

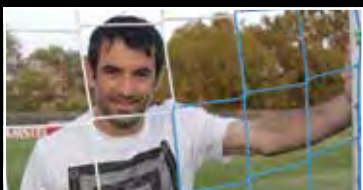


# VANILLA

WINTER  
2014



# SOCCERMANIA BRAZIL 2014 LIVE @ VANILLA



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KARAGOUNIS



**CARLY**  
YELAYOTIS



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# EDITOR'S LETTER

Welcome to the Winter 2014 issue of Vanilla magazine. SOCCERMANIA is upon us again as the World Cup finals kick off in Brazil! Several of the matches will be screened live at Vanilla Cakes & Lounge drawing soccer fans eager to share this communal experience. So organise your group of friends or simply come down on your own to meet up with fellow soccer insomniacs for some serious banter and to celebrate together the goals scored by your favourite teams.



A special thanks to my good friend Alekos Katsifaras who helped in the preparation of the SOCCERMANIA feature articles and interviews and to all the other contributors including our correspondent in Greece Yiannis Biliios who interviewed exclusively for Vanilla magazine the Greek national soccer team captain Giorgos Karagounis.

Not into soccer? No stress, this bumper issue has plenty of good reads for you to enjoy as you relax at Vanilla.

Look out for the Vanilla staff featured FOTOROMANZO in this issue. Please feel free to ask for autographs!



A big welcome to our new fashion contributor Alex Lambadaridis!



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VanillaWebTV

Editor – Nikita Ballas [nikita@vanillamagazine.com.au](mailto:nikita@vanillamagazine.com.au)

Assistant Editor – Raquel Neofit [raquel@vanillamagazine.com.au](mailto:raquel@vanillamagazine.com.au)

Graphic Design & Typesetting – Adele Vrantases [adelevrantases@hotmail.com](mailto:adelevrantases@hotmail.com)

Photography – Con Milonas Photography, Front Cover/Chief Photographer

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

[www.facebook.com/conmilonasphotography](http://www.facebook.com/conmilonasphotography)

– Petrosphotography Metaxopoulos [petrosmymail@yahoo.com](mailto:petrosmymail@yahoo.com)

– Peter Kakalias

Contributors – RYTHMOS 1656AM, Joanna Psarakis, Alex Lambadaridis, Maria-Irini Avgoulas, Sonja van As, **SOCCERMANIA SPECIAL:**

Alekos Katsifaras (editorial team), Yiannis Biliios (Greece Correspondent),

Peter Kalla (Kaliakoudis), Stratos Attalidis.

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

Advertising – [advertising@vanillamagazine.com.au](mailto:advertising@vanillamagazine.com.au)

Production/Printing – Blue Star Print [www.bluestargroup.com.au](http://www.bluestargroup.com.au)

Publisher – Vanilla Cakes & Lounge

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The Chilean Spartacus @ Vanilla

# PABLO CONTRERAS IS ESPARTACO!

By NIKITA BALLAS

## What do you miss most from Greece?

I miss the many good friends I made there. All the people I met in Greece were very friendly and made me and my family very welcome. Greeks are very similar to the Chileans which made it feel like we were in Chile.



I remember the PAOK fans fondly, I think I passed my best career time in PAOK. I also have great respect for Olympiakos and I am thankful for the opportunity I had to play there for a year, but my heart is with PAOK.

I can't wait to visit Greece again, so many friends to see, especially my best friend Zisis Vryzas who actually made my transfer to PAOK possible, and I hope to be able to be involved with the PAOK family again.

Nicknamed as Spartacus for his passion on the pitch as a central defender Pablo Andrés Contreras Fica has left his mark in teams like Colo-Colo, Monaco, Racing, Celta, Osasuna, Sporting CP, Braga, PAOK, Olympiakos and Melbourne Victory where he just concluded an illustrious career. Also a Chilean international on 66 occasions, Contreras was one of the key players in the squad that earned the bronze medal in the 2000 Summer Olympics at Sydney.

Fresh from hanging up his boots, 35 year old Pablo Contreras visited Vanilla where he was met with fans from his former team PAOK in Greece, a team which he confessed to us will always have a special place in his heart!

Being surrounded by PAOK fans, we asked him about his experience in Greece.

## PAOK has a bigger budget now and the expectations are much higher. Can the club take it to the next level?

For sure. There is still a gap with Panathinaikos and Olympiakos, but I believe that in the near future everyone will be taking about PAOK.

## After PAOK you played for rival team Olympiakos. How did the PAOK fans take it?

For me it was a very difficult moment and a tough situation. But most PAOK fans understood, I had a big problem with my family and I had to go back to my country. Six months later I was offered this opportunity to play for Olympiakos. PAOK fans were disappointed but my decision to go to Olympiakos was not about money, it was for family reasons.



Photos by Peter Kakalias



Pablo with soccer legend Mihalis Mandalis (left) and host Thanasis Spanos (right)



### **PAOK fans love you for your passion. I was always inspired and motivated by that.**

I know! And that's why I love them. Their great passion for their team is amazing.

### **Speaking of passion, during your four years with PAOK you faced the red card six times...**

If you are a defence player it's hard to avoid yellow cards and even red cards. No matter how disciplined you try to be, when you play with passion you always risk overcommitting during the tense moments of a game. Here in Australia it's been a totally different experience but I still faced a total of ten yellow cards.

### **Are you satisfied with your season playing for Melbourne Victory?**

I am very happy with my experience in Australia and it was a great way to finish my career. Football (soccer) here is completely different from Europe and Latin America. It was very difficult for me at the start of the season. It was very physically demanding and I felt challenged, but then I said to myself, 'Pablo this is your last year and you must give it your best'.

### **How do you find life in Australia?**

This is the second time I have been to Australia, the first time was with my national team Chile for the Olympic Games. But especially now that I've lived here for almost a year I see how great Australia is for raising a family. It is a very well organised and friendly country.

### **Have you met the Chilean community in Melbourne?**

There are a lot of Chilean people here which has made me feel like I'm at home. Every weekend after the game I would try and spend time with my fellow Chileans. I am very happy about this and so is my family. We love it here.

### **So would you like to stay here?**

Yes definitely. I will try. But first I have to go back home to see my mother and my family. I will try and come back here afterwards.

### **Your view of Ange Postecoglou?**

Ange is the one that brought me here. He is a fantastic coach and a very good person. I wish him to succeed in the world cup, but not against Chile!

### **Chile and Australia are up against powerhouses Netherlands and Spain. What are the chances for an upset?**

It is a very difficult group, but I am confident that Chile will qualify to the next round. I am 100% sure that Chile will make the big surprise. They have a very strong team spirit and good positive energy at the bench. They have young players but also some very experienced star players. They will also have a lot of supporters cheering them on because Brazil is close to Chile. Of course I would love for Australia to also qualify!

### **Who do you think are the favourites?**

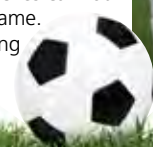
The favourites are the same every world cup. But Brazil will have to win this one otherwise they will be in big trouble!

### **No doubt! Were you surprised that Ronaldinho and Kaka are not to be selected for the Seleção?**

Especially with Ronaldinho I can't believe it. Players like him can make all the difference in a big game. His positive energy can lift the whole team. Football fans love to watch players like him dance on the pitch. Even if it is one magic touch it makes it worthwhile. Spectators will walk away remembering that moment. And we will miss his big smile! I hope the coach changes his mind.

### **After the demise of tiki-taka are we likely to see teams like Spain change their playing style?**

I believe there will be some changes in style. Tiki-taka is now too predictable and every coach knows how to counter it. I don't believe tiki-taka will die but coaches cannot rely solely on this style of game. This is going to be an interesting World Cup!



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The Greek 'Brad Pitt' @ Vanilla with fans (from left) Tonia, Lois, Tina and Despina.



@ RYTHMOS with hosts Stratos and Daphni

Greek heartthrob Kostas Sommer (known to Greek-Australians from popular TV series *Tis agapis mahairia*, *I agapi irthe apo makrya* and from Hollywood hit comedy *Deuce Bigalow: European Gigolo*) created quite a stir in Oakleigh during his recent visit from Greece to take part in theatrical production *'The Desperate'* together with legends Kostas Voutsas and Vasia Triffili.

honest: 'I'll be straight to the point here, if you believe that you are able to offer something good and through involvement in politics you can make a difference and benefit your fellow citizens and your country there is no reason why you shouldn't take that step... the issue here is whether a famous actor or athlete or musician is able to make a difference...



Kostas Sommer with Alex Dimitriades in a scene from *Deuce Bigalow: European Gigolo* (2005)

The recognisability of your name and your popularity is just a bonus. It is a tool you can use to benefit your fellow citizens. So if you are not committed and dedicated to your vision and are out of touch with your community or country you can always make a fool out of yourself if you decide to run for politics... The charlatans are being phased out. A few years ago young people in Greece didn't care about politics but now because they have been affected by the crisis they are all suspicious of every politician. Now every politician is under the microscope. You must prove that you are not a parasite or swindler, that you run for politics to serve and not for personal gain.'

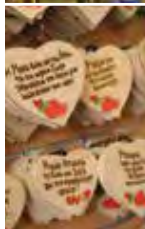
Swinging by Rythmos 1656 Radio station he spoke among other things about his political involvement in Greece. Asked why he decided to run for his local council his answer was disarmingly

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# Afternoons in ITHAKA

SPIRI TSINTZIRAS

A MEMOIR OF GREECE AND FINDING YOUR PLACE

By RAQUEL NEOFIT



## ITHAKA

As you set out for Ithaka  
hope the voyage is a long one,  
full of adventure, full of discovery.



Laistrygonians and Cyclops,  
angry Poseidon – don't be afraid of them:  
you'll never find things like that on your way  
as long as you keep your thoughts raised high,  
as long as a rare excitement  
stirs your spirit and your body.

Laistrygonians and Cyclops,  
wild Poseidon – you won't encounter them  
unless you bring them along inside your soul,  
unless your soul sets them up in front of you.

**Constantine Cavafy** – as printed in the beginning  
of *Afternoons in Ithaka* by Spiri Tsintziras

This old **CONSTANTINE CAVAFY**  
poem sums up the **Spiri** I met at  
Vanilla, on a sunny April morning,  
perfectly. To me she is a woman  
of hope and excitement, a  
woman who believes in making  
the most not only of life but of  
every situation that comes her  
way, of every encounter, and of  
every single moment. She'll meet  
it head-on and head-strong, with  
determination in her belief that  
life is an amazing experience, to  
cherish and to fill with adventure,  
and a little hard work thrown in for  
good measure.





# Spiri @ Vanilla

## The book is full of great Greek proverbs – how did you manage to dig all of them up and why put them in?

Greek culture has a lot of old proverbs that I've heard throughout my life, these universal wisdoms that people have made up over time – like the old chook makes good broth – it's very simple language, but very clever. I see these proverbs in a very Greek way, and often in a very humorous way they illustrate some common truths. Many of them I remembered, or friends and family remembered from their own childhood, and the rest I found online.

Spiri, like many Vanilla readers and members of our migrant community, is a second generation Greek/Australian, born to Greek parents who left behind their families and homeland in search of a new life and a new adventure here in Australia.

In her quirky but moving memoir *Afternoons in Ithaka*, Spiri takes us on her life's adventures, right back to when she was seven years old, complaining to her Greek mother of boredom, and desire for treats when at her yaiyia's seaside home town. As the balls of dough for the week's bread rise under a hairy old goats hair blanket, not unlike the one she'd been sleeping under herself there in Greece, then baked in their outdoor oven, we share her feeling of giddiness as she longs to break open that freshly baked bread.

Not unlike many of her stories throughout this book, Spiri recalls these memories with deliciousness, sincerity and purity as she takes us on a journey through a life shared with food, family and passion, all the while laced with old Greek proverbs thrown in for good measure.

## Spiri, who is this book for, who do you see enjoying it and relating to it?

'This is a book that every Greek/Australian or even Lebanese or Italian/Australian who reads it can relate to. Many people that I know from migrant families have told me this; they've actually said, 'I can relate to this, this is my story'. They may not relate to every small detail, but the whole idea of the difficulties we had as adolescents, and trying to find a sense of place and identity, really seems to have hit home to a lot of second generation migrants.'

'I guess what I'm hoping to achieve in this book is a story that's simply told, that looks at universal themes like self-realisation and grief, love and connection, but mainly through food. These are things that are important to me but there are synergies that are important to others as well. My story is one perspective, but I feel like everyone has an important story to tell and that our everyday stories are a little underrated. You know, we get caught up in the everyday, working, housework

and looking after our families, and it's like life just passes you by. I feel it's important to honour those smaller moments that make up our lives.'

## And you've gathered some very personal stories and recipes, how did it feel compiling them?

It was wonderful getting the recipes and stories because it was a real chance for me to have some real in-depth conversations, conversations we probably wouldn't have had otherwise. Like the tomato story, if my dad was still alive I would have gone to him for it. But my Uncle Nick, who I did go to cried when he read the book - he was so honest. I managed to share some wonderful moments with them through these stories.

## How do you find your kids taking to the Greek culture? They were close to the age you were when you went back to Greece; did it evoke memories of your time as a child in Greece?

Some things never change, you could still buy the same little chips in the same little packets as when I was a kid, and little things like that really took me back. It was different for them because their Greek isn't very good and sometimes they felt a little alienated by the language. That really made me think about how hard it is to teach the Greek language to kids. I'm married to a Maltese man so they don't get to speak enough Greek to really pick it up. I do try to endow them with a sense of pride in both of their backgrounds. But they know that when we have a get-together with the Greek family it's always louder, it's always more passionate and there's always more food. And they love that!

And they are some of the parts of my culture that I really love; the passion, and the food and the connections.

## *Afternoons in Ithaka*

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By NIKITA BALLAS

“ I want to work with you on those really low tones that you gave us, cause they were very warm and very comforting and very beautiful. But then when you gave it all out and you used your chest it was also powerful, and Australia get ready cause she’s just starting...

*I would love for you to be in my team!*”

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We asked **Carly** to share with our readers her amazing experience and journey so far. It was only three years ago when she joined the **Vanilla House Band** taking her first steps to a singing career that is promising to be **HUGE!**

**Carly, what does it mean to you to be accepted into such a prestigious singing competition?**

I remember receiving the acceptance letter with my Blind Audition date thinking that they had made a mistake, that they had sent it to the wrong person. I had sent a video recording of myself singing the Alicia Keys hit "If it ain't you" together with my registration. It was a song that I literally sat and learnt in about 5 minutes. I've been singing Greek for the last few years and I didn't have any English repertoire under my belt. The reason why I never attempted a show like this before was because I didn't think I would be what they were looking for. The Voice is the most reputable of all the televised singing competitions and I had very little experience singing in English. Being accepted into something that you dream about just brings a realization that you can reach heights you never thought possible. I'm grateful and humbled by the opportunity.

**Who or what prompted you to take this step?**

I am a really strong believer of things happening for a reason. I also believe in divine timing. For years I had my family and friends encouraging me to audition for a show like this, but I never felt like it was the right time in my life. I also never felt ready to showcase myself as an English artist because I wasn't sure of the music path I wanted to take. I've always considered myself a Greek music artist, but in saying that I have a very deep love for all kinds of music and performance and I shall remain unbound to a single tradition of music. At the time of registration I was performing with **Giorgos Lianos**, runner up of **FAMESTORY Greece 2005**. He had flown into Sydney for a few shows. We became very good friends and he expressed a really strong belief in my abilities as a singer and performer. That encouraged my decision to a very large extent. He gave me the push I needed. After much discussion with George, I came to the realization that this was a great opportunity for me to develop myself as an artist in Western popular music.

**You seemed so calm in your audition, how were you really feeling? What were you thinking?**

It's so hard to describe that moment. It's like the entire world stops. You walk out onto a stage and all you hear is the sound of your footsteps in a room full of people watching you, waiting to see what you will deliver. Your heart beats so fast and so hard that you can feel it beating out of your chest. You head out and make your way to the center of

the stage and only for a split second do you think about what you are about to do. The experience didn't feel real. I was very present in the moment but it was hard to fully comprehend what I was doing on that stage. Moments like that can potentially change your life. The world becomes your audience. I didn't walk out onto that stage nervous but there was certainly a lot of fear inside me. Fear that I may walk right back off again without turning a coach's chair. Fear that I would let my family and my believers down. I just wanted to make everybody proud. That was my main focus. So, I took a deep breath, trusted in what's meant to be and delivered what I could in that moment.

**How hard was it to choose a coach, did you go into the competition with the thoughts, 'If Ricky turns I'm going with him'? Have you always been a fan of his?**

I didn't walk onto that stage with any pre made choice. I was just hoping for at least one coach to turn and I truly never imagined that I would turn three. My decision to choose Ricky was made on the spot. I felt a real warmth from his words and I was drawn to him most at that moment. If I were to have thought more strategically and prior I probably would have chosen another one of the coaches but he caught me most by his response. I sensed that he felt my expression and the feeling I wanted to convey through the song most.





**The judges struggled with your surname. What are you going to do with your stage name?**

Since my move to Sydney, I've used the stage name Kallia. I wanted my own identity and also a name that could be more easily pronounced than Kaliroi which is my real Greek name. The decision to use the name Carly Yelayotis on the show was made for people to recognise my heritage because I am proud of it.

**You have such a large fan base already in the Greek-Australian community. How do you feel about having access to a mainstream audience now?**

It was very daunting to say the least... Even after three full years of performing I still tackle the nerves that come with exposing myself as a performer, and this show gives you access to a world audience. You can't help but wonder what people might think of you and you always have this desire to please. I need to make my audience happy. After all, it's my responsibility to take everyone on a journey with me through song. We connect in that place. I'm happy to say that the response I have received has been incredible. Within 48 hours of my blind audition being aired, I was made aware of over 30 articles written on popular online news channels, articles in newspapers & magazines all around Greece. My audition video was shown to viewers on both the Antenna and SKAI networks, and after only two weeks, my blind audition video reached over 200,000 views on YouTube. My Facebook page grew from zero to over 7000 followers in the shortest amount of time. Messages and posts of support have flooded in. To reach such a large audience and receive so much support is a blessing. Our publicists work hard at getting us the right exposure to help our careers. I've been given the chance to introduce myself to so many people, through radio, and the nine network which promote us a lot, also through their news and morning shows. It's really great for every artist competing on the Voice.

**You've been singing with Greek bands for three years, how does it feel to be performing with a mainstream band?**

The Voice Australia Band has amazing musicians. These guys are Scotty Aplin, Michael Dolce, Chris Kalmzelas, Warren Trout, Adam Sofo and James Haselwood. They have all worked with Australia's biggest names in the music business and I am very grateful to be working with them. The chance to work with musicians of their caliber doesn't come around for every singer in the business so I count myself very lucky.

**Favorite styles of music?**

It depends on my mood just as it depends on an audience's mood as to what they want to hear. I am a lover of world music. I would love to bring together all of my favorite musical sounds and instruments from around the world and sing along to that. I would love to combine elements of Middle Eastern, Balkan, eclectic music types with elements of jazz, soul, funk, and popular music. I feed off the sounds of instruments that aren't commonly used in popular music... Woodwind instruments like the duduk and ney, and other instruments such as the santouri, the kanonaki, the violin. They have so much emotion and depth in their sound. In terms of language, I express my soul most when I sing in Greek. It is when. I don't believe people need to understand the Greek language to feel the emotion when I sing it.

**Your Vanilla fans miss you!**

I was given an opportunity to take my first step toward a music career there. It is "home" for me and it will always hold a special place in my heart. I owe my success today to the opportunity that Vanilla offered me those years ago when I didn't even know one song in Greek but it's all I wanted to sing. Their belief in me gave me the confidence and the courage to pursue my dream as a performer. They truly believed in me and my voice and they offered me a weekly audience working with the most talented musicians in the Greek music scene here in Australia. Musicians like maestro & producer Andrew Koikas, world class bass player Evripides Evripidou and drummer & sound expert Johnny Foundas who invested a lot of his time helping me find the right repertoire. The opportunity that Vanilla gave me to work with Andrew, Evry and Johnny was a starting point that helped me learn and progress very quickly. I couldn't have worked with better musicians. They are my family. We created beautiful music together. I also had the opportunity to perform with the incredibly talented James Cupples, an extraordinary vocalist and songwriter to say the least. I learnt a heck of a lot from him!





