



VANILLA

SPRING 2014



THE BLOCK

CLASSHOUSE



DARREN
PALMER



GARY
MEHIGAN



STEVE
DIMOPOULOS



ASI

with saute, garnish of yogurt 4.0
 pasta 4.5
 balsamic dressing and mushrooms 4.7
 4 and garlic pesto sauce 4.5
 porcini and mushrooms 4.0
 soft bean (sauté like it does) 4.0-5
 chicken sauté and 4.0-5
 porcini mushrooms and 4.0-5
 fried eggs, honey, roasted onion & dill 4.7
 fried egg and asparagus, potato/roasted onion & asparagus salad 4.8
 4.5
 4.5
 see, spinach, roast, tomato, mushrooms, on hand 4.7
 courgette, hand 4.9
 mushrooms, roasted, mushrooms 4.5
 corn, 4.0-5
 roasted chicken 4.5-5

LUNCH

Spice 1000 sandwich with ham, corn, lettuce, onion, sauce 4.5
 cold chicken, low cheddar 4.5
 Double sausage with onion, butter and egg 4.5
 The house salami with chard, tomato, low a corn, salad 4.22
 Special lunch, roast, pepper and fish sauce, tomato & cucumber salad 4.17
 On salad & avocado, tomato, potato, and roasted egg 4.5
 Cold salad chicken 4.5
 The house salami, mango, tomato, salad and low salt 4.5
 Cold, hot, tomato, salad with, tomatoes, salad, new, roasted, tomato
 4.5 and black, olive, tomato, salad 4.5
BRISKET
 Cold, hot, tomato, salad, roast, ham, green, olive, tomato, salad 4.12
 Brisket, hot, tomato, salad, tomato, and, onion, tomato, salad 4.15
 Pork, pork, tomato, tomato, onion, also, roasted & butter, tomato 4.12
 Smoked, hot, pork, tomato, and, onion, tomato, salad 4.10
 Spiced, hot, tomato, tomato, onion, and, olive, tomato, salad 4.12
 Cold, hot, tomato, salad, tomato, butter, oil, and, olive, tomato, salad 4.12
 Cold, hot, tomato, salad, tomato, onion, and, olive, tomato, salad 4.12
 Cold, hot, tomato, salad, tomato, onion, and, olive, tomato, salad 4.12
 Cold, hot, tomato, salad, tomato, onion, and, olive, tomato, salad 4.12

KENYA

Geisha/Gemini 4.12/250g
 Earl Grey 4.12/250g
 Yunnan 4.12/250g
 Tasting notes: Black, big body, balanced

ETHIOPIA

Yopu 4.12/250g
 Tasting notes: Floral, fragrant, balanced, sweet, green, hints of bergamot

GUATEMALA

Finca San Francisco 4.12/250g
 Tasting notes: Sweet, spicy, aromatic, bright, hints of bergamot, hints of bergamot

El Salvador / COE #10 4.8 / 250g

from San Jose / Obregon
 Tasting notes: Bright, balanced, sweet, green, hints of bergamot, hints of bergamot
 Tasting notes: Sweet, spicy, aromatic, bright, hints of bergamot, hints of bergamot

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As we head into our fourth year, I can only think to myself, gee time flies! Thanks to the Vanilla owners who never stopped supporting and believing in it, Vanilla Magazine grew, improved and thrived.



Two people in particular need to be mentioned. First my brother, Chris, whose idea it was to launch a magazine in the first place, and who basically said to me, 'do your thing and have fun'.



Chris Ballas

And Tia who has been quietly watching my back all this time, picking out all the blind spots and constantly pushing the bar higher. And as I look at our twelfth issue, I cannot help but smile.



Tia Spanos Tsonis

Of course none of this would have been possible without the great team working tirelessly behind every issue. From the very start I knew we were on a winner thanks to our amazing graphic designer, Adele. She established a high standard in the overall look and feel of the magazine.



Adele Vrantsets

Then it's our chief photographer, Con Milonas, my wild card! He was crazy enough to listen to my ideas – like the Fotoromanzo - and not only did he bring them to life but he also added his creative genius to the mix, along with the occasional breaking of the law.



Con Milonas getting arrested during Fotoromanzo shoot @ Vanilla



Raquel Neofit

Everything changed when Raquel Neofit joined the team as assistant editor. The magazine just leaped ahead. A casual observer might think she talks a lot when we have our magazine meetings, but what actually happens is that, because time is tight, she can be a very fast downloader of information, something like the Matrix.

Our core team mentioned above have been blessed with several wonderful contributors who have all, in their own way, helped shape the magazine you are now holding in your hands.

And we must also send out a big thank you to our advertisers who continue to support the growth of Vanilla Magazine and to you 'our readers' for embracing it.

Enjoy the read!

P.S And don't forget you can now enjoy sitting under our new custom made heated umbrellas in the mall as we continue preparing the new space UPSTAIRS!!

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STEVE FOR OAKLEIGH

We catch up with City of Monash Deputy Mayor, **STEVE DIMOPOULOS**, who is busy campaigning as a Labor Party candidate for the seat of Oakleigh in the upcoming State Government elections. Born and raised in Oakleigh, Steve is looking forward to the challenge of gaining voters' trust to represent the vibrant multicultural electorate he calls home.

BY NIKITA BALLAS

Looking back at a decade of serving on the Council, what's your tally?

I have been truly fortunate to represent this area on council over the last 11 years. Our area has changed so much during that time, I believe for the better. There are lots of things I've been proud to have had a hand in achieving, like saving and rebuilding the Oakleigh pool, creating a brand new Clayton Community Centre, and making shopping areas like Eaton Mall, and parks and sporting venues more vibrant community spaces.

You played a key role in the Oakleigh shopping centre and Eaton Mall upgrade...

As a former small business owner in Oakleigh, I recognised the need to make sure local shopping areas are open and accessible. I'm incredibly proud of the way Oakleigh has been revitalised and the buzz that now exists around Eaton Mall. I am also very proud that business owners have taken the chance, and invested in the mall and in Oakleigh, and have helped make it a great place to shop and socialise – even into the late hours of the evening and sometimes, like during the World Cup, in the middle of the night!



Talk to us about your Oakleigh.

I grew up on a street in Oakleigh where my parents' neighbours were what felt like almost entirely Greek Australians or older Australians whose children had grown up and left home. Now, on that same street, my parents share their neighbourhood with many different cultures – many people see the hidden gem that is Oakeigh and have moved here. I remember where Vanilla is today used to be a Coles Variety store where mum would drag us kids for low cost, but good quality clothes and toys. I also remember the old donut truck on Chester Street that is no longer here. Things have changed over the years but what I think hasn't changed is the community feeling here. When I was growing up my parent's home was open to everybody, we were always hosting some friend, neighbour or family member. You'd come home and find any number of people in our living room (trapezaria) having a drink, a bite to eat, and talking loudly and passionately about something – usually politics, family or sport. When I walk into Eaton Mall today, it is like a giant living room with people doing the same thing!



When did you start thinking about taking the big step to State politics. Was it a natural progression?

I've always been passionate about community, working with people one-on-one to get things done to make our area a better place to live and work. That's why I ran for council. But I'd like to do more, so putting my hand up to stand as a candidate for my local community was a bit of an extension of what I've been doing for the past 11 years. If I'm fortunate enough to be elected, my involvement in the community won't change and my values will remain the same. That means getting a good deal for our community and making sure that people's voices are heard when decisions are being made. It's something that the retiring Labor member for Oakleigh, Ann Barker, has done so well over many years and she has set an amazing example to all those seeking to represent our area.

How do you see the Greek precinct in Oakleigh further evolving?

We all know that Melbourne has the biggest population of people with Greek heritage outside of Greece. But Oakleigh as a shopping and business precinct is truly the central hub and meeting point for Melbourne's Greek community. People come from everywhere to socialise, shop and work here. It is more than that too. Oakleigh provides a taste of Greece for everyone. And it is done in such a friendly and welcoming way. I've been happy to support festivals and events that promote the wonderful Greek cultural identity in Australia.

What are you taking with you from your Council experience?

Engagement with the community! The wonderful thing about being a councillor is the opportunity to meet and work with such a diverse range of people and community groups. I've learnt a great deal about how an effective government can work to create positive outcomes. My former boss, Simon Crean, often said that governments don't have all the answers, but they can make a difference. I watched and admired how much he achieved in government, and I've tried to live by that ideal of making a difference for our community.



Steve Dimopoulos is hoping to succeed retiring Member for Oakleigh Ann Barker



You're passionate about small business, how will you continue to support them at State level if you are elected?

Small business is the backbone of the economy, I truly believe that. Small business as a collective is the biggest employer in Australia. Government should do all it can to support small businesses – after all, the vast majority are family run enterprises who employ locals. That's why I was so keen to lead the shopping centre revitalisation, to help bring people back to local businesses. I know from personal experience how many hours people put in to making their business successful, often in difficult times. I also know that small businesses don't often have access to senior government decision makers the way big businesses do, and therefore it is more difficult to influence policy. I want to help to make sure the voice of small business owners gets heard in parliament and the issues, like the burden and cost of regulation and paperwork, are addressed so that small business can be supported to grow.

In Council you fought battles like saving the Oakleigh Pool and building the Clayton Community Centre. What kind of battles do you imagine fighting in State politics?

I was incredibly pleased to offer my support to campaigns like saving the Oakleigh Pool. Issues like these matter to people. State Politics is slightly different, but many of the same issues come up. I want to make sure our schools get proper funding so the buildings and classrooms are ones you would be proud for your children, or any child, to learn in. I want to fight the battle to make sure hospitals have enough beds to take patients, and an ambulance arrives when you need one – things that should be beyond question in a modern, economically strong country like Australia. I'm also excited about Labor's significant plan for public transport as well as the commitment to remove fifty level crossings in Melbourne, including lots in our community. I have a passion for justice and supporting families through mental health as well. There will be plenty of battles if I'm fortunate enough to be given the opportunity to fight for them.

What's your true passion?

Politics of course! But I think politics is more than just being a word that is often seen in a negative light. I believe politics is about community, about democracy and about the fulfilment of human aspiration. There's more to politics than a career or seeking to fulfill a personal ambition. It has to be about believing in something, finding a cause to fight for. I'm proudly Labor, but whatever side you are on, it is important you are doing it for the right reasons and that you stay true to your ideals, and that fundamentally you are a public servant in the true sense of the term.

Outside politics, what do you enjoy doing?

I'd always like more time to do other things, but it's not often possible. I love catching up with friends locally, we have some amazing cafès and restaurants in the Oakleigh area, I might be biased but they are the best in Melbourne. I enjoy watching local footy and AFL (sad Carlton supporter), as well as football, Oakleigh Cannons and Melbourne Victory. I really enjoy discovering new places, new people and new cuisines – usually my eyes are bigger than my appetite or time. And I spend as much time as I can with my family in Hughesdale, including my three wonderful nephews. Family and friends are incredibly important to me, and I truly value the time I get to spend with them.





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VANILLA
CAKES AND LOUNGE



Supporting cultural initiatives across the Hellenic-Australian community.

Delphi Bank has long been a supporter of all things *Hellenic* in the community, and over the years, the Bank has developed a diverse community and cultural engagement program built upon a primary objective; to give back to the community that has supported them along the way.



Following an Australia-wide rebrand in November 2012, Delphi Bank flourished under the new brand identity with family, business and community forming the fundamental pillars of the organisation.

Now part of Australia's leading customer-connected bank, Bendigo and Adelaide Bank, both organisations share a strong strategic fit with a community-focus at the centre of their operations.

Delphi Bank's success is attributed to their strong relationship orientated, community-minded approach to customer needs; however, Chief Executive Officer, George Tacticos, maintains:

“It is our long-term support and involvement with the *Hellenic-Australian* community that is central to our **growth strategy and the driving force behind our cultural engagement program.”**

The Bank's sponsorship portfolio extends across a vibrant array of festivals, concerts and events for a wide range of community groups, sporting associations and educational institutions, all of which embrace and celebrate the true value of Hellenic-Australian culture.

Still meeting the cultural needs of the smaller community groups across Australia, the Bank remains present at the heart of many community service providers across the nation, particularly those that focus on the provision of quality aged-care, disability and children's services, and with a progressive impact across all areas of the community.

Delphi Bank recognises the importance of sport in their culture as a way of promoting community spirit, wellbeing and unity. Grassroots soccer and football contributes to a significant portion of Delphi Bank's local community presence; however, with sport unique in its ability to capture the community across multiple levels, the organisation is just as involved on both a state and national level.

Dedicated to strong growth, Delphi Bank has gone from strength to strength. This has been made possible through the Bank's continuous investment into their customers and communities, and their ongoing relationships with organisations whose business and value propositions are closely aligned with their own.

With the Hellenic-Australian community at their side, Delphi Bank's community and cultural engagement program is a way the Bank can share their successes in line with the increasing prosperity of the communities they serve.

DelphiBank



MISS DIASPORA *Bianca Lazar*

Melbourne born and Romanian in heritage, Bianca Lazar was one of the few lucky young women to travel back to her parent's homeland of Romania for the exclusive Miss Diaspora contest in 2012 at just seventeen years old.

Eighteen months on she's back in Melbourne studying event management at Victoria University.

In effect, Bianca's spent her entire childhood preparing for many first place wins, and was lucky enough to win Miss Diaspora Romania and be chosen by her fellow contestant as the contestants choice winner too. Growing up she was a skilled dancer specialising in Latin, ballroom and new vogue dancing, her dedication landing her and her dance partner, Michael Zinner, a first place win at the Australian Dance Sport Championships when she was just fourteen.

Why enter the Miss Diaspora pageant?

It was a really random thing actually. About three years ago I went to a BBQ with my dad at a family friends' place, and it turns out he was the guy who organises which girl will represent Australia. He asked if I was interested in going, which is funny really because I wasn't even aware of the competition then.

What did you hope to achieve from entering the event?

It was just a once in a lifetime opportunity that I probably would have regretted not taking I think.

How is the competition judged?

There are four sections; evening wear, choreography (which is traditional Romanian dancing, I dressed up as a boy in a traditional costume and had to do the male moves), and then we had to answer the question, 'What would you do to promote Romania as Miss Diaspora?' We had to answer the question in Romanian in under a minute!

Then they announced the winner – and I came first!

How did you feel when you heard your name?

Winning was the last thing on my mind! I thought that I wasn't even going to place. My heart was racing. When they said the winner has come from a long way away, I knew it was me. I started crying tears of joy.

What tips do you have for girls wanting to enter next year?

Just have fun and enjoy it – it's a once in a lifetime opportunity.

Miss Diaspora pageants are held throughout the world and focus on different nationalities in different countries. Jump online to see if your heritage holds its own Miss Diaspora pageant.

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- Make sure your web design company builds a responsive design website so your site will scale to be viewable on ipads, iPhones, Android devices and all tablets. This is a must.
- Your website is their first impression, so what you serve up to your viewers here could win them or lose them to a competitor's website that delivers a better experience.
- Prioritise your content for mobile and desktop - What will they see? Don't jam all that content onto a phone view, it will be frustrating for your viewer, prioritise the content and keep the focus to three key goals.

- Only use authentic content, never copy and paste someone else's content unless it's being professionally referenced and acknowledged, otherwise you'll be penalised by search engines or even blacklisted.
- Always ensure your website professionally represents your brand and has a theme. It's your 24/7, open all hours, online business. Include compelling copy writing that engages your target audience and promotes what's in it for them. People go here before they go to your physical business. Use a professional graphic design service.
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In the essence of spring cleaning our homes and lives this issue, we thought we'd head on over to the biggest ever Block and catch up with the contestants of **THE BLOCK GLASSHOUSE 2014.**

This abandoned 1980s office building would be no small feat for even the most seasoned builders, and this year *The Block*

contestants were in for a massive challenge. It consists of three stories over 3540-square metres and will be home to five split-level atrium apartments, underground car parks and 70-square metre lock-up storage units. This build is massive!

Located on High Street, Prahran, it's just metres from Melbourne's world-famous Chapel Street and busy activity-hubs like the Prahran Market. The building will be connected to the street with a retail shopping precinct on the ground level, creating an active street-scape on High Street for passers-by and avid shoppers.

MAXINE AND KARSTAN

Avid travellers, these guys have ticked some amazing dreams off their bucket list after travelling the world together for two years – backpacking across Europe and driving a 1971 Kombi 40,000 kilometres around Australia. After walking 900 kilometres across France and Spain, you'd think *The Block* would be a piece of cake...

You've lived an amazing life, what's left on the bucket list now?

MAXINE: Our bucket list is never ending, the next thing to tick off our bucket list would be to start our own business and get married!

Which room did you anticipate designing the most?

KARSTAN: I was looking forward to designing the wet rooms of the apartment... I knew what the judges were after and also what the buyers wanted, so it made it hard to impress both. We went into this thinking consistency was the biggest thing.

What do you hope to achieve from being part of *The Block*?

KARSTAN – the biggest thing I would like to get from my block experience would be to leave with a positive profile ... hopefully it can open the doors to having a job we are excited to do everyday ... Travel, Design, Adventure.

Tell us about your team dynamic.

MAXINE: Karstan is not only my fiancé but also my best friend! In the nine years that we have been together we have achieved a lot, we are total opposites and it works perfectly. We don't take life too seriously and that has worked really well during our block experience.

What is your secret weapon?

MAXINE: Our secret room – this sets us apart from the rest! And the natural light flooding our apartment!





MICHAEL AND CARLENE

After working together at Universal Studios in Osaka Japan (really, who could resist a stuntman or a stage show girl?) Michael and Carlene left their showbiz lives and headed back to the Gold Coast to build a new life for their future family. Now they're knee-deep in their own reno with a property on the eastern foothills of the Gold Coast hinterland.

Where will life take you after *The Block*?

CARLENE: We will start a design and construct business, which suits us because Michael is a carpenter and I'll do the interior design.

How hard is it to suppress your eclectic, vintage urges on *The Block*?

It was actually refreshing to change it up and produce a sophisticated, high-end product suitable to inner-city Melbourne. Our apartment might be more glam than garage-sale but it is still homely and warm, and at times, unexpected.

Which room did you anticipate designing?

I love living rooms in general. I love that they can handle many layers without being overcrowded. I also think this is where a homeowner's personality can really shine so I was excited to produce a living room that was warm, fun and interesting.

Tell us about your team dynamic.

Michael and I divided to conquer. We stuck to our strengths, which meant Michael handled the manual labour and project management, and I designed, shopped, painted, styled and cleaned.



CHRIS AND JENNA

Youth group leaders to over 120 kids at home in Campbelltown, Chris and Jenna really experienced their share of ups-and-downs on *The Block*. Although Chris installs kitchens for a living, Jenna is a video editor and between them they have very little renovating experience, yet they have managed to pull off some pretty impressive rooms with their 'just get it done' attitudes.

Jenna, we love your singing in the car when you breeze over the words you don't know – do you know it's been given the title of 'doing a Jenna'?

Haha, that actually cracks me up! I know there are probably a million people out there who have or will do this... And to know it's been named 'doing a Jenna' makes me feel happy knowing people are having fun moments in their car.

Apart from the win, what do you hope to achieve from being part of *The Block*?

We wanted to buy property, renovate and sell. As well as increase the reach of our kitchen business CIS KITCHENS, we are working on ideas at the moment to include both our skills, video editing and cabinet making; stay tuned.

What is your secret weapon?

Our secret weapon is us being confident in who we are and our ability to make things happen, which allowed us to make confident choices in our apartment and not letting excuses stop us from doing them.





SIMON AND SHANNON

After spending ten years apart when Shannon headed overseas, these jokerster brothers have really re-bonded on *The Block*. Always up for a laugh, these two avid surfers have discovered the traits of hardwork within each other and have, away from *The Block*, been impressed with each other's work ethic.

Simon – You've always looked to your brother as the ultimate in cool as you grew up – do you still consider him pretty cool?

I can't remember making those comments. I would never say such things... Nahhh, he is pretty cool. I couldn't have done *The Block* with anyone else... I was impressed!

Tell us about your team dynamic?

Being brothers is a great advantage for us. It really is a different dynamic than a regular couple. We have been annoying each other for the last 25 years, so there's no tiptoeing around one another.

We can't break up at the end of this so it takes the pressure off the relationship. We are both physically hard workers so that helps with the labour side of things...

What is your secret weapon?

It would definitely be our competitiveness and the bath we planned to put in our ensuite.

Even before we were chosen for *The Block* we had this bath picked out.

A friend of ours made it in his garage, he's a surfboard shaper and

a carpenter, and his eye for detail is crazy! It is literally

the most amazing thing I've ever seen!

The judges will go nuts... Hopefully!

The judges will go nuts... Hopefully!



DARREN AND DEANNE

Leaving his professional football career in the past, Melbournian parents, Darren and Deanne have turned their sights to the world of building, and luckily Deanne has an intuitive eye for styling. Always one for avoiding the limelight in the past, Deanne has taken this opportunity as her turn to shine...



Deanne – We know you believe in 'saying it as it is', how do feel watching the show back now and listening to some of your comments and reactions?

After watching the show back, I would have to say that I did say some things that I wouldn't say if I had my time again.

Being on *The Block* is a huge learning experience, and one of the things I learned is that I am very competitive and that when I haven't slept for 36 hours, I should not speak!

How did you feel about your 'block' on *The Block*?

I thought my little step was funny as I knew that it was just

so that the camera guys could get both Darren and I in the frame together.

Was there ever a moment you wanted to throw in your hammer, take your tools and go home?

I think everyone felt like that at some point. Certainly when our daughter was sick in hospital, it was really hard to go back and continue on.

Tell us about your team dynamic.

We both have really clear roles and defined skills which made it easy for us to work well together as a team to produce the rooms.





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DARREN PALMER

EASY

LUXURY

BY RAQUEL NEOFIT





Success is definitely abundant for DARREN PALMER these days – after playing the role of a contestant on reality TV show *HOMEMADE* and landing himself the prime position as a judge on *The Block*, his design career has skyrocketed through intuitive interior designs, television appearances along with his budding writing career.

Darren grew up in a country house in central QLD that he tells us certainly wasn't the most stylish house on the street, and it would seem styling wasn't always in Darren's veins...

Were you the kind of kid who moved your bedroom around growing up?

No I wasn't actually. At some point in the eighties my parents bought what I call an apricot, but what mum calls pink, puffy leather couch, and I think that perhaps my ethos may have come as a result of that. And of thinking, you know what, there's probably something better out there than this.

What feelings do you get looking back over the homes you've styled over the years?

I'm really, really proud of all the work that I see in the book, and it's funny because, with experience, and as your client base gets more established, you have access to bigger budgets and that gives you more access to things like higher-end furniture, so the work keeps evolving and getting richer and more luscious and, I think, better and better. So while I love looking back on old jobs, I just want to show everybody what I'm working on now.

Does that add more pressure though, you have more money to spend which means you've got more money to blow?

No, because the right answer is the right answer, and the right answer is going to be right for that particular client. And if they love it, then it will work. I've learnt over the years, thankfully, that if I have a feeling it's going to work out, then it's going to work out. I just have an ability to bring things together and make them work.

Do we tend to over-think things and maybe put too much money into re-designing our homes these days?

I always attack things from the point of value and what it is going to add to the property. I do the math on the current value of the property, comparable properties in the area with like amenities; same amount of bathrooms, bedrooms; then I see how much money there is in-between those two figures and that gives me a budget that I can work to.

Then, if I can manage the whole renovation and bring it up to standard I will, but if I can't then there's things that need to be pulled back and if you are going to get a good result by spending less money, then that's okay. But if you're spending less money and getting a much less desirable result, and not getting better value out of your property, then it's a wasted exercise anyway and you may as well just pull your doors off, give them a coat of paint and put them back on.

What's your secret design weapon and how can we find ours?

My secret design weapon has to be knowing what I am going to achieve before I begin. Starting with the end in mind and having a clear picture in my mind, I'm able to picture things that don't exist yet. Now I understand that not everybody has that skill or they'd all do what I do, but the idea is to set yourself a brief, make sure you're clear on what your outcomes are and what the constraints are.



Read the section in my book on defining a brief and I think that's exactly what you should do. If you can nail that, you are well ahead of everyone else who just cobbles their house together with bits and pieces of things that they like that don't particularly work well together.

You have your own flooring range now – what else would you love to see your name on?

I really honestly want to see my name on quite a few things – I want to have a cushion range, a rug range, a linen range, a furniture range, décor. But it's a pretty great thing to have my name on a book.

I thought I was going to burst! I went to my management to pick it up and I was so excited. They'd had it for about a week, and I'm standing there wanting to jump up and down but having no outlet. So I went, 'Um, you have no idea how excited I am so I'm going to leave'. Then I immediately called Neale Whitaker and said, 'Oh my god, I got my book, I got my book', and a few other people, but nobody answered the phone!!! I was just beside myself it was so exciting.

Over to *The Block*, how do you feel when you have to deliver a result on a room that you don't love? Do you want to sit down and explain every little thing to the contestants?

I would love too, it would be really amazing if we could sit down and walk through it with them, and go right, this is what's not working. But we don't get to do that. We do talk about it a lot but it doesn't always make it through the edits and sometimes they don't even make it to the contestants.

But I always speak with authenticity, and I make sure they can use it and learn from it, that it's fair and respectful, and if it hurts, it hurts because it hurts to be criticised. We're there for them to learn from and I'm not going to say anything that's untrue.

What do you think gives the most impact in a home?

Coherence – coherence will give the best result for any home. If the story that you're telling from the front door all the way through the house is consistent, whatever it is, if it's at the same level, with a consistent colour pallet, consistent mood, and finish and style, then that will give you the best result for that house.

In terms of culture, where do you draw your inspiration from?

Art – 100% – it's like music, it's like colour. There's no wrong answers, there's no, something's better than something else, it's objective. The last piece I nearly brought, I stood in front of it and my heart started racing. Art is the epitome of culture; it's seeing the world through someone else's eyes. And having an insight into how someone else sees the world just brightens up your home and gives you depth in your interiors.





DARREN'S TIP FOR A SPRING-CLEAN RE-VAMP ON A BUDGET.

When you look at spring-cleaning, it's not just about having a good clean but also about culling the stuff you don't need; give it away to charity, then anything that you don't use gets another life.

UNDER \$1,000

Design a space for everything and you'll never have an untidy house.

Have a place to put your shoes, your jackets, your umbrellas, and your paperwork. It might just be a trip to Howards Storage World to allocate things into their own space, storage containers or plastic boxes or whatever blows your hair back – but that would be the low cost option.

UNDER \$5,000

A coat of paint makes a big difference to any place and again having a place to put things is very important.

UNDER \$10,000

Invest in some really good built in joinery so that you're actually designing a solution that's built into your house so you can store things away and keep things organised. Whether it's a robe or a utility / storage just spend some time and effort designing something that looks beautiful, adds some value to your house, and functions well in terms of keeping your house nice and beautiful.





PAUL MERCURIO MAIN STREET MERC

By RAQUEL NEOFIT

An icon in the world of film, theatre and television, **PAUL MERCURIO** has added another notch in his very full belt with the opening of his first café this September in his home-town of Mornington.

I was lucky enough to catch him on an exciting day indeed, apart from being less than two weeks out from opening **Merc's Bier Café** in Main Street Mornington, to a stunningly sunny backdrop of Port Phillip Bay, he'd just learnt that his gorgeous, now eighteen year old daughter had passed her driver's licence. Double the reason for that very proud and very happy smile on his face...

What's behind Merc's Bier café ?

I've always liked beer, I've been brewing beer for about twenty-eight years, it's something I've always been very passionate about. I've been able to travel around the world in my various careers and I've always been drawn to the 'micro-breweries', especially in Canada and America. Then the Academy de la Bier's in France and Belgium. They present fantastic beer, not like VB or Carlton Draft, it's craft beer, but then the food that they present with it is very specific as well. And this is something I've always loved to do and now I'm doing it.

Has it been a lifelong dream of yours, to open a café?

I've always wanted to open a bier café and brewery and unfortunately we don't have the brewery side yet, but I am going to brew a beer, which we are going to put on tap here, so we'll have our own beer or two. The first beer will be a Merc's Own Amber Ale. The focus will be great craft beers from around the world; America, Belgium, Italy, New Zealand, France, Germany, England and we will have some local beers.

And what kind of food can we expect at Merc's?

It's mostly small plates, so tapas style, but I like to think it's more that American craft brewery, Mediterranean inspired food, a bit of Tex Mex. I'm trying to do something a bit different. We'll have things like stuffed jalapenos in a beer batter, we'll smoke our own olives and we might do scallops with a beer hollandaise sauce, stuff that's interesting and that other people aren't doing. It's very American BBQ, we'll have smoked brisket and we'll serve it up in our own bread rolls that we'll make with stout, with a bit of coleslaw and pickle.

So, is it really you on a plate?

Yeah, I guess. I said to my head chefs when I hired them that if I was chef, these are the dishes I'd be cooking so I need you to cook the food I would cook because people know me, they're going to be coming to try my food.



In summer the whole place will be open and people walking past will smell the smoke and the beer and hopefully it will be the **PLACE TO BE.**

Has planning taken up loads of your time?

I've been pretty lucky, my business partner John has done all of the work on the ground and I swan in and go, 'Well, how about some coloured tiles here?' Now it's my turn, starting with the food.

We went through fifteen plans of how to put the bar and the kitchen in, and this was the fifteenth! Things like putting the keg room in behind the bar and making it visible. I'm in theatre business and I said to John, 'It's about the theatre of it', and John understands that. It's about walking into a space and it has character.

And the glass window on the keg room behind the bar, what inspired that addition?

Again, it's the theatre of it. I like to see the working of things, that why I wanted to put the glass in. When I go away somewhere I'm often in the keg room seeing the workings of things, or out in the kitchen seeing the chef. To me it's like saying – well that's what you're drinking, that's where your beer is, that's what's happening behind there so you can drink!

Would you like to do any more food and travel shows in the future?

Absolutely, but the sponsorship and the support from the network isn't there. We used to make a show and give it to the network and they would show it, but last year they all decided to charge us to show it and they wanted two hundred and sixty thousand dollars for thirteen episodes, twenty thousand an episode, which was a third of our budget. We were actually filming a new series but when the network went that way it all collapsed.

So *Mercurio's Menu* – which was a really grass roots, good little show, well, they won't happen anymore. The only way they will happen is on SBS, Lifestyle or ABC, or they are going to be made in-house like *Postcards* on channel 9. But if you look at that it's very advertorial.



L to R: Merc's Bier Café John Dowber – partner in Merc's Bier Café, Ben Coveney – Sous Chef, Keith Boulton – Head Chef, and Paul Mercurio

That's a shame, people want to watch these independent food and travel shows.

When I was doing my show, on occasion we rated over a million viewers, no one else was really getting that, even *Masterchef* sometimes struggled to get that, and we averaged eight hundred and fifty thousand. It's brilliant numbers. Unfortunately it's never been about giving viewers great shows, it's about the networks making money – it's business.

What else are you up to these days?

I've just finished writing my third cookbook, it's due for father's day next year. I enjoy writing cookbooks and recipes – it has a theme based on finding your mojo in the kitchen.

I'm off to Margaret River to do some cooking demos and off to Sydney to host some events, I've just done a whole series of videos for the Victorian government on food wastage. I'm doing a movie! I'm doing too much really; I'm filming in Victoria in October/November. It's a kid's movie and I'll play the father, one of the main characters, but I'm also choreographing the film because it's about a group of girls who have formed a dance group. I haven't done that in a while so I'm really looking forward to that.

Merc's Bier Café is open 11am to 11pm
Main Street, Mornington.





SOFIA KAPIRIS

TIMELESS DESIGNS

By RAQUEL NEOFIT

Sofia has captured the attention of the fashion world with her dresses being worn by Khloe Kardashian and some of the UK's most memorable reality television stars – now she is set to capture the imagination of the Australian fashion scene...

Growing up on a farm in Two Wells, Adelaide, **SOFIA KAPIRIS'** upbringing was a long way removed from the more fashion-savvy states and influences in Australia. But as far away from fashion as she was, fashion was always at the forefront of this young savvy designer's mind. Funny enough, when she was younger she moved to Melbourne to help her family in their produce store, at the **Oakleigh Market** – yes, just across the road from **Vanilla** and a daily favourite of Sofia's for her coffee fixes.

Back then Sofia tells us she could never have even dreamt that style icons like Khloe Kardashian would be flaunting her dresses, let alone a string of other international celebrities. And yet, as we chatted to Sofia she was candid, down to earth and just blissfully excited that her stylish designs are capturing the

attention of the world.

How did you get started in fashion – how did you find your calling?

I've always wanted to work in fashion but I actually grew up in the fruit and veg industry with family. I worked for the family business for many, many years and fashion is just something I've always wanted to do but I never had the confidence to do it.

I watched your clip from the *Today Show* where you were in the fruit and veg shop in your sexy dresses – I'm guessing you weren't that passionate about fashion that you generally went to work like that?

That was funny, really funny, and all of the customers were just looking at us like 'what the hell?' Hair and make-up every day, yes – but not the dresses!

I was actually working in the fruit shop across the road from Vanilla, which is in the Oakleigh Market, and then I moved back to Adelaide when I was 22 because my grandfather passed away. It was then that I started the fashion business. I started going to sewing school and knew that I wanted to go in a new direction with my life.

He was definitely my motivation; I moved in with my grandmother to take care of her after he passed away and I think that when he passed I just knew that I had to do something different. My grandpa always told me not to stay in the fruit and veg industry because he could see that it wasn't for me, and that's kind of what motivated me to follow my passion.

That's wonderful that he encouraged you to follow your heart and not in the footsteps of the family business.

Yes – that's exactly right. He said to me, 'if you are going to do something then do something that people don't really do'. I thought about it for so long and now, well, here I am. You know, at the start a lot of people kept telling me that there wasn't really anywhere to go in fashion or that I wouldn't make it in fashion. Especially when people just saw me working on the farm, and they knew that I'd only grown up on a farm and never really done anything outside of the box, so it came as a bit of a shock to a lot of people.

Where do you draw your inspiration from?

I'm really inspired by the girls that we dress. I've always loved dresses; my closet is 99.9% dresses, randomly there's a cardigan flying around. Even in winter I wear dresses, it's just something that I've always loved.

Even as a teenager I used to re-create my dresses and wear them out.

And is the Greek clothing market something you would like to tap into, do you get much inspiration from your Greek heritage? Do your family have a lot of 'Greekness' going on in everyday life?

I have definitely grown up very Australianised but a lot of people say that because of the summer-feel we always have, especially with the colours, it's something you would feel happy wearing in Greece, there is no doubt about that.





Sofia's timeless designs have caught the attention of Khloe Kardashian who has helped showcase her dresses to a huge international scene

You're working closely with your cousin LEANNDA KAPIRIS now, where would you like to see the business go?

Our main goal is to become established, because we are still an unestablished label. We definitely want more stockists and we are definitely looking at opening up an SCK store in one of the bigger states. That's one of my ultimate goals.

Maybe a pop-up store, I think that might be an ideal way to look at how we'd go before buying a store.



What kind of style can we expect from a Sofia Kapiris dress?

I like to think that my designs always have a bit of sexiness to them but I don't push the boundaries. I keep things at a level where they are still classy and sophisticated. So if the dress has a deep back I will keep the hem at a certain length. And I always think about that when I am designing. My dresses look amazing on girls with curves and I think a lot of girls, when they see a figure hugging dress, are a bit hesitant, but I've had a lot of girls say, 'wow you've made me feel so confident in a dress'.

When I design a dress it takes me ages because I am so fussy where seams lines are and where certain things go and that's why girls love the feel of my dresses

I think Khloe Kardashian has been really good advertising for these women finding my dresses, and she has just requested another five so we are pretty excited about that, we're just waiting to see her in them now. We can't wait!

Should we watch for you on the runways of the fashion show circuit in the future?

Well, we've just been accepted into the Adelaide Fashion Festival in October. We were also chosen as a finalist for the emerging designer of the year category, which is really exciting! And I'd love to be in Mercedes Benz fashion week. That would be amazing; I would definitely love to apply next year.



What are your favourite styles and fabrics?

I use a lot of stretch fabrics, they are definitely my favourites but in the future I definitely want to get into using beautiful flowing sheer chiffon and start bringing out some more tailored pieces. We're bringing out swimwear this season, that's exciting. But I will also always stick to what I really love, which is my stretch jersey fitted dresses – they will always be my first priority.

You love a more classic style in your designs; do you think more women are heading in the direction of classic looks and clothes that suit them more as opposed to following what the latest trend is?

Yeah I do, I don't look at trends at all, I don't even wonder what is coming out each season. I just do whatever I want – even with colours. I see the colour palettes and I would probably dress in the opposite way knowing that everyone is going to be doing that.

Apart from Khloe Kardashian you have some other amazing women wearing your dresses, how does that feel?

Yes, Maria Menounos from *Extra TV*, Loren Pope who is a famous DJ and reality television star, Jasmin Walia in London – it's amazing, it's such an honour! Especially when you watch these people on television before you even get approached by them.

How do you want girls to feel when they head out in a SCK dress?

Look, I'm not the most confident person, I've always been more on the shy side, so the thing with my dresses is that when a girl wears them they do get looked at, they do stand out and I don't think you have to have the confidence. I just hope that the dresses give girls that confidence to feel sexy when they go out and to feel amazing.

SKD are available online or at Greenlove Boutique, Bentliegh and Banshee, Reservoir.
www.sckbysofiakapiris.com.au



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GARY MEHIGAN

By RAQUEL NEOFIT



Favourites

There aren't too many people who wouldn't recognise the friendly face of **GARY MEHIGAN** from channel Ten's *Masterchef* and a string of television appearances, commercials and cookbooks – his public persona is one that is well-loved by many admiring Aussies. But how much do we know about the inner workings of chef and restaurateur, Gary Mehigan? As *Masterchef* came to an end this season, we caught up with Gary while he spent a day on the Mornington Peninsula and discovered his hobbies, loves and passions...

Gary, let's start with *Masterchef*, how much personal and emotional investment do you put into the contestants as the series progresses?

We have to invest, there's no choice, especially if I'm to enjoy what I'm doing. I love what I'm doing and I'm 47 years old now, and I promised myself that if I don't love what I'm doing then I have to change. You know, life's too short and I'm very engaged in food. I love food on all levels, whether it's travel and eating out at a local café, the restaurants that I run, or the people I know, and I see *Masterchef* as an extension of that industry, in all honesty.

We've got a second workplace and group of people that we invest our time in heavily, and we want them to succeed.

And it's really important, especially at the start, that I can visualise what their dreams are, what they're trying to achieve.

How difficult is it to deliver the hard news towards the end of the show when only a few people remain? We've noticed that you seem to be a little more forward and tougher with them this season.

I don't think I'm tough. I think I've always tried to be fair and also a little practical about what my ideas are. You know, George is always a bit out-there and offering advice that's a bit left of field, but I try to be straight down the line and say what I think. I try not to be mean and destroy someone's confidence though, so I always try to finish with a positive.





I believe in these people, I believe in their stories, what they're trying to achieve. I believe in them as cooks and I want them to succeed.

When you see someone like Amelia put up something like that little re-work of a baklava, where she did a frozen parfait with deliciously crisp sugary filo wafers, and then you see someone like George eat it and go, 'Oh my God, that's one of the best versions I've ever seen', then you believe it.

I'm into it, I'm buying into it. I know that this girl, for example, has got a creative pastry brain that is in the top five percent of all of us as cooks, and it's because she's thinking about it, she inspired about it.

I think that's why probably I'm a little serious sometimes. I go, 'Right, okay Amelia, what do you want to do? What does it look like? What's the dream and, how can I get you there?' There are a lot of critics out there. You know, all of us in the business, all of us professionals, we're like, 'Oh yeah, well it's all right for them, they're in a creative bubble, all they're doing is thinking about food and we've got real stuff to do'.

You're really sharing their ups and downs.

Absolutely and I hope that translates to the viewers and they buy in themselves – I get offended sometimes when I click onto twitter and I see negative tweets about it. Then I have to put it all into perspective and see the thousand positives and only the few negatives.

People say, 'Oh, there's too much emotion', and all this rubbish and I go, 'No, what's food without emotion? What's food without a story? What's food without a connection?' I think that I've got to be an educator at some sub-level because we don't want to go back to the Australia where we didn't know what baklava was, or we didn't know what fennel seed or black cardamom was. Or when we didn't understand that Indian food isn't just Indian food, it's an amalgamation of a huge continent of many states and many styles – it adds to our lifestyle and it's really important that we keep on forwarding forward.

Is it hard not to pick favourites?

I'm not hard on myself about picking favourites. I must say, I'm a terrible predictor of picking the winner though. So I suppose the thrill of the competition is in what we call, the lap of the food gods. We refer all important decisions to the food gods and they normally make the right decisions. Essentially, whatever is the most delicious wins, but it can throw up surprises left right and centre.

Speaking of food Gods, let's move onto *Boy's Weekend*, will we ever see another one?



Boy's Weekend – Adrian Richardson, Manu Feidel, Miguel Maestre and Gary Mehigan

Oh God, that's going way back. I don't know – we'd all love to obviously, and honestly, we're all good mates still. We all eat in each other's restaurants and catch up on a fairly regular basis.

We're all part of the same industry and we're all thrilled that we're on prime time telly, even though the press think we're all in competition, but we catch up and go, 'Well, how's it all going and what's happening, and what are you doing'? The best thing was the producer turning around to us and he said quite seriously, 'Now boys, this actually isn't a boys' weekend, you're supposed to be working!'

And we were like, what do you mean, it is? Yeah, we had way too much fun (laughing).

We all enjoyed it so much. We all live for food so it couldn't get much better. And I actually feel the same way with George and Matt. I feel that we've shared some food experiences that are utterly unique and that have never made it to TV. I remember when we went to London and we went to the Fat Duck and ate seventeen courses, and we looked at each other and we went, yep, you know, this is what it's about for a bunch of foodies. And I felt the same way with *Boy's Weekend*, I feel privileged, I honestly do.



While we're on the fun stuff, let's move into bikes – tell me about your bikes and what it is that makes you love them?

I've always loved bikes, I started when I was sixteen. My first bike was a Honda G125 single push rod – it was obviously a piece of rubbish to be honest, but I traded it pretty quick and went up from there.

I had a T400, a VT 500s, Honda Fire Blade and a VTR Firestorm to name a few, and I've now got a Luxton, which is a café racer, and I've got a s1000rr, which is a very pointed superbike that I use for the track.

I didn't picture you on a sports bike... where are your favourite places to ride?

Yeah, no, well, I'm just a very chubby middle aged man on a very fast bike, really! My favourite rides are up through Marysville to Lake Mountain. The Reefton Spur, the Black Spur, the old road up through Toolangi and Christmas Hills. I love going back through Lorne and Deans March. But I think my favourite spot is when it's really quiet on a Sunday through the Black Spur, stopping in Marysville for breakfast and a coffee, and heading up the mountain. I don't know, it's a release you know – I love it. I get down to the track every so often, maybe five times a year – to be naughty – but in a safer environment.

Where do you draw your food inspiration from?

A little bit of everything to be honest, I'm a cookbook fanatic, I love to travel – you know, every destination I ever go to is about food. If I go out to the Yarra Valley, unless I'm on a bike ride, it's never really about going to a concert, it's all about the Yarra Valley cheese dairy or going to Kennedy & Wilson Chocolates or the Healesville Hotel. I'll drive down to Mornington and it's all about picking fruit or a visit to Ten Minutes by Tractor. This year I'm going to France on my holiday and it's simply because of the food, I'm just food obsessed and there's no hope. It's a slippery slope and I'm on it, and I'm travelling fast!

And it tastes good...

And it tastes great! (Laughing)

Where are you spending most of your time these days?

We've got a new venture called 64 Sutton, which is the home of our catering company, Big Kitchen Events. It's a big kind of canteen - it's huge - it's in Sutton Street, off Boundry Road in the grungy end of North Melbourne, and we've got high hopes. Everything's going to be touched by a little smoke, a little flame and a bit of fun.

Essentially, it's a massive kitchen in a warehouse and it's what we call a workers' canteen, which has a smoky-flamed urban feel. It's kind of a rough property - it's all rough brick pillars and very industrial. Back in the boom time, that building was the centre of export for Victorian wool – it's an interesting space, really cool.

Favourites – How did you narrow down the recipe choices?

You know what? I sat down and over a week or so I wrote down everything that I love to eat, everything! And my tastes can be fairly eclectic. I love chilli, I love bread, burgers, anything from a stir fry to a very technical dish with tiny little vegetables, aioli, barramundi and a slow cooked egg.



It really is an accumulation of anything from comfort, to crazy, and this really has been the most enjoyable book I've done so far. It's been a pleasure to photograph; John Laurie, who was the photographer, has managed to capture the lightness and brightness of the dishes. I've got feature pages where they are just kind of loose recipes that are intended just to inspire – so I've got eggs in four dishes, like a fried egg with snake beans and fried shallots and some chilli sambal, or a trout omelette with water cress. It was a pleasure to do and I whittled those three hundred recipes down to one hundred.

I always think recipes are like road maps, they're a guide – I use recipe books and I flip through them for inspiration, and I might grab one tiny element off a dish and just take that away. And that's what I want people to do with my book.

You know, one of the greatest thrills I have, and it didn't strike me until I'd written my second book, is that it goes into the national library and it's there for eternity. I don't know what it is about writing books but that is my biggest thrill, when people borrow it at the library! I love it!



ALEX LYKOS

ALEX and EVE on THE **BIG** SCREEN

By NIKITA BALLAS

Photos by MATT BILLY



How was *Alex and Eve* born? Was this your first play?

I had spent my first few years writing screenplays, however, I soon realised getting a film made is very difficult. I wanted to know if I was any good at telling stories. A friend of mine, Elena Stamoulis, suggested I write for the stage, her logic being that at least there is a greater chance of seeing my story on the stage. I wrote *Alex and Eve* in 2005. I approached several local theatre groups, however, they all said that *Alex and Eve* wasn't funny enough. Elena Stamoulis suggested we put the play on ourselves. I had no idea about putting on a play nor did I have any real desire to stage my own work. Left with no alternative, I wrote a 'smaller' play, *The Negotiating Table* and we staged that at the Cat and Fiddle in Balmain. A shoebox downstairs of a bar. The play did well and sold out its season (capacity of venue, forty). We then took the profits of that play and staged *Alex and Eve* in July of 2006 at Sidetrack Theatre (a venue known for multicultural theatre). We didn't know what we had. The opening night was basically friends and family. They laughed, but of course they were biased. The turning point came on the first Friday show. We had an audience of about eighty, but these were hot bodies (paying audience) and they really resonated with the play... and they laughed. We brought the play back for a longer season in 2008 at the Sidetrack Theatre. A couple of months later we moved to the larger Factory Theatre (capacity four hundred) and the show really took off. In 2009 we premiered *Alex and Eve: The Wedding*. The season went on for about three months culminating in a sold out performance at Enmore Theatre. In 2010 we toured *Alex and Eve* and in 2011 we premiered *Alex and Eve: The Baby*.

It's been a long journey...

The *Alex and Eve* trilogy has been a memorable journey. The cast of *Adam and Eve* have become family and we have shared so many wonderful experiences together. Two examples I would like to highlight are Chloe Lakiss and Anne Marie Cavaco. Chloe came to the show in 2008 as a sixteen year old. I knew her mother, Janette, and she mentioned her daughter was into acting. She came in and played the role of Rima, and it was clear she was a natural talent. Watching her evolve over the years into a fine young adult and culminating in playing the role of Rima in the *Alex and Eve* movie has been a most rewarding experience. She is also a singer. She will be a major player in the performing arts for years to come. Anne Marie's mother, Sylvia, played the role of the Greek mother. Not having a baby sitter, Anne Marie tagged along as a fourteen year old and would do her homework while we rehearsed. She had a love for the arts so I soon deferred to her for a third eye. Not long after, she was stage managing the show. And when Chloe started university, Anne Marie took over the role of Rima and she too grew with each performance on stage, which culminated in her playing the role of Eve's sister in the *Alex and Eve* movie. I am very proud of these two young artists. They reflect what *Alex and Eve* has always been about.

You have certainly struck a chord with the theme...

Yes, the public have resonated with the story, which has been nice. More than that, they have laughed along with the characters as perhaps they have related to them.



Andrea Demetriades (in white) in Lakemba during filming of *Alex and Eve*.
Photo: Damian Shaw



Was there any controversy?

Before we first performed the show, friends and relatives would warn me that the Muslims will be offended and could create trouble. I tried to make sure that none of the comedy was ever offensive.

How was the decision made to adapt it into a film?

As the show built momentum, people started saying it would make a great film. Then Bill Kritharas, after coming to see the show, proposed we make the film.

Did you give it a new angle in the screenplay?

No, I just merged *Alex and Eve* and *Alex and Eve: The Wedding* and then looked to make it more cinematic. For example, the Harbour Bridge features in the movie and is symbolic of the merging of two cultures.

How did you go about funding the project?

It was a very, very difficult and long process, and we primarily funded it privately.

Tell us about the creative team.

The producer is Murray Fahey, who has experience in low budget filmmaking, and the director is Peter Andrikidis, who has been directing for over twenty-five years and directed *Wog Boy: Kings Of Mykonos*, *East West 101*, *Grass Roots*, *Underbelly*.

Richard Brancatisano



Was casting easy?

Casting was a tricky process. We cast Richard Brancatisano in the role of Alex and Andrea Demetriades in the role of Eve. The chemistry between the two was fantastic. Tony Nikolopoulos plays the Greek father and Helen Chebatte plays the Lebanese father. I play Alex's older brother, which was quiet surreal.

When can we expect the release?

There is no set release date although we are looking at the first half of 2015.

You also have a new stage play project in the pipeline.

We are currently rehearsing my new play *It's War*, about a couple of neighbours warring. Neighbourhood disputes bring out the worst in people so I enjoyed exploring the farcical and absurd nature of the characters in the play. Ego, ego, ego. For an outsider looking in, the pettiness is hilarious. The show opens in Sydney on the 9th October and hopefully, if it goes well, we can bring it to Melbourne.



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21st GREEK FILM FESTIVAL



BY THE GREEK FILM FESTIVAL TEAM

THE DELPHI BANK GREEK FILM FESTIVAL TURNS TWENTY-ONE THIS YEAR, RETURNING ONCE AGAIN WITH AN OUTSTANDING PROGRAM OF CONTEMPORARY GREEK CINEMA, FEATURING AN ECLECTIC MIX OF OUTRAGEOUS COMEDIES, DARING DRAMAS, LOCAL AