's graced our televisions for years enticing us with cuisines of the world – this Autumn, presenter, author, journalist and food aficionado **MAEVE O'MEARA** caught up at Vanilla to chat about **GOURMET SAFARI**, life and family.

Maeve launched Gourmet Gourmet Safaris for foodies wanting to learn more about the cuisine in their local cultural districts. Interest spiked and the television series, *Food Safari* was born. Maeve's success has fuelled the food passion of her followers all over the country and even has her taking devotees overseas to Greece, France and Italy.

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## **Maeve, what fuelled your passion and desire to chase this food dream?**

I was actually a refugee from channel 9's Sunday Show who washed up on the shores of SBS – it was great. It was such a crazy place to work, I loved it. And it had a great food culture – staff there are from 60 different cultures.

People would gather in the tearoom to talk about delicious things they'd eaten at home or in restaurants the night before – I felt I'd landed in heaven.

One of the Greek subtitlers would take us on forays into her world, we'd start at tavernas and then find ourselves in nightclubs where they'd light up whiskey on the dance floor and break wheelbarrow loads of plates. You'd feel like you were on a remote Greek island but you were in the Sydney suburb of Belmore. I love that about Australia!

## **How did your production company and the television series come to life?**

We started Kismet in 2005 with my partner Toufic Charabati, an editor, producer and a fabulous director.

He came up with the Gourmet Safari concept after coming to one of my food tours and seeing the sort of questions people were asking – they wanted to know all about the ingredients and simple dishes they could make, they wanted lots of tips and they wanted the real deal, authentic recipes, not dumbed down ones. It was amusing that it was a Lebanese walking safari, as that's Touf's background, but he realised there was a great TV show to be done that created a bridge between worlds.

## **What's one of the things you love most about Food Safari?**

The sheer wonderfulness of launching out every day to film something that's close to your heart, the honour of going into people's homes and lives and capturing family recipes, and helping people to sparkle - it's a joy. The days are long but the food and the generosity of people is always amazing.

## **You've expanded so much, how did you find all these local shops and restaurants?**

A lot of people I've met over twenty years of seeking out



authentic food from across the cuisines. Many of the people we film and visit on our Gourmet Safari are friends and that's such a bonus, hearing how everyone's lives are going and feeling connected to such inspiring people. I was delighted this week that we were invited to India by a chef friend to attend his son's wedding.

The other 'finds' come from our two talented researchers.

### Why jump into producing the show yourself?

I think after a few years in television it's a good feeling to run your own race.

### Three teenagers, that's a fulltime job on its own, how do find the work/life balance with such a demanding schedule?

I know it's not always easy to have parents away but actually it's never for very long... I hope for each of my children there is understanding about following your dreams.

### Should we keep an eye out for a new breed of O'Meara journo or foodies?

Watch this space... My boy is doing a design degree and the girls are still at school. I think the job market is changing so

rapidly that the jobs they end up doing may not even have been invented yet. They do know good food and it's a joy to sit around a table with them.

### Tell us about your overseas Gourmet Safaris, it's a long way to go if you end up with a dull group.

You know, I've never had a dull group. Maybe it's the food thing that helps; people who are interested in something and appreciate the clever things we weave into our itineraries are never dull. We've had our groups dancing with a whole village to bouzouki music in village squares, and swimming off luxury catamarans.

### What's your favourite country and why?

Australia - we have the best mix of cuisines in the world, a great climate and such a nice relaxed way of being. You realise how stiff and stuffy things can get when you start dealing with other countries.

That, said I do love all the places we visit on our safaris. The longest continuous travel has been to GREECE - we visited four islands - Evia, Limnos, Lesvos and Santorini.



Join Vanilla writer, **Raquel Neofit**, as she ventures out with **MAEVE O'MEARA** and a dedicated group of foodies for a Gourmet Safari Greek Walking Tour of Oakleigh, discovering Maeve's favourite hidden goldmines of Greek delicacies.

As we headed into Eaton Mall on a comfortable Saturday morning in February, it felt like we had been transported to a European town. Café tables throughout the mall were quickly filling up, proof new business owners are feeling confident joining this vibrant local community.

We began our day at Mezedakia family restaurant with a strong Greek coffee and baklava, while Maeve explained what lay in store for us. It was a treat to see the expressions of surprise when everyone realised the founder of Gourmet Safari herself was our guide for the day's tour. Even without her right-hand woman, Vicki Peppos - Oakleigh's regular Gourmet Safari Greek expert - Maeve didn't miss a beat and was an enthusiastic and knowledgeable guide.

# MAUVE'S GOURMET SAFARI

## VANILLA BAKEHOUSE



Next stop Vanilla! Our host Helen Spanos couldn't help but laugh when Maeve asked her, 'who came first, the Greeks or Vanilla?' When we entered the Bakehouse we were hit with an intoxicating aroma of sweet treats hot from the oven in an oasis few people ever experience. As we're handed freshly sugared *Bougatsa*, we share a few giggles listening to those who struggle grasping the curls and turns of the Greek language. 'Greeks and Italian have this for breakfast, not bacon and eggs,' we were told as Chef Marco sugars the pastry coated hot-custard delicacy.



We marvel at freshly made Loukamades feeling tempted to steal some and run. Meanwhile fine confectioners' sugar floats in clouds around us, as Marco generously applies it on the traditional Greek sweets with the funny name *Kourabiedes*. This is paradise.

## VANILLA CAKES & LOUNGE



We then head to Vanilla Lounge for a lesson in frappe and a final touch of Greek hospitality by way of *Loukoumades* (Greek 'dough balls'). As we lick our fingers, Helen gives us a brief history of the success story called Oakleigh's Eaton Mall.

After 44 years in the hospitality industry, Helen shares her love of food and pastries with her entire family and is still always excited about new products and new techniques. She expresses how blessed she feels to be able to be a part of such a wonderful, family orientated community here in Oakleigh and the Mall.

## HOUSE OF PITTES

Across the mall is the House of Pittes run by lovely Renata who introduced us to her Greek chef Ari as he prepares their breads and pastries in the kitchen upstairs. We get a quick lesson in making Tiropita and marvel at Ari's skilled hands folding wafer thin sheets of pastry, creating classic feta Greek specialties. 'A beautifully made pita is an extraordinary thing', Maeve exclaims. We then head downstairs to fill up on hot spanakopita.



## PANAYIOTI THE FISH GUY - O'Psaras on Portman



Panayiotis - THE FISH GUY  
Maeve in the fish market

As we snacked on freshly sautéed calamari and prawns, Panayiotis spoke about the importance of fresh fish and simplicity. 'Seafood is pretty simple and I think we've complicated it', he says. 'Keep it wholesome, clean and simple.'

We learn how Greeks in Greece prepare their seafood and explore ideas on how it's consumed and prepared. He talks us through a fishy breakfast of salted sardines and silver whiting, from small fish to squid and giant fish that rule the ocean.



Join Oakleigh's local Safari guide, **VICKI PEPPOS**, as she shares her knowledge guiding you through the delights of Oakleigh



# IN OAKLEIGH

## KALIMERA – SOUVLAKI ART

'This is the hottest ticket in town!' Maeve proclaims as we enter Kalimera to heady scents of marinated pork and chicken. 'This is Sylvia, she married Mister Souvlaki from Greece and they opened this beautiful souvlaki bar'. It is not easy to find in Melbourne pork souvlaki that tastes the same as in Greece. It's all about mastering the 'souvlaki art'.



Sylvia & Maeve



## ALPHA FOODS MARKET

At Alpha we learn about – and eat – olives and feta, then taste homemade dips while Daphne explains the tastes and characteristics. She tells us it's the soil in Kalamata that makes these olives so special, it has a specific taste, and advises us to buy them whole. 'When they are pitted, they squeeze out the juice of the olive too. It may not be nice to spit out the pip, but the olive is better and hey', she exclaims with her hands in the air shrugging her shoulders, 'it's the Greek way!'



## QUALITY BUTCHERS & WHOLESALE MEAT

Did you know northern Greeks prefer an aged sausage that's eaten sliced into small pieces with red wine? Or that those Southern boys prefer fresher sausages with eggs for breakfast? Aged for five days Southerners like their sausage flavoured with the likes of orange and red wine, whereas the Northerners lean towards a leek sauce in their sausage because it helps to keep them warm in the cooler weather.

## ATHENA FOOD MARKET – Theo and Eve



Theo & Maeve

Athena Deli is next on our agenda and Theo and Eve introduce us to lots of 'little tastes'. Greek beans, halva and Dodoni yogurt, even Crete's famous thyme flower honey lines their shelves. It's hard not to gape in wonder as Theo slices through a giant Halva that resembles a perfectly crafted marble wall.

## NIKOS QUALITY CAKES

We then venture over to Nikos Quality Cakes where vibrant Matoula, known to the locals as Matty, tells us all about the sweet tooth habits of Greeks.



Gourmet Safari on the run. An impromotu stop at Lemnos for some road side BBQ snags



Some of the many courses served at Mezedakia for lunch

## MEZEDAKIA

As our day reaches its close, we head back to Mezedakia with full tummies, but this is not the end of the delicious world of Greek cuisine. We still have to make room for Maria's mezedes.

At the start of our adventure, Maeve told us no-one ever leaves hungry on Gourmet Safari, and as we rolled down the street towards home, we knew she was true to her word...

For further information please contact:

**p:** 02 8969 6555 or

visit: [www.gourmetsafaris.com.au](http://www.gourmetsafaris.com.au)





With the new look and feel of the bank embraced by the community in a positive light, Chief Executive Officer, **Mr George Tacticos**, describes the last twelve months as *'challenging but equally rewarding'*.



## A bright year ahead for DelphiBank<sup>®</sup>

In December 2012, Delphi Bank launched an Australia-wide rebrand and welcomed the next chapter of their future and growth following the Bank's decision to become part of the Bendigo and Adelaide Bank family.

Incredibly pleased to have continued their banking journey with Australia's leading customer-connected bank, the two organisations share a strong strategic alliance and both are like-minded and community focused businesses.

With the new look and feel of the bank embraced by the community in a positive light, Chief Executive Officer, Mr George Tacticos, describes the last twelve months as 'challenging but equally rewarding'.

“ Experiencing a *record result* of 17% growth in the recent 2012/13 financial year, **Delphi Bank** has undeniably flourished under the new brand identity. ”

Experiencing a record result of 17% growth in the recent 2012/13 financial year, Delphi Bank has undeniably flourished under the new brand identity.

Like other banks, Delphi Bank operates under the strict regulations and monitoring processes of the Australian Prudential Regulatory Authority and the Australian Securities and Investments Commission.

Mr Tacticos attributes the Bank's success to their 'strong relationship orientated, community-minded approach to customer needs that the major banks simply cannot compete with.'

Dedicated to making their customers' banking experience a rewarding one, Delphi Bank stands apart from the larger banking institutions through their proven ability to deliver tailored banking solutions, and still provide fast, flexible and responsive service.

Also central to their growth strategy is their long-time support and involvement with the Hellenic community, with the organisation willingly and constantly going beyond banking to help their customers and strengthen the communities they live in.

Having reached new milestones, Delphi Bank anticipates a bright future ahead, dedicated to strong growth in line with the increasing prosperity of the communities they serve.



GON MILONAS PHOTOGRAPHY



# CALLUM HANN

BY RAQUEL NEOFIT

VANILLA MAGAZINE'S WRITER RAQUEL NEOFIT AND PHOTOGRAPHER GON MILONAS MEET UP WITH CALLUM HANN TO TALK ABOUT HIS LOVE FOR GREEK CUISINE



SWEET YOUNG GALLUM HANN WAS JUST 20 YEARS YOUNG WHEN HE EXITED 2010'S MASTERCHEF COMPETITION A WINNER IN THE EYES OF GREEK CHEF GEORGE CALOMBARIS. WITH HIS SECOND BOOK NOW IN-STORE, WE WERE EXCITED TO FIND OUT HOW HE'S INCORPORATED HIS MANY GREEK LESSONS SINCE HIS MASTERCHEF SUCCESS.

**After making it to the final of *Masterchef*, you were invited into the many Greek kitchens of George Calombaris. What did you learn and take away from the experience of working with Greek cuisine?**

I love the Greek sense of generosity when it comes to food; it's as much about the people you're serving as the food you're serving them. There's a real focus on good quality ingredients put together in classic flavour combinations that's hard to not like!

**Is there a special trait or influence that you have loved or loathed from working in Greek kitchens?**

I have started putting dill into lots of the salads I make, which I never used to do. It's such an addictive flavour, particularly with anything seafood!

**Did you get to experience any of the home-style hospitality of the Greek table and if so how did you enjoy it?**

I have learnt not to tell a Greek person you're hungry, they will give you more food than you can possibly handle! The Greek people I have spent time with felt like old friends after half an hour of knowing them!

**Is Mediterranean style food something you try to incorporate into your teaching and your daily life?**

My business partner for Sprout cooking school is Greek, so between the two of us there's no shortage of Mediterranean ingredients and recipes used!

**If there was one thing you would want people of all backgrounds to take on-board from the Greek way of eating, what would it be?**

I love the way Greek meals are about sharing food; it's very rarely entrée, main, dessert. It seems to be lots of plates of food that go in the middle of the table and are shared around, and it's a lovely way to eat especially with larger groups of friends or family.

**Do you feel there is something missing from Greek cuisine that if you could incorporate you would?**

I think a cuisine that has been loved for hundreds of years probably shouldn't be tampered with too much!

**Your new book – I love that it's the same style and size as your first – can we expect a series of books in the future that will fit beautifully together on our bookcases? Is there enough knowledge and love of food to continue on with them?**

I have had so much fun writing the first two books. I love being able to share my favourite recipes with everyone, so I hope to write another in the future.

**What's at the heart of this book?**

A real focus on simple, fast, fresh and seasonal food. It's the sort of food I love to cook, both at home and the cooking school.

**Pick three recipes that we absolutely must cook from your book 'I'd eat that'?**

That's a tough question, I like all the recipes in there! Try the Ga,jun fish with sweetcorn, red onion and smoked almond salad, the kidney bean chilli with cornbread, or the fig, walnut, prosciutto, pumpkin and haloumi salad.





PUBLISHED BY MURDOCH BOOKS RRP 24.99

**Do you attribute the learning of many of these tips in your new book to *Masterchef* and the teaching you were given after the show, or do you think they were already ingrained in you before *Masterchef*?**

I was lucky to grow up in a foodie family in the Barossa Valley; my mum has a kitchen homeware store and my Dad worked at a winery. I also learnt quite a lot about cooking from a restaurant I worked at through high school and uni. Having said that, the chefs I met and the experiences I had on *Masterchef* gave me a once-in-a-lifetime opportunity to immerse myself in the food world, so I feel incredibly grateful for the opportunity.

**Looking back now, (isn't hindsight a marvellous thing?) what was the most important thing you took away from the show and would you do it again?**

I suppose I did do it again when *Masterchef Allstars* came along! I think the most important thing I realised from being on the show was that I wanted to have a career in food. It's hard to say whether it would have happened otherwise.

**What can we expect from your cooking classes if we visit Adelaide?**

A completely hands on experience; you cook each dish (usually three courses) from start to finish yourself. We first demonstrate each dish, then everyone cooks, then we eat what we've made with a matching glass of wine to each dish. Our thinking is that the more people are involved, the more likely they are to actually cook the dishes again at home, and that's the goal for our classes.

**Anything new in the pipeline for the future – what are you working on now?**

*Sprout* takes up most of my time but I do some work with the Adelaide Produce Markets, Wesley Mission and SA Life. I'm also working on new ideas for *Thankyou™* (the social enterprise I work with to create supermarket products which supports people in the poorest places of the world)







The original Greek beer.

[facebook.com/FIXbeer](https://facebook.com/FIXbeer)



# ΠΑΣΧΑ

## Easter in Greece

BRONTADOS, CHIOS - GREECE

Christianity's biggest feast is celebrated across the world in many wonderful ways as each branch of the largest religion incorporates age old rituals and traditions to remember the Passion and Resurrection of The Lord Jesus Christ. Greek Orthodox Easter in Australia has its own distinctive character and many Melbournians are familiar with the Good Friday Epitafios (Epitaph) procession in the streets around every Greek church, the candlelit Anastasi

(Resurrection) the tsoureki (Greek Easter Bread) and of course the red dyed Easter egg cracking.

In Greece however, every region enjoys unique customs that bring to life the richness and many layers of Greek Orthodox Easter symbolism. Add to that the beautiful sceneries throughout Greece and you have the ultimate Easter break holiday destination.



**FANARAKIA** – Leonidio, Anastasi (Resurrection)  
Hundreds of multi-coloured hot air balloons fill the sky of this picturesque Arcadia coastal town.

**EPITAFIOS** – Corfu, Easter Saturday morning. Due to restrictions imposed on the Epitafios by the Venetians, the people of Corfu moved the procession from Good Friday night to Easter Saturday morning establishing a new tradition. The famous Corfu Philharmonic escorts the procession every year filling the island with the melancholic sounds of Marcia Funebre from Beethoven's Eroica and Cesare de Micheli's Calde Lacrime.



**BOTIDES** – Corfu, Easter Saturday morning. Following the Epitafios procession, thousands of clay pots are thrown into the streets at the solemn sound of church bells throughout the island.

Photo Source: Eurokinissi – news.in.gr





**VRONTADOS – CHIOS, ANASTASI.** Celebrating the Resurrection, the traditional Rocket War between two rival dioceses in Vrontados, Homeroupolis Chios is an experience for the brave hearted only.



**HOLY THURSDAY – HORA, PATMOS.**



**EPITAFIOS – NAFPAKTOS,** Good Friday. As the Epitaph processions join at the beautiful port of Nafpaktos guided by the solemn melodies of the city's philharmonic orchestra, those lucky to be there experience moments of self-reflection and transcendence. But after the procession as the people return to their homes, the fireworks begin turning night into day!



**GOOD FRIDAY – MYKONOS**



**KALYMNOS - CELEBRATION OF ANASTASI**



**PATMOS – EASTER**



**PYRGOS – SANTORINI,** Good Friday. The medieval Venetian castle offers a spectacular view during the procession of the Epitaph. Who said summer is the only time to visit Santorini?



**KOUNIES – KYTHNOS,** Easter Sunday. Wearing traditional costumes young men and women take a swing on a wooden structure set up at the island's square.



**AI GIORGI TOU MANDILA – METEORA.**

If you opt for a self-reflective Easter under the Byzantine melodies at the candlelit monasteries of Meteora, it is worth extending your stay. Three days after Easter Sunday you can join the dance circle celebrating St George (23rd of April)



**EPITAPH – HYDRA.** In this tranquil island, the Epitaph procession takes place in the water so the sea can be blessed and the sailors to be protected. The same happens in the island of Tinos.



**ANASTASI AT ST SERAPHIM LEMONODASOS – POROS**



**ANASTASI – ANDROS**

Happy Easter!





# CULTURAL FASTING

With fasting and Easter a central component to so many different cultures throughout autumn, **Maria** takes a look at the meaning of fasting for **Greek Orthodox** grandmothers and their granddaughters, and shares some prominent and insightful motivations for a tradition that still lives on today.

There are a number of times on the Greek Orthodox calendar when a fasting period is adopted, and fasting has been noted all the way back to the Old Testament. It's been well documented that Christ himself even fasted.

The fasting period of Easter for the Greek Orthodox community is upon us. Fasting, just like a celebration such as Christmas or name days and even memorial services, is associated with food; foods that are allowed, foods that are prohibited, or foods associated with certain times of the year. Leading up to this time there are celebrations in Greece such as the Apokries, a three week celebration made up of various carnivals and parades, the final weeks to have meat before the 50 days of fasting.

The meaning of fasting, held by both Greek Orthodox grandmothers and their granddaughters I've spoken with, is shared here as a way to allow for thinking and reflection at this time. Whether you are of Greek Orthodox faith or not, as you are reading this story you may like to think about food and times of the year that you may eat a certain way, times of the year that you may sacrifice food for discipline, or as a way of raising money for your favourite charity.

Generally the grandmothers I spoke to felt that fasting was good for their health on a religious level but also as important for their overall health and wellbeing.

Grandmother Nicoleta said to me that fasting is something that is good for our health and reassured me that there are many things to eat during the fasting time and that we should not worry, although this was a concern of hers, especially for young people. I was also given a very good tip that reminded me of my mum; that wild greens are generally eaten more at this time and that I should also drink the juice as it cleanses the kidneys.

Religion and fasting go hand in hand and this was reinforced to me a number of times and was something that they also linked back to Greece,

*'fasting is what we do in our religion, we have religion inside us, and we are born with one patrida (homeland) and one religion'.*

GRANDMOTHER KYRIAKI.

A sense of needing to fast and feel the significance of religious events was also of importance. However, their advice was that we must remember to look after our health and only fast if we can. This is something that needs to be taken into consideration, particularly by the elderly, young children and anyone who is unwell. We should not do things beyond our limits and, if needed, we should speak with our spiritual fathers where religious fasting is concerned. This was a point also made by the granddaughters who shared their concerns



Maria with her mum Katina Avgoulas in Greece



for their grandmothers' health, particularly if they are already unwell and taking medication. Some even said to me that they would fast on their grandmothers' behalf if they could.

For this younger generation fasting is something important and they even mentioned to me that they are now at an age where they can fast if they want to and they choose to, as they understand the meaning to it and, on a lighter note, look forward to the big feast and celebration at the end.

For these young girls their identity seemed to be what they linked to fasting as well, similarly to their grandmothers,

*'fasting is when we eat the most Greek, my grandmother makes the stuffed tomatoes, mum makes zucchini patties and chick pea patties' and 'who can forget the lentils and the wild greens?'*

EMILY and ANNA.

The religious significance was expressed quite clearly by these young girls and was described quite beautifully by Lina, *'Fasting is mainly religious, it prepares you mentally and it cleanses you before you go into the happy days'*. Meaning celebrations such as Easter and or Christmas.

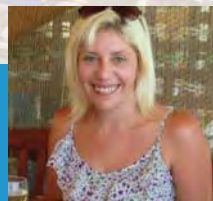
The meaning that fasting holds for the grandchildren of the Greek diaspora here in Melbourne is simply what they were raised with, whether that is what their grandparents and or parents told them, what they would hear at church or Greek school, or customs and traditions that they had seen in Greece.

I'd like to finish with something that Irene told me that shows the importance of grandparents and family, 'I do fast, my grandmother is my inspiration who usually does the full 40 days; she is really great and goes to church. As I have gotten older I'm doing better. When I was old enough to know why I was fasting, that's when my grandmother and mum said, "Now that you know why we fast and you want to participate, you can".'

*Wishing you all a Happy Easter!!*



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





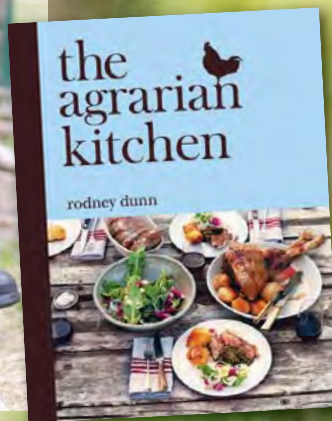


# Rodney DUNN

## *Agrarian Kitchen*

### SCHOOLHOUSE FUN

By Raquel Neofit



**Publisher:**  
Penguin Lantern

**RRP:** 59.99

Nestled in a chilly Tasmanian valley in the village of Lachlan, is a delightful old school house built in the 1800s that Rodney Dunn and his beautiful wife Severine have transformed into a sustainable organic farm and cookery school.

The Agrarian Kitchen sits on five acres of lush land where you can spend the day meandering in the many gardens, picking seasonal herbs, fruits and veggies. Once your harvest is complete you'll head back to their well-equipped kitchen to cook up a delicious, in-season storm before sitting down to enjoy your harvest and gastronomic efforts. Incidentally, Rodney, in case you weren't aware, has held the prestigious title of *Gourmet Traveller Magazine* food editor! Meaning you are in very good 'food- hands' indeed.

His new book, aptly named *The Agrarian Kitchen*, is a diary of sorts, recollecting their daily lives through food and broken down into all-important seasons. We learn through deliciously inspiring recipes what we should be eating, growing and cooking depending on the time of the year, but also to use what is fresh, local and in high supply. He encourages us through each and every page to be creative with food, but to also keep things simple and fresh.

Cooking classes at The Agrarian Kitchen are decided on a daily basis depending on what's abundant in the garden or greenhouse. As Rodney says, 'The circle of life can be tricky; the best laid plans can always change'. So when you book your day, expect an adventure - you never know what you'll end up cooking or learning...

#### THE GARDEN

For those of us who dream of acres of fresh produce, orchards, hobby farm animals and organic sustainability, here lies your little slice of heaven!

Even within the realms of everyday fresh food varieties, Rodney has managed to source and grow their strange distant cousins from faraway lands.





Think wasabi, horseradish, alpine strawberries, five different kinds of corn, an exotic range of herbal teas, caraway, salad burnet, orange-peel thyme, cardoon and Mexican hyssop.

Not to mention the standard produce we know and love; potatoes, peas, beans, chilli, eggplant, artichoke, broad beans, sixty different varieties of herbs, berries galore and a range of nuts.

And boys, Rodney's got you covered too, they even have hops which they use to brew their own beer.

So what makes a reputable food writer and editor throw away an enviable position at *Gourmet Traveller*?

Well, he certainly doesn't blame the job, he does, however, partially lay some blame to the production and writings of the likes of Hugh Fearnley-Whittingstall's *River Cottage*, Alice Waters and Paul Bertolli and the *Chez Panisse* cookbooks.

'We just got fed-up with living in a big city and became increasingly frustrated growing herbs on a balcony,' he said when speaking about living in inner-city Sydney.

'It didn't help that I was watching too much *River Cottage* and reading too many cookbooks like

*Chez Panisse*, based on fresh produce that had been grown especially for them and not being able to access that.

As a food person, you're always looking for different flavours and you're always looking for something new, so that put the seed in our mind I guess, pardon the pun.

We looked to move outside of Sydney to have some room to grow, but we would have had to move so far away that in the end it didn't matter where we went. I'd been to Tasmania on a trip for work and just fell in love with the place.

We didn't initially set out to open a cookery school. We were trying to find a way that we could move to Tasmania to do this for ourselves, and then the idea evolved because there are so many people like myself that would love to get back to the real eating experience. There was nothing like it in the country, so we thought well, why not create this and take people in for the day and share it with them, where they get to experience food right from the beginning, right through to the end, to seeing it on the table'.

Head over to [www.theagrariankitchen.com](http://www.theagrariankitchen.com) for booking info.





# Sevtap Yuce

Located in the beautiful airy Beachwood café in Yamba on the Northern Shores of New South Wales you'll find Sevtap Yuce. Born in Ankara, Turkey and sent to Australia as a child bride, she has established herself as a well-loved local chef by serving up traditional Turkish meze – her small sharing plates have won the hearts of locals and tourists alike.

These days Beachwood is a bustling, exciting environment, but things weren't always so busy for her. When Sevtap initially opened her café, she had the ingenious idea of arranging card nights for the locals so she could pay the bills and survive the quieter winter months, serving them her special Turkish meze. This is a method of eating that she grew up with back home in Turkey and which was once reserved only for the men in society. Now meze is enjoyed by everyone and is a style of eating that offers the best of their national cuisine.

'Meze is perfect for our Australian climate and perfect for sharing, just like the Greeks do, along with most cultures from the Mediterranean', she told Vanilla Magazine just after the release of her new book, *Turkish Meze*.

With the release of *Turkish Meze* she was also lucky to be able to fulfil one of her mum's lifetime dreams of coming to Australia last February. She laughs as she reminisces about her mum heading out to a local kitchenware shop to buy a non-stick frypan. 'She made all of those flat breads in the book for me. I would never have imagined my mum cooking in a non-stick frypan! You know, they live in a big city where they have those big tandoori oven places and they can go and cook breads for each other, but at my house she actually made it in a non-stick frypan! I actually think that's pretty cool for my mother'. And she left the pan too!' Sevtap added laughing.

She also left a growing legacy in the form of a small herb garden that unfortunately hasn't taken off as mum would have liked. Lucky the northern shores have plenty of first-rate herb growers on their doorstep.





Sevta's mission is to introduce the population to the true culture of Turkish cuisine and her message for us is that Turkish food is more than a late night stop at the corner kebab shop. Her future goals – to become an ambassador for Turkish cuisine in Australia and be one of the influences that really help to open our eyes to the wonder and vibrancy of Turkish cuisine. And in my book, I'd vote her in any day, in fact, the very next morning I cooked myself a pan full of menemen, a delicious Turkish breakfast or brunch of sautéed onions, tomato and garlic with gently fired eggs dotted throughout. Now that, my friends, is inspiration for you!



### Here's what Sevtap had to say about what is really at the heart of Turkish food.

'Turkish food is so simple, but every ingredient really shines. Back in Turkey we would buy the freshest tomatoes and the freshest cucumbers and each flavour really shone through and made the whole dish come alive.

When I look at Turkish food and break it down, it is so healthy, there's nothing there that's unhealthy. There's nothing that's out of a bottle, unless it's a pepper paste, and even then there's no preservatives. I think it's really clean and it's simple and it's healthy. And it's about sharing. Imagine sitting outside on a warm day, sharing food and wine, and talking about the food.'

### Where do most people go wrong with food these days?

Sometimes people are just so busy that they go and buy a jar of sauce for pasta when all they really have to do is chop an onion and throw it in a pan with some olive oil, throw in some garlic and a couple of punnets of cherry tomatoes with a handful of fresh basil. They can have a meal in five minutes without putting preservatives in their body.'

**SEVTAPS'** second book, *Turkish Meze* shares her love of simple and delicious Turkish recipes developed especially for sharing with friends and loved ones.

## RECIPE: SIGARA BOREGI /CIGAR BOREK

These are absolutely wonderful for breakfast or lunch. Serve them hot, while the pastry is still crisp and the feta is all warm and oozy.

- 250 g (9 oz) feta
- 2 egg yolks
- 30 g (1 oz/1 cup) chopped
- Flat-leaf (Italian) parsley
- 375 g (13 oz) packet filo pastry
- Sun flower oil, for pan-frying

### METHOD:

In a bowl, mash the feta, egg yolks and parsley into a smooth paste.

Season with sea salt and set aside.

Cut the filo pastry into 20 cm (8 inch) squares. Take two sheets of the cut pastry and stack them on top of each other; cover the rest with a damp cloth so they don't dry out.

Place 2 tablespoons of the feta mixture in the middle of the pastry stack. Fold two sides in, then roll up into a cigar shape, sealing the end closed with a dab of water.

Continue making more borek until all the ingredients are used.

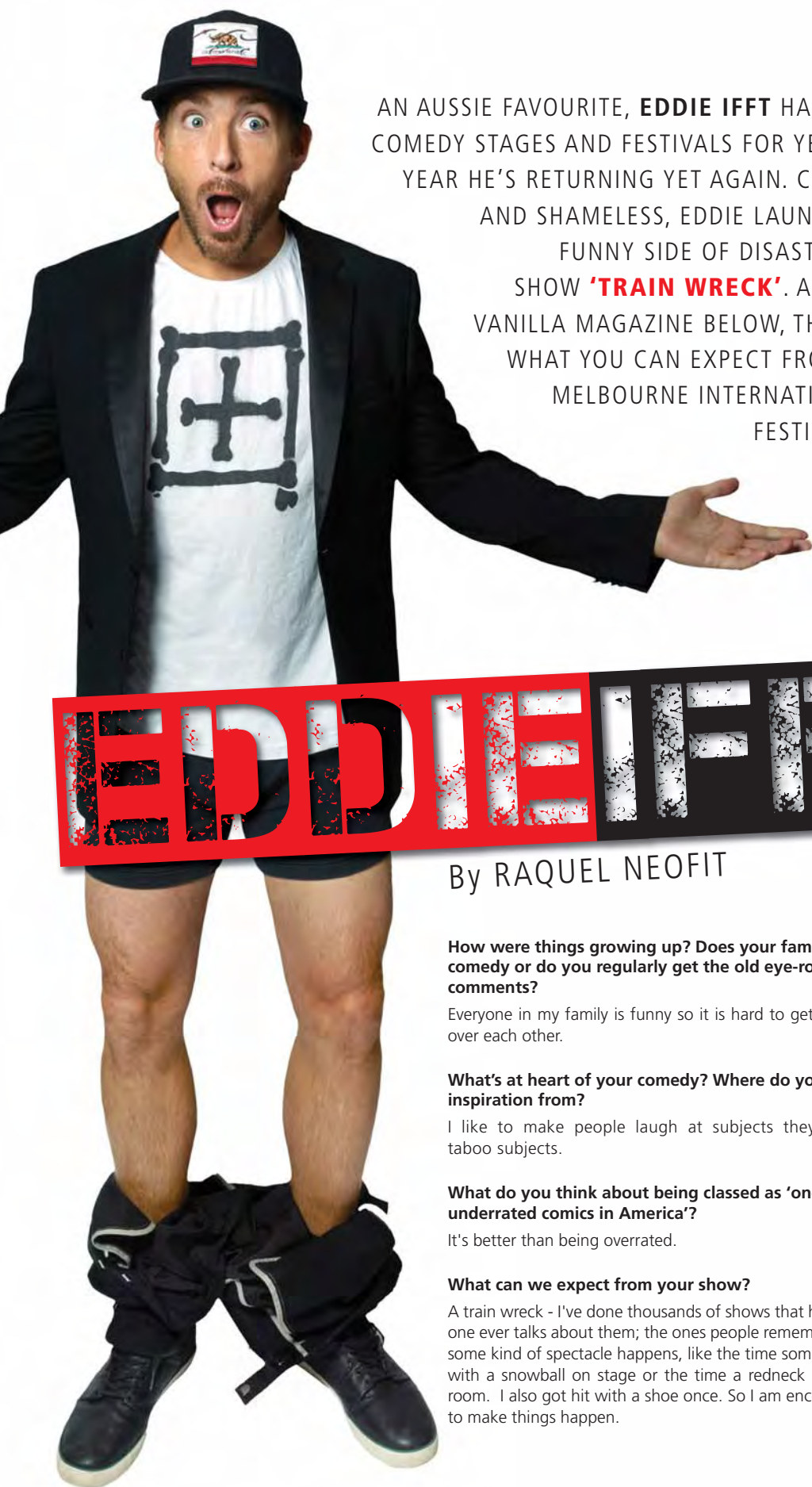
Heat about 2.5 cm (1 inch) of oil in a saucepan or large heavy-based frying pan over high heat. When the oil is hot, fry the borek in batches for 4–5 minutes on each side, or until golden brown.

Drain brie y on paper towel and serve hot.

Makes about 12







AN AUSSIE FAVOURITE, **EDDIE IFFT** HAS GRACED OUR COMEDY STAGES AND FESTIVALS FOR YEARS, AND THIS YEAR HE'S RETURNING YET AGAIN. CONTROVERSIAL AND SHAMELESS, EDDIE LAUNCHES INTO THE FUNNY SIDE OF DISASTER IN HIS NEW SHOW '**TRAIN WRECK**'. AND AS HE TOLD VANILLA MAGAZINE BELOW, THAT IS EXACTLY WHAT YOU CAN EXPECT FROM HIM AT THE MELBOURNE INTERNATIONAL COMEDY FESTIVAL THIS YEAR.

# EDDIE IFFT

By RAQUEL NEOFIT

**How were things growing up? Does your family appreciate your comedy or do you regularly get the old eye-roll and 'grow-up' comments?**

Everyone in my family is funny so it is hard to get a word in. We all talk over each other.

**What's at heart of your comedy? Where do you tend to pull your inspiration from?**

I like to make people laugh at subjects they shouldn't laugh at; taboo subjects.

**What do you think about being classed as 'one of the most underrated comics in America'?**

It's better than being overrated.

**What can we expect from your show?**

A train wreck - I've done thousands of shows that have gone great and no one ever talks about them; the ones people remember are the ones where some kind of spectacle happens, like the time someone hit me in the face with a snowball on stage or the time a redneck chased me around the room. I also got hit with a shoe once. So I am encouraging my audiences to make things happen.

**You've been received brilliantly in Oz, do you think we appreciate your style of humour more maybe?**

Shows go really well all over the world but I have a special bond with Australians that I just can't explain.

**Why do you think Aussies get you so well?**

Australians are way less pretentious and don't have all the religious hypocrisy.

**What's your favourite Aussie show thus far?**

The Chaser's War on Everything.

You've even raised funds for our flood victims in Brisbane, how did that come about? Just saw how bad it looks and felt that Australians have been so supportive of me, it's the least I could do.

**Who makes you laugh?**

My dogs.

**What did you call your dogs? And is there a story behind it?**

I named my dog Noosa because it means shadow or shady place in Aboriginal. I like Noosa Heads and my dog is a Queensland heeler, and she was always in my shadow. My other dog's name is Tweeker because she has a crystal meth addiction.

**You're a very talented all-rounder; stand up, radio and tv sitcoms, what's your favourite? Can you pick one?**

Stand up. I've been doing stand up for 18 years consistently but if it were up to me I'd rather be a pro surfer but I suck at surfing.

**Tell us about your sitcom work? How hard is it to write scripts that make other people sound funny?**

Not so hard if you have a defined character and you know their voice.

**Were there any that just didn't come off the way you wanted it to?**

Sure, all the time. That's what rewriting is for.

**What are you working on now? What do we have to look forward to in the future? Any exciting pilots in the works?**

I am working on a pilot right now. I can't say what it's about just yet. I also have a brand new CD coming out that will be available in Australia and I might be recording another DVD while in Australia.

**You have your show 'Talking Shit with Eddie Ifft', where did the inspiration for that come from? Give our readers a feel for the show.**

I started the show with another comedian who happened to be my roommate at the time. We would get home on Sunday night and talk about our week and where we travelled. It's a no holds barred discussion between myself and comedians and celebrities, recorded at my house where we have a party every night. The fans become part of the show and feel as though they are there with us.



**AND THE FIRST PODCAST EVER TO BE BANNED BY APPLE I'VE READ? SPILL THE BEANS PLEASE. HOW DID YOU ALL REACT TO THAT NEWS? DID YOU RESPOND TO THEM IN ANY WAY?**

IT'S BEEN BANNED THREE TIMES BY ITUNES. THE LANGUAGE WE WERE USING. THE FIRST TIME WAS BECAUSE OF LANGUAGE RESTRICTIONS, THE SECOND TIME WAS BECAUSE WE HAD A BATTLE WITH ANOTHER PODCAST AND THEY HAD US SHUT DOWN. IN AMERICA THE WORD SHIT IS CONSIDERED BAD. WE WEREN'T ALLOWED TO SAY SHIT IN THE NAME SO WE MOVED A SPACE AND MADE IT 'TALKINS HIT WITH EDDIE IFFT.

**Lucky last – The Queen Latifah Show – how was it, how was she and would you ever do it again?**

It was 15 years ago, I never met her, I only did segments on the street interviews but when she would throw to me she would call me her friend. If she had a show, then yes.

**EDDIE IFFT – TRAIN WRECK**

**Venue:** Forum Theatre, Downstairs

**Dates:** 8 April – 13 April at 7pm (Sun 6pm), 15 April to 20 April at 8.15pm (Sun 7.15pm), Previews 8 – 9 April

**Tickets:** \$25 - \$31

**Bookings:** [www.comedyfestival.com.au](http://www.comedyfestival.com.au)



PHOTO BY STEVE ULLATHORNE



# Felicity Ward

By RAQUEL NEOFIT



*Get set for belly-aching laughter if you're heading out to see Felicity Ward throughout the Australian Comedy Festival this season. Her new show, *The Iceberg*, she says, 'has nothing to do with Leonardo Di Caprio and it ain't about lettuce. It's about perspective – what we see, what we think we know, and what is actually going on. You know what's underneath the tip of the iceberg? The rest of the iceberg.'*

*Here's what she had to say to Vanilla writer Raquel Neofit on political correctness in comedy, *Modern Family* and people watching...*



**You picked up some impressive awards over the last couple of years, how did the recognition make you feel? Do you feel like they were hard-earned?**

It was pretty special, especially the Barry Nomination at MICF. That's something I assumed would never happen. I worked hard on *Hedgehog*, real blood, sweat and tears stuff, so to have that recognised is humbling. I'll be thanking God and my family in a second, stand by. I should also state that I haven't used the word 'bonza' for at least ten years. It just seemed the perfect adjective.

**You get pretty excitable on stage in some of your stand-up acts, how hard is it not to constantly laugh while you perform some of your lines?**

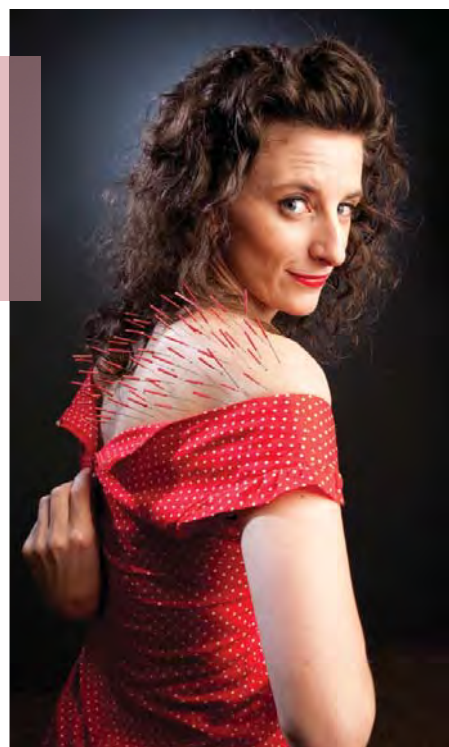
If you've written it, you have to think it's a bit funny at one stage but after you've said it front of an audience the joy and excitement comes from how they are going to react. I do get very excitable on stage but who wouldn't want to be in a room full of people who are pissing themselves laughing?.. Or not laughing, as the case may be.

**Where does your inspiration come from?**

Anywhere I can get it, mate. I swing from 'a desperate scramble, clambering to take in anything that could possibly be construed as a joke' to 'letting my brain gently lead me in the direction of the next right thing' – cue Chinese violin and ylang ylang oil. Mostly I get delivered a joke by the universe, seemingly out of nowhere. Sometimes the universe works very hard for me. Sometimes it's on a three month public holiday.

**Do you think there is a point in comedy where things can just go too far? Should there be boundaries or does the comic twist make taboo topics more approachable and acceptable?**

I don't decide what is too far and what is far enough and I definitely don't think there should be boundaries for what we can and can't talk about. I know that I've heard jokes and been offended. I know that I've enjoyed jokes others have been shocked by. We all have our own line. Jokes usually make me sad rather than 'go too far.'





## WHO MAKES YOU LAUGH?

I could listen to 'Cam' from *Modern Family* run and scream words in a high-pitched scream for the rest of my life and it wouldn't be enough.



## Do you think we go way too far with the whole political correctness thing and is there even room for political correctness in stand-up comedy?

I think there's definitely room for political correctness. I use it. I had a whole bit about junkies and I never ever considered that it was coming from anywhere but a place of love. Then I had a friend point out that it looked like I was making fun of them – I realised how it came across and I stopped telling the joke. When someone says, 'It's political correctness gone mad' I hear 'I hate progress and all of my beliefs are right and don't make me question myself'.

## You've had a lot of success with TV in Australia, what keeps you coming back to TV and what are your favourite shows to do?

The thing that keeps me coming back to Oz is the passport. It makes it really easy. *Spicks and Specks* will always be a favourite. It was my first time on telly that I did anything as myself. So if you hate me, blame Adam Hills. He gave me my break.

## Are you a people watcher? What do you notice about people when you're just checking out the crowd? What traits do you look for?

I bloody love people watching. My eyes light up when I see a fully formed character. You know how in video games sometimes you can pick up night vision goggles and it shows you who's contaminated or something? I think I have that for 'characters'. I can spot them from a mile away and I try to remember or write down everything I can about them. There was an incredible man I met in Spain years ago (wanker alert) and his turn of phrase was beautiful. He took himself very seriously and had a deep Catalan accent, and would say things like 'I am not a lover of the beach. I am not a lover of talking politics'. Or I had a character on a sketch show that I did called Heidi and, apart from the name, everything else was just a reincarnation of a particular lawn bowls instructor I had met. She was amazing. Sometimes I can't believe people are real.

## So what are you working on now? What great things do we have to look forward to this year?

Whoah! Pressure. Arrrrrrrrm,... I'm opening a pony club and I've just invented individually toed panty-hose. Does that sound like I have my life together? It's a lot of festivals back-to-back while I'm in Oz. Brisbane, Melbourne, Sydney, Perth, then I'm off to Cape Town for three weeks to do a comedy festival there. Then I have some music festivals and a wedding in the UK summer followed by Edinburgh Fringe, and I'll see if I can squeeze in a meltdown somewhere.

# MELBOURNE INTERNATIONAL COMEDY FESTIVAL

*It's Festival time again.*



Last year I wrote about the importance of getting out there and seeing shows, supporting talent and that comedy runs all year round. Not just for that one month.

There are so many shows on during The Comedy Festival. In fact, personally I think there's way too many. So please. Be picky hehe.

It's a great time to see International comics, and of course your Aussie favourites, but also it's a perfect opportunity to support some of the smaller local shows. Even if you may not have heard of the comedian before. You might well be surprised at some of the hidden gems this industry has to offer.

This year I'm excited and thrilled to be working with three amazing comics. You don't have to take my word for it. This show is a must see. Seriously. I'm not just pumping it up because it happens to be OUR show. It really is, a must see! In fact, I guarantee this show will be a Festival stand out.

I'm very proud of the line up. These three comics have a strong following, proven track record and above all, industry respect. Their incredible diversity allows us to offer up something for everyone. Although, don't be surprised if (like me) you'll love all three of them. Hey, but like I said. Don't take my word for it. Come and check it out for yourself.

*Hope to see you there.*

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**Exclusively at the Comedy Club during**

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**Also featuring**



**Tom Siegert**



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Call now on 9650 1977 to enquire about tickets.

Or email [info@thecomedyclub.com.au](mailto:info@thecomedyclub.com.au)

Here's an exclusive offer for all our **VANILLA READERS**. Complimentary tickets to shows at **THE COMEDY CLUB** during the **MELBOURNE INTERNATIONAL COMEDY FESTIVAL!**

To get your hands on some **FREE TICKETS**, you only need to contact the Promotions Department on **9650 1977** and mention you are a **'VANILLA READER'**!

These tickets can only be used on Tuesdays, Wednesdays, Thursdays and Sundays, and are valid for the Show Only.

Very limited tickets are on offer and subject to availability! So please get in quick to avoid disappointment.

Dinner and show available on Friday and Saturday nights only for \$45pp (includes a 3 course meal and reserved seating!)"







# TOM SIEGERT

## THIS MAN IS ONE OF MY FAVOURITES.

Tom's comedy could be described as a beautiful blend of three parts clever observation with a twist of vulnerability. He is amazing. I've always found his humour to be consistent and focused, without compromising an obvious gentle, softer side. I believe audiences must see the same qualities, because he always does so well.

I think what I like about him the most is the way he responds when asked about his family. You can't fake that look of pure happiness.

Basically, Tom Siegert is the kind of guy you'd like to take home – but not in a creepy way.



Tom Siegert, Adam Richards, Des Dowling 2013

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

An AFL footballer. Unfortunately though, I was too small, too slow, had poor skills and started drinking when I was fifteen so missed I my window.

**What were you like at school?**

Terrible. I got under 30% in my VCE – had a lot of fun though.

**What was your first job or even the worst job you ever had?**

First job was at Pinkeys Pizza (ribs on the run) when I was seventeen. I was the pizza maker and was always extremely generous with my toppings. Worst job was when I finished year 12 and worked at the Wodonga meat works (my 27% in my VCE made me one of the most intelligent there). It was horrible. **Hehe**

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

I am not really into social media so I'm often a little out of the loop with what the hot topics are. It's hard to keep up with the latest fads/topics/crazes when you are not a regular user of social media.

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

☞ Do as many gigs as you can and don't be obsessed with writing heaps of new material. Five minutes of gold is better than two hours of horse shit. ☞

Can I second that? Hehe

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

Probably help but laugh once they are gone.

**What's your favourite holiday destination?**

I love New York city.

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

I would love to live in New York city for a year. You know how the song goes, 'if you make it there, you've done very well'. I love NY 'cause no matter what you're into they have it. You could be into knitting and I bet they would have the world's best knitting shops and clubs. Also, everything there seems to have a great story behind it.

**Worst place you've been?**

Worst place I've travelled to would have to be Bartlow in NSW. I picked fruit there for six months when I was 18 and it was a dive. The local kids go down to the laundromat and take turns getting into the tumble dryer and they would spin each other around. Needless to say, there wasn't a great deal going on there. It may be better now but it wasn't real flash back then.

**Do you have any pets?**

A half toy poodle half shitzu named Jewel. She is a princess.

**What sort of music are you into, favourite band or singer?**

Pretty much anything. My favourite bands are the Counting Crows and Pearl Jam. I named my dog after the singer Jewel, so she would have to be up there. She was my first love (The singer not my dog). **Glad you cleared that up Tom, hehe, PJ rocks.**

**What's your favourite T.V show at the moment?**

I don't watch much TV but do enjoy *Family Guy* and *Selling Homes Australia* but I guess they are pretty much the same thing. The footy is always on in winter. **Yep those shows are like two peas in a pod!**

**What's your favourite movie of all time?**

Probably Anchorman 1. The sequel was probably the biggest disappointment of my life. I also loved Donnie Darko, for some reason and Dazed and Confused. I must have watched both those movies a hundred times. **Yes to Donnie Darko.**

**Who is your favourite comedian, if you have one?**

Probably Judah Frelander or Darren Casey. **Darren is definitely one of the best.**

**Who would you love to work with, actor, comedian, etc?**

Will Ferrell

**Who is the most exciting person you have ever met?**

My wife and my son. **Great answer Tom x.**

**And finally, what is your rider?**

Depends, if I am going through one of my drinking spells it's beer. Or one of my dry spells, which is a bottle of water and some cake.

**TOULA BOURMAS**

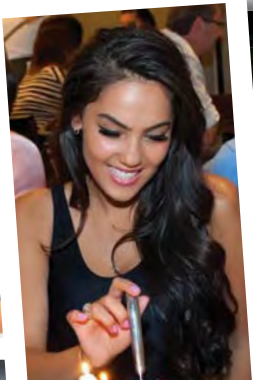
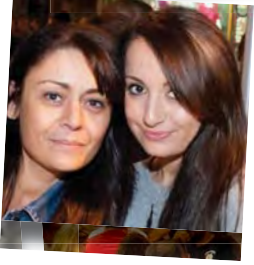
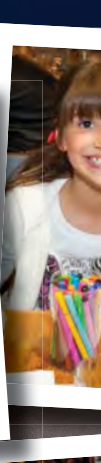
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# VANILLA

CAKES AND LOUNGE



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*Vanilla Bakehouse*





VANILLA **CAKES**

*Made with lots of love*

CON MILONAS PHOTOGRAPHY







Flourless Banana Walnut and Date



# Vanilla Bakehouse

Coconut, Lime and Raspberry Delight



Kormos



Natural Health Ball 'Gluten Free'



Strawberry Cheesecake



My Heart's Delight



Green Tea Mango Mousse



# VANILLA CAKES

*elegance harmony artistry*

DESIGNS BY *Kaba*





Asparagus &  
Prosciutto Bruschetta





Chicken, Beetroot & Orange Salad



Beef Casserole with Risoni



BBQ Pork Ribs



Zucchini Croquettes



# VANILLA Menu - Seafood



Seafood Risotto



Psari Plaki



Char grilled Calamari



Grilled Fresh Sardines




Char grilled Octopus



Salmon Fillet with potato mash & brussel sprouts



A detailed photograph of a meze platter. The platter is a white rectangular dish filled with various Mediterranean-style foods. In the center is a small white ceramic bowl containing a thick, orange-colored hummus. To the right of the hummus are several golden-brown, cylindrical falafel balls. Further right are slices of pita bread, some of which are rolled up with a slice of cured meat, likely salami. In the foreground, there are fresh vegetables including sliced cucumbers, a whole carrot, and small, dark olives. To the left of the hummus bowl are more slices of cured meat. In the background, a white bowl is overflowing with golden-brown pita chips. To the right of the bowl, a glass of water and a bottle of water are visible, both with labels that include the word "plumart". The text "Meze Platter" is written in a black, cursive font across the middle of the image.

Meze Platter



# Lebanese My <sup>✓</sup>Table

By **RAQUEL NEOFIT**

Meet **TAITA**, well to her granddaughter **Georgie** that is. Everyone else knows her as **GEORGETTE**. Lebanese by birth she married Stan, and here we are, many moons later sharing their family's **LEBANESE TABLE**.

Lebanese cuisine has an interesting history, it's been greatly influenced by many Mediterranean cultures from way back in the days when Lebanon was controlled by cultures like the Ottoman Turks and even the French. Egyptian flavours have roots in Lebanese cooking along with Syrian and Palestinian flavour influences. These days, Lebanese food is probably the most well-known of all Middle Eastern cuisines.

Mediterranean in spirit, they consume copious amounts of fresh and pickled vegetables, garlic, olive oil and lemon juice. In fact, you're sure to find lemon juice squeezed over many a Lebanese dish.

Taitas' family still gather every week to enjoy a family dinner featuring traditional dishes of stuffed zucchini; full of flavourful rice, mince and red sauce, Lebanese rice – or riiz as the Lebanese know it – a family favourite in the Georgette's household; it's a dish made with crunchy fried egg noodles and rice.

Za'tar is another favourite and the family call it the vegemite of Lebanon – it's a spice mix that you eat with crunchy bread and is now considered one of the more trendy spice mixes in the world of food. Regularly eaten for breakfast, lunch and dinner in Lebanon, it's so common even babies are fed it.

Georgie and her  
Taita Georgette



Commonly made with dried thyme, sesame seeds and sumac, it can be mixed with oil and sits in a bowl in the pantry ready and waiting, sometimes they even mix it with yoghurt. Taitas' daughter Afamia says she regularly warns people who come to the house to be careful because it's a bit strong – but delicious none-the-less.

Another family favourite is the vegetarian salad, fattoush. It's commonly known as a peasant dish but, made well, is a delicious and satisfying meal. It's a salad made with crunchy flat bread and mint. And you'll rarely find a Lebanese table without fresh tabouleh and the ever popular hommus, the chick pea dip that we now realise is such a healthy snack.

And when it comes to desserts, they are famous for baklava and maamoul, and you'll always find a strong black coffee to accompany them.

## Tabouleh

### INGREDIENTS

- 1/3 cup burghul (crushed wheat)
- 4 medium tomatoes finely chopped
- ¼ cup lemon juice
- 1 bunch shallots (approx 15 sprigs )
- 1 cup chopped mint
- 4 cups chopped parsley
- 150ml olive oil
- Salt and pepper to taste (approx 1 teaspoon of each)

### METHOD

1. Place tomatoes and lemon juice on top of burghul in a bowl and allow the burghul to soften slightly – approx 30 min
2. Add the remaining ingredients. Stiring gently
3. Best eaten immediately



# Vanilla Wine List

VENI

|

VIDI

|

VINO







# Cacao

## EAT ME RAW!

### Food of the Gods

### Raw cacao eating tips:

- Mix raw cacao powder in hot water to make a decadent hot chocolate drink with or without milk
- Sprinkle over your favourite breakfast cereal
- Add raw cacao powder or nibs to yoghurt or your favourite smoothie
- Use cacao nibs to replace chocolate chips in pancakes, muffins, biscuits and ice-cream
- Use raw cacao powder to make your favourite chocolate cake or protein balls
- For more inspiration check out some amazing raw cacao recipes on the Power Superfoods website [www.powersuperfoods.com.au](http://www.powersuperfoods.com.au)

Like many people I share a passion for chocolate and have imagined just how amazing the world would be if Willy Wonka's infamous chocolate factory was real. A place where everything was sweet and edible and you could immerse yourself in a chocolate river, much like Augustus Glup. Truth be told, chocolate has long been considered a pleasurable and favourite food of many cultures. But where does it actually come from?

We start with the cacao bean, the seed where all chocolate is derived from. Raw organic cacao powder comes from the cacao bean of the Theobroma cacao tree. In the Greek language, Theobroma cacao literally translates to 'the food of the gods'. How decadent. To the Mayans cacao was more valuable than just a chocolate drink that maintained their vigour they actually used it as currency.





## Recipe: Raw Chia Cacao Squares

### INGREDIENTS:

- 1/4 cup Chia Seeds
- 1/2 cup maple syrup
- 1/2 cup raw honey (or another sweetener of choice)
- 1 cup raw organic almond butter
- 1 cup pepitas
- 1 cup raw organic almonds
- 1/2 cup organic sesame seeds
- 1/2 cup sunflower seeds
- 1/2 organic coconut
- 1/2 cup Cacao Gold Powder



### METHOD:

Grind nuts and seeds using a hand blender. Blend ground nuts and seeds, maple syrup, honey, coconut, cacao powder and almond butter together. Press into a lightly coconut oil greased 9 x 3 glass cake pan.

Chill for several hours, cut into squares and serve.

Recipe submitted to Powerfoods and adapted from Jessica Nazarali's "Live Healthy Simply" blog [www.livehealthysimply.com](http://www.livehealthysimply.com)

Once upon a time the consumption of cocoa beans was restricted to the Mayan society's elite; now it's one of the most popular sweet treats we know. Now-a-days, raw organic cacao is considered to be a guilt free health food because it is packed with many essential nutrients that are highly beneficial to your health and wellbeing. Unlike processed chocolate, the antioxidants are preserved in organic raw cacao.

#### Raw cacao benefits:

- Strengthens bones and teeth and promotes healthy skin and hair.
- Improves digestion
- Improves and maintains energy and vitality
- Enhances physical and mental wellbeing
- Assists in weight loss
- The flavonoids help regulate blood sugar and blood cholesterol
- Improves blood circulation and lowers blood pressure

Processed or commercial non-raw chocolate is generally considered a luxury food or treat that should be eaten sparingly or on special occasions. Over-indulging in commercial chocolate is NOT good for you! It contains high

amounts of saturated fats, heavily processed dairy, artificial additives and preservatives and processed sugar, which can lead to cavities, weight gain and even diabetes.

Raw cacao contains phytonutrients, protein, vitamin E, magnesium, phosphorus, calcium, iron, fibre, copper, potent antioxidants and more. Raw cacao not only tastes good, but is good for you. Recent studies show that it may help prevent heart disease, cancer and other degenerative diseases in people who are eating raw organic cacao in moderation. Due to its high magnesium content it can also help alleviate sore muscles, achy feet and symptoms of PMS, a huge plus for women!

By the way, anyone who says happiness and health could not be found in chocolate has yet to try this amazing recipe from Power Superfoods: Raw Chia Cacao Squares. This pure decadent slice of heaven involves no cooking, simply blend, chill and enjoy!

There is such a thing as guilt free, pure chocolate indulgence, I found it in organic raw cacao and you can too!

Raw cacao can be purchased from your local health food store or on line. It comes in whole cacao beans, nibs or in powder form. Explore the guilt-free decadence of this amazing 'superfood of the gods'. Remember to always choose raw, organic cacao to gain all the health benefits minus the nasties.



# Wheat Intolerant?

**GLUTEN-FREE** HAS BECOME A MAJOR FOOD TREND AND A NEW DIET CRAZE....

Should we all be eating  
gluten free?

By VICKY GOMEZ

Gluten free diets are believed to help only those that are Coeliac, a condition of the intestinal tract suffered by 1% of the population. It is where the protein gluten found in wheat, rye, oats, barley and triticale that damages the intestinal wall resulting in malabsorption of nutrients and leading to gas, bloating, diarrhoea and weight loss. Adopting a gluten-free diet provides great benefit to those with coeliac disease and it has long been thought that such a diet offers little benefit to people without the condition, until now... with the growing emergence of Irritable Bowel Syndrome (IBS) and FODMAP (fermentable sugars) there is more to gluten free diets that will finally put an end to our "gut misery"!

So what is the health issue? Irritating gut symptoms has been the topic of widespread discussion and the main health issue for many. Whilst only 1% of the population, have Coeliac, a greater number have Irritable Bowel Syndrome or what I call gut misery. Approximately 30% of us have difficulty absorbing these irritating sugars called FODMAPs resulting in bloating, indigestion, distension, constipation and a range of other IBS symptoms.

Fructans found in wheat are a major source of these irritating sugars and is largely the reason that wheat has been scrutinised in recent times. In fact people are often mistaking gluten as the culprit when actually they are reacting to the fructans in wheat. As symptoms of irritability are dose related, giving up wheat is often great enough to reduce the symptoms for many people. Replacing wheat with gluten free alternatives will highly improve our symptoms.

Despite the fact that studies show no real evidence that gluten free diets are helpful for people other than coeliacs we are now increasingly aware that wheat free diets which ultimately include gluten free foods contribute to relieving the misery of the irritable gut.

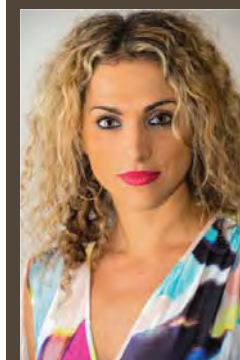


WHEAT INTOLERANT? TRY THESE **SUPERGRAIN** ALTERNATIVES**BUCKWHEAT****ORGANIC CORN****ORGANIC MULTI GRAIN RICE****QUINOA**

So what does this mean for most of us with gut misery? Gluten free products are essential for those with Coeliac but those of us with irritable bowel we would greatly benefit with gluten free foods which are ultimately wheat free. Replacing wheat with other super grains such as Quinoa, Buckwheat, organic rice or corn and including your super foods chia will keep your tummy at ease!

Keep free from bloating, discomfort and other IBS by trialing more GF products like Healthy Empire's Gluten Free Health Balls.

*Available @ Vanilla!!*

**VICKY GOMEZ**

APD, Masters Nutrition & Dietetics

Certificate in Sports,  
Paediatric & FODMAP

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**Low Calories** Pure Cacao **High Fibre**

Raw Natural Health Ball Organic Ingredients For your Waistline

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Photos: Steve Brown



# LEE HOLMES

# EAT YOURSELF BEAUTIFUL

## SUPERCHARGED FOODS

The first thing that grabs your attention on the cover of **LEE HOLMES'** new book is definitely the title, *Eat Yourself Beautiful with Supercharged Food* – it's a great ideal.

So, ladies and gentlemen, read on to discover what Lee told *Vanilla* writer **Raquel Neofit** on the secrets of a more youthful complexion and a younger, healthier body.



The idea behind Lee's philosophies is that the food we consume influences our health and beauty inside and out. And it's a thought pattern that is becoming very widespread. As a society, we are beginning to understand that processed foods are having a negative effect on our health and wellbeing.

We are aging faster now than ever before, putting more strain on our bodies, our minds and our medical institutions. Even the effectiveness of medication is beginning to wane due to over consumption of common drugs. We need to find a new method of treating and preventing disease, and there are many people out there proving that we can lead a healthier lifestyle by consuming better quality, more natural foods.

And Lee's story is the perfect example of a tried and tested case study.

Eight years ago Lee was diagnosed with fibromyalgia, an auto-immune disease that caused hair loss, a constant case of hives, left her lethargic in the energy stakes and gave her a general, overall feeling of unrest and dis-ease. When the medication she was prescribed did little to help her condition she turned to the natural wonder of food as medicine.

### Lee, tell us about the inspiration behind your book.

After I was diagnosed with fibromyalgia I was living in what felt like a constant drug haze, that's when I decided to research food as medicine. The recipes made me feel so much better. I was skinny, too skinny, just 48 kilos, but I felt like the elephant woman. That's when I realised we need to form a good relationship with food because the food we put inside has a direct result on the outside. My hair started growing back and my skin improved. I felt better overall.

“A lot of my friends noticed that I was starting to feel and **look better** and they wanted to use my recipes too, so I started a website so I could share them with my friends and family but it just got bigger and bigger from there.”

### And the title, 'Eat Yourself Beautiful', it initially makes us think of outer beauty, how did the title come about?

It's funny because it sounds quite superficial on the surface, but if you read the book and have a look through the introductory chapters I talk about when I was in hospital and I got down to 42 kilos. My friends would come in and say, 'oh my god, you look amazing, you're so skinny!' And I'd be saying, 'But I feel really sick, I don't feel good, I feel awful and I don't feel beautiful'. From there I started thinking about food and, that's when I changed my diet; omitted a few things, added a few nutrient-rich foods. Then I noticed that not only was I healing, but my hair had grown back, my skin was more radiant and my eyes were more shiny. I thought that there really was something in food that not only

had the ability to heal you from the inside but had a direct result of how you looked on the outside as well. It was my own experiment but for me everything definitely improved.

There's a deeper message than what might initially come across.

### There are so many health books on the market, why should we buy yours?

Because it's not a fad-diet! It's about living a healthy lifestyle and finding the foods that feed you. All of my recipes have been tested at least three times by my friends or family and people in the community.

Eating yourself beautiful is really about having a good relationship with food and choosing food's that are going to feed you and make you feel good because when you feel good you tend to look good on the outside, you radiate that glow and that healthy look.

The book is full of resourceful information like the fact that you can reduce inflammation by reducing sugar, and inflammatory foods that contain high levels of omega 6. Thankfully Lee backs all this up with lots of recipes that are anti-inflammatory.

To help improve your nail, skin and hair condition, consume foods loaded with good fats and Omega 3's. Think salmon, sardines and avocado. Find a good balance between omega 6 (inflammatory) and omega 3 (anti-inflammatory) rich foods.

### LEE'S TOP THREE TIPS TO SUPERCHARGE YOUR HEALTH AND BEAUTY

1. SWAP OUT FOODS – you don't need to throw everything you love out the window all at once, instead, look to swapping foods that aren't good for you with foods that are. Sugar loaded coffee is a prime example, swap one of your daily latte's for dandelion tea. And instead of full cream cow's milk give an almond milk latté a go once a day.
2. BREATHE – Finding just five to ten minutes in the morning to concentrate on your breathing, meditation or do some gentle stretching exercises will set you up for a day of supercharged productivity.
3. READ YOUR LABELS – when you are skimming the supermarket shelves be sure to read what is in the products you are buying. And remember, if there are more than five or six ingredients on the label, then it probably isn't what you should be eating.

Lee also has a children book available online called *Supercharged Kids* – available on her website [www.superchargedfood.com.au](http://www.superchargedfood.com.au) and is currently working on a vegetarian cookbook.







# DON'T RUN AWAY FROM GOAL SETTING

Let's trainer, **MARK OCCHIPINTI**, explores the value and SMART tactics to goal setting and the motivational benefits of joining a running club, or even forming your own.

A highly effective fitness regime starts with setting goals. It is somewhat ironic to talk about goals in terms of fitness because there are two definitions, according to the Babylon dictionary;

In short form 'the act of kicking the ball over the line between the goal posts' or 'the final purpose or aim; the end to which a design tends, or which a person aims to reach or attain'.

While we are obviously talking about the second definition, it bears in mind that most athletic events have a goal as well! Your fitness goals will probably revolve around reaching and maintaining specific weight levels, resting heart rates, or endurance levels.

For each of your goals you will need to have various strategies. For instance, a strategy to lose weight is to eat no more than 1500 calories a day. Remember that the strategy and the goal is not the same thing. You shouldn't limit your calories as a goal. You should limit your calories as a means to achieving a goal.

Set short term and long term goals, particularly if you have a big long term aim. For instance, a 100 kilo woman shouldn't make her primary goal to lose half of her body weight. While this may be a long term goal, she may want to aim to lose ten kilos this month.

And write down your goals; post them somewhere where you will see them frequently. The key is to always set SMART goals.

**SMART** stands for:

- Specific
- Measurable
- Action-oriented
- Realistic
- Time bound.

So, a SMART goal would be: To lose ten kilos by August 31 by limiting my calories to 1600 per day and working out at the gym three times per week.

If you are embarking on an athletic endeavour along with your fitness regime, consider setting separate goals for workouts and competitions. For instance, if you are taking up tennis you might want to have goals for your workouts that include returning 300 serves. But, if you are going to compete in a tournament, you may want to make it to the semi-finals.

Don't mix up the two goals because that will hurt your overall fitness performance. Think about how you plan to meet your goals. Will you have rewards at various stages?

For instance, after you make the quarter finals at the tennis match, will you buy a new racket?

From time to time re-evaluate goals. Some people find that they were overly ambitious setting their goals and would be more motivated if they revised them. Others find that they underestimated themselves.

Finally, realise that the journey is as important as the destination and enjoy your new fitness regime. A fantastic goal to set as a mid-term challenge for yourself is to participate in a small fun run. In fact as I write this article we are in training for the *Melbourne 2014 Run for the Kids*. It's great fun and healthy competition! Training of this style will help to improve your fitness levels, reduce body-fat, and increase your aerobic capacity and heart strength.

There are some typical hurdles for new runners. Many runners, especially those who are just beginning, look for potential running mates. However, it can be difficult to find runners who match your running style. So the next best thing is to find a running club. A majority of our members are first-time gym users, so we have structured our running group to cater for beginners.

### RESOURCEFUL MOTIVATION

While some people or runners prefer to run by themselves, perhaps giving themselves time alone to ponder and sort things out, they might not be aware of the fun and extra motivation that joining a running club can bring to their running activities and adventures. Be motivated with whatever resources you may have.

You do not need to buy new shoes, or the most expensive tank-tops for motivation.

### MOTIVATION BOOST

What should be enjoyable and exciting joining a running club is that you'll gain a sense of belonging as a runner. By joining a group, it is like you have gotten yourself your own personal Rah-Rah squad because, as you may well know, members joining running clubs and groups usually cheer for each other during various events such as races and naturally cheer for each other in support for the long and tiring runs ahead.

### EXPANDING YOUR SOCIAL CIRCLE

If you join a running club or running group, you are sure to increase your number of friends and if you are still single it might be the venue where you meet your future spouse, as many of my runner friends have. By joining a running group or running club, it is likely you will find a group where you share similar if not totally the same interests with the other club members.

Are you considering starting a running group or just want to improve your fitness and health? Get in touch with us and come join the Jetts Oakleigh Running Group – what are you waiting for?!

Personal Trainer **MARK OCCHIPINTI** hosts a running group free to members of Jetts Oakleigh. Get in touch with him at the club on **9530 9217**.

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# Fabulously Flawless

We all love fabulously flawless skin, and sometimes it can take a while in-front of the bathroom mirror to achieve such glamour with a standard liquid foundation.

Well, get ready ladies because we have teamed up with the experts at **NAPOLEON PERDIS** to learn their secrets to gaining the most flattering, perfect complexion you have yet seen gazing back at you from your mirror. *And it all starts in a nifty little spray can...*



This autumn we are talking air-brushing at home and it's not as complicated as you might have thought! Airbrush foundations even out skin tone, reduce the appearance of fine lines and create a long-lasting flawless finish.

Plus, application is a breeze and only takes about 20 seconds.

I caught up with *Siobhan Kelly* of the **NAPOLEON PERDIS National Creative Team** and, apart from singing the praise of air-brushing at home for a flawless face, she also suggested **Napoleons Boudoir Mist Spray Foundation** for use on the body to even out skin tone or to add a subtle boost of bronze.

And we love that the convenient application method means it is hand-bag friendly and great for touch-ups. Here's what Siobhan had to say on air-brushing at home...

## Is there a skin type that should stay away from airbrush foundations?

No! The benefit of using an airbrush foundation is that they provide an even yet natural matte coverage with a lightweight feel – they really suit all skins and faces. Its flattering finish helps to even out skin tone and leave a natural result. And the airbrush technology smooths out texture making it an ideal choice for every face.

## How does an airbrush foundation differ from a standard liquid foundation in terms of coverage and are there different levels of coverage?

Foundations come in many different textures and consistencies and the level of coverage can also change with the amount of product applied. The benefit of using an airbrush over a liquid is that the formula flatters uneven skin texture as it will not catch or become patchy on drier areas of the face.

## If you want great coverage, can you apply more than one coat?

Absolutely! It's great for building...

## IN THE KNOW – Tips and Tricks

### How should we prepare our skin before applying an airbrush foundation? Is it important to make sure skin is exfoliated etc. to achieve the best finish?

Perfectly prepped skin is always the key to achieving a flawless makeup application. As an airbrush/spray foundation is quite lightweight, it is important to always begin by priming. Whether your skin is oily, dry or a combination, priming is an essential step.

Conceal around the eyes and any areas of concern prior to applying your airbrush/spray as applying after will disturb the finish of the foundation.

## What is the best method of applying an airbrush foundation?

Begin by shaking the can then spray into the air for a few seconds to ensure the formula is consistent. Hold the nozzle 30cms away from the face and using circular motions begin to apply in the centre of the face working outwards. To build coverage, simply wait a few seconds and apply a second coat.

Sibhan for Napoleon Top Three Tips to Fantastic Coverage

- 1 Before purchasing, ensure you have the right shade to match your natural skin tone.
- 2 Only use circular motions to apply, avoid random spray patterns as this will give an uneven finish.
- 3 Don't hold the can too close to your face as this will dispense too much product in one area. Let the fine spray mist onto the face from a 30cm distance for a natural and even coverage.

**WHAT NOT TO DO...**

Where do people generally go wrong when applying an airbrush foundation? What should we not do when applying?

The beauty of an airbrushed foundation is that it looks incredibly smooth so layering extra base products on top can defeat the purpose of using it in the first place. To avoid this, make sure you prime and conceal well before application.

Be cautious of excess product getting into the hairline. Those with lighter hair may wish to wear a head band to protect the hair and simply remove after application. Best to avoid this area all together for a natural finish!



# Beauty Reviews

**NAPOLEON AUTO PILOT SKIN PRIMER**  
**\$59.00**  
 napoleonperdis.com

Light and hydrating, this primer goes on and absorbs divinely. The scent is uplifting and my foundation application was smooth and even over the top. I loved the way my skin felt after application and my foundation stayed in place longer.



**NAPOLEON BOUDOIR MIST SPAY FOUNDATION**  
**\$69.00**  
 napoleonperdis.com

I am in love with this foundation. Even touch-ups are easy. Just spray and go! It gives amazing coverage, it's light and gives a flawless finish. And, unlike other airbrush foundations I've tried, if you miss a spot, touch-ups are a breeze. Hassle-free and done in 20 seconds! Love it! Get it! Gotta have it!



**ORGANI ORGANIC DAY CREAM**  
**\$150.00**  
 organi.com.au

This sweet smelling pot of super-hydration cream fixed up a dry spot I'd been struggling with in a matter of days! The hypoallergenic formula absorbs beautifully and doesn't sit on top your skin. It's amazing on the neck and chest too. It's not cheap but is made in Australia from natural, organic ingredients like green tea, aloe vera, lemon peel and pomegranate extract, and is soothing, gentle and uplifting. A little goes a long way.



**LAPITAK FOOT CARE**  
**\$14.95**  
 ottoman3.com.au

If you've spent the summer season in thongs or sandals you've probably noticed some pretty dry or cracked heels. Try Lapitak Foot Care Cream. A rich cream designed for daily use that will bring those heels back to party ready in under a week! Applied daily, it left my cuticles in great condition and gave my feet some much-needed moisture. It takes a little while to absorb into your skin when it's really dry, but when it does, it feels great.





# Back to nature in SOUTHERN QUEENSLAND



Walking trail in Noosa



Feeding a kangaroo, Australia Zoo



Fraser Island

HEAD TOWARDS THE NORTHERN POINTS OF OZ WITH VANILLA'S VERY OWN WANDERING CANADIAN BACKPACKER **JESSICA SKELTON**.

So, you're hitting up the southern coast of Queensland but don't feel like taking in the neon lights and theme parks of the Gold Coast. No problem! Simply head a short distance north out of Brisbane to the Sunshine and Fraser coasts for a laid-back getaway that gets you closer to nature and keeps all the amenities within reach.

First things first, head to Beerwah for your opportunity to hear the call of the wild at Australia Zoo. Founded by Steve Irwin, this internationally renowned menagerie houses a large collection of native and foreign critters—including a bunch of koalas for you to pat—so plan to spend most of the day wandering the grounds and attending informative shows.

Next, a short drive north takes you to quirky Eumundi. The New-Age vibes beat strong here, especially on the twice-weekly market days. With booths sprawling into lots on both side of the road, you'll undoubtedly find that perfect piece of handcrafted jewelry, flowy clothing, or local fruit.

About two and a half hours from Brisbane is Noosa. This leafy resort town acts as a magnet for the beach-chic set, which comes for the designer shopping and great restaurants. However, don't feel left out if thongs and board shorts are more your style. There are accommodations and eateries to suit all budgets and Noosa's beaches and surrounding rainforest remain free for everyone's pleasure. For one of the best spots, drive or walk the boardwalk to Noosa National Park just outside of town. This gorgeous string of bays is the perfect setting for swimming, surfing, lounging, or hiking one of the marked trails.

As you continue up the coast's hundreds of kilometres of pristine beaches, make sure you ferry over to the jaw-dropping Fraser Island. Entirely made of white sand, this lushly rain-forested island remains mostly undeveloped save for a few resorts and camping sites. Hence, 4WD remains the best way to take in the sights. So, book a day trip or rent your own vehicle and go explore the mangroves while searching for one of the local dingoes.

Back on the mainland, you'll notice waving sugarcane start to take over the landscape. That's your cue to head toward Bundaberg, home of the Bundaberg Rum Distillery. Even if you aren't a fan of the drink, take the tour to find out how Bundy is made from by-products from the sugar and why a polar bear poses on the famous yellow label.

Finally, finish your back-to-nature vacation with a late-night trip to Mon Repos, one of Australia's most accessible turtle rookeries. From November to late March, guides from the interpretive centre take guests to watch a loggerhead turtle crawl up the beach and lay their clutch of eggs. Just be sure to book your spot early; only a certain number of people get the chance to go each night.

*So, forget heading overseas to find a tropical paradise to unwind in; Queensland's Sunshine and Fraser coasts has everything you need to get away from it all.*



# WILSONS PROMONTORY

## A GREAT SOUTHERN RESERVE

By JESSICA SKELTON

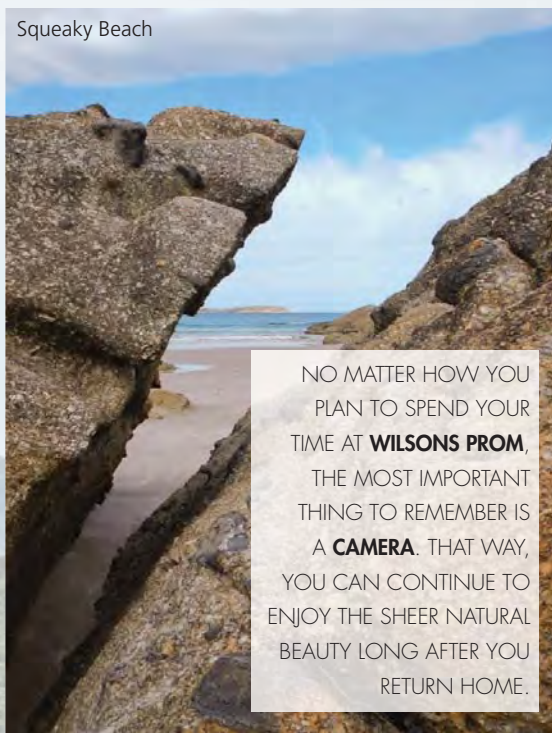
At the southern-most tip of mainland Australia sits one of the nation's most beloved—and beautiful—nature reserves. Wilsons Promontory, or 'the Prom' as the triangular park is also affectionately called, protects 50,460 ha of unspoiled mountains, forests, and white beaches that were traditionally important for the Kurnai and Boonwurrung Aborigines. Two sister reserves also safeguard over 17,000 ha of reefs, sponge gardens, and seagrass beds in the surrounding Bass Strait and Tasman Sea.

Yet despite all this protection, the park remains extremely accessible to visitors of all ages and fitness levels throughout the year. Some of the activities you can enjoy include swimming, snorkelling, scuba diving, photography, bird watching, and simple relaxing. Walking is another popular pastime. The Prom offers over 80 km of marked trails that range in size from easy half-hour strolls and moderately difficult day walks to strenuous overnight hikes. Please note that Fido can't join you on your trek as the park does not admit domestic pets.

The first leg of everyone's Prom adventure, however, consists of driving a two-lane bitumen road that winds its way through 30km of breathtaking rainforest panoramas and coastal views. Along the way, keep your eyes peeled for kangaroos, emus, wallabies, and other native wildlife. There are also several opportunities to pull over and stretch your legs. Squeaky Beach is by far a favourite road-side attraction. Here, rounded-quartz sand literally squeaks beneath your feet as you explore the rock formations or head down to the clear blue water for a surfing session (remember that the Bass Strait can be chilly, so wet suits are a good idea). Whiskey Bay, Fairy Cove, and Darby River are three other worthwhile short trek stops.

At the end of the road rests Tidal River, the rosella-packed hub of Wilsons Prom and the main stop for most visitors. It's also the most popular spot to pitch a tent. Keep in mind that booking is recommended, especially during the summer and on long weekends. If sleeping on the ground is not quite your style, Tidal River also has a handful of self-contained cabins,

Squeaky Beach



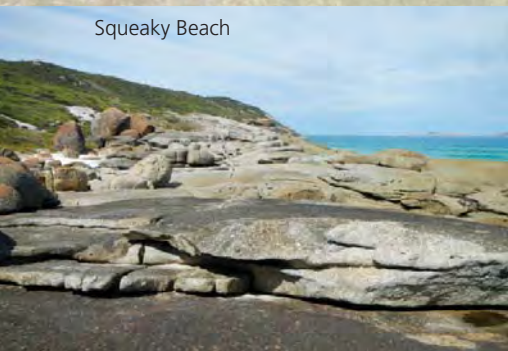
NO MATTER HOW YOU PLAN TO SPEND YOUR TIME AT **WILSONS PROM**, THE MOST IMPORTANT THING TO REMEMBER IS A **CAMERA**. THAT WAY, YOU CAN CONTINUE TO ENJOY THE SHEER NATURAL BEAUTY LONG AFTER YOU RETURN HOME.

Photos: Jessica Skelton & Kate Brunsdon

huts, and group lodges available for rent through advanced booking only. However, all guests (overnight or day visitors) have access to amenities including toilets, showers, gas barbecues, an information centre, and laundry.

For those who crave a little more adventure, Wilsons Prom is also home to some of Victoria's best overnight and multi-day hiking. So strap on your pack, grab a permit, and follow one of the many well-defined trails along the coast or inland through pristine temperate rainforest. Some of the designated camping sites contain toilets, but fresh water is not available outside Tidal River so take plenty of water with you.

Squeaky Beach



Tidal River



Tidal River





# WARM AUTUMN

## Orange is the new Black



Forget about matching your curtains and linen.

Wood has exploded into our furnishings and is being incorporated everywhere throughout the home.

This autumn, **Melbourne interior** trends are embracing an eclectic look and making bold statements.

It's all about combining multicolours with textures and patterns together into a cohesive palate. Update the look of your dining area by adding edgy fibreglass

chairs with your old timber table. Inject life into your living area by contrasting wall colours with furnishings.

Key colours include orange, grey, white and mustard. Look for oversized boxy sofas and add colour by layering ornate patterned cushions.

Compliment the look with high-shine metallic side tables and wall art.

Have fun with decorating this season and do not be afraid to take risks.



# Motion FURNITURE CONCEPTS



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03 9354 5362



# Horoscope!

# Autumn 2014

## ARIES:

There will be a period of high activity, especially in your personal relationships, which will give way to clarity and the right choices in love. You will see the benefits of your hard work and team efforts but you may feel the need to assert yourself. Try not to cause any confrontations as this could lead to some very difficult situations. Now is not the time to make big decisions.

## TAURUS:

For you, internal conflict will give way to clarity and you will be clear in your mind on how you need to go forward. There will be substantial gains and progress that you have not seen for quite some time. Be decisive and give your best to all new projects that take place this Autumn as they will be the platform for progress in times to come.

## GEMINI:

Fear of the unknown could rule your decisions this autumn so you should not make any major decisions during this time. At work you might find situations around you distorted at times. Issues with superiors might cause you to make some rash decisions. Good stars for romance and getting cosy in front of the fire as the weather starts to cool.

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## CANCER:

You have a few challenging months ahead and there are certain disturbing trends at home. At work, try to avoid getting into a controversial situation. During the autumn months your income may not be up to your expectations but this will get better, by the time winter comes your finances will be back on track. Children will try to give you trouble but you won't let them and they will soon realise this.

## LEO:

This autumn will be amazing for you and you will be at your dynamic and hard working best. You will push ahead with new plans and open up new avenues although relationships with siblings will need to be handled with care. You will find the possibilities of an exciting romance or new relationship. Your income will be very good throughout autumn.

## VIRGO:

You will find yourself very active at work and opportunities will increase. There will be a rapid increase in your social position as well as in your financial position. This will lead to good progress with its share of hurdles but you have to work positively and not be upset by developments around you. You may feel disillusioned with your partner but avoid being impulsive as this will pass.

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## LIBRA:

You may find that you are stressed, worried and hassled on account of paper work or minor irritants during the first half of autumn. Stay positive and avoid conflict at all times for best results. Socially you will be very outgoing and even travel could happen to keep you occupied throughout the season. There will be lots of invitations to parties with the possibility of a new love.

## SCORPIO:

This autumn you have to be very careful how you deal with your money and any form of financial risk should be avoided. There is the chance of being involved in some sort of legal hassles so make sure that you stay on the right side of the law. Try to avoid work related politics as they could have a negative impact on you. But overall, autumn will be a positive period for you.

## SAGITTARIUS:

This autumn will be a very positive time for you. Your finances will be on a high and you will see a surge in activity with your friends. This is a good time to re-establish friendships. Avoid business investments instead concentrate on existing investments. Your work environment will be very positive and you will find work peaceful. You will find happiness in love matters.

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## CAPRICORN:

New opportunities will open up to you and there will be all round growth. You will remain action oriented, dynamic and positive. If you can remain calm there could be some very positive developments at work. Matters of love will be average although new relationship opportunities should be very positive for you. Money matters will be on a high and very good gains and returns are possible.

## AQUARIUS:

Be careful how you handle people and the environment during autumn. A tendency to be aggressive and rude is present but you need to be careful and avoid verbal conflicts at all cost. Socially this season could be hectic and you may find your stamina lower than usual. This is a time when any turbulence with your partner will give way to a very positive period.

## PISCES:

There is a chance of injury so you need to be cautious. There will be improvements in creative activities, which will bring some positive results for you. You may find work more competitive and some secret enemies might be in operation. Be careful but remain diplomatic. Matters of love will remain largely unsatisfactory due to career pressures but this will pass.



# Back to Reality

Summer's behind us, most of us are back at work, the ratings period is over and television has returned to its normal programming. If you can call reality TV 'normal'. It certainly isn't very real. Can you remember the last time you raised a cloche to reveal suckling pig with black forest truffles? Or constructed a Parisienne archway from reclaimed concrete or, for that matter, stripped down to your production issued Lycra bra and undies to be weighed in front of a few million strangers? Hmm. Last Thursday was it? I don't think so.

Nevertheless, these shows rate through the roof. In fact, under the guise of research and curiosity (and another excuse if I could think of one), I've been known to metaphorically stand tippy-toe on my soapbox, peek over the fence and tune in myself. Foxtel's *'My Strange Addiction'* is a particular fave. C'mon, the New Jersey woman who can't stop eating her furniture? Compulsory viewing right there. Imagine how that first conversation with her therapist went down.

**THERAPIST:** Glad you could see me today Veronica. Please. Have a seat.

**PATIENT:** No, thank you, I just finished off an ottoman in the car. I'm absolutely stuffed.

I feel completely ashamed yet compelled to share with the world (well, Oakleigh and its surrounding suburbs) that I now am a reality junky and, as a performer, I shouldn't be. Not for one minute do I see myself as an accomplished thespian, but with over 20 years of performing stand-up comedy, I have some understanding of what it's like to develop the skills necessary to win over an audience,

hold their attention and maintain enough of a following to secure ANY kind of future work. I'm guessing it would be a million times harder for trained actors when available spots in the TV world are being filled by Colin, a fitter and turner from Pascoe Vale. How painful it must be to watch Col high-fiving the director mate you shared a one bedroom flat with after graduating from NIDA. They'll hug, throw to a break and, through crying eyes, you may just make out them returning to 'plate up'.

If any performers happen to read this, run. Don't look back. I know it's in our DNA not to leave a mate behind but it's too late for me. In the words of Tom Hanks in *Saving Private Ryan* 'Earn this'. I'm well aware that my viewing, enjoying and even sometimes recording shows like *'The Block'* for example, makes me 'The Judas' in any greenroom. I'll wear that. 'Cause I LOVE, disturbingly LOVE *'The Block'*. Yep, I'm pretty much Scott Camm's bitch. To the rather blunt lady I recently discussed this topic with outside our local bakery, regarding your snappy comment 'Yeah, well, build a bridge and get over it'. I intend to do just that – I now have the skills to build you a new one to live under.

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# LE CHAUFFEUR

★★★

SCENEGGIATURA: NIKITA BALLAS

★★★

FOTOGRAFIA: CON MILONAS (CON MILONAS PHOTOGRAPHY) ORGANIZZAZIONE: ADELE VRANTSSES

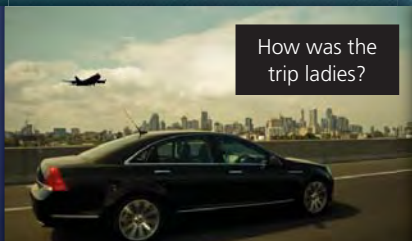
**MELANIE** - Tijana Dautovic

● **SUE** - Alexandra Katafiasz ●

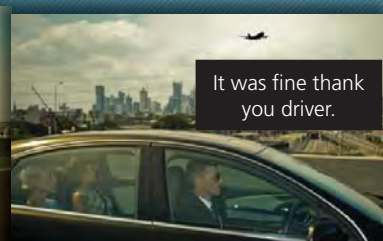
**ALESSANDRO** - Shane Mohan

SHANE MOHAN DRESSED BY: **PRINZI**  
COLLECTIONS

We'll discuss it  
in Melbourne..

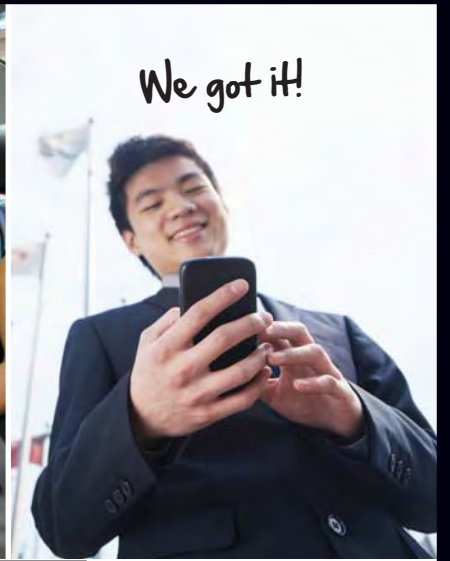


How was the  
trip ladies?



It was fine thank  
you driver.





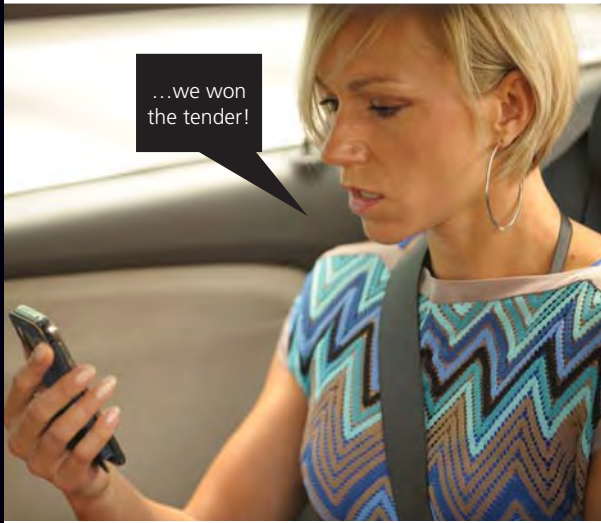
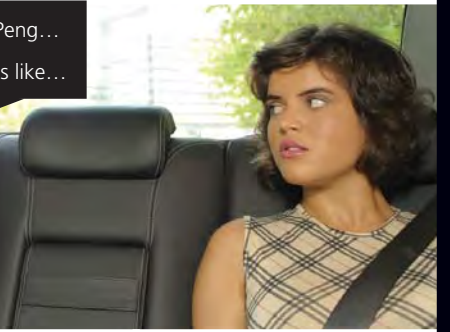
We got it!



They loved the presentation



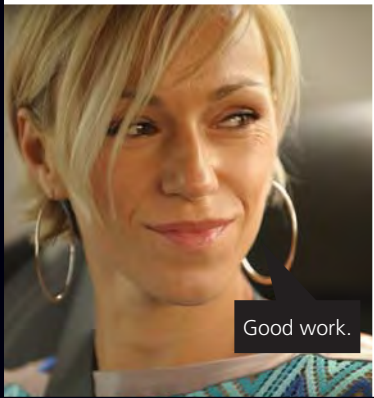
It's Peng... Looks like...



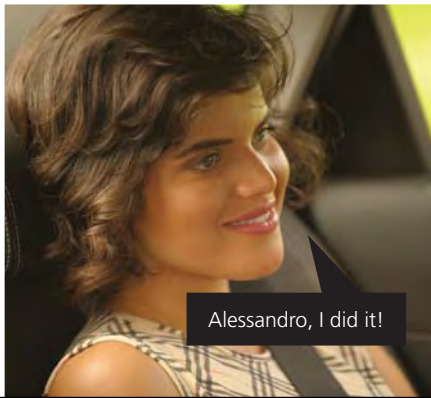
... we won the tender!



I knew it!



Good work.



Alessandro, I did it!



I never doubted it!

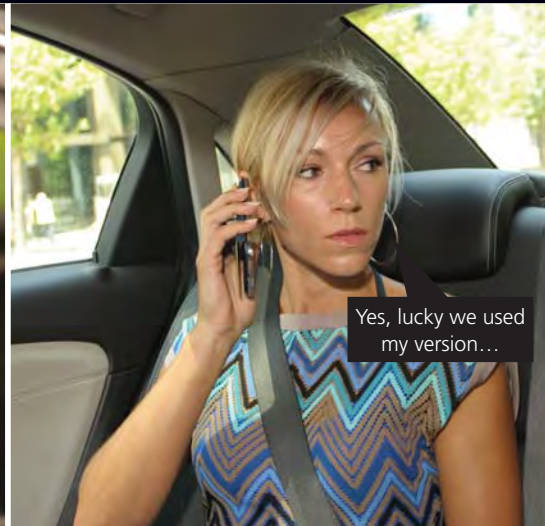




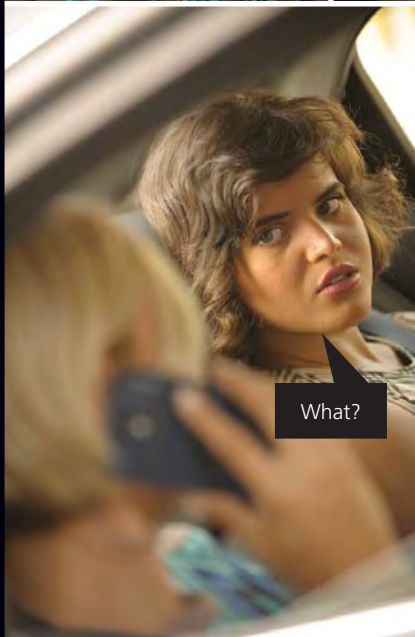
Mr Bradley,  
good news!



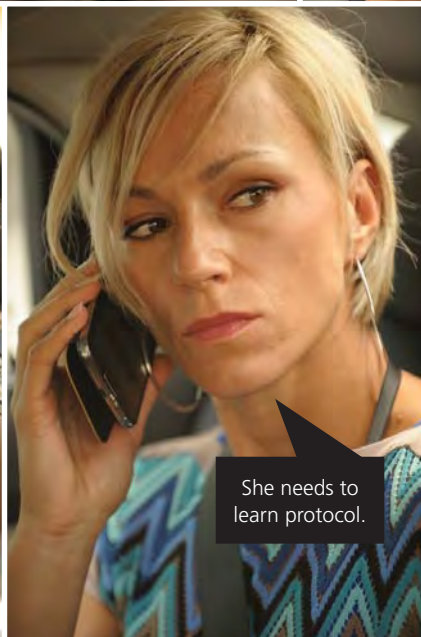
Thank you sir, I did  
my best.



Yes, lucky we used  
my version...



What?



She needs to  
learn protocol.



You lied!

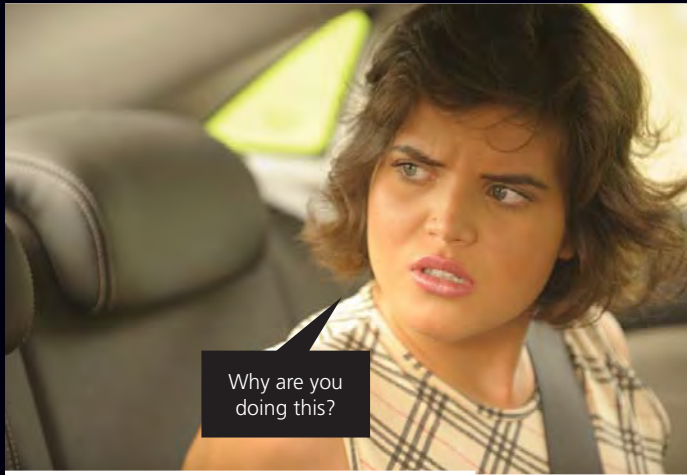


You disobeyed me,  
and went ahead to  
use your version.



You jeopardised  
everything.

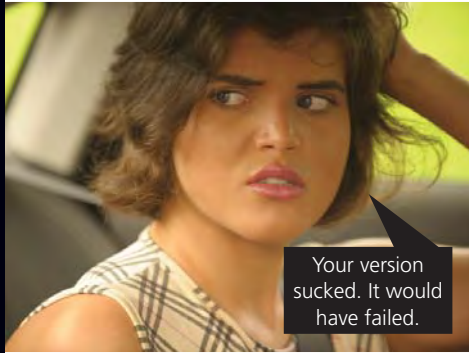




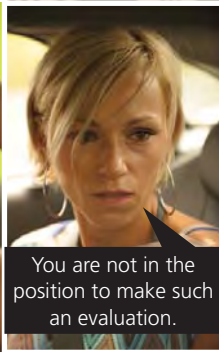
Why are you doing this?



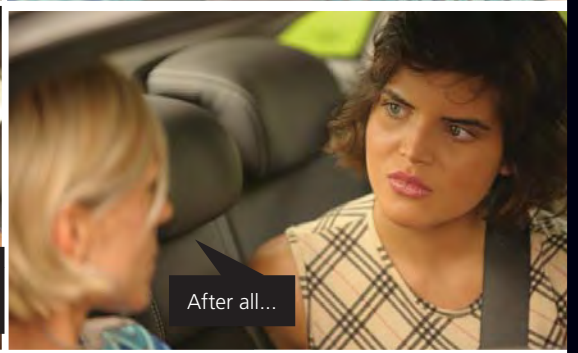
If I was gonna take the fall, it's only fair I get all the credit.



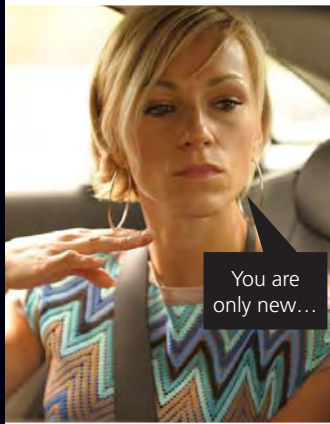
Your version sucked. It would have failed.



You are not in the position to make such an evaluation.



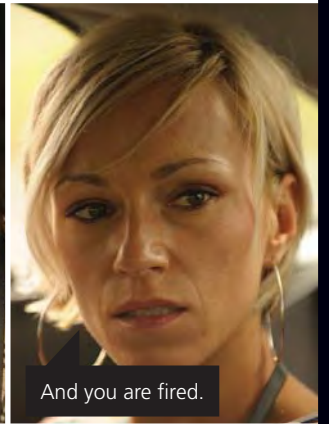
After all...



You are only new...



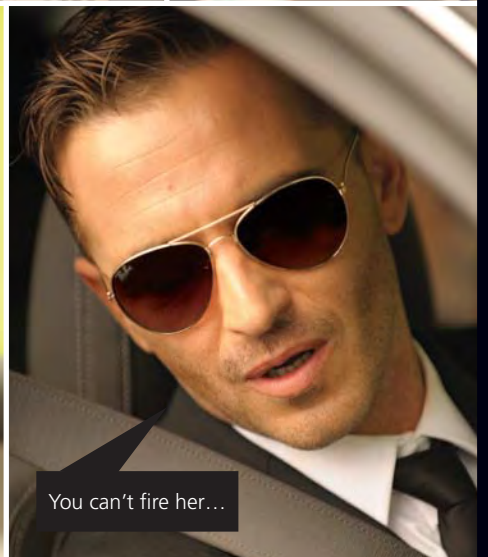
You are a bitch!



And you are fired.

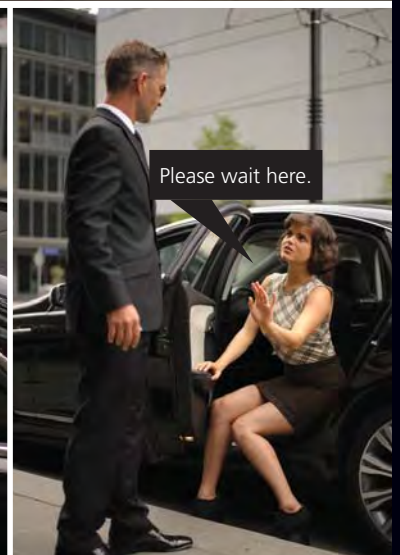
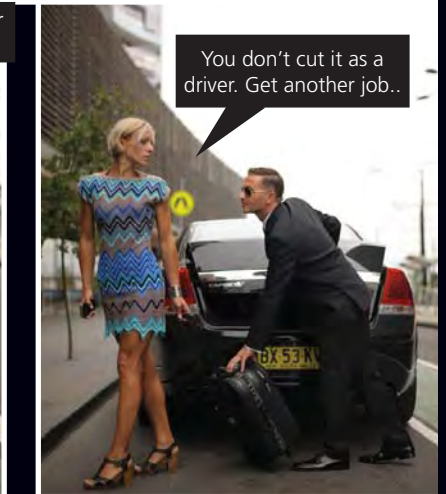
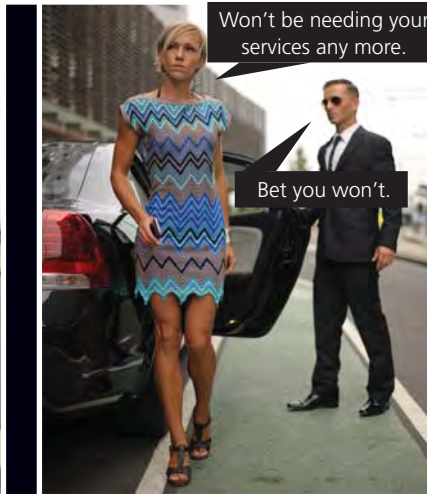
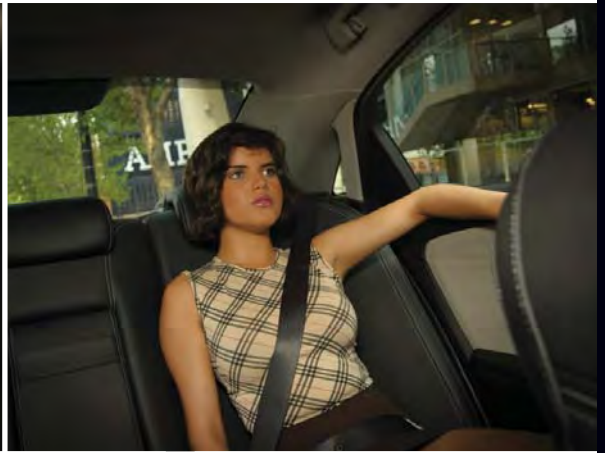
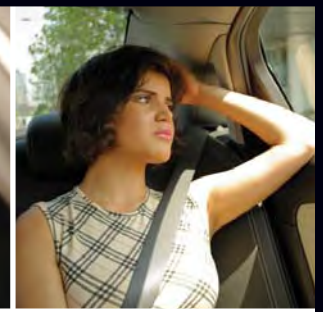
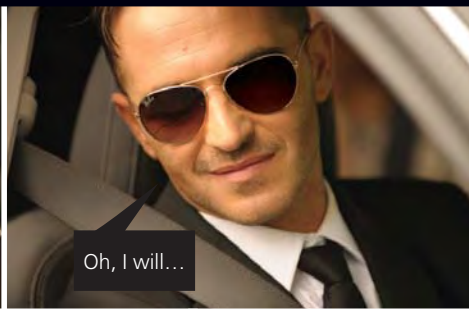
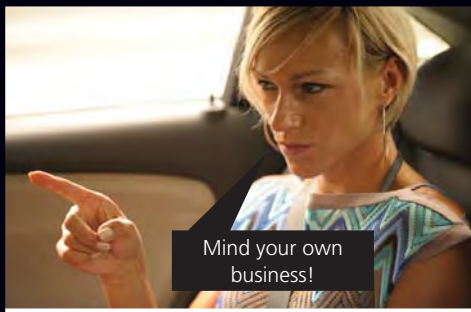


I can't believe this...

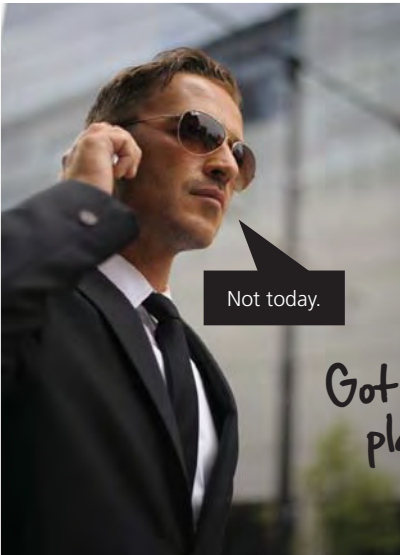
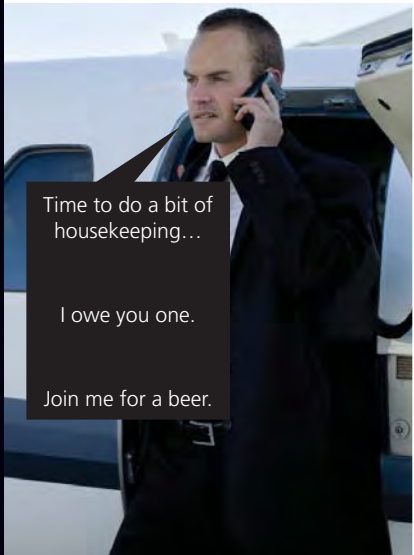
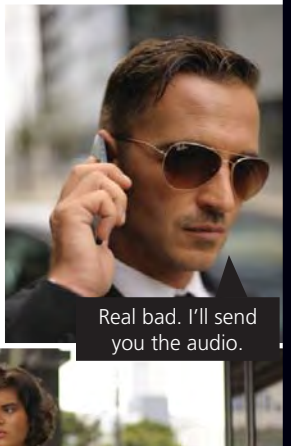
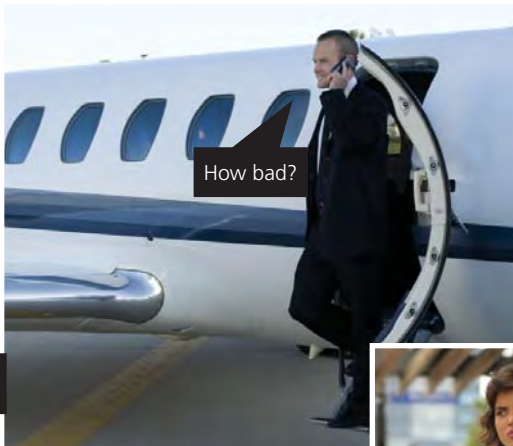
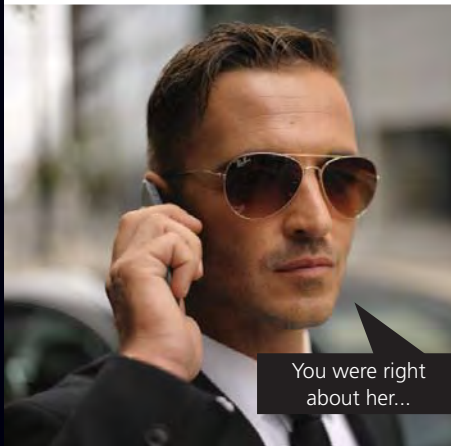
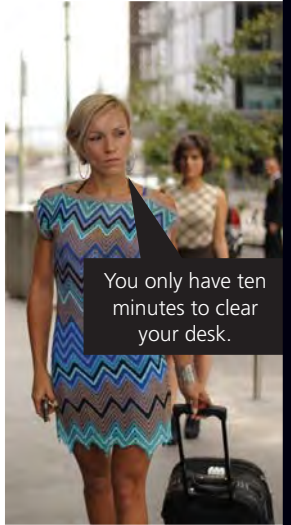
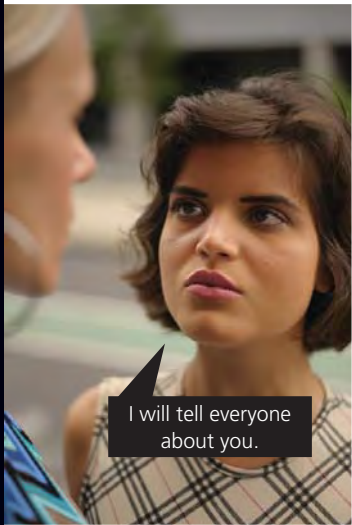
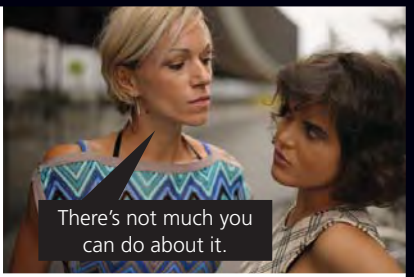
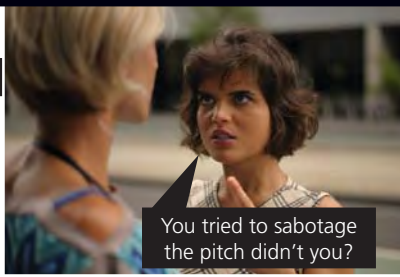


You can't fire her...

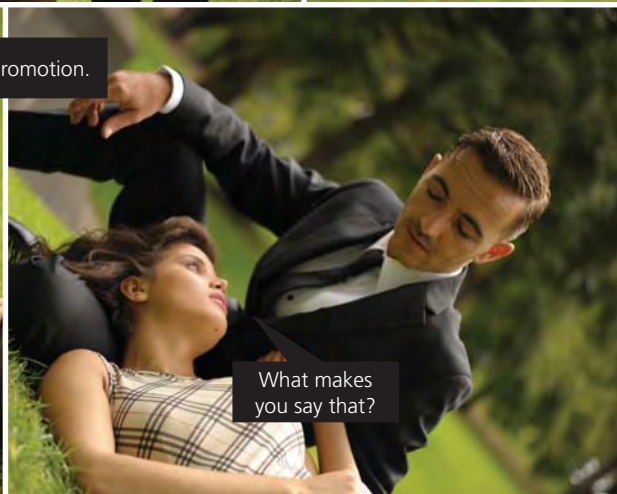
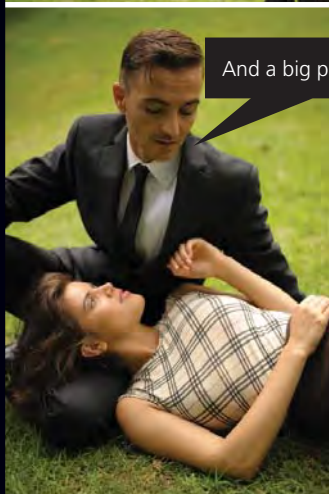
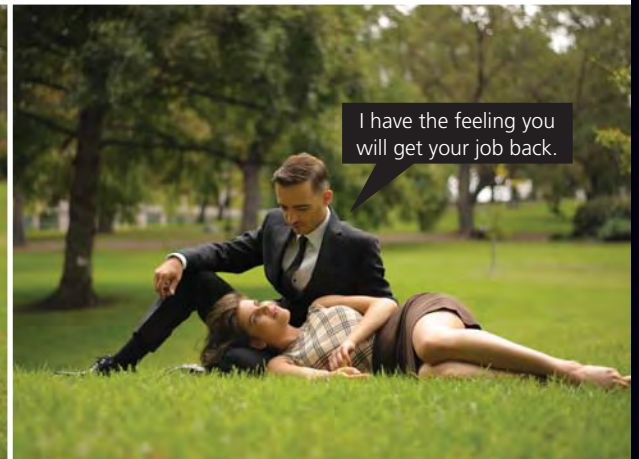
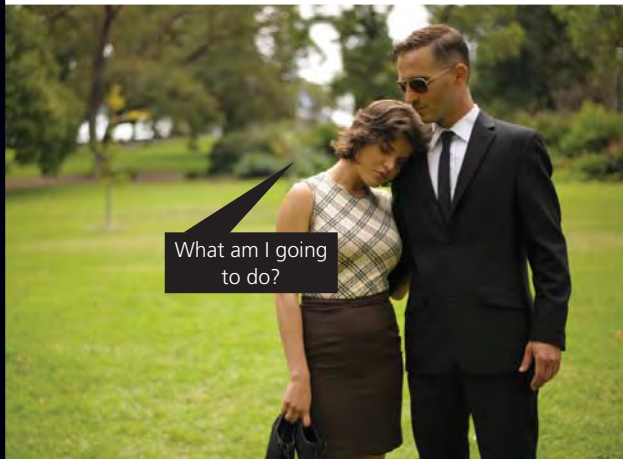
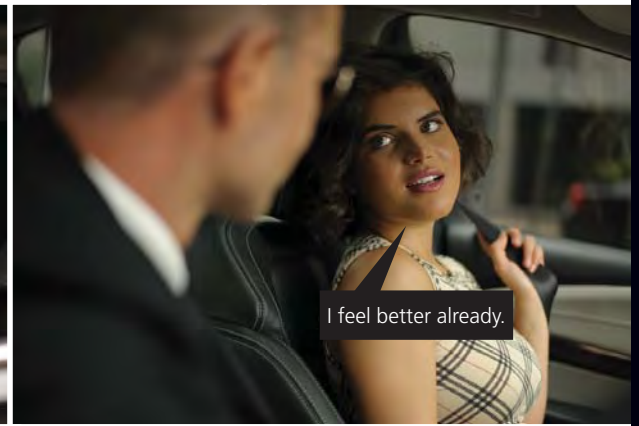
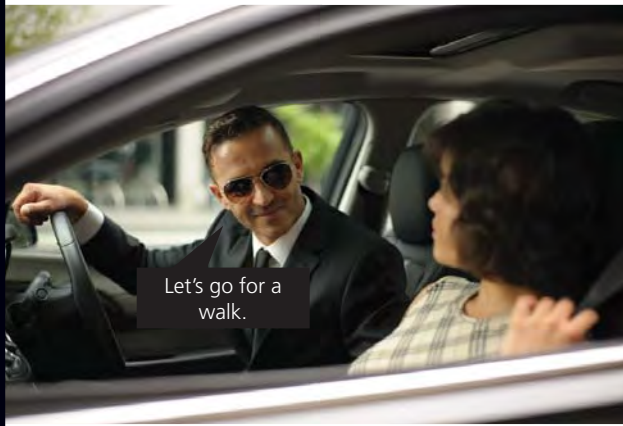
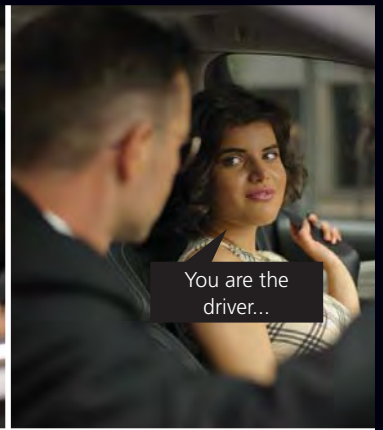
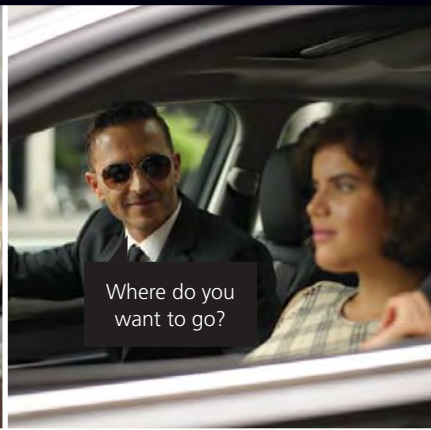










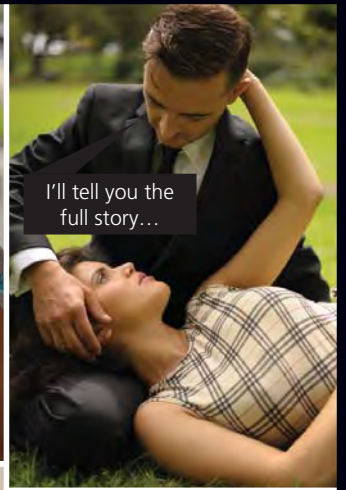
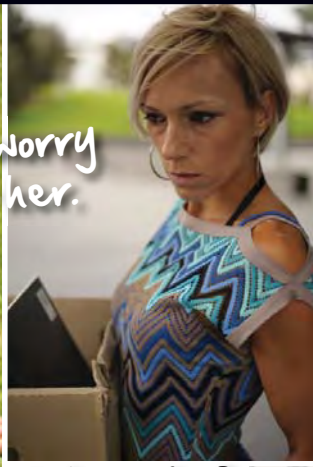






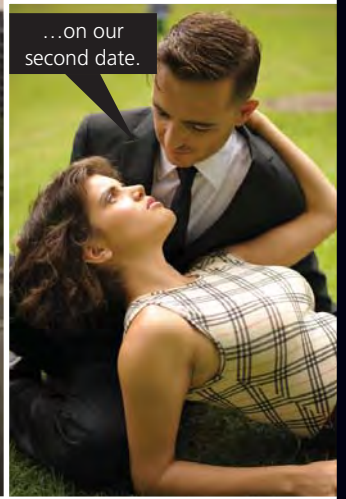
Don't worry about her.

What do you mean?



I'll tell you the full story...

She'll be out of the picture.

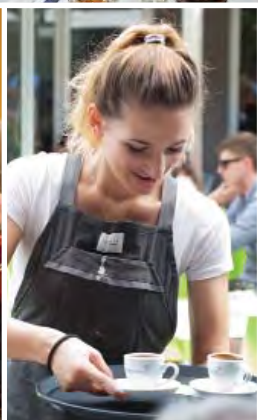


...on our second date.

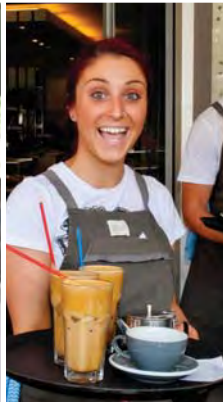
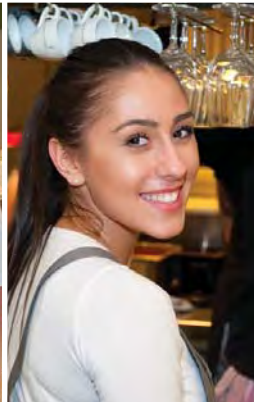


*La Fine*











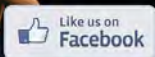


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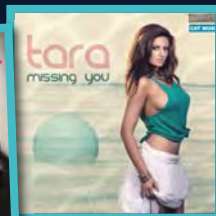
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**FRIDAY 16th MAY 2014**

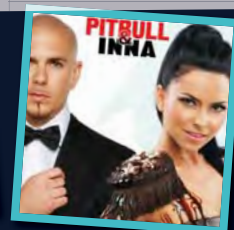
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3. Indila - Dernière danse (DJ Just Remix)
4. Lorina - Away From Home (Ovylarock Edit)
5. Marc Rayen ft. Aria - So (la la) (Bogdan!C Remix)
6. Claydee feat. Ruby - Do It
7. Mar@ Anthony - Vivir Mi Vida (Leo Burn Remix)
8. White Label - No Title (Club Version) (DeeJay Vally Remix)
9. Franklin Rodrigues feat. William Araujo - Morena (DJ Dark Remix)
10. Let's Go Project - Solamente Besame (Radio Edit)
11. Naughty Boy ft. DJ Asher & Sreen - La La La (DJ YAROSLAV CHYZH MASHUP)
12. Andreas Schuller feat. INNA - Piñata
13. Leeya - Repeat (Radio Edit)
14. Leeya - Gitana
15. Pitbull ft. Inna - All The Things
16. ATB, Kosta & Zuma - 9PM (DJ Diamond Mashup 2014)
17. David DeeJay feat. Dony - Sexy thing (DJ Just & Asproui Remix)
18. Edward Maya - Stereo Love (Vortex & DJ Goia Remix)
19. INNA feat. Juan Magan - Be My Lover
20. Sasha Lopez feat Radio Killer Perfect Day extended club
21. Dj Sava feat Raluka & J. Yolo - Champagne (Ext Vers 2014)
22. Modern Romance - Ay Ay Ay Moosey (DJ DNK Remix)
23. Tory - Only You (Criswell & Dj Sebastiann Remix)
24. Play & Win - Lady
25. Anna Lesko - L'amour
26. Ruxandra Bar - My Heart is Bleeding DjGurbeti Mix 2014
27. I am Done - La Rose Ft. David DeeJay
28. Edward Maya feat Yohana - FEELING
29. Ruxandra Bar feat. Lora - Do It (radio edit)
30. Tara - Missing You Featuring Serkan Demirel (Extensive Mix)



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