# First steps @ Vanilla

## Did James give you any tips for THE VOICE?

He sure did! Upon entering the show I was lucky to get his advice and share his experience from THE VOICE. Another former VOICE contestant, Greek-Australian Yianna Stavrou is a good friend and colleague and also gave me good advice.



*James Cupples*

## In three years you managed to build a big audience within the Greek Community.

Vanilla opened doors for me and made opportunities. One of the most rewarding experiences I had was performing at the Antipodes festival. We took the music to another level, collaborated with other amazing musicians. Our band got bigger and we covered a repertoire which closely connected us to our Greek roots. The response we received from that show and the enjoyment I felt being a part of it made me realize more so that in the future I really want to perform in concerts.

## And then you took the Greek Club scene by storm...

Singing at Kinisi Live with experienced singer Maria Maroulis was a challenge that I accepted quickly. Milton, the owner's right hand man at the time became my mentor and immediately took me under his wing. I was excited and passionate and I wanted to become great. When I started I was very shy, my legs would wobble on stage and my lips would tremble. He told me to see singing and performing like professional sports that require long hours of training and experience in order to succeed. Milton kept me very grounded. Then after a few months of exploring the music scene in Greece I started performing as a lead singer at a club in Sydney called 'Fix Live'. There I was able to further develop myself as an artist and build my Greek audience more.



And now I am at Anesi Club in Sydney doing what I love most,

*singing Greek!*



*Carly @ Antipodes Glendi Festival concert (2012)*





FRENCH for  
EVERYONE

*Manu Feildel*

*I always wanted to be John Travolta  
when I was young!*

Laughing, **MANU** poses *Saturday Night Fever* style on the retro stage that runs through the middle of Le Grand Cirque in South Yarra. A stage generally reserved for his *Moulin Rouge* style dancers on weekends.

By RAQUEL NEOFIT

Hot on the heels of another successful season of *My Kitchen Rules*, we caught up with Manu for a lightning-fast chat and a quirky, retro photo shoot at his new Melbourne restaurant, *Le Grand Cirque* in South Yarra.

And what a great sport he was! Pressed for time and prepping for a dinner service, he responded in fun, good natured humour when Vanilla's chief photographer, Con Milonas, decided to turn him into John Travolta and had him *Saturday Night Fever-ing* it up for the camera!

With a new cookbook designed to make French fare easy, affordable and unintimidating just out, here's what he had to say on winning a Logie, his sex symbol status and the circus!

---

**You have one of the most distinct voices in Australia that constantly makes women swoon, how does the reaction to it make you feel? Do your friends get a kick out of it and have a bit of a laugh?**

I still find it funny when people refer to me as a 'sex symbol' to be honest, I don't really understand it – I'm just Manu! I guess my friends think it's amusing as they have all known me for a while, so it's a bit crazy to see all these women react in the way they do!

**Filming in France – how was that? What was it like to go back and choose what to include in the show?**

I loved shooting the show as it gave me a chance to fall in love with France again too – I left there when I was young and didn't really appreciate its beauty and charm, and I have only been back for holidays a handful of times over the years, so spending a good amount of time there, travelling around, seeing the sights and going back through time was a great experience.

**A Logie nomination... how does that rate on the scoreboard of accomplishments in your life?**

A Logie nomination is a great honour but to actually be awarded with a Logie as we were this year (after

a few nominations) was an amazing surprise and accomplishment – it's always a great moment when you get recognised in the industry you are working in with an award.

**Where has the inspiration for your new Melbourne restaurant, *Le Grand Cirque* come from? I'm sure our readers would love to know what they can expect if they pop in for dinner?**

The Inspiration for *Le Grand Cirque* has come from many years of many dreams of what I would like my ideal restaurant to be – I didn't want to continue with the fine dining scene, but I still wanted to offer good quality, flavoursome French food. Obviously there is some history with my past being trained for the circus but the name is more about how a restaurant is like a circus, craziness and you have to be good at juggling!

It's my take on French food, modernised and for sharing – I've moved away from the traditional three course and am encouraging people to share dishes.

What can diners expect – an experience different to any other, some entertainment or theatre and great French food.

**What made you decide food was your future?**

It decided it was mine really – I wanted to be in the circus but when that wasn't working out and my mother told me I needed to get a proper job and suggested I started work in my father's kitchen, I found the love for it. Food was always an important part of my life coming from a family of chefs and having a mother who was an amazing cook so I guess it made sense that this was my future.

**Taking a step back to the past, the food series *Boys Weekend* looked like so much fun. You seemed to have great relationships and your personalities seemed to work so well together... did you enjoy it? And would you, or are you all planning to do it again?**

*Boys Weekend* was a great show and I'm sure you won't be surprised to know we had as much fun making it as you see on screen! We are all still great friends, but unfortunately due to our varying schedules it's been difficult to commit to another series – we would all love to do it again if we ever got the chance!





**It seems you comment on your own Facebook page, is it just another part of the 'celebrity chef' job or do you enjoy keep up with the FB feeds?**

To be honest I find the whole social media thing baffling – for a long while I didn't want to get involved but I realise how important it is now in keeping in touch with your fans and the people watching your shows and following you. It is a great way to see what the public are talking about, what they like and don't like. I guess it is just another part of the celebrities' job nowadays!

**What food do you eat at home?**

At home we eat a variety of foods. Clarissa my fiancée is a wonderful cook and with a Malaysian background cooks beautiful food. We do share the cooking and she loves my food as much as I love hers – we both have many recipes handed down from our families that we love to share with each other.

**What food makes you feel all warm and fuzzy inside and why?**

I just LOVE eating! When I wake, I think about breakfast, when I'm finished breakfast, I think about lunch and then about dinner. Of course we all have to eat but it should always be an enjoyable experience and something we look forward to.



**What would life be like now without MKR?**

Quieter and I'd have more time to myself!



Vanilla Magazine behind-the-scenes helpers, **Tony and Vivienne Polykandritis** headed into Le Grand Cirque to offer up a hard copy of Vanilla Magazine to **MANU** personally. 'He's such a great sport, he spent time with everyone in the restaurant laughing, joking and posing for photos, and he was truly happy to spend that time with everyone.' Vivienne.

Manu's newest cookbook, *French for Everyone*, offers easy, everyday takes on some French classics. After discovering many people are a little intimidated by French cookbooks he decided to bundle up a collection of his favourites and dish them up in a deliciously, inspiring new manner without tricky techniques or a mountain of ingredients.

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# LUKE MANGAN

By RAQUEL NEOFIT

Australian chef **LUKE MANGAN** is known throughout the world as a creative cooking genius and is a well-known representative of the Australian culinary world internationally. Better yet, he's the perfect person to prove that even if one isn't great on the education front at school, there is hope for a bright future – a very bright future indeed.

Luke dropped out of school at fifteen and is one of the few chefs who can truly lay claim to restaurants and food throughout the world. And I do mean throughout the world – land, sea and air! From his signature restaurants, like glass brassiere in Sydney to Salt tapas in Bali, to his signature Salt grills on-board P&O cruise liners, to flying high as the consulting chef for Virgin Australia. This is one smart businessman who knows what makes a brand succeed and knows how to cook, quite simply, brilliant food.

Even Richard Branson sings his praise, 'He is one of the best of his profession and it's a tough profession.' Added to the line-up of achievements are his gourmet Providore range and a good handful of best-selling books!

And, as industry people ourselves, we just love his Appetite for Excellence concept, a program designed to promote the development of young chefs, waiters and restaurateurs throughout Australia, and sustain and support the next generation of industry professionals.

Here's what Luke had to say on food, life growing up and what it takes to develop new concepts and brilliant books...

**You have your own line of gourmet food products – Luke Mangan Providores – what inspired you to create your own line?**

Being a chef and having a love for food, I wanted to create my own range of gourmet goods and products for people to use in their homes. I think it's important to source the best produce and ingredients possible when cooking, so I wanted to create good quality olive oils, spices and mustards for the home cook.

**How much work goes into producing each line?**

There is a great deal involved with creating your own line of products; from sourcing and testing to the developing and packaging stages – but once you have the final products ready for the consumer and people are enjoying them, it makes all the hard work worth it.

**You own restaurants throughout Australia and Asia, how different is the atmosphere, the food and the experience of running each one?**

Each restaurant is unique in its own way – we have our Salt grills as well on board P&O so this is also a different and unique experience. We like to offer a variety of dining



experiences with our Salt grills, our tapas and bars as well as glass brasserie, and our mojo wine bar in Sydney. Each restaurant has its own sort of atmosphere and the cuisines vary from a more fine dining menu to a casual tapas style menu designed for sharing.

Most importantly we stick to our food philosophy and that's to source the finest and freshest local and Australian ingredients and showcase them with a clean and contemporary twist.

**And what led you to expand into Asia?**

I always loved travelling to Asia, so when the opportunities came along it made sense to expand the brand overseas. Tokyo, Singapore and Indonesia are such vibrant cities with such a great food culture. Our restaurants in Asia have allowed us to showcase great Australian and local produce as well as superb Australian wines to the Asian market.

**How hands on are you in all of your establishments?**

I try to be as hands on as possible – with restaurants overseas it's hard to be there 24/7 and that's why you need to invest in key staff and have a good team behind you that you can trust to do the job when you can't be there. Great staff is key to any good business.

**You have five books to your name now? How much of you goes into writing and designing these books? Where does the inspiration (and the time!) come from?**

There is a lot of work behind the scenes to creating a cook book – from compiling and testing recipes and getting these to final print to food images and styling. Each book has been a learning process and with each one you get better at working out what to do for the next time around.

The inspiration has always come from wanting to share our restaurant dishes with people that have enjoyed eating them at our restaurants over the years. We want people to get in the kitchen and recreate these dishes at home, and to be creative and put their own spin on things. I also love sharing my classic recipes and basics; the recipes that aren't on trend or too fancy but that people enjoy cooking with their families.

**Sounds like you grew up in a busy household – seven siblings? Was it as chaotic as it sounds? And do others in your family cook for a living?**

Yes it was pretty chaotic at times especially with us all being boys! My mother did a good job, that's for sure. My mother never cooked for a living, but she was such a good cook when we were growing up, we used to cook in the kitchen together and because of her I realised that's what I wanted to do for a living. A few of her recipes have featured in my cook books over the years and I always keep her homemade tomato chutney in the fridge!

**You're regarded as one of the best chefs in Australia, would you have seen that coming at 15?**

Never – all I knew is that I didn't want to be at school! I hated school and was never very good at it so I knew at 15 I had to leave. I started my work experience at a South Yarra restaurant; Two Faces, under owner Hermann Schneider – at first I hated it; the gruelling hours standing in a hot kitchen was almost too much, but my mum told me not to give up and I haven't looked back since.

The **HARD WORK** was definitely worth it in the end.



### **The restaurant business calls for some pretty gruelling hours – how do you balance work and life?**

Initially, when I was first starting out, I had to be real and realise that this was not your average 9 to 5 working scenario. It was long hours and there wasn't much of a work/life balance, but if you want something bad enough you do what you have to do to get there. These days there are still the long hours, especially with the business side of things, but you have to ensure you have a good team and good support behind you so that you can create that work/life balance for yourself.

### **What's at the heart of Luke Mangan?**

For the Luke Mangan group our philosophy has always been the same – we want to create the best experience possible for people; sourcing the best produce that we can, providing the best service and ensuring our customers enjoy the best dining experience when they are with us because in the end that's what's most important.

### **And you have also created Appetite for Excellence – where did the inspiration for the awards come from?**

The program was initially created as I felt there was a definite lack of opportunity and support in the industry for young hospitality hopefuls within Australia.

Appetite for Excellence was created to give young chefs, waiters and restaurateurs' greater opportunities within the hospitality industry. The program is all about recognising and rewarding our young hospitality talent within Australia.

### **What can new hopefuls hope to achieve from entering and possibly even winning?**

The program offers unique opportunities, skills and the chance for national and international exposure. Our finalists and winners in the categories also have the opportunity to travel to Australia's leading food and wine regions, and also internationally.

### **What's happening next?**

It's always busy at The Luke Mangan Group!

We have just relaunched Salt grill & Sky bar in Singapore – which has just completed an entire renovation of both the dining room and the bar area. With this we have seen a new menu introduced, so it's a really exciting time for the restaurant. We are also working on new menus for our restaurants including the Salt grill on board our P&O's to keep everything really seasonal.

It has already been a busy first half of the year with plenty of restaurant events and wine dinners, especially throughout our restaurants in Asia, and we are consistently working on new products for our providers range.

Luke Mangan's newest cookbook *Salt Grill* is available in all good book stores and from his restaurants. Murdoch RRP \$59.99 [www.lukemangan.com](http://www.lukemangan.com)







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# THIS IS BRAZIL

.....  
**FERNANDA DE PAULA AND SHELLEY HEPWORTH**  
.....

Shelley Hepworth and Fernanda De Paula are the force behind the SBS Brazilian lifestyle series, *This is Brazil!*.

They developed the concept, researched, pitched the show, were associate producers, and Fernanda is also the host and presenter. A vibrant lifestyle program with an accompanying cookbook based on the twelve cities in Brazil hosting the world cup.

They spent three months travelling throughout Brazil, covering over twelve cities in twelve weeks.

As it turned out, even Fernanda didn't know half of the places they discovered along their journey. 'Brazil is such a big country', she said. 'I think I had been to six of the hosting cities but definitely not all twelve. We even went to the heart of the Amazon, to a place called Mamirauá, it's really off trail.'

This was Shelley's first trip to South America so we were really keen to discover her thoughts on the country and learn their views on all things Brazil and, of course, the World Cup!

**Shelley, being born in Australia, how did you find Brazil?**

'It was a big eye-opener, but I loved it and I think going with Fernanda, who is such a good friend, and also her husband Eduardo and seeing it through their eyes, in that personal way, made it even more special.'

**Fernanda – how did you find Shelley’s reaction to Brazil and its more bizarre and vibrant places?**

'To be honest, sharing my homeland was a bit of a challenge because obviously I grew up there, some of the things that might seem exotic to Shelley’s eyes is just a reality for me. So when we got to the slums or big favelas, where it was quite poor and quite tough, I didn’t know exactly what she would think of them. But they were places Shelley absolutely loved. Shelley found it beautiful because despite the tough surroundings people were so happy and content'

**Shelley, what were some of your favourite places in Brazil?**

'We were in Salvador and I remember walking down the street, and all of a sudden we were in the middle of an impromptu street football game – this is the kind of stuff that I really remember. And there was a great street market that I think even Fernanda was surprised to see.'

Fernanda 'Yes, it was right off the tourist trail and was a mish-mash of exotic things. Brazil is a country so rich and diverse and mysterious, and you find that a lot of things that happen in Brazil even Brazilians don't know about!'

**How did *This is Brazil!* come about?**

Shelley 'It was originally developed as a food show but we found so many great South American concepts that we decided to do an overall Brazilian lifestyle show.'

South American cuisine aren't something we know a lot about in Australia, which is why we were keen to share that side of it, and we focused on the World Cup cities because the World Cup was coming.'

**Speaking of the World Cup, Fernanda, down to the topic everyone wants to talk about at the moment, the World Cup and football! How important is football to Brazilians?**

Fernanda 'Football is the Brazilian way of life!'

**YOU CANNOT SEPARATE FOOTBALL FROM BRAZILIANS AND YOU CANNOT ESCAPE FOOTBALL IF YOU ARE BRAZILIAN.**



I'm not a major football fan, but when the national team is playing, then I'm a huge fan! But when I say that and I compare what this means in the Brazilian context, compared to the Australian context, it's different because I've obviously got a team that I've supported since I was a child.

It's impossible to be a Brazilian kid and not choose a team. Just as every kid has a name, every Brazilian kid has a team - it's part of being human in Brazil.'

**How did you choose your team Fernanda?**

'Well it's a bit of a funny story because I've always been a supporter of Cruzeiro. As soon as I became a teenager and started meeting boys, I found myself dating supporters of the other team, Atlético Mineiro, and my husband is actually a supporter of Atlético. So I always kind of sat on the fence because it is a big deal who you support and funnily, two weeks ago I said to my husband, 'Hey Eduardo, I've just got to tell you, I've always been a supporter of Cruzeiro'. And he looks at me and





he goes, 'Oh God, why are you coming up with this bullshit now, why?'

'Well', I said to him, 'you know, I'm going to be in the World Cup coverage with Les Murray and we support the same team so...'

(I was so glad to hear that it's also the team that Les Murray supports in Brazil)

## SEE, THERE IS NO ESCAPING FOOTBALL FOR A BRAZILIAN!

### What does it mean to Brazil to win the World Cup in Brazil?

'Brazilians have to win the World Cup at home because Brazil is the only country that has hosted the World Cup (in 1950) that made it to the finals and lost. That was really traumatic for the country; it's still a bit of a sore point.

So there is this huge desire to win, but on the other side of things, even though a lot of people support the World Cup, there are a lot that don't, because obviously it's an expensive tournament. But overall, when the World Cup actually starts, people will really get into the mood. Because when the national team play, it's like the heart of the country is really on the pitch.'

Shelley 'We went to a small local neighbourhood match when we were in Curitiba and I don't know what I was expecting, even though Fernanda had been talking about how fanatical Brazilians were about football in Brazil, but

I've never seen anything like it. The energy in the stadium was just phenomenal, people were chanting, the amount of noise and support from the fans was well beyond what you would see in a grand final here. I think what surprised me most was the level of organisation within the fans. You'd have big groups that call themselves the official supporters, and they all have the same t-shirts and these massive drums that weigh a ton, and they drum all through the match. They do all these choreographed moves at the same time and they have huge flags waving. And it's not just now and then, it goes on throughout the game, the whole time. It was really cool.'

### The book centres on Brazilian food, what are some of your favourite things from Brazil?

Shelley 'I've made quite a few discoveries actually, cassava root (also known as manioc root.) It can be made into chips or even a fine starch. It's close to the potato but different at the same time. Dendê oil is another ingredient and I love the stews they make throughout Brazil.'

Fernanda 'I really like the food we eat every day; rice, beans, a type of meat and a really good salad, and we always eat with cassava – I just love this meal combination.

I've have friends who have flicked through the book and said, 'Oh my God, how did you even remember this? I haven't had it since I was a child.'

Hardie Grant have been wonderful, you don't see books around with the recipes and ingredients that we have used. The book is really typical in terms of the recipes we have included that are common from the north to the south of Brazil.

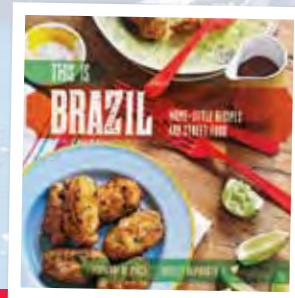
### This Is Brazil

Hardie Grant

RRP \$34.95

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Friday nights at **7:30pm** on the SBS



Fernanda will be presenting the *World Cup Show* on SBS with Les Murray and Craig Foster from the FIFA studios in Copacabana Beach in Rio. 'I will be participating in one of the four segments and I will prepare cultural stories to accompany all the football analysis etc...'

Fernanda is answering questions about Brazil on Twitter in the lead up to and throughout the World Cup. Her handle is **@fesoca** and the hashtag is **#AskFe**



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By NIKITA BALLAS

The wait is over! As the most anticipated sport event of the year kicks off in Brazil, **VANILLA** is up for another challenge, **SOCCERMANIA BRAZIL 2014!** This time around, new huge wall mounted screens inside the lounge will complement the massive projector screens outside.

For those who missed out on the first SOCCERMANIA back in 2012 with the EURO live broadcast from VANILLA, here are some reminders.

Look, it will get crowded at times as soccer fans flock to Eaton Mall, but the truth is, where else can you better enjoy soccer banter with friends and strangers as you experience the thrills offered by the king of sports? Don't miss out!



*Vanilla* — the best place for WORLD CUP soccer banter!





"The 2014 FIFA World Cup in Brazil is shaping up to possibly be the most watched sporting event in history. Both in terms of participants and viewers, soccer is hands down the world's most popular sport." **CNN**

CON MILONAS PHOTOGRAPHY

This World Cup promises to be exhilarating with the giants of football being challenged by a good number of underdogs thirsty for glory.

Like Colombia for example. There's one team to keep an eye out for.

Defending champions Spain will have to work very hard to hang on to their title. Their tiki-taka style of football is now seen as passé (pun intended) while Xavi and Iniesta seem tired. But Alvaro Negredo and Diego Costa can more than make up for it apparently.

Host nation Brazil is up in arms and the Seleção will make every effort not to disappoint their home fans. Superstar

Neymar will no doubt be under massive pressure to deliver the goods. Returned coach Luiz Felipe Scolari has managed to restore a strong team spirit in his squad which as everyone knows is overflowing in talent and skill. Yet, there seems to be a lack of heavyweights in the midfield. Will Paulinho and Luiz Gustavo prove everyone wrong?

The first real test for Brazil will probably be Croatia in their group stage. One of the underdogs, Croatia has no shortage of world-class talents, with Real Madrid's Luka Modric and Bayern Munich's Mario Mandzukic being in top form. Europe's top scouts will certainly keeping an eye out for hot prospect Alen Halilovic, who is expected to make his presence felt strongly in Brazil.





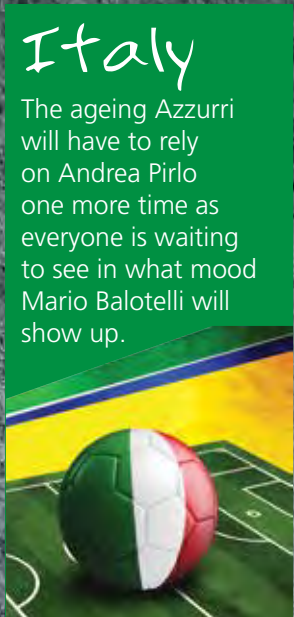
## Croatia

– With fire in our hearts, for Croatia all as one!



## Italy

– Let's paint the FIFA World Cup dream blue



## Italy

The ageing Azzurri will have to rely on Andrea Pirlo one more time as everyone is waiting to see in what mood Mario Balotelli will show up.



## Portugal

– The past is history, the future is victory



Joao Moutinho's assists to CR7 should be enough for Portugal to qualify in the groups stage, but if, as expected, they face and overcome underdogs Belgium in round 16, Christian Ronaldo will have to prove himself against Lionel Messi in the quarter finals. The Argentinian super star is not likely to show any mercy on Portuguese defenders Pepe and Coentrao who are both still recovering from the traumas he inflicted upon them in the La Liga.

Blocking Messi won't solve any problems for Argentina's other opponents either as Sergio Aguero, Angel Di Maria and Gonzalo Higuain can maul any defence.

## Argentina

– Not just a team, we are a country





Then we have Germany, always a tough squad that should have no trouble making it to the quarterfinals. And with a relentless midfield powered by Marco Reus, Mesut Ozil, Mario Goetze, Thomas Mueller and Toni Kross it will be no surprise if they make it all the way to the final. Winning the cup however is another story...

The Oranje... Manchester United's manager-in-waiting Louis Van Gaal doesn't have a lack of stars to carry the weight in the field. Van Persie will obviously want to impress him and Robben is at his peak. Yet, I have the feeling that The Netherlands coach will draw some wildcards like Feyenoord

youngster Clasic who is already generating hype in the transfer markets. But let's face it, it is unlikely for them to finish ahead of Spain in the group. Not to mention overcoming the Chileans and our own Socceroos. If they end up qualifying to the round of 16, they will most likely be facing Brazil, and that's where it will probably end. Then again, the only certainty in life is taxes and death.

At least they have the best slogan:

**"REAL MEN WEAR ORANGE"**



Speaking of slogans,  
**"Socceroos: hopping our way into history!"**  
 – seriously? I will rather go with Football Federation Australia chief executive David Gallop's alternative: **'Go you Socceroos!'**

So what are the prospects? The more experienced Mark Milligan has described the excitement and lack of fear resonating among his youthful team mates as a factor that can make a difference in the group. Aussie coach, Greek-Australian Ange Postekoglou has nothing to lose and will try to make the most of the low expectations for his inexperienced yet enthusiastic squad. Young blood like Curtis Good, Tom Rogic, Bailey Wright, Adam Taggart and Josh Brillante will no doubt reach for the stars as skipper Mile Jedinak in the midfield keeps them grounded. Go you Socceroos!

What about Greece? Well, you can trust Portuguese coach Fernando Santos to maintain Greece's trademark tight defence while lulling opponents into a false sense of being in control by ceding possession making them ripe for a deadly counterattack when least expected. A lot will depend on Mitroglou getting in good shape on time to cause some serious damage to complacent defences.

Colombia, one of the underdogs tipped to cause some upsets in Brazil, is on standby with Monaco striker Falcao still unsure if he will recover enough from his knee injury by June 12. If Falcao cannot make it, strikers Gutiérrez, Martínez and Muriel, not to mention midfielder James Rodríguez (Monaco), will still keep Colombia a force to be reckoned with.

Spearheaded by Shinji Kagawa and Keisuke Honda Japan's squad will be no easy prey The Blue Samurai have vowed to show no signs of fear during their sojourn in Brazil. Fernando Santos know better and will definitely not underestimate them.

As for Ivory Coast, Greece's third opponent in the group stage, will no doubt rely on Manchester City powerhouse Yaya Toure. And let's not forget Didier Drogba who can always be the man of the moment. Gervinho will also trouble Santos no doubt...





# GIORGOS KARAGOUNIS

## IDEAL FINALE IN BRAZIL

By **YIANNIS BILIOS**

As the Greek national team is getting ready for the big trip to Brazil, Vanilla magazine sports correspondent in Greece **Yiannis Bilios** catches up with team captain **GIORGOS KARAGOUNIS** who is set to retire from the one time European Champions.

After 15 years in the men's national team and over 20 years collectively including all of the national Greek youth teams, he is ready to remove the blue and white jersey from his body, but not from his heart.

Giorgos will always be a symbol of the beloved team of all Greeks, and for good reason, since he himself loved it like no other team in his career.

Greece rewarded him with some of the biggest moments in his football journey; with the triumph in Portugal (EURO 2004) making him a European Champion and after that with two more appearances in EURO finals in 2008 and 2012 (quarterfinalist) along with two World Cup appearances. 2014 will be his third and final World Cup experience.

The golden decade for Greece had Karagounis written all over it. He is the player that defined that era, the beloved Giorgos of all Greeks, and naturally the most suitable person to welcome us aboard the flight to Brazil. We found him in Athens training with the Greek national team, where he shared with Vanilla Magazine readers his thoughts and dreams for the World Cup.

VANILLA MAGAZINE  
has a **NEW** reader.





English Premier League (2013): Giorgos Karagounis vies for the ball with Manchester United's Michael Carrick during the match between Fulham FC and Manchester United at Craven Cottage in London



Giorgos Karagounis with Vanilla correspondent Yiannis Bilios



The art of possession: Giorgos Karagounis in action vs Cristian Tanase during FIFA World Cup 2014 play-off game between Romania and Greece (1-1) held on National Arena, Bucharest.

### Giorgos you are getting ready for a World Cup in Brazil! Sounds like the ideal finale for your national team career.

Yes, this is very special. It is a great privilege to be part of such a great event, and in this case we are talking about a significant World Cup taking place in a country that is intimately linked with football and has a distinctive place in the history of this king of sports.

### The Greek national team hasn't been to Brazil since the friendly game in 1974 (0-0). Have you or any of your teammates ever played football in Brazil or Latin America for that matter?

No, I've never played in Brazil before. I have only kicked the ball once in Central America, to be more precise, in Costa Rica during a tournament with Fulham. But never in South America. Neither has any of my team mates as far as I know. It will be for all of us a unique career experience.

### At 37, after so many experiences and achievements you find yourself eagerly anticipating a soccer event...

I have been waiting for this and I have worked very hard to be ready. I had set as my goal to end my career with the national team in this World Cup and I tried my best over the last two years to remain in good form. Playing for Fulham has helped me a lot.

### Big experience to play in the Premier League?

Of course. And perhaps I should have taken this step when I was younger. About ten years ago when I was playing for Inter Milan, Steve McClaren had scouted me for Middlesbrough. I declined their offer and in retrospect maybe I should have taken it up.

### What do you and your team hope to achieve in Brazil?

We want to qualify from the group stage. Like we did in EURO 2012. At the World Cup in Africa (2010) we achieved our first victory in such a tournament, but now we want to take that extra step. We tried in Africa and nearly succeeded even though we had a lot of injuries but we conceded two late goals in the match against Argentina. I recall being replaced in half time due to an injury and then Katsouranis and Torosidis were also replaced. So in the end we lost and missed out.



*Giorgos Karagounis in ecstasy after the Euro 2004 final between Portugal and Greece at Luz Stadium in Lisbon, Portugal, 4 July 2004. Greece wrote footballing history with their memorable 1-0 victory.*

**When you first played for Greece men's team back in 1999 did you imagine such an amazing ride ahead? This was unthinkable for Greek players in previous generations.**

You are right. There were some great players in previous generations but they never had the good fortune to have such experiences. Greece had participated in a World Cup and in a EURO but we didn't do well back then on a national level. But now things have changed, we are present in every big competition (except in 2006 World Cup) while traditional powerhouses have been left out. Just consider that we won the European Cup and made it to a quarterfinal when Sweden for example didn't even make it past the group stage. My generation was helped a lot by the fact that the borders opened up and we were able to play in big clubs at more competitive leagues. But even at club level, I was part of the Panathinaikos team that every year would go far in European competitions. In 2000-01 we beat Juventus, in 2001-02 we played against Barcelona at Champions League quarterfinals (and nearly knocked them out) and in 2003 we made it to UEFA Cup quarterfinals.

**The epic win at EURO 2004 convinced you to believe in the unbelievable?**

I always have faith. I am by nature an optimist. After all we didn't rest on our laurels after 2004. We continued on in top level and now we (Greece) are 10th in FIFA's official World ranking, above teams like England, France and Netherlands. And all this while football in Greece is not in a good state lacking in organization and infrastructure. With an uninspiring national league in the midst of the financial crisis.

**Santos is set to leave after Brazil. You think this may result in Greece losing its... magic formula?**

You never know. But a lot of good work has taken place all these years so we are confident we will continue to do well.



This 10th world ranking didn't come about by chance. But if we get a new coach his work won't be easy even though our qualifying group for EURO 2016 seems very viable. We will all need to support the new coach. The team will face a big challenge. After over exerting yourself as required in a World Cup, inevitably you end up depleted physically and mentally. It is very hard to recover on time for EURO qualifiers. We all remember what happened in 2004 after our triumph in Portugal when we lost our first qualifier against Albania and found ourselves lagging behind in our effort to qualify for the 2006 World Cup.

**Back to Brazil, who is your group's favourite?**

I would say Colombia considering its striking force.

**Even if Falcao doesn't make it?**

It will be great loss if he doesn't make it but Colombia has many striker options like Seville's Bacca and Porto's Jackson Martinez. But the issue with Falcao is that he is the team's leader and a great personality. There is talent aplenty but strong personalities are hard to find.

**Would you be relieved if he doesn't make it?**

No. When you play in such a prestigious competition you want to face the best. Only then it has value. Just remember 2004. It wasn't only winning the Cup but the quality of our opponents that made it a true triumph. We were in a difficult group. We beat host team Portugal with the best generation of players in its history. We drew with the always powerful Spain who for all intents and purposes were playing at home. With only an hour distance from their borders Estádio do Bessa was filled with Spaniards in that game. Russia was also a very talented team, after all they were the only team we conceded to. In the quarterfinals we beat Zidane's France and in the semi-final we overcame the supercharged Czechs. And in the Final, we beat the host nation again. Every step in our path was a milestone. That's why I believe playing against the best gives your achievements greater value. I want to play against Falcao and against every Falcao.



Karagounis celebrating with Greek team mates – Kostas Mitroglou is to his left.

### What about Greece's absences and injuries? Do they worry you?

It is a problem for our defence. Especially not having Kyriakos Papadopoulos with us, a player with great abilities. We don't have the luxury to miss out on players like him. We will also miss Avraam Papadopoulos and Siovas too, who got injured at a time when he had jelled really well with the team. As for Kostas Mitroglou I hope he will be ready on time. Our friendly games before Brazil will help him regain his form.

### You were team mates in Fulham. Would the team have avoided relegation if Kostas had been able to play in more games?

Nothing could have saved Fulham. When you don't respect the laws of football and you change three coaches and thirty players during the season not even Ronaldo can save you.

### O.K, the World Cup favourites? Everyone says it's Brazil, Argentina, Germany, etc. Do you see something different?

It is only natural for Brazil and Argentina to be favourites in a World Cup that is taking place in their side of the world. And it's not only them. Uruguay and Colombia have great potential. In London I was living near some Chelsea players like David Luiz, Oscar, Mata and others. I would frequently chat with them and David Luiz would tell me that Colombia has the best squad in its history. They know them well. Moreover, they will have a lot of their supporters on their side. In the match against Greece they will have sixty thousand cheering supporters!

### Who do you see from Europe?

Spain and Germany of course, but you never know...

### What about any upsets? Belgium's squad is full of quality...

It is true they have an abundance of talent. Two teams worth... But you also need a jersey with... weight. I don't think they can go all the way.

### After Brazil what? Are you returning to Greece?

Honestly I do not know yet. I don't want to hang my boots just yet.

### Would you go to Australia? When you left Panathinaikos you had an offer from Melbourne Heart but you preferred Fulham.

Yes it is true I had discussed an offer but Premier League is Premier League. It wasn't hard to choose.

### You have been in Australia though, playing in front of one of the biggest crowds in your career in that friendly game at the MCG back in 2006. Nearly 100,000 crowd, to be more precise 95,103. How do you remember that night?

It was indeed a memorable experience, even though at the time we were all exhausted from a season that had just ended. And the trip was very tiring. We lost 1-0 in front of a huge crowd, mostly Australian fans but also with thousands of Greeks cheering us on. It is always heartwarming to engage with the diaspora Greeks. Wherever we find them by our side. Unfortunately in Brazil we won't have a lot of support. But we know that all Greeks everywhere will be with us in spirit.



# ELIAS DONOUDIS

**Neos Kosmos** sports editor talks to Vanilla all about the **WORLD CUP**

By **ALEKOS KATSIFARAS**

Elias Donoudis lives and breathes for soccer and sports with an impressive career to show it. Starting as a young reporter at late Petro Petranis' **Αθλητική Ηχώ** and then at Theodorí Skalkos' **Nea Patrida**, he then became the sports editor for leading Greek Australian newspaper **Neos Kosmos** where he is counting 43 years today.

He has witnessed many great sports events, especially in soccer. He remembers as a youngster the World Cup in England back in 1966 and by 1970 he was covering the World Cup in Brazil for the sports newspaper **Ta Spor tou Borra**. Overall he has followed 12 World Cups and seen the likes of Pele, Beckenbauer, Cruyff and Maradona. His career highlights include reporting for **Neos Kosmos** at the Youth World Championship held in Mexico in 1983 and at World Club Cup held in Brazil in 2000 where **South Melbourne Hellas** represented Oceania.

**Tell us about your experience in Brazil 14 years ago.**

Brazil is a very beautiful country with wonderful people. They are crazy for soccer. I will never forget watching the children playing soccer with passion on the sand along Rio de Janeiro's famous Copacabana beach during my walks every morning. And breathtaking Rio at the background... It was an enchanting spectacle. Soccer is like a religion for Brazilians and it also serves as an escape from the harsh reality of poverty.



Those lucky enough to attend this Mundial will have an unforgettable experience. Looking back I was amazed at how much the Brazilian people respect Greece and I believe they will be supporting the Greek national team in this World Cup.

**Can Greece relive moments from EURO 2004 in this World Cup? How far can Santos' team go?**

There are two ways to achieve a good result in such a big competition, not only for Greece but also for all the other teams. One is playing with the heart and the other with the mind. Ideally both... I believe miracles only happen once and what happened back in 2004 with Greece winning the trophy was like a gift from heaven. So I am not expecting – or demanding - much from Greece in this Mundial. I just hope they gain respect with their performance. Greece has displayed seriousness and discipline and I trust Fernando Santos and the choices he makes. The fact that Greece has been consistent in making an appearance in all big tournaments over the last few years is itself a great achievement!



Elias Donoudis with SBS soccer expert Les Murray.

January 2000 at Marakana, rio De Janeiro. Hellas is preparing for the match with Manchester United. Elias Donoudis with Herald Sun football journalist Peter Desira are listening to Ange Postecoglou's plan of attack.





**You have seen Ange Postecoglou as a player for South Melbourne Hellas, then as their coach, and now in his biggest career challenge as Socceroos coach. What can we expect from him and his squad?**

I've known Ange since he played as a young boy with South Melbourne Hellas. His achievements are amazing, he won two championships in the old NSL as a player and two as a coach for Hellas, and two more in the A League with Brisbane Roar.

These things in life don't happen by chance and for me it was a logical progression in his career to become the Socceroos coach. He loves soccer! He has the gift of learning and the ability to create and build. As a coach he has a charismatic personality, always low key and calm. He knows how to get results. As for his prospects in this Mundial I don't expect much and I hope to be proven wrong. Unfortunately Australia fell in a difficult group having to face title holders Spain, the Netherlands who were the finalists and also the very strong Latin American Chile. I believe that Ange's squad will manage to gain respect in this World Cup. Postecoglou and his work will be properly judged in the upcoming Asian Cup to be held in Australia in 2015.

#### **Has Australian soccer progressed?**

I have seen progress in its marketing, resulting in bigger crowds but the quality of the game hasn't been improved as much as it should. I have the feeling that a lot of people got involved with the clubs without a good knowledge of soccer. In the recent A League final in Brisbane we saw a crowd of fifty thousand fans but the performance by both teams wasn't very impressive, a far cry from the old National League. Another problem is that many clubs are heavily in debt.

**In the last Mundial, Spain triumphed with its tiki-taka playing style, but over the last couple of years we have seen this style collapse both in Barcelona and also in Guardiola's Bayern Munich...**

No, it hasn't collapsed. It just didn't work. Some German reporters tried to devalue Guardiola but I find that unfair. The same goes with Barcelona. Soccer is progressing rapidly and any given style of game cannot be effective against every opponent. That's what we saw in the Champions League this year in Europe. On the other hand we see tight defence system being adopted by teams like Chelsea. It was a carbon copy of Otto Rehhagel's Greece in Euro 2004.

#### **What's your favourite style of play?**

I prefer the classic 4-4-2 system.

#### **Pele or Maradona?**



**L to R:** Football legend Diego Maradona, Melbourne airport... Elias Donoudis with Brazilian legend Pele and his interpreter.

I am a Maradona fan. I don't believe there has ever been a greater soccer personality than Diego. Neither Pele nor anyone else until today has shown such an astounding degree of football brilliance.

#### **Messi or Ronaldo?**



**L to R:** Messi, Ronaldo

They are both fantastic players. I see the Argentinian as an artisan, he creates chances out of nowhere and every defence dreads him. The Portuguese is unpredictable. He can score from anywhere in the field! They are both brilliant but I lean towards Lionel Messi!

### **SO WHAT DO YOU PREDICT FOR THIS MUNDIAL?**

You cannot ignore the fact that in both big European tournament finals, Champions League and Europa League, we saw all four teams from Iberia. The Spanish Atletico, Real and Seville and the Portuguese Benfica. I believe that Spain together with Portugal have what it takes to reach the semi-finals together with Germany, a team that always has a strong presence in World Cups. And then of course we have the Latin American powerhouses Brazil and Argentina. As for upsets I think Belgium can cause some serious damage.

# SOCCERMANIA

Look out for...



## GROUP A

BRAZIL  
CROATIA  
MEXICO  
CAMEROON

## GROUP B

SPAIN  
NETHERLANDS  
CHILE  
AUSTRALIA

## GROUP C

COLOMBIA  
GREECE  
IVORY COAST  
JAPAN

## GROUP D

URUGUAY  
COSTA RICA  
ENGLAND  
ITALY

## GROUP E

SWITZERLAND  
ECUADOR  
FRANCE  
HONDURAS

## GROUP F

ARGENTINA  
BOSNIA & HERZEGOVINA  
IRAN  
NIGERIA

## GROUP G

GERMANY  
PORTUGAL  
GHANA  
UNITED STATES

## GROUP H

BELGIUM  
ALGERIA  
RUSSIA  
SOUTH KOREA



## My Faves

The host of *The World Game* on **SBS** and leading soccer broadcaster and analyst **LES MURRAY** gives Vanilla Magazine readers his top four favourites to win the World Cup.

### BRAZIL

The hosts and favourites have the best crop of players for some years, and a proven World Cup winner in coach Scolari who has managed to blend Brazil's traditional reliance on skill and invention with a dose of tactical pragmatism.

### SPAIN

Spain has a devastating system and enduring playing philosophy, which will serve the team well despite the fact that the players are ageing and the team is not what it once was. Expect the tiki taka to take them far again.

### GERMANY

Germany has not won the FIFA World Cup since 1990 but the country has undergone a technical transformation and with a generation of high quality players, not just workers, this could be their year.

### ARGENTINA

For Argentina, it all depends on Lionel Messi and how he performs. The side is not a patch on previous squads including Daniel Passarella, Jose Luis Brown and Oscar Ruggeri but Messi could prove the difference.



# Favourites

## BRAZIL

FIFA world ranking: 4

World Cup appearances: 20

Best performance: Champions (1958, 1962, 1970, 1994, 2002)

WC goalscorer leader: Ronaldo 15

Key Player: Neymar (Barcelona)



## SPAIN

FIFA world ranking: 1

World Cup appearances: 14

Best performance: Champions (2010)

WC goalscorer leader: David Villa 8

Key Players: Andres Iniesta (Barcelona), Diego Costa (Athletic Madrid) –if recovered from injury



## GERMANY

FIFA world ranking: 2

World Cup appearances: 18

Best Performance: Champions (1954, 1974, 1990)

WC goalscorer leader: Miroslav Klose, Gerd Muller 14

Key Players: Mesut Ozil (Arsenal), André Schürrle (Chelsea),



## ARGENTINA

FIFA world ranking: 7

World Cup appearances: 16

Best Performance: Champions (1978, 1986)

WC goalscorer leader: Gabriel Batistuta 10

Key Player: Lionel Messi (Barcelona)



## SHELLEY HEPWORTH

*Associate Producer,  
SBS Television*

**Objective** – Brazil,  
Argentina, Uruguay  
and Spain

**Hopeful** – Brazil, Argentina,  
Spain and Australia

**Winner** – Brazil



## FERNANDA DE PAULA

*SBS presenter  
This is Brazil!*

**Objective** – Brazil,  
Argentina, Spain and  
Germany.

**Winner** – Brazil



**THANASIS SPANOS**

*Vanilla Cakes & Lounge owner and soccer enthusiast*

**Semifinalists** – Greece, Brazil, Spain, Argentina

**Winner** – Brazil



**GEORGE ILIOPOULOS**

*Importer for Fix Hellas Beer*

**Semifinalists** – Argentina, Brazil, Spain, Belgium

**Winner** – Argentina



Steven Gerrard



Franck Ribery



Mario Balotelli

**ENGLAND**

FIFA world ranking: 11  
 World Cup appearances: 14  
 Best performance: Champions (1966)  
 WC goalscorer leader: Gary Lineker 10  
 Key Players: Wayne Rooney (Manchester United)  
 Steven Gerrard (Liverpool)



**ITALY**

FIFA world ranking: 9  
 World Cup appearances: 18  
 Best performance: Champions (1934, 1938, 1982, 2006)  
 WC goalscorer leader: R Baggio, P Rossi, C Vieri 9  
 Key Players: Mario balotelli (Milan), Andrea Pirlo (Juventus)



**FRANCE**

FIFA world ranking: 16  
 World Cup appearances: 14  
 Best Performance: Champions (1988)  
 WC goalscorer leader: Just Fontaine 13  
 Key Player: Franck Ribery (Bayern Munich), Karim Benzema (Real Madrid)



**PORTUGAL**

FIFA world ranking: 3  
 World Cup appearances: 6  
 Best Performance: Third place (1966)  
 WC goalscorer leader: Eusebio 9  
 Key Player: Cristiano Ronaldo (Real Madrid)



**THE NETHERLANDS**

FIFA world ranking: 15  
 World Cup appearances: 10  
 Best performance: Runners-up (1974, 1978, 2010)  
 WC goalscorer leader: Johnny Rep 7  
 Key Player: Arjen Robben (Bayern Munich)



**BILL ANEVLAVIS**

*Area Manager - Delphibank*

My top 4 favourites:  
 1. Argentina - if they combine passion & talent  
 2. Spain- if they produce their passing game  
 3. Brazil - if the utilise home ground advantage  
 4. Germany - simply cannot underestimate them!



**JIM GRIVAS**

*Mayor Manningham City Council*

My top 4 favourites:  
 1. France  
 2. Argentina  
 3. Spain  
 4. Brazil

**Winner** – France



## STRATOS ATTALIDIS

*Rythmos 1656AM Manager*

### Top 4 favourites:

1. Brazil
2. Argentina
3. Spain
4. Germany

**Winner** – Brazil



## ALEKOS KATSIFARAS

*Sports Reporter*

### Top 4 favourites:

1. Argentina
2. Brazil
3. Spain
4. Germany

**Winner** – Argentina

Look out for the underdogs...

### BELGIUM

FIFA world ranking: 12

World Cup appearances: 12

Best Performance: Fourth place (1986)

WC goalscorer leader: Marc Wilmots 5

Key Player: Eden Hazard (Chelsea), Kevin Mirallas (Everton)



### CROATIA

FIFA world ranking: 20

World Cup appearances: 4

Best performance: Third place (1998)

WC goalscorer leader: Davor Suker 6

Key Players: Luka Modric (Real Madrid), Mario Mandzukic (Bayern Munich)



### CHILE

FIFA world ranking: 13

World Cup appearances: 9

Best performance: Third place (1962)

WC goalscorer leader: Leonel Sanchez, Marcelo Salas 4

Key Player: Alexis Sanchez (Barcelona)



### COLOMBIA

FIFA world ranking: 5

World Cup appearances: 5

Best performance: Round of 16 (1990)

WC goalscorer leader: B Redin, A Valencia 2

Key Player: Redamel Falcao (Monaco), Teofilo Gutierrez (River Plate)(Bayern Munich)



### URUGUAY

FIFA world ranking: 6

World Cup appearances: 12

Best performance: Champions (1930, 1950)

WC goalscorer leader: Oscar Miguez 8

Key Players: Luis Suarez (Liverpool), Edinson Cavani (Napoli)



### NIGERIA

FIFA world ranking: 44

World Cup appearances: 5

Best Performance: Round of 16 (1994, 1998)

WC goalscorer leader: D Amokachi, E Amuneki, K Uche 2

Key Player: Hohn Obi Mikel (Chelsea)



### RUSSIA

FIFA world ranking: 18

World Cup appearances: 10

Best Performance: Fourth place (1966)

WC goalscorer leader: Oleg Salenko 6

Key Player: Alexander Kokorin (Dynamo Moscow)



## NIKITA BALLAS

*Editor Vanilla Magazine*

### Top 4 favourites:

The Netherlands, Brazil, Argentina, Portugal

**Winner** – Brazil

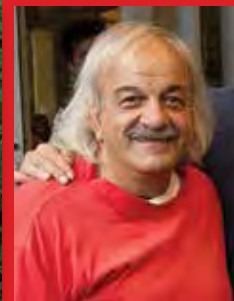


## NICK MAIKOUSIS

*Club Director South Melbourne FC*

**Semifinalists** – Brazil, Germany, England, Argentina

**Winner** – Brazil



## MICHALIS MANDALIS

*South Melbourne Hellas legend*

### Top 4 favourites:

Chile, Germany, Brazil, Argentina

**Winner** – Brazil

# VANILLA SCREENING SCHEDULE

Group	Match	vs		Date	Time	Venue	LIVE @ VANILLA
A	1	Brazil	Croatia	13-Jun-14	05:30	SP	<b>LIVE</b>
A	2	Mexico	Cameroon	14-Jun-14	01:30	NAT	<b>TBA</b>
B	3	Spain	Netherlands	14-Jun-14	04:30	SAL	<b>LIVE</b>
B	4	Chile	Australia	14-Jun-14	07:30	CUI	<b>LIVE</b>
C	5	Colombia	Greece	15-Jun-14	01:30	BEL	<b>LIVE</b>
C	6	Cote-D'ivoire	Japan	15-Jun-14	10:15	REC	<b>LIVE</b>
D	7	Uruguay	Costa-Rica	15-Jun-14	04:30	FOR	<b>TBA</b>
D	8	England	Italy	15-Jun-14	07:30	MAN	<b>LIVE</b>
E	9	Switzerland	Ecuador	16-Jun-14	01:30	BRA	<b>TBA</b>
E	10	France	Honduras	16-Jun-14	04:30	POR	<b>TBA</b>
F	11	Argentina	Bosnia	16-Jun-14	07:30	RIO	<b>LIVE</b>
F	12	Iran	Nigeria	17-Jun-14	04:30	CUR	<b>TBA</b>
G	13	Germany	Portugal	17-Jun-14	01:30	SAL	<b>TBA</b>
G	14	Ghana	USA	17-Jun-14	07:30	NAT	<b>LIVE</b>
A	17	Brazil	Mexico	18-Jun-14	04:30	FOR	<b>TBA</b>
H	15	Belgium	Algeria	18-Jun-14	01:30	BEL	<b>TBA</b>
H	16	Russia	South Korea	18-Jun-14	07:30	CUI	<b>LIVE</b>
A	18	Cameroon	Croatia	19-Jun-14	07:30	MAN	<b>LIVE</b>
B	19	Spain	Chile	19-Jun-14	04:30	RIO	<b>TBA</b>
B	20	Australia	Netherlands	19-Jun-14	01:30	POR	<b>LIVE</b>
C	21	Colombia	Cote-D'ivoire	20-Jun-14	01:30	BRA	<b>TBA</b>
C	22	Japan	Greece	20-Jun-14	07:30	NAT	<b>LIVE</b>
D	23	Uruguay	England	20-Jun-14	04:30	SP	<b>TBA</b>
D	24	Italy	Costa-Rica	21-Jun-14	01:30	REC	<b>TBA</b>
E	25	Switzerland	France	21-Jun-14	04:30	SAL	<b>TBA</b>
E	26	Honduras	Ecuador	21-Jun-14	07:30	CUR	<b>LIVE</b>
F	27	Argentina	Iran	22-Jun-14	01:30	BEL	<b>TBA</b>
F	28	Nigeria	Bosnia	22-Jun-14	07:30	CUI	<b>LIVE</b>
G	29	Germany	Ghana	22-Jun-14	04:30	FOR	<b>TBA</b>
G	30	USA	Portugal	23-Jun-14	07:30	MAN	<b>LIVE</b>
H	31	Belgium	Russia	23-Jun-14	01:30	RIO	<b>TBA</b>
H	32	South Korea	Algeria	23-Jun-14	04:30	POR	<b>TBA</b>
A	33	Cameroon	Brazil	24-Jun-14	05:45	BRA	<b>TBA</b>
A	34	Croatia	Mexico	24-Jun-14	05:45	REC	<b>TBA</b>
B	35	Australia	Spain	24-Jun-14	01:30	CUR	<b>LIVE</b>
B	36	Netherlands	Chile	24-Jun-14	01:30	SP	<b>TBA</b>
C	37	Japan	Colombia	25-Jun-14	05:45	CUI	<b>TBA</b>

Group	Match	vs		Date	Time	Venue	LIVE @ VANILLA
C	38	Greece	Cote-D'ivoire	25-Jun-14	05:45	FOR	<b>LIVE</b>
D	39	Italy	Uruguay	25-Jun-14	01:30	NAT	<b>TBA</b>
D	40	Costa-Rica	England	25-Jun-14	01:30	BEL	<b>TBA</b>
E	41	Honduras	Switzerland	26-Jun-14	05:45	MAN	<b>TBA</b>
E	42	Ecuador	France	26-Jun-14	05:45	RIO	<b>TBA</b>
F	43	Nigeria	Argentina	26-Jun-14	01:30	POR	<b>TBA</b>
F	44	Bosnia	Iran	26-Jun-14	01:30	SAL	<b>TBA</b>
G	45	USA	Germany	27-Jun-14	01:30	REC	<b>TBA</b>
G	46	Portugal	Ghana	27-Jun-14	01:30	BRA	<b>TBA</b>
H	47	South Korea	Belgium	27-Jun-14	05:45	SP	<b>TBA</b>
H	48	Algeria	Russia	27-Jun-14	05:45	CUR	<b>TBA</b>
Rd of 16	49	Winner Group A	Runner-up Group B	29-Jun-14	01:30	BEL	<b>TBA</b>
Rd of 16	50	Winner Group C	Runner-up Group D	29-Jun-14	05:30	RIO	<b>TBA</b>
Rd of 16	51	Winner Group B	Runner-up Group A	30-Jun-14	01:30	FOR	<b>TBA</b>
Rd of 16	52	Winner Group D	Runner-up Group C	30-Jun-14	05:30	REC	<b>TBA</b>
Rd of 16	53	Winner Group E	Runner-up Group F	1-Jul-14	01:30	BRA	<b>TBA</b>
Rd of 16	54	Winner Group G	Runner-up Group H	1-Jul-14	05:30	POR	<b>TBA</b>
Rd of 16	55	Winner Group F	Runner-up Group E	2-Jul-14	01:30	SP	<b>TBA</b>
Rd of 16	56	Winner Group H	Runner-up Group G	2-Jul-14	05:30	SAL	<b>TBA</b>
QF	57	Winner Match 49	Winner Match 50	5-Jul-14	05:30	FOR	<b>TBA</b>
QF	58	Winner Match 53	Winner Match 54	5-Jul-14	01:30	RIO	<b>TBA</b>
QF	59	Winner Match 51	Winner Match 52	6-Jul-14	05:30	SAL	<b>TBA</b>
QF	60	Winner Match 55	Winner Match 56	6-Jul-14	01:45	BRA	<b>TBA</b>
SF	61	Winner Match 57	Winner Match 58	9-Jul-14	05:00	BEL	<b>LIVE</b>
SF	62	Winner Match 59	Winner Match 60	10-Jul-14	05:00	SP	<b>LIVE</b>
3rd Place	63	Runner-up Match 61	Runner-up Match 62	13-Jul-14	05:00	BRA	<b>TBA</b>
Final	64	Winner Match 61	Winner Match 62	14-Jul-14	03:30	RIO	<b>LIVE</b>

All times shown are **AEST**

The information contained in this list was correct at time of printing  
– for match updates visit: [sbs.com.au/theworldgame](http://sbs.com.au/theworldgame)

For **Vanilla LIVE** screening updates visit **VANILLA FACEBOOK PAGE**

#### VENUE CODES

- **SP:** Arena de São Paulo, São Paulo
- **NAT:** Arena das Dunas, Natal
- **FOR:** Estádio Castelão, Fortaleza
- **MAN:** Arena Amazônia, Manaus
- **BRA:** Estádio Nacional Mané Garrincha, Brasília
- **REC:** Arena Pernambuco, Recife
- **SAL:** Arena Fonte Nova, Salvador
- **CUI:** Arena Pantanal, Cuiabá
- **RIO:** Estádio do Maracanã, Rio de Janeiro
- **POR:** Estádio Beira-Rio, Porto Alegre
- **CUR:** Arena da Baixada, Curitiba
- **BEL:** Estádio Mineirão, Belo Horizonte



# GO SOCCEROOS!



"Us Aussies, we're tough guys. We go out there and give it our all..." promised Socceroos striker Mathew Leckie. For this we can be certain; Ange Postecoglou's squad will not be asking for autographs from the big stars they are set to face in their 'death group' in Brazil. Instead, they will be giving them a hard time with a rough-and-tumble approach mixed with the odd display of skill hoping to catch their opponents by surprise.

By PETER KALLA

As a devout follower of the Socceroos being there when we played Scotland, Israel, Argentina & Iran... Having the wonderful opportunity of experiencing our very own golden generation World class players Harry Kewell, Viduka, Cahill, Bresciano, Neill etc etc... I have to say that this year's team is probably the weakest of the lot with no real playmaker that can unlock defenses. We lack class as we're forced to play a straight up & down game that is easily defended by quality teams.



Counting on their experience: Socceroos Vice-Captains in Brazil Mark Bresciano and Tim Cahill.



Socceroos head coach Ange Postecoglou

Postecoglou has done a fine job with what he has but to rely on an aging Timmy Cahill & Mark Bresciano well sadly that says it all. As much as both of them have been great players, age has crept up on them.

Yes a well drilled team can upset a team of champions but who out of our boys can create something out of nothing?

Kruse is the only one that has some quality. My prediction sadly is that we will not qualify. I can't see us getting a win nor even a draw. My prediction: Spain to win the group & Chile to upset Holland & my beloved Socceroos with zero points but going down honourably like the Spartans of Thermopylae!!!

## AUSTRALIA

- **FIFA world ranking:** 59
- **World Cup appearances:** 4
- **Best performance:** Round of 16 (2006)
- **Leading WC goal scorer:** Tim Cahill – 3
- **Key Player:** Tim Cahill (New York Red Bulls)
- **World Cup Odds – to win the World Cup:** 1,501.00



**PETER KALLA (Kaliakoudis)**  
General Manager at Exclusive World Travel and renown football banterer

### SOCCEROOS 27-MAN PRELIMINARY SQUAD TRAVELING TO BRAZIL FOR THE 2014 FIFA WORLD CUP

#### GOALKEEPERS

Mark BIRIGHITTI (Newcastle Jets FC, AUSTRALIA), Eugene GALEKOVIC (Adelaide United FC, AUSTRALIA), Mitchell LANGERAK (B.V. Borussia 09 Dortmund, GERMANY) & Mat RYAN (Club Brugge KV, BELGIUM)

#### DEFENDERS

Jason DAVIDSON (SC Heracles Almelo, NETHERLANDS), Ivan FRANJIC (Brisbane Roar FC, AUSTRALIA), Ryan MCGOWAN (Shandong Luneng Taishan FC, CHINA), Matthew SPIRANOVIC (Western Sydney Wanderers FC, AUSTRALIA), Alex WILKINSON (Jeonbuk Hyundai FC, KOREA REPUBLIC), Luke WILKSHIRE (FK Dinamo Moscow, RUSSIA) & Bailey WRIGHT (Preston North End FC, ENGLAND)

#### MIDFIELDERS

Oliver BOZANIC (FC Luzern, SWITZERLAND), Mark BRESCIANO (Al Gharafa, QATAR), James HOLLAND (FK Austria Vienna, AUSTRIA), Mile JEDINAK (Crystal Palace FC, ENGLAND), Massimo LUONGO (Swindon Town FC, ENGLAND), Matthew MCKAY (Brisbane ROAR FC, AUSTRALIA), Mark MILLIGAN (Melbourne Victory FC, AUSTRALIA), Tommy OAR (FC Utrecht, NETHERLANDS), Tommy ROGIC (Melbourne Victory FC, AUSTRALIA), James TROISI (Melbourne Victory FC, AUSTRALIA) & Dario VIDOSIC (FC Sion, SWITZERLAND)

#### FORWARDS

Tim CAHILL (New York Red Bulls, USA), Ben HALLORAN (Fortuna Dusseldorf, GERMANY), Josh KENNEDY (Nagoya Grampus 8, JAPAN), Matthew LECKIE (FSV Frankfurt 1899, GERMANY), Adam TAGGART (Newcastle Jets FC, AUSTRALIA)

SANTO'S TWENTY THREE may as well be a movie title with all the drama surrounding his choices. In the lead up to the big announcement it became more than apparent that it was impossible for Hellas coach Fernando Santos to avoid criticism for his Brazil Mundial squad final selection. So he just ignored all the... experts and went ahead to choose those he deemed best for the task ahead. He wanted players with a full season behind them and free of injuries. He only made an exception with out of form striker Kostas Mitroglou whom he simply cannot afford to do without.

BY STRATOS ATTALIDIS

# GO HELLAS!

The Portuguese coach was able to rely on the always battle ready striker Dimitris Salpingidis, and other key players like captain Giorgos Karagounis, Kostas Katsouranis, Alexandros Tziolis, Socratis Papastathopoulos and Giorgos Maniatis. He also brought back to the squad Vangelis Moras despite a mini fall out between them staying true to his words that it is "all about the team, not about me".



Greece national team coach  
Fernando Santos

Gossip aside, Greece has the experience and the quality to do well in its group. Without underestimating Japan, Greece will have to battle it out with Colombia and Ivory Coast for one of the two tickets to the round of 16. There is no clear gulf between all three teams, although Ivory Coast and Colombia boast some big names. But I believe that Greece can finish ahead of both. Every match could

turn out to be easy or difficult, depending on who is more focused and lucky in the day.

## GREECE

- **FIFA world ranking:** 10
- **World Cup appearances:** 3
- **Best manager:** Group Stage
- **Leading WC goal scorers:** Dimitris Salpingidis & Vasilis Torosidis – 1
- **Key Player:** Socratis Papastathopoulos (**Borussia Dortmund**)
- **World Cup Odds – to win the World Cup:** 301.00



### STRATOS ATTALIDIS

RYTHMOS 1656AM Manager



## GREECE WORLD CUP 2014 FINAL SQUAD

### GOALKEEPERS

Orestis KARNEZIS (Granada), Panagiotis GLYKOS (PAOK), Stefanos Kapino (Panathinaikos).

### Defenders

Vassilis Torosidis (Roma), Loukas Vyntra (Levante), Socratis Papastathopoulos (Borussia Dortmund), Kostas Manolas (Olympiakos), Vangelis Moras (Hellas Verona), José Holebas (Olympiakos), Georgios Tzavellas (PAOK), Giannis Maniatis (Olympiakos).

### MIDFIELDERS

Alexandros Tziolis (Kayserspor), Kostas Katsouranis (PAOK), Giorgos Karagounis (Fulham), Andreas Samaris (Olympiakos), Panagiotis Tachtsidis (Torino), Panagiotis Kone (Bologna), Giannis Fetfatzidis (Genoa), Lazaros Christodouloupoulos (Bologna).

### FORWARDS

Georgios Samaras (Celtic), Kostas Mitroglou (Fulham), Fanis Gekas (Konyaspor), Dimitris Salpingidis (PAOK).

VANILLA CAKES & LOUNGE

*Keep warm  
This Winter*







*Mille-Feuille*

*La Knot*



## VANILLA CAKES

*elegance harmony artistry*

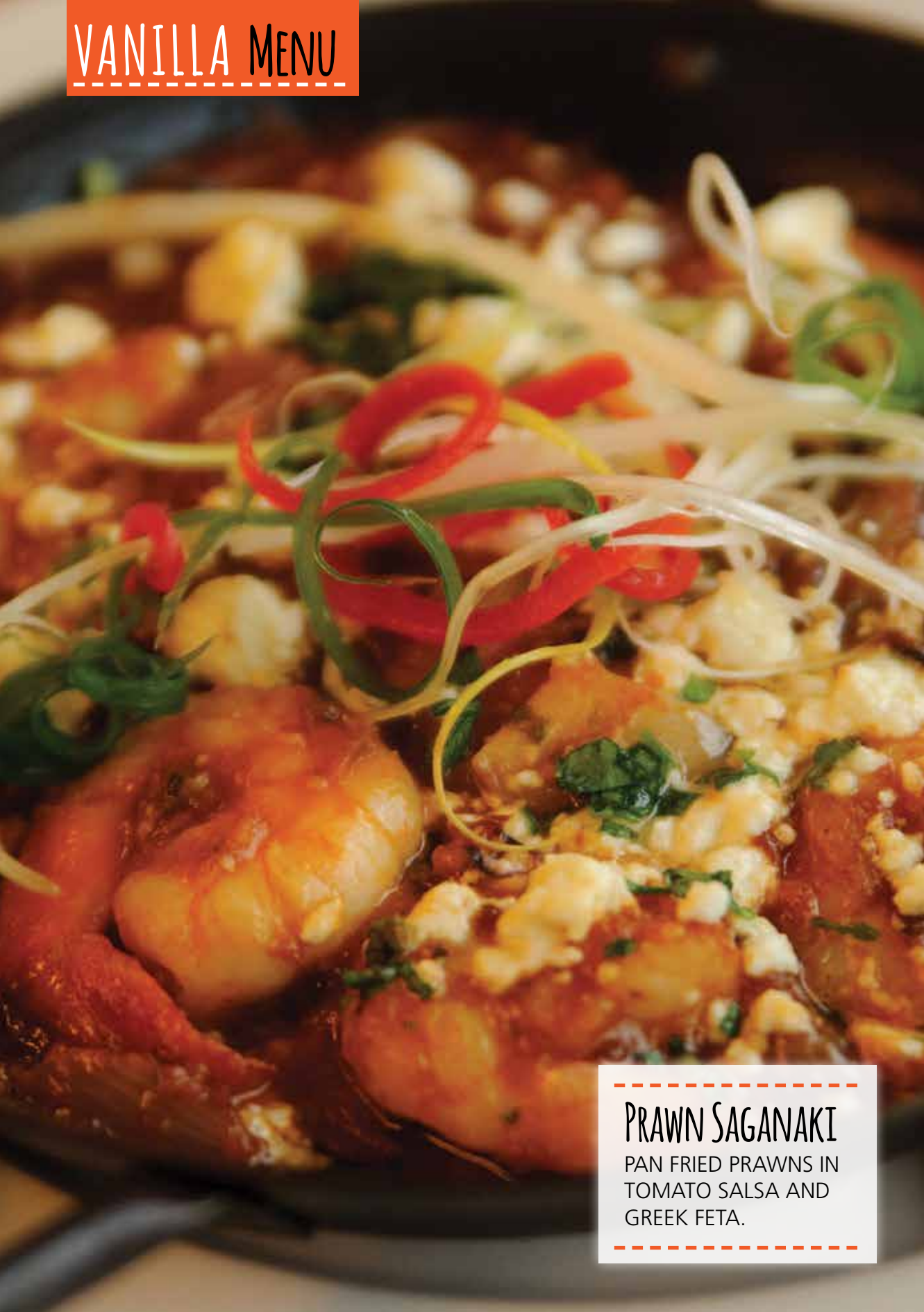
DESIGNS BY *Kaba*



Maddie



# VANILLA MENU



## PRAWN SAGANAKI

PAN FRIED PRAWNS IN  
TOMATO SALSA AND  
GREEK FETA.



CALF LIVER PAN FIRED



ZUCCHINI CROQUETTES



VEGETARIAN MOUSSAKA



SNAPPER FILLETS



PUMPKIN SOUP



MUSSEL SAGANAKI



PASTA BAKE



EYE FILLET



FRESH SEAFOOD MARINARA

# Spani-Grecian My Table

By **RAQUEL NEOFIT**

Meet Vanilla regular, **ROSE HOUNDALAS**, and her gorgeous family, husband **JOHN**, daughter **JANA** and son **BILLY**. Born to a Spanish mother and Greek father, Rose truly had the best of both worlds when it came to multicultural cuisine.

As she grew up she learnt and shared Spanish cuisine with her mother and grandmother, eating glorious Spanish classics like paella, chorizo, Spanish prosciutto, and tappas with sardines swimming in olive oil, oven-baked red capsicums stuffed with flavourful rice, mountains of Spanish olives and calamari cooked in its own deep, dark ink.

On her father's Greek side of the family she indulged in those classic Mediterranean Greek flavours. They lived on lentils, beans, more stuffed capsicums, tzatziki, loads of feta cheese and Greek salad 'always with extra feta!' Rose tells me. Along with the family favourites of a classic Greek household, vine leaves, cabbage rolls and chicken lemon soup.

'Mum follows both food traditions now,' Rose says. 'She had to learn all things Greek because she lived with dad's parents and not just about their food but the language too. There



weren't many Spanish people around when she migrated to Australia. She ended up in Tasmania and that's where she met my dad. They have combined both cultures so well, but it was only when we moved to Melbourne when I was a child that she really found others of her heritage, and then my dad started to adapt to the Spanish culture. My grandfather was a committee member of the Spanish Club in Melbourne and that's when we really began to meet lots of new Spanish people.'

A family favourite in the Houndalas household, and a dish that Rose feels is steeped in both her Greek and Spanish cultures, is their Greek Calamari recipe that they regularly eat tappa style. Quick, easy and super delicious! They love eating it with a generous Greek salad. And better yet, John and Billy are generally the ones out on the boat catching it fresh from the ocean!



## Greek Calamari

YOU WILL NEED;

- Calamari – sliced into rings
- Olive oil
- Oregano
- Garlic
- Salt and pepper
- Flour

METHOD

Simply marinate the sliced calamari in lashings of olive oil, a good shaking of oregano, a couple of cloves of crushed garlic, and a good grinding of salt and pepper for about an hour or so.

Dust with flour then shallow fry in olive oil until just cooked and tender.

# FOOTBALL FOOD

**Win Me** – To win this clever pizza maker just head over to our Facebook page for all of the details. Competition opens **15th June** and closes **July 25th**. Winner announced **July 31st** on the Vanilla Facebook page.

## What better football food is there than pizza?

And winter is the perfect season to gather in the kitchen and whip up some delicious pizza for the whole family.

This issue we have a **VANILLA FIRST!** Our generous friends at NewWave Kitchen Appliances have given one lucky Vanilla reader and Facebook fan the chance to win one of their impressive Pizza Ovens. From start to finish, this baby will have your pizza cooked to perfection in around five minutes!

So what are you waiting for? Bookmark this recipe and head over to our **Facebook page** to find out how to win your very own NewWave Pizza Maker. [www.newwaveka.com.au](http://www.newwaveka.com.au)



## FRESH PROSCIUTTO PIZZA



### INGREDIENTS

- Prosciutto
- Pizza base and sauce (see recipe)
- 1 tub of bocconcini – shredded by hand
- Finely grated good quality parmesan cheese and some shaved parmesan for the cooked pizza
- Cherry or grape tomatoes – halved
- Rocket
- Semolina

Roll out the pizza dough, brush lightly with olive oil and add a light grinding of sea salt around the edges. Sprinkle a cutting board or pizza paddle with semolina then lay the pizza base over it.

Cover a pizza base generously with pizza sauce, shredded bocconcini and grated parmesan then place in a hot oven (or your NewWave pizza maker) until the base is cooked through.

Remove the pizza and top with fresh arugula, prosciutto, tomatoes and shaved parmesan cheese.

**TIPS** Use a veggie peeler to shave the parmesan cheese

By adding semolina to the pizza paddle you'll prevent the dough from sticking

For a fool-proof pizza dough recipe visit [www.facebook/MyFoodStory.com](http://www.facebook/MyFoodStory.com)

### PIZZA SAUCE

To half a bottle of Passata cooking sauce add 2 crushed garlic cloves, lots of ground pepper, a little sea salt, a teaspoon of sugar and a handful of finely grated, quality parmesan cheese. Mix and you're done – Simple!

Get Creative – Add a Spanish twist to your pizza and swap the prosciutto for chorizo.

Or a Greek one! Follow the recipe above and pop Rose's calamari rings onto the cooked pizza in place of the prosciutto.

# COOKBOOK REVIEWS

I'd read that!

RECIPE DEVELOPER AND FOOD AND TRAVEL WRITER, **RAQUEL NEOFIT**, TAKES A CLOSER LOOK AT THE NEW FOOD AND LIFESTYLE BOOKS HITTING OUR BOOKSTORES AND SHARES SOME OF HER FAVOURITES...



## BEN'S BBQ BIBLE

**BEN O'DONOGHUE**

Hardie Grant | **PPR** \$39.95

Ok so winter might not inspired bbqing, but Ben's ultimate cooks companion sure will!

Ben's intro inspires with quotes like 'If you can build a fire in it, on it or under it, then you can have a BBQ'. He casually walks us through the history and culture of BBQ, even mentioning the BBQ kings of Antipodes, the secrets of building a fire and the tools you should have on hand to be considered a pro.

Then we grill!

I just love the focaccias and bruschetta and the pizza and quesadilla in the 'Breads and Bites' chapter.

But for my pick of the bible, turn to page 204 and throw some of those glossy lamb spare ribs on the BBQ.

## THE BODY BOOK

**CAMERON DIAZ**

**RRP** \$32.99

Sexy, sweet screen goddess and funny girl, Cameron Diaz' *The Body Book* explores health, beauty and the body in a quirky, interesting and straight to the point manner that steers clear of fads and gimmicks.

You can hear her chatting away enthusiastically in your mind as she walks us through nutrition, weight control, exercise and conscious lifestyle choices. A quick heads-up – NOTHING is off limits! She embraces the stinky topics of poop and all the nitty-gritty girly issues.



## RECIPES FOR A GOOD TIME

Murdoch | **RRP** \$59.95

It seems the next best thing to a true Argentinian food dream is Ben Milgate and Elvis Abrahamowicz doing what they love most in the world – cooking Argentinian food!

Here we find, not just recipes, but the secrets and tricks from Elvis' dad Adan. *Recipes for a Good Time* is a whole lotta' rockin' fun and kick-ass food.



## PARIS PASTRY CLUB

**FANNY ZANOTTI**

Hardie Grant | **RRP** \$34.95

I love this book! If the Madeleines on the cover aren't inspiration enough to pick up it up, then the recipes and the stories inside should be! The entire book feels 'approachably French'.

Next on my weekend must-try list – coulants au chocolat! There's even a recipe for a triple chocolate mousse cake that takes me back to my childhood

Sunday night roast dinner with the old Sara Lee chocolate Bavarian! Only it looks one-hundred times better!

## ARGENTINIAN STREET FOOD

**ENRIQUE ZANONI and GASTON STIVELMAHERI**

Murdoch Books | **RRP** \$29.99

OMG – An entire book dedicated to Argentinian Pastries and Dulce De Leche – or ice-cream to those of us who don't speak the local lingo! Chef's Enrique Zanoni and Gaston Stivelmaher share their recipes for the delicacies they serve up from their three Paris restaurants and food truck to give us an easy can-do guide to producing some classic sweet or savoury empanadas. The little regional notes on many of the recipes are a treat to read too.





## THREE SISTER BAKE

GILLIAN, NICHOLA and LINSEY REITH

Hardie Grant | **RRP** \$39.95

*Three Sisters Bake* is unlike anything I expected – it's divine! Gillian, Nichola and Linsey Reith, three Scottish sisters who each travelled to Australia and fell in love with our food and lifestyle, returned home to open their own little slice of Aussie inspired café culture in Scotland.

They talk about their eyes being opened to the potential of breakfast being a truly exciting meal in Australia and the plate-sharing traditions they picked up on family vacations to Barcelona.

Don't be fooled by the title, it's not all about baking; there's plenty of savoury touches too, like a delicious roast potato and crispy bacon soup.



## MANGIA! MANGIA!

GATHERINGS – THE SPIRIT OF COMING TOGETHER.

TERESA OATES & ANGELA VILLELLA

Penguin Lantern | **RRP** \$39.99

Deliciously Italian, anyone with Italian friends or family intimately knows the meaning of this book's title – Mangia!

And eat you will from the pages of this book. Teresa and Angela are on a mission to safeguard the tradition that is the Italian way to eat, in particular their southern way of life from growing up in Calabria.

## MAXIMUM FLAVOUR

AKI KAMOZAWA & H. ALEXANDER TALBOT

Hardie Grant Books | **RRP** \$39.95

This goldmine of flavour is full of fresh spins on old favourites. Be carried away on their re-inventive whims as they share new ways to deliver maximum flavour. Stemming from their blog, *Ideas in Food*, you'll find a mixed bag full of food science and tips and tricks for everyday foodies in everyday kitchens.

They open up our eyes to the brilliance of pressure cookers for super-easy, flavourful weeknight dinners to easy-at-home sous vide to produce the perfect porterhouse steak.

You'll never look at your microwave the same way again!



## THE RECIPE COLLECTION

TESSA KIROS

Murdoch Books | **RRP** \$59.99

Just the thought of Tess Kiros makes me happy. And the thought of a Tessa Kiros Collection made me very happy indeed! The beautiful, porcelain-skinned Tessa, born to a Finnish mother and Greek-Cypriot father, sings of home-style food that warms the soul and makes your tastebuds soar. And this certainly is a comprehensive collection with the best recipes from many of her past books, heavy on photos that produce a whirlwind of colour and fanciful dreams of a by-gone era. From Greek fried cheese to Portuguese Gaspacho and Venetian scampi, this book is a cook's tour through her favourite destinations around the globe.

## MY DARLING LEMON THYME

EMMA GALLOWAY

Harper Collins | **RRP** \$39.99

It's hard to go past the title of this book – in fact, I wish I'd thought of it!

Emma Galloway is a chef and food writer centred around whole-foods and the book, which originates from her blog of the same title, is full of fresh, simple recipes for everyday eating that are super-healthy and developed for those suffering with food intolerances. Those of us with children suffering intolerances know how important it is to find healthy, well thought out recipes that work – and Emma has given us just that! You can check out her online blog too.



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# HERBAL TEA INFUSIONS

## TRADITIONAL MEDICINE

BY JOANNA PSARAKIS



Herbal teas not only taste amazing but can have therapeutic benefits as well. They're made from leaves, roots, seeds or bark of various trees and shrubs, and have been around as long as time itself. Herbal infusions have been used in many parts of the world for sheer drinking enjoyment and are one of the healthiest ways to ingest the healing power of herbs. From treating common colds to upset tummies, and even regulating blood pressure, herbal teas can work wonders for your health, stress levels, and digestive and immune systems.

It's that time of year when many of us will experience the effects of the common cold or flu, when aches and pains begin to emerge or re-emerge due to the cold crisp weather. So this winter we'll be exploring two of my favourite herbal teas, which are highly beneficial to our health and wellness: the humble yet powerful chamomile and refreshing yet potent peppermint.



## CHAMOMILE – The Calming and Healing Tea

Chamomile is one of the most ancient herbs dating as far back as Ancient Greece and Egypt and has been used since for its calming effects and anti-inflammatory properties. The dried flowers of chamomile contain many terpenoids and flavonoids which contribute to its medicinal properties offering so many health benefits.

If you have been feeling stressed, anxious or depressed you may find relief from drinking a cup of warm chamomile tea on a daily basis.

Chamomile tea preparations are commonly used for:

- Relaxation by soothing the nervous system
- Treating insomnia and preparing your body for sleep
- Boosting your immune system or treating fevers and colds
- Stomach ailments or gastrointestinal upsets
- An anti-inflammatory or muscle relaxer
- Relieving hay fever



Chamomile tea can be enjoyed anytime, however if being used to promote relaxation or sleep it is recommended to drink it at night before bed. It also offers gentle but effective relief to infants suffering with colic or wind and fussy babies in general.



## PEPPERMINT – The Soothing and Healing Tea

Another amazing herbal tea, and a personal favourite of mine, is peppermint. Made from peppermint leaves, this caffeine-free tea has a refreshing minty taste. Due to its antibacterial, antimicrobial and antiseptic properties peppermint tea is a natural substitute to effectively treat colds and flu and can also improve mental clarity, making it a great substitute for coffee.

Herbal teas make a tasteful and healthy beverage, and are an enjoyable way to support your immune system and relieve stress. Always ensure you buy organic to avoid ingesting harmful chemicals, additives or pesticides.

And remember, both of the plants these tea leaves come from are easy to grow at home. Just pick the leaves as you need them fresh from the garden and brew as instructed below.

If you have not tried herbal teas now is the time to become a tea lover and soothe the winter ailments!

This herbal tea, however, is not without side effects, so people suffering gastro esophageal reflux disease (GERD) should avoid it. It is also advised to reduce consumption of peppermint tea during pregnancy.

Peppermint tea has been found to be useful for:

- Strengthening the immune system
- Clearing congestion, relieving fever and soothing coughs related to colds
- Improving digestion
- Relieving stomach upsets or heartburn
- Relieving muscle pain and menstrual cramps
- Alleviating nausea or motion sickness
- Relieving stress and headaches
- Reducing bad breath.

Peppermint tea can be enjoyed throughout the day and can be served hot or cold. If you are experiencing stomach upsets or muscle aches it is recommended to drink peppermint tea before bed.

## HOW TO PREPARE HERBAL TEA.

- BRING FILTERED WATER TO BOIL IN KETTLE.
- PRE-WARM SERVING CUP(S) UNDER HOT RUNNING WATER
- ADD HERBAL TEA TO SERVING CUP, POT OR PLUNGER.
- STEEP OR DIFFUSE FOR 5 MINUTES. (IF USING LOOSE LEAF TEA STRAIN BEFORE SERVING).
- DRIZZLE SOME HONEY TO SWEETEN OR ADD LEMON TO BOOST HEALING PROPERTIES (OPTIONAL)
- RELAX AND ENJOY!



# WINTER MO-JO

## STAY MOTIVATED THIS WINTER

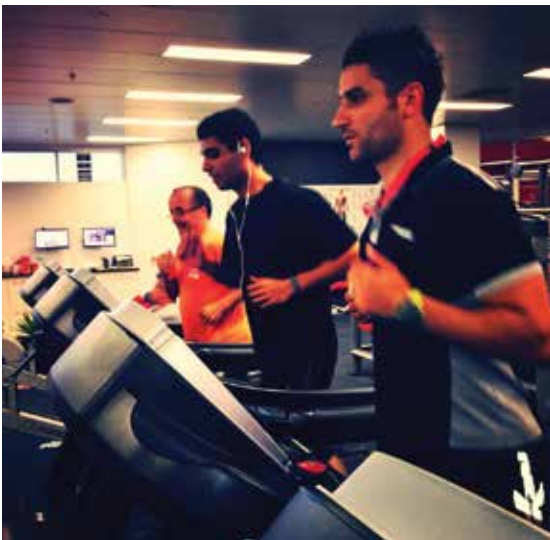
Beginners and intermediate exercisers often struggle to maintain the motivation to exercise through winter, especially those who prefer to pound the pavement or exercise outdoors. The cold makes us sluggish and the waning sunlight makes it ever harder to get out of bed in the morning. Finding the time to exercise can be hard enough with the pressures of a 21st century lifestyle, but throw in the combination of daylight savings and Melbourne's typically harsh winter weather and it's not difficult to see why so many of us fall out of the exercise habit through the colder months.

This winter we'd like to share two strategies that we've found work well for anyone feeling the bite of the winter cold.



### TRAIN WITH A FRIEND

Let's face it, sometimes exercising can be boring. But add a friend to the mix and suddenly the stale sixty minute jog you were dreading becomes a lot more interesting. Working out with a friend is not only a great way to spend time together, it makes your calorie-burning time pass a lot faster. Whether you're trying out a boxing class, braving the outdoors or clocking up k's on the Cross-Trainer, doing it next to a friend means you have someone to talk and laugh with while you sweat. Time passes faster when you're having fun!



Even if you're not a competitive person, you'd be surprised at how exercising with a friend can bring out the competitor in you. If you're thinking this doesn't apply to you – we challenge you to try it out! When normally you would be ready to give up or not finish your last set, just seeing your friend, sweating away beside you (with no sign of giving up) can keep you focused and be super motivating. Working out with a friend who has a little more experience can be helpful as well; studies have shown that just thinking a person you exercise with has a higher fitness level than you will increase your effort level measurably!

Looking for a new workout buddy? Here are some tips on where you can find like-minded people to share your enthusiasm and help keep you moving!

1. **Look around the gym during your workouts.** There's a good chance there is someone who trains by themselves at the same time that you do. Start gradually by striking up casual conversations with them – stuck for topics? Exercise is something you both have in common! After you have gotten to know them a little bit, invite them to do a workout with you. Once you feel you know him or her well enough, ask them if they want to meet you at the gym on certain days. Pressing the snooze button or deprioritising a workout is much harder when you know you'll be letting someone down.
2. **Many gyms have small fitness groups or regular workout sessions you can join.** If you already know some of the people at your gym, why not start up your own workout group? The more people, the better. A small group takes away the awkwardness that can exist

in the one-on-one dynamic. And if one person doesn't show up, it's not a problem. You have several other people to work-out with.

- 3. **Research running or triathlon clubs in your area, or sign up for a local race.** Running is extremely accessible – almost anyone can do it – and it's a very cheap option for exercise. You'll probably wind up with more workout buddies than you can handle!



**TAKE UP AN 8/12 WEEK CHALLENGE**

If you prefer to do your own thing at the gym, or are intimidated by the number of people in group sessions, then you may want to consider trying a structured workout program like an 8 or 12 Week Challenge. These are generally open to all fitness and experience levels.

Many gyms and personal trainers will offer 8 or 12 Week Challenges to help you stay on track during winter. These programs usually include a variety of exercise options and offer a holistic approach to fitness. Accountability is the biggest benefit of these programs; having set times with a trainer or a group for your workouts means it's much easier to keep a schedule, and you're much more likely to turn up excited about your workout.

Knowing exactly how exercise fits into your life and having a regular check-in with a trainer is a great way to help keep yourself on track when it comes to completing workouts and saying no to too many sweets. The Jetts Oakleigh 8 Week Challenge (begins May 12 and October 12) includes a challenger manual to give you all the information you need to

succeed. The winners of each challenge also win a 12 month gym membership – imagine knowing that every push-up or sit-up gets you closer to a free membership!

Nutritional information, exercise programming (to help structure your week) and tailored one-on-one and group workouts will help you to burn through extra calories. All you need to do is show up and move.

Whatever your goals are, having a support network of friends, workout buddies or a personal trainer will help you through the tough days and makes it much easier to accomplish your new fitness goals.

To find out how **YOU** can stay motivated this winter, call us at the club on **9530 9217**.

# COMMITMENT ISSUES? WE WON'T LOCK YOU IN

With **no lock in contracts, 24/7 access** and **use of 200+ clubs**, you can workout on your terms at a time that suits you. **It's the gym that works out better – simple.**

## GET STARTED WITH A 7 DAY TRIAL\*

**Jetts Oakleigh**  
Tenancy 61-63 Centro Oakleigh,  
39 Hanover Street, Oakleigh  
T. 9530 9217 E. oakleigh@jetts.com.au

**f e 1300 JETTS 247 | jetts.com.au**



\*Offer is valid at the club stated for 7 consecutive days during staffed hours only. Staffed hours available at jetts.com.au. 1 offer per person. Must be 16 years or older and live near the club. Not to be used in conjunction with any other offer. Existing or past members are ineligible to claim the offer. Terms and conditions apply and are available at jetts.com.au

# BB&CC CREAMS

## Everyday Complexion Miracles

BB and CC creams have taken the world by storm and invaded our beauty counters. In fact, almost every cosmetic brand in the world has developed some kind of product that fits the profile.

Firstly, let's look at what the B's and C's actually stand for. There are quite a few different terms but they all basically mean the same thing. Beauty balm, blemish balm, or blemish base are a few on the BB front, and colour control, colour correction or complexion correction are the go-to terms for the CC's.

So, exactly what are they and more importantly, what do they claim to do?

Basically, they are all-in-one creams that are used to replace your serum, primer, moisturiser, sun screen or foundation that you can use any which way you want to.

Think super-charged tinted moisturiser that does EVERYTHING! Well, allegedly. Ultimately, they are the perfect combination of make-up and skin care. The really great thing about these creams is they layer well for those times you need more coverage.

All-in-all they should even out skin tone and hide blemishes, which is generally achieved by the use of light defusing particles within the product itself. You can apply them as an all-in-one quick-fix to replace your morning skin care routine, as a tinted moisturiser, over your favourite serum or under powder for greater coverage or foundation.

### YOUR BB SHOULD;

- Smooth skin
- Even skin tone
- Hydrate
- Brighten
- Blur imperfections
- Offer sun protection.

### THE DIFFERENCE

When it comes to the testing of BB and CC creams they really do seem, to me at any rate, to do pretty similar things but here's a quick run-down of the theory for you.

CC or colour correcting creams target problems like redness or blotches in your complexion and is where the idea of the light diffusing particles comes into play, it will probably have a slightly lighter texture than your BB style cream. BB's on the other hand are like the super-charged tinted moisturiser mentioned earlier. A BB should even out your complexion and cover any obvious blemishes that are hanging around by giving you light, natural coverage with plenty of hydration and sun protection.

### THE FINAL CHOICE

The best way to choose which product is right for you is to sample, sample, sample. Look for a light, natural, flesh coloured cream that offers the cover you desire.



## FIGHT WINTER FRIZZ

Winter is a nightmare for anyone with frizz prone hair – so, we caught up two of Melbourne's best hairdresser's, Joey and John Scandizzo of Joey Scandizzo Salon to learn the best way to fight the frizz and stay smooth and sexy this winter!

### What's the best way to prevent frizz this winter?

**JOHN:** Before you get out of the shower, rinse your hair with cold water instead of warm water. This will help close the hair cuticle and seal the hair to keep it healthier and shinier.

**JOEY:** ELEVEN, Australia's Miracle Hair Treatment is a magic product when it comes to combating frizz. It contains eleven benefits to cure your frizz problems and leave your hair smooth and silky.

### How can you tame winter flyaway when you're out and about?

**JOHN:** Apply a light layer of hairspray and then gently brush the flyaway down. You should always try to use a boar bristle brush to keep the frizz and static to a minimum.





**MAYBELLINE 8-IN-1 BB**

**\$15.95**

I simply love Maybelline's BB! It's light and super-easy to apply, and better yet, it's reasonably inexpensive! It blends superbly and lends itself well to touch-ups and second layers if you need it and gives a beautiful, even coverage with a natural finish and skin tone.



**CLARINS BB SKIN PERFECTING CREAM**

**\$50.00**

This is one of the slightly thicker BB's. It feels nice on the skin and absorbs well, it does have quite a bit of colour even in the lightest shade so it conceals uneven skin tone very well, but requires a little more care in the application.



**NAPOLEON AUTO PILOT BBB CREAM**

**\$55.00**

Napoleon have done it again and gone a step further to impress us with their brilliance! Once you get the hang of applying this beauty-boosting balm (thus the 3xB) it's a star product, but it can take a little practice. It gives you a glowy, illuminated complexion and corrects skin beautifully with great coverage.



**NATIO MINERAL SKIN PERFECTING BB**

**\$14.95**

NATIO mineral skin perfecting BB offers pretty great coverage and feels light and very hydrating. It's easy to build the layers where you need greater coverage and blends nicely with natural tones. I love the illumination it gives the skin.

Remembering to prep your hair with an anti frizz product (try ELEVEN Australia's SMOOTH ME NOW Anti Frizz Shampoo & Conditioner) will also help reduce flyaway and static.

**How can you smooth split ends that cause fly away?**

**JOEY:** An anti frizz cream (such as ELEVEN Australia Frizz Control Shaping Cream) can help to temporarily smooth split ends but the only way to cure them for good it to cut them off. Regular trims all year round will help avoid split ends altogether and help minimise fly away.

**How do I achieve frizz-free shiny hair?**

**JOHN:** If you need a quick shine fix, you can't go past ELEVEN Australia's Make Me Shine. It's nice and light so won't weigh your hair down and will add the perfect amount of shine.

**JOEY:** You should also try to give you hair regular treatments to keep it shiny, healthy and frizz-free all year round.

Finally, tying your hair up at night using a thick hair elastic and sleeping on silk pillow cover will also help keep the frizz to a minimum in the morning.

Available at [elevenaustalia.com](http://elevenaustalia.com) from **\$24.95**

**FOR LOVABLE LIPS**

**ESTEE LAUDER  
PURE COLOUR ENVY  
SCULPTING LIPSTICK  
\$50.00**

Those luscious red lips of MKR twins Helena and Vikki have made us fall in love with red for winter, and Estee Lauder Envy lippy is right up our alley of lovable lips this winter.



# Trends for Winter 2014

By ALEX LAMBADARIDIS



The summer of '13/'14 has well and truly gone now and it's time to face the cooler months of winter. But do not despair! With so many exciting trends this season you will certainly not be at a loss for what to wear. There is something for everybody, no matter what your shape and size. Here, I have outlined a few key trends for the season. Invest in any of these, and you can't go wrong!

## Wide Leg Trousers

**WIDE LEG TROUSERS** are big this season and have already been spotted on many celebrities including Nicole Richie, Alessandra Ambrosio and Emma Roberts. Although the beloved skinny pant is still widely in fashion, the wide leg trouser provides an alternative option – and a great one at that! They are comfortable to wear and chic at the same time. You have the option of going classic black or a gorgeous pattern. They are best teamed with a plain or printed blouse (another piece also largely trending this season) and can be cinched in at the waist with a fitted blazer to create a nice silhouette. For those that don't mind showing off a bit of midriff, a crop top looks great with this type of pant.

## The 'Midi' Skirt

**THE 'MIDI' SKIRT** is in! Although the mini skirt is still very much in, even for winter (especially the wrap mini), the favoured skirt of the season is the 'Midi.' The great thing about this style is that it is so versatile; it can end anywhere from just below the knee to just above the ankle. Shapes also vary from full and flowing to pleated or pencil - meaning, that there is a style to suit anyone and it is probably the must-have piece of the season! To further brag about its versatility...it can be worn at work right through to evening.





# Plaid, Checks And Tartan

**PLAID, CHECKS AND TARTAN** – call it what you want – they are all in! From black and white checks to the full-on red and green classic tartan colours, this pattern is everywhere!



# Colours

And finally, the colours that are hot this season... A LOT of **MONOCHROME, METALLICS, SHADES of GREY**, all shades of **PINK** and, **YELLOW/MUSTARD, PLUM/MULBERRY** and **BLUE**. In terms of footwear, ankle boots are hot, hot, hot, as well as over-the-knee boots (however, not everybody can get away with these!). The 'androgynous' shoe is also in....think brogues and loafers with detailing.

In terms of accessories, rose gold is still very popular this season as well as stackable rings.



Gregio Aura Pink Ring

Gregio Symbola Rose Gold Stack Ring

Gregio Idolo Heart Bracelet



Gregio Eumelia Earrings

Gregio Ambrosia Bracelet



Written & researched by:  
**ALEX LAMBADARIDIS** of 'Style Grammar'  
Contact for styling advice and personal styling:

# Gold Coast

By RAQUEL NEOFIT

## ESCAPE THE COLD... HEAD TO THE GOLD COAST FOR A MINI BREAK

As the winter weather moves into Melbourne chilling us all to the bone, we set our sights to the Queensland Gold Coast to wash away the winter blues and lift us into a warmer mood. Things are really picking up on the Coast lately with luxury hotels opening all the time, and glamorous and inventive chefs moving into the old washed-out restaurants - the Goldie seems to have realised it needed less of make-over and more of a reinvention. They even have a light rail tram opening mid-2014 to make getting around on the Coast quicker and easier.

And one of the best things about the Gold Coast is that an impromptu holiday is super-easy to book and arrange.

Here are a few of my favourite things to do and see in the mild winter climate of the Gold Coast. And better yet, if you do head up there in winter, you miss those mile-long summer queues that build up at all the fun stuff!

### DREAMWORLD – ANIMAL EXPERIENCES

Dreamworld is by far the best value theme park on the Gold Coast. Apart from the usual thrills and spills that make a day at Dreamworld and White Water World fun, the one-on-one animal experiences are something you shouldn't miss, especially those massive tigers on Tiger Island.

I've never been more awestruck or fearful at the same time. Our tigers name was Rama, and as we settle ourselves in behind his back we get a quick, but thorough, education of the tiger's health, welfare and life here at Dreamworld, and his natural habit and what he would be doing in it. This is an experience not to be missed! Did you know they have a family of cougars out the back?

But for those of you with children under ten years old, Dreamworld offers a Koala experience where the little-ones

can hold and cuddle a gorgeous koala and take a photo home to remember the experience. While you're down at the native end of the park, grab a bag of roo food and everyone can happily feed one of the kangaroos.

### ACCOMMODATION

The Gold Coast has accommodation options to suit all budgets and tastes, but the thing to remember is to look for a deal, because they are everywhere to be found, especially in winter! Whether you book directly with the hotel, through a last minute booking site, or through an accommodation service like Gold Coast Accommodation, there are many bargains to be found. Here are couple of my favourites;

### CHEVRON TOWERS

One of the best when it comes to a family vacation is still The Chevron Towers. The sandy, lagoon style pool keeps everyone busy for days. You can BBQ beside it and there's a small park, games rooms and an indoor pool. Plus, it's super handy to be right above the shops!

### HILTON SURFERS PARADISE

For something a little newer head over to the Hilton, the outdoor area is gorgeous and you just can't go past The Food Store for breakfast! Luke Mangan's Salt grill has an amazingly delicious spread and, for those of you who need a break from the kids and a chance to unwind, the Eforea Spa is bliss!

### THE OBSERVATION DECK – SKYPOINT

The best view on the Gold Coast! The observation deck is a must-do, it's like you are floating in the sky. Plus there's a café! Better yet, you can meander around the floor and learn all about the history of the Gold Coast, they even include a DVD of the surf life savers!

**TIP** – If you buy a world pass for Dreamworld it includes free entry to SKYPOINT.

Rama the Tiger at Dreamworld with Vanilla's AE Raquel and her daughter Katya



Koala cuddling fun for the whole family at Dreamworld's koala habitat

The Chevron Towers





Luke Mangan's Salt Grill



Baritalia Surfers Paradise



The Observation Deck – SKYPOINT

## CURRUMBIN WILDLIFE SANCTUARY

The sanctuary just keeps getting better with hundreds of native animals on their grounds. Feed the kangaroos, get up close and personal with koalas, ohh-and-ahh at lizards and rainforests, and squeal at the creepy-crawly spiders.

The kids loved the flying fox and huge spider-web climbing frame, excitedly waving as the train rattled past and begged to join in the fun of the Adventure Parc High Rope Course, fully-loaded with rope climbs, Tarzan swing and giant flying foxes.



Kangaroo feeding is a must at Currumbin Wildlife Sanctuary

## BEACHFRONT MARKETS

Hit the beachfront at Cavil Mall for some exciting market stall shopping to the glorious views of Surfers Paradise beach. Delicious home-made delicacies, unique jewellery, and home-wares and the kids can be totally entertained with a snake and lizard show, spray on tattooing and, if all else fails, bring their bathers and head to the beach for a quick dip!

## EAT AND DRINK

The food scene at Surfers has never really been anything to write home about but things are certainly picking up with chefs like Luke Mangan entering the scene. His signature restaurant, Salt Grill, is an excitingly delicious experience. There are a few old classics around like Baritalia at the Chevron Renaissance, who serve-up a wicked buffalo mozzarella and salami pizza, and one just can't go past the old Hard Rock Café for fun for the kids and a huge, American-style plate of food!

### DID YOU KNOW

Burleigh Beach, just south of Surfers Paradise, has been awarded 5th Best Beach in Australia and 6th Best Beach in the South Pacific in the Travellers Choice Awards?

## GOLD COAST FREEBIES...

Everyone loves a freebie, especially when on holidays! And the Gold Coast has plenty on offer.

There are parks galore; the Broadwater Parklands at Southport, in particular, is first-rate, and there are some glorious national parks; Burleigh Heads, The Botanical Gardens and little further north is Springbrook National Park featuring a waterfall and caves dotted with glow worms. And don't forget O'Reily's featuring the awesome sky walk. Currumbin also has the Currumbin rock pools and Coughal national park.

Art lovers can head into the gallery at the Gold Coast Art's Centre to enjoy plenty of free exhibitions.

### GOLD COAST ACCOMMODATION

## Winter Deals

**DISCOUNT PRICES ON LUXURY APARTMENTS IN SURFERS PARADISE.**

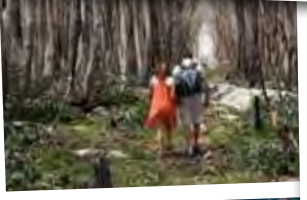
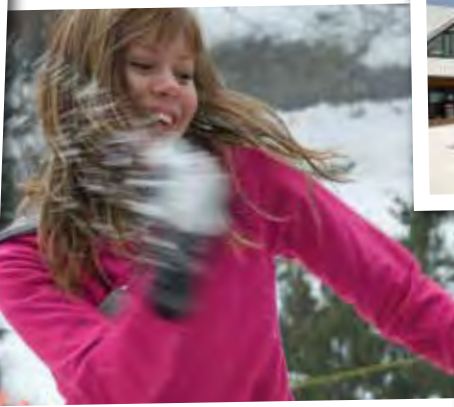
**CALL NOW FOR AN UNBEATABLE QUOTE!!**

2 bedroom apartments from **\$99 per night**

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# SKI PATROL – LAKE MOUNTAIN



If you are searching for the perfect affordable family getaway in the great outdoors this winter then look no further than Lake Mountain Alpine Resort. Lake Mountain provides families with year round action and adventure and the opportunity to create lifelong childhood memories.

During winter, Lake Mountain Alpine Resort promises excellent snow conditions for playing in the snow, tobogganing and of course making your own snow man – thanks to round the clock snowmaking machines working away when the temperature rises slightly and the snow isn't falling as freely as desired.

Skiing, tobogganing, striking views, picnics, mountain biking, road cycling, walking, snow shoeing, ski trails, laser skirmish, flying foxes and downhill tubing – as well as a host of other exciting activities on the mountain.

Explore the mountain on their 37km cross-country trails or if you or the kids have never skied before, book in for a ski lesson with their first-class Ski School.

Take a short ninety minute drive along the majestic 'Black Spur' – the gateway to the Victorian Alps and one of Australia's best driving roads (as voted by Top Gear Australia) and you will be greeted by a myriad of snow gums and towering alpine ash, breathtaking views and Victoria's best adventure playground – all year round!

**TOBOGGANING IS A MUST AT LAKE MOUNTAIN. APART FROM IT BEING A BARREL OF LAUGHS AND A WHOLE LOT OF FUN THEY HAVE BEGINNER AND EXPERT RUNS FOR THE WHOLE FAMILY!**

Lake Mountain is Australia's premier cross-country skiing and snow play resort. The unique sub alpine environment is so close to Melbourne and offers a budget friendly adventure playground.

Just thirty minutes from Marysville; Lake Mountain is close enough to head out for a day trip. Stop for breakfast in Marysville and either pack a picnic lunch for the visit or settle into the warm and inviting surrounding at their bar, bistro or restaurant.



# WHAT'S ON THESE SCHOOL HOLIDAYS

We had such a great response from our Easter school holiday guide we've decided to make it a regular feature! **WARM UP** this winter with some enthusiastic skiing or tobogganing at Lake Mountain; learn death-defying tricks in a circus festival, or for the little cooks in us all we've found the best pizza classes in **MELBOURNE**...

## POP SINGING SENSATION

With the excitement of *The Voice* on TV why not send vocal enthusiasts out to learn what's involved in recording their own song! Simply choose a song, record it in their state-of-the-art recording studio and receive a disc to take home – instant pop sensation!

[www.creationmusiceducation.com](http://www.creationmusiceducation.com)

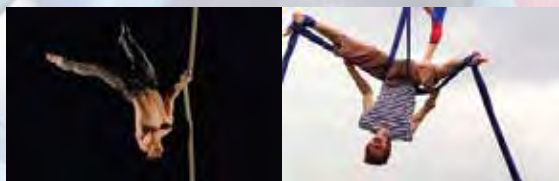
## LADRO KIDS PIZZA COOKING CLASS

For the little Masterchef in your life, Ladro, famous for their world-class pizzas, are offering kids pizza cooking lessons these the school holidays. Classes include making the dough, toppings and cooking the final pie of deliciousness. Classes run on the first Saturday of every month throughout the year.

[www.ladro.com.au](http://www.ladro.com.au)  
03 9415 7575

## BURRINJA CIRCUS FESTIVAL

Circus Classes



For the mini daredevils, the Rucci Circus Team have teamed up with the crew running the Burrinja Circus Festival and are offering classes covering hula hoops, aerial and trapeze, and teaching the art of standing tall on stilts - and these are just to name a few!

351 Glenfern Road, Upwey  
4th July to 14th July at the Burrinja Cultural Centre.  
[www.burrinja.org.au](http://www.burrinja.org.au)  
03 9754 8723

## DREAMWORKS ANIMATION – THE EXHIBITION

Head into the city for the day and check out all the DreamWorks action at Federation Square.

Watch the behind the scenes movie action as all of your favourite DreamWorks characters come to life.

ACMI  
10/04/2014 – 05/10/2014  
[www.acmi.net.au/dreamworks](http://www.acmi.net.au/dreamworks)

## DINOSAUR ADVENTURE

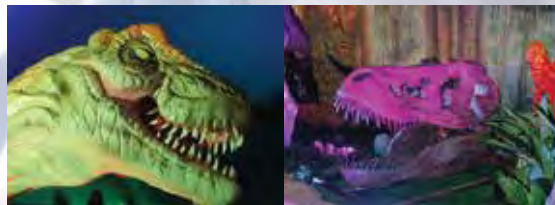
The dinosaurs are coming!

Life-sized dinosaurs are taking over Caulfield Racecourse these school holidays! Explore the pre-historic world as they tell us the story of their 200 million years of domination of life on earth.

Kids can be a palaeontologist for the day and even get dressed up in a diggers outfit provided on the day and chip away at their very own fossil!

[dinosauradventures.com.au](http://dinosauradventures.com.au)

June 21st to July 20th at the Caulfield Racecourse.



## CINEMA SENSATION

With the World Cup putting Brazil in the spotlight this year, pack up the kids and head to your local big screen to see *Rio 2* – Blue and his buddies are ready to set our screens and Brazil on fire this winter with their wacky Brazilian adventures.

And we can't forget soccer since we're talking **WORLD CUP** action!

SoccerWise is running school holiday programs for the kids to get out and learn the tricks and tips of those famous soccer stars they're watching in the World Cup. SoccerWise offers full or half day holiday programs at Bialik College, Hawthorn East and Caulfield South Primary School, Caulfield South.

Limited places and bookings are essential. Soccer school holiday program for boys and girls 4 to 12 years of age!

[www.soccerwise.com.au](http://www.soccerwise.com.au)  
03 9568 5455





# TECHNOLOGY HEALTH AND WELLBEING

We live in a society where we are more connected than ever before and this winter Vanilla's resident cultural guru, [Maria-Irini Avgoulas](#), takes a closer look at the social aspect of technology through the ages to ask the question, *'Does constant technological contact take away from everyday personal connections?'*

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Still remember speaking on a phone that was fixed in one place by a cord to the wall. Do you also share this same memory? How much have things changed? With phones and technology being in the palm of our hand 24/7 it's well and truly satisfying our need to always be accessible.

But are virtual conversations taking over face-to-face ones? Can you recall a time (maybe one time too many) you were with friends in a café and everyone was on their phone either sending a text, updating a Facebook status or even responding to work e-mail?

The online world – the use of smart phones and Facebook – is generally associated with young people. Interestingly however, older people are also picking up this twenty-first century habit.

Just like their granddaughters, many of the grandmothers that I have spoken to from the Greek diaspora of Melbourne are beginning to use a range of technology for both communication and entertainment.

Grandmother Eleni said to me that she is hooked on candy crush (now I know many of us, including myself, can admit

However, there is another side to this technological coin; the use of these devices and applications like iPads, smart phones, Skye, e-mail and even Facebook centres on maintaining connections with friends and family members who may live in other parts of Australia, in Greece, or throughout the world.



to this game addiction). This is a fun way to pass time for this grandmother. For Grandmother Voula, games helped her manage her anxiety, "When I am waiting for the bus at the bus stop and I become anxious at how long it might take, if I have a phone, I can play a game and time would pass."

Various applications such as, Viber, Skype and Facebook are new, affordable and a frequent means for communication and the maintenance of their cultural identity worldwide. Grandmother Pam told to me that she has an iPad and emails her brother overseas daily and also added,

“My daughter showed me how to use the iPad and if I have any difficulties I ask her or my grandchildren for help. I really like my iPad and I have the other one as well, the one that you see with, Skype.”

This group of, now, elderly women were young when they migrated to Australia and kept to what they knew. Maintaining the Greek way of life was vital for them and many times, if not always, they were reluctant to try or introduce anything non-Greek into their lives. However, technology seems to have found a small crack in the seams and has slowly let itself in.

It's been decades now since this group left their homeland; cultural maintenance is still as important now as it was for them on day one of their migration, and the use of technology is a new way of supporting their cultural identity.

However, technology isn't something they went looking for. They only started using these devices and applications after being introduced to them by their children and grandchildren. One, however, wonders whether technology

and the online world will be something positive for their overall health and wellbeing.

Yes, it's a great way of maintaining links and keeping in contact, but what can this mean when they can download a newspaper online and miss their morning walk to the news agency, or even the new stress and anxiety attached to waiting for an e-mail or a Facebook message?

Has technology, being online and available 24/7, and feeling the need to respond immediately when our friend has sent a message, taken away their more simple life of the past? Did encounters mean more in the past? For these immigrants, keeping in contact with family in Greece in the early years wasn't easy or cheap, however, was receiving that written letter emotionally more significant than ten Viber messages a day?

Or does going for a morning walk and holding a newspaper feel different than reading it on an iPad? Or even hiring a Greek movie from the video shop - was that more entertaining than downloading an entire series of a show and watching it any time? Writing this piece, I'm wondering if I can enter a time machine and go back to the 1980s or even 1990s when I was free from having a mobile phone and all this technology, and I had to wait to get home to make a call.

Does instant gratification take away the importance of simple things in life and contribute to the loss of being really connected to people?

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



# Horoscope!

# Winter 2014

## ARIES:

This winter your life is filled with friends and acquaintances, and communicating with like-minded people. You may meet your future mate during this time although it is unlikely they will come from old friends. You will be rebellious, hyper and more friendly than usual. Children and kitchen food will call to you and, if already in a relationship, this winter brings intimacy and warmth.

## TAURUS:

An old flame or former friend will appear this winter and there will be opportunities for a hook-up. Usually this would offer only brief liaisons but this could be the beginning of a life-long love. Get to know people and reject no one at first glance although avoid clandestine attractions. Impatient bosses will try to reduce your time for love but your energy rises to the task.

## GEMINI:

You tend to be optimistic and friendly, and this will attract a potential lover this winter. You will have choices and it will be up to you to make the first move though you may find them slow on the uptake, maybe because your approach is more friendly than sexy. Work will busy but you will take it all in stride.

## CANCER:

This winter, much of your energy will be in areas such as counseling and management. Over the next couple of years you are likely to fall in love and marry and this winter will steer you towards that destiny. Be prepared for a possible age difference and be willing to accept a stubborn but fascinating mate. Reject the impulse to oppose others.

## LEO:

This winter you will come to realise that you need to enjoy your independence and make your own happiness. This should be your priority. Write down your goals as you will get more personal freedom as you achieve them. You can't do everything so do what is in line with reaching your goals and what you consider to be important. Don't try to control people, instead support them.

## VIRGO:

Avoid ups and downs both at home and at work this winter. Someone is about to make some major changes and you're unsure if they are doing the right thing. Listen to their side and approach the matter in a factual way so as you can't be accused of being steered by your emotions. Romance seems to have hit a slump but this is only short term.

## LIBRA:

This winter dedicate some time to your health every day, it is important for you to be well. You need to declutter your body and take a look at how you can improve your diet. Learn to love yourself and stop rushing everywhere. Start reading, winter is a good time for cosy reads in front of the fire. Don't make any sudden changes, save that for later in the year.

## SCORPIO:

Try to cut down on your workload this winter and if you're a student, have a think about your choice of course. This also applies to your current work status; is this really what you want to do for the rest of your life? Now is the time to make changes as long as you realise that you will still be working hard no matter what you decide to do.

## SAGITTARIUS:

There could be some financial changes that will impact your life. This may not be your finances but someone's close to you. Are you in business with someone who may have over-stretched themselves? Travel is on the horizon but take care when travelling and stay away from stressful people. Focus on your health and getting rest and relaxation.

## CAPRICORN:

All the recent eclipses are affecting you and you need to focus on what's important. Look after the person who's been by your side as much as they look after you. Business partnerships may be tested and you should look at this as a good time for change. Take up something that you feel passionate about. Discourage close friends and family from risky activities.

## AQUARIUS:

You've been feeling unsettled so force yourself to make some changes as this is the only way you'll feel more positive about things. Your energy levels will improve once you do. If you are single you can expect to fall head over heels in love, enjoy every minute. If it ends abruptly, that's ok, it is no reflection on you, just make sure you're not out of pocket.

## PISCES:

Try to take it easy this winter. There may be dramas with children who are in your life and even though you would like to help, don't pay too much attention as it could affect your health. Don't let everyone dump their problems on you, you can't be all to everyone and you will feel stronger when you live life for yourself, not others. Become resolute and stand firm.





# SPIRITO DI SQUADRA



**SCENEGGIATURA:** Nikita Ballas

**FOTOGRAFIA:** Con Milonas (Con Milonas Photography)

**ORGANIZZAZIONE:** Adele Vrantises

**SQUADRA VANILLA:** Alexandra Churchward, Chantal Correale Spanos, Chris Roubos "the waiter", Deanna Rossitto, George "the coach", Joseph Chatziconstantis, Kai Edan Churchward, Kyra Papadakis, Melissa Nazha, Nick Korlos, Rebecca Sofocleous & Tara Bell.

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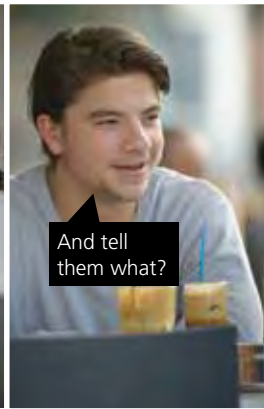


Any news?

Nah, still a mess.



Have you spoken to your mates?



And tell them what?



The sisterhood has changed mind?

It's all my fault.



Only they can fix it.

What are they supposed to do?



Hey, long time... where have you all been?

Sorting out some dramas

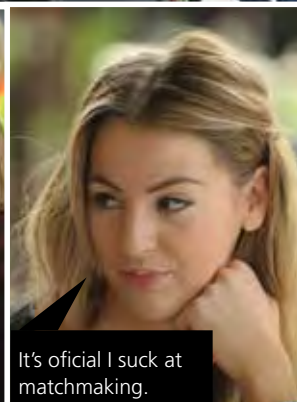


At least youre not bored.



Should have kept my mouth shut.

Me too.



It's oficial I suck at matchmaking.



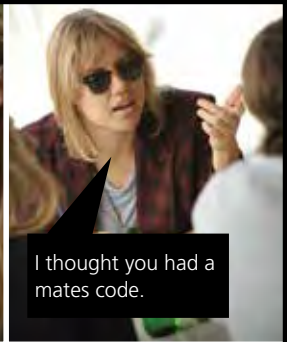
Have you learnt your lesson at least?



The guys weren't exactly innocent...



What can I say, we're men...



I thought you had a mates code.



Unlike us...



Say that again.



What are we gonna do?



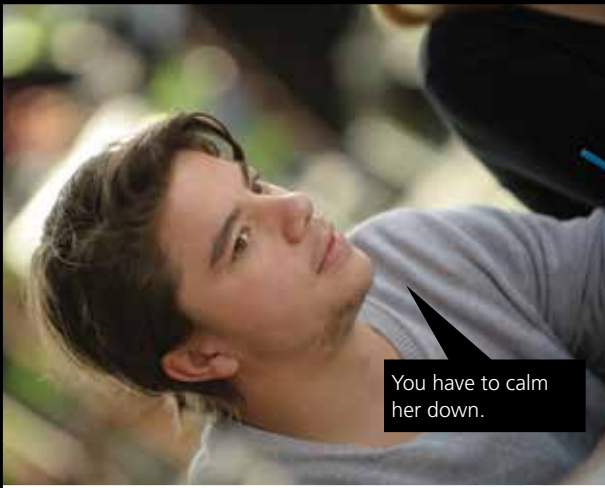
Melissa and Kyra have to sort it out.



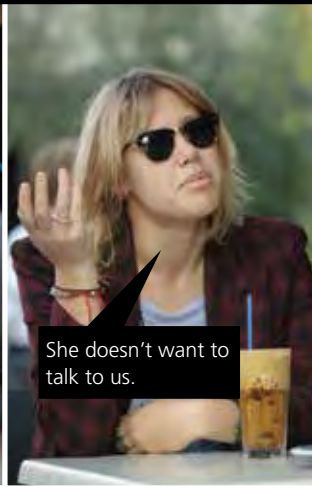
Kai is right.



Kyra has to get over it



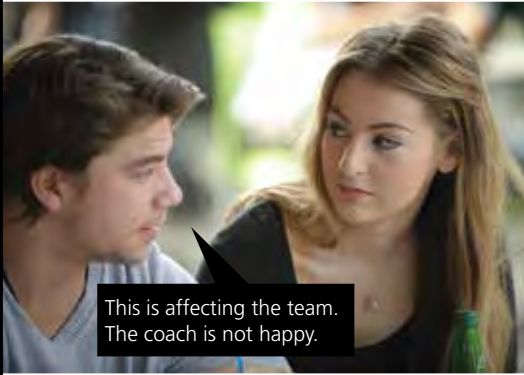
You have to calm her down.



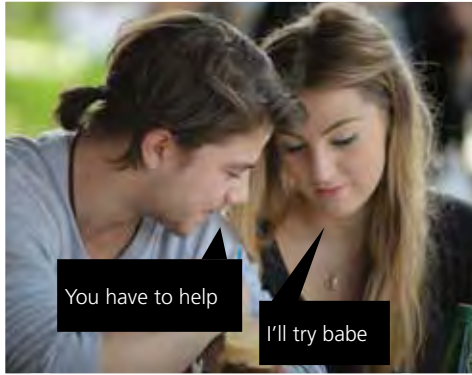
She doesn't want to talk to us.



She's lost the plot.

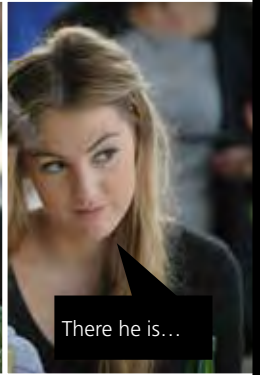


This is affecting the team. The coach is not happy.



You have to help

I'll try babe



There he is...



He's lost in space.



Do you blame the poor guy?



Nick! Over here.



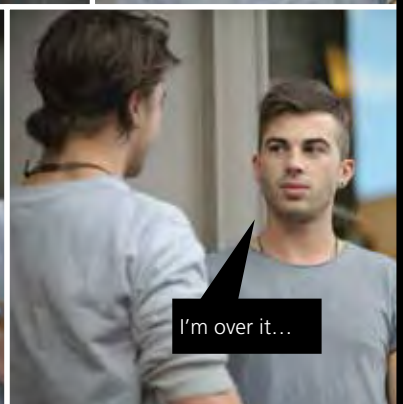
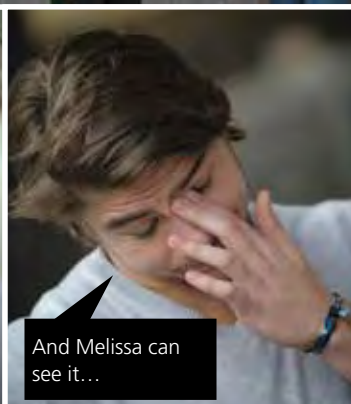
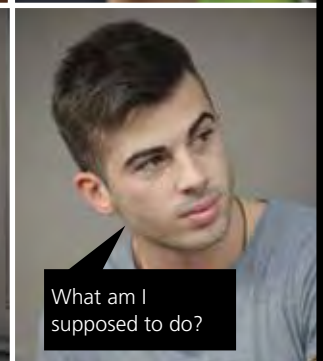
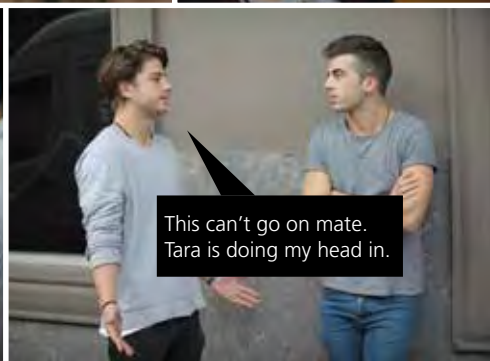
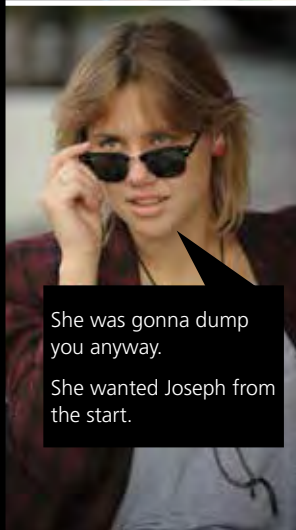
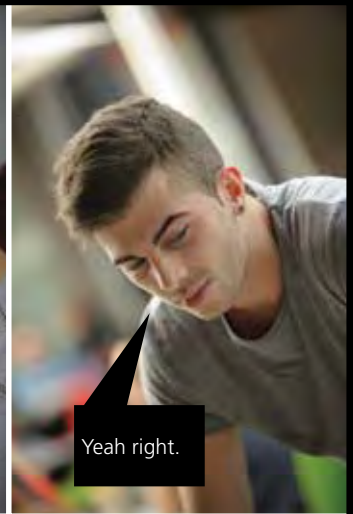
He's realised his mistake



Which he cannot undo



What do we say?





What am I going to do?



The question is what is he gonna do?



I think he wants her back



Coach won't let us go until you sort it out with Nick.

Did they have to come today?



I can feel it. He will dump me.



There is only one solution...



You reckon she will show up?



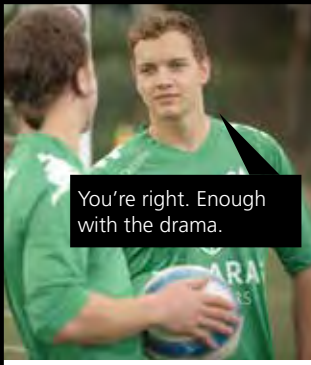
You've been mates for years.



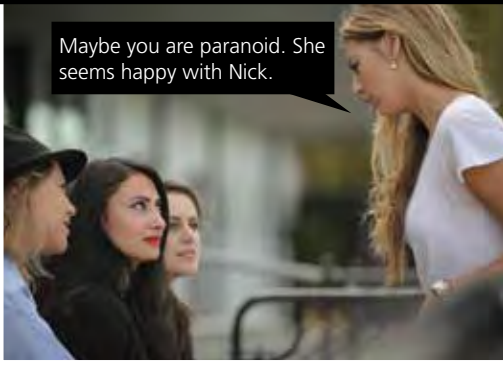
We're good... It's just awkward...



Screw awkward, lets worry about the team.



You're right. Enough with the drama.



Maybe you are paranoid. She seems happy with Nick.



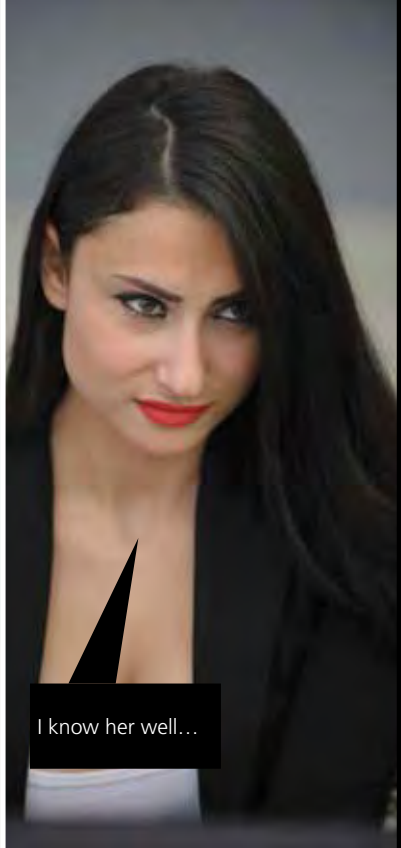
She is playing him.



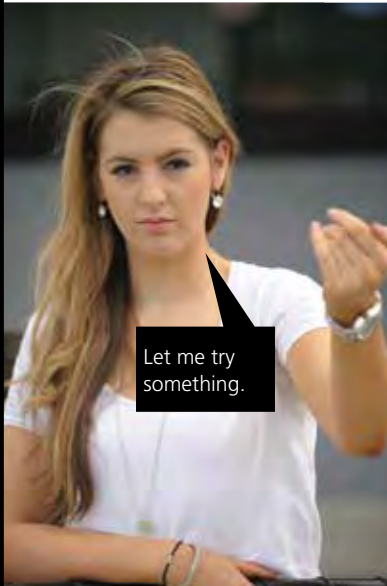
Just to stay close to Joseph.



These idiots have no idea how cunning she is



I know her well...



Let me try something.



What's up?



What's the deal with Joseph? Melissa doesn't deserve this..



Just stay out of this.



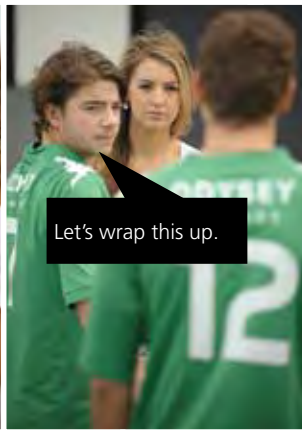
Let them deal with it



Am I in trouble?



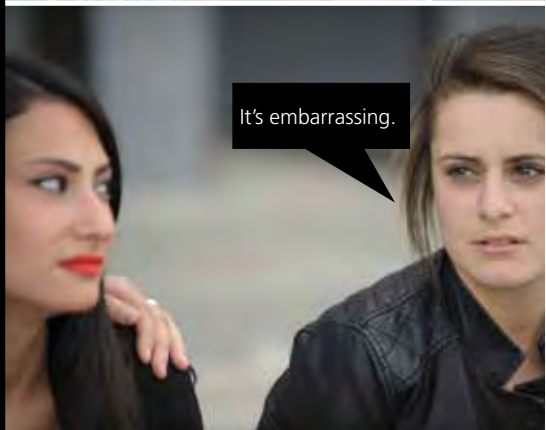
Go to Nick mate.



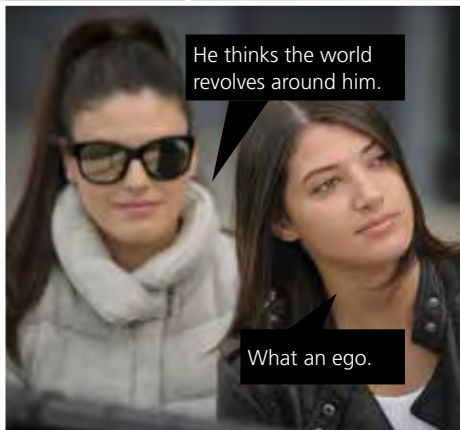
Let's wrap this up.



Why am I getting the feeling I am in a soapie?

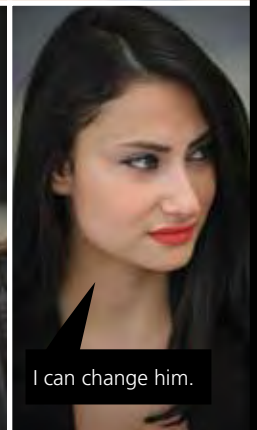


It's embarrassing.



He thinks the world revolves around him.

What an ego.



I can change him.



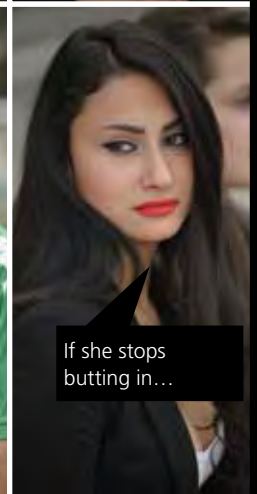
What do you want me to do?

You? Nothing. I know what I have to do...



Sorry dude...

It's all good. don't worry about it.



If she stops butting in...





Look at her attitude.



Who does she think she is?



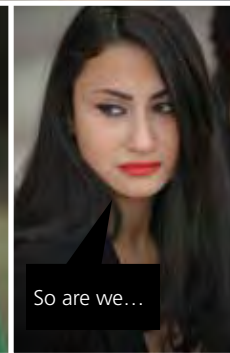
What a traitor!



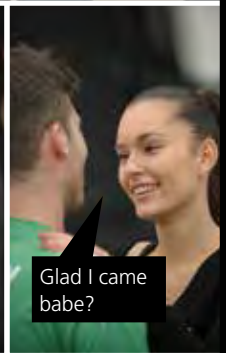
She thinks she owns them both.



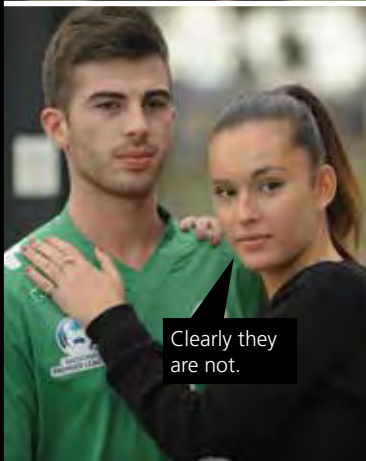
Men are hopeless



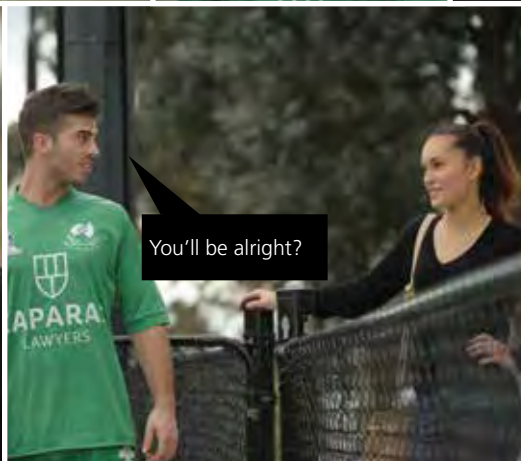
So are we...



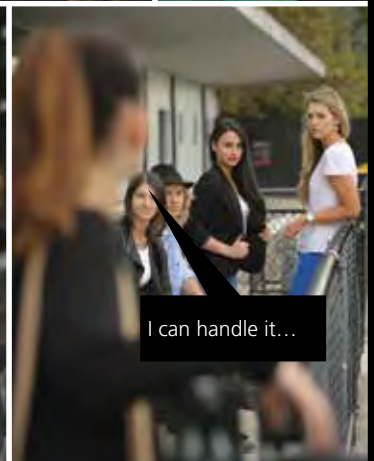
Glad I came babe?



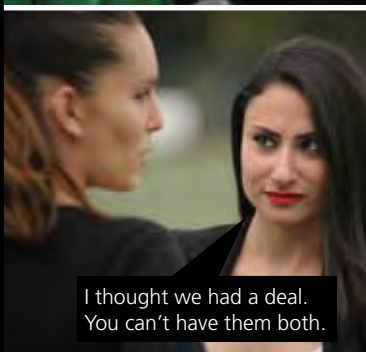
Clearly they are not.



You'll be alright?



I can handle it...



I thought we had a deal. You can't have them both.



The deal was stupid.



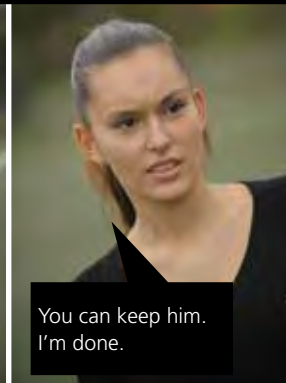
We are not in high school



Then stop messing with Nick.



And let Joseph decide.



You can keep him. I'm done.



I've had enough.



The whole team is in disarray because you swapped girlfriends.

Sorry coach.



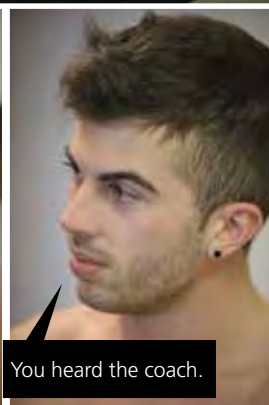
You have to decide. You're either here or your are there.



What are we gonna do?



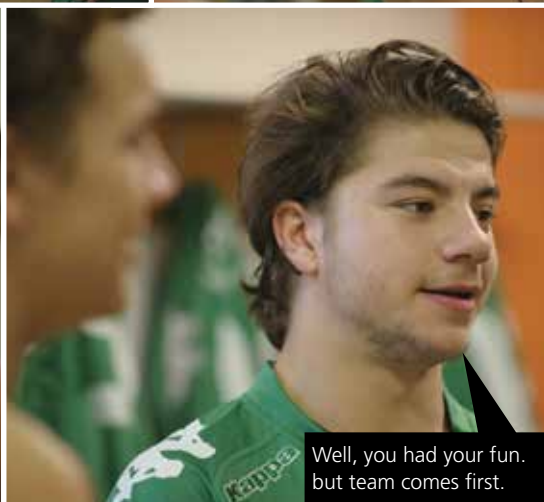
I have no idea.



You heard the coach.



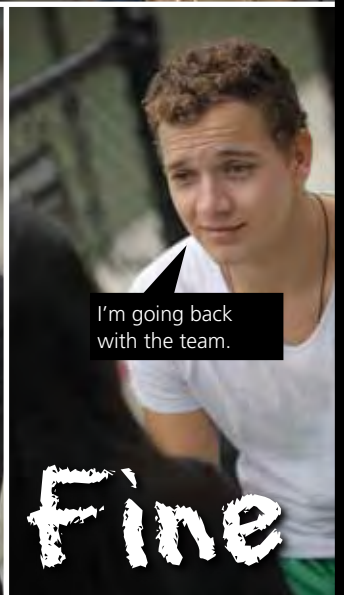
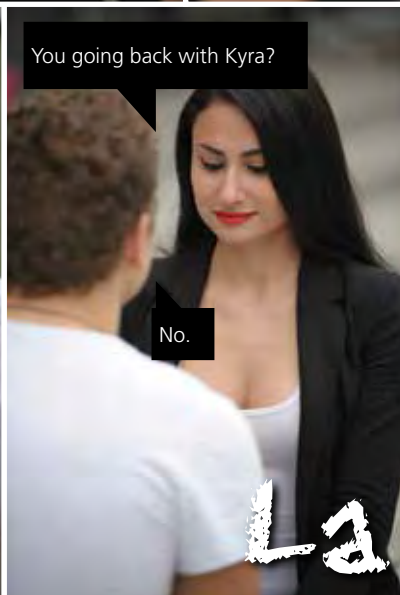
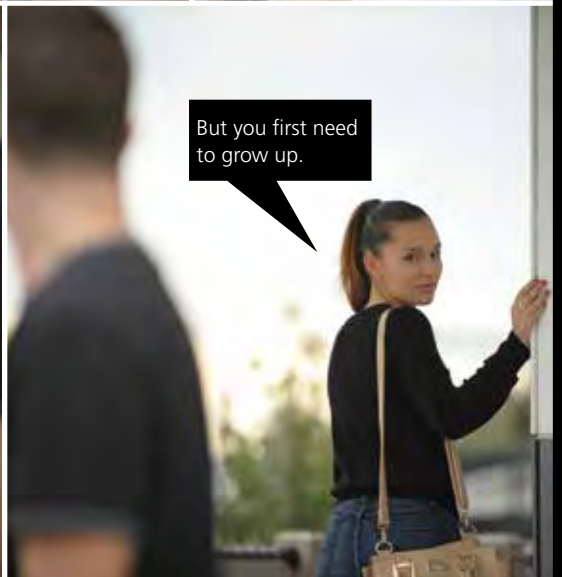
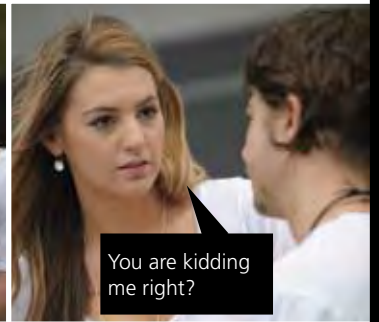
I guess that's it then.



Well, you had your fun. but team comes first.

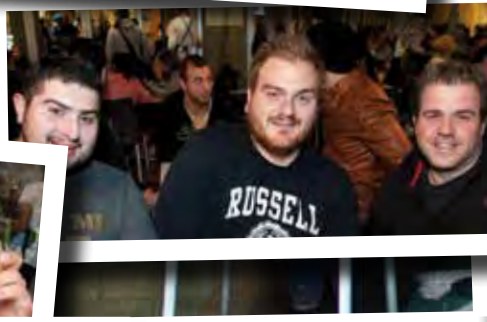


Yep. Team comes first.



La Fine

OWANKA





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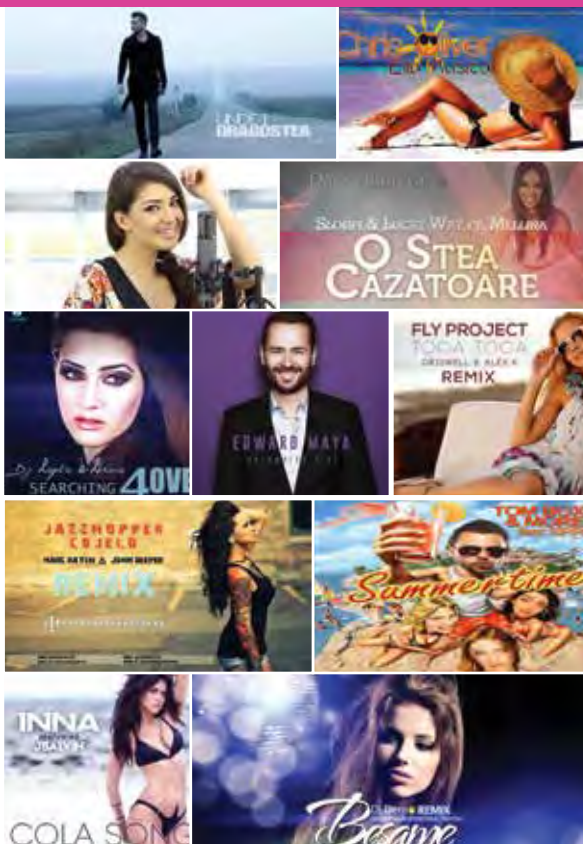
# VANILLA CHART WINTER 2014

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## TOP 30 by DJ BALLA

1. Ola - Jackie Kennedy (Marvio & Florenzo Remix)
2. Loona - Vamos A La Playa (Movetown Remix)
3. INNA feat. J Balvin - Cola Song (Apple Juice DJ Club Mix)
4. Liviu Hodor feat. Mona - Unde-i dragostea (Marvio Club Mix)
5. Yves Larock ft. Vandalism vs. Bob Sinclar - Rise Up (Dj Anton Zlatov & Dj Belyaev Mashup)
6. Indila - Dernière Danse (Paul Damixie's Private Remix)
7. Marvio & Florenzo feat Ciove - Striga (Starlight Proejct Remix)
8. Andreea Banica feat. Shift - Rupem Boxele (Marvio Club Mix)
9. Alex Stavi feat. Raluca Oniscu - Summer (Extended)
10. Capital Vibes - safe and sound (Marvio & Florenzo Remix)
11. Sloupi & Lucky Way ft. Mellina - O Stea Cazatoare (AlexC Remix)
12. Mandinga - Viva La Fiesta (Dj Nenz Extended Version)
13. Delia feat Mike Angello & Uddi - Anii ce vin (Marvio & Florenzo Club Mix)
14. Fly Project - Toca Toca (Criswell & Alex K Remix)
15. Irina Sarbu feat. Vibearena - Paraiso (Loca Loca)
16. Morena & Tom Boxer feat. Sirreal - Summertime (Dizz & Goff Official Remix)
17. Relight Orchestra - Elegibo (Criswell & Dj Sebastiann Remix)
18. Nick Kamarera feat. Eila - Sunny Summer Day (extended)
19. Mario Bischin - Morena (Dragos Filip & Adryan D. Rmx)
20. Steve Kid, John De Mark & Dany Cohiba - Mundo Bueno (Calavera & Many 'Viva Cuba' Remix)
21. Chris Oliver - Ella Musica (Official Extended Mix)
22. Bang La Decks - Utopia (DJ Akhmetoff Mashup)
23. JAZZMOPPER J - Cojelo (Marc Rayen & John Deeper Remix)
24. Dj Jonnessey & Aner - Where Is The Love (Marvio & Florenzo Remix)
25. Like Chocolate - Placeri Nevinovate (Marvio & Florenzo Remix)
26. Dj Layla & Lorina - Searching 4 Love (Hudson Leite & Thaellysson Pablo Remix)
27. Lorina - Away From Home ( Dj Sebastiann Remix )
28. Slangship Brothers feat. Alenna - Besame (DJ Rollin Remix)
29. J.Yolo feat. Anda si Vibearena - Bienvenido a Mamaia
30. Edward Maya - Colombian Girl



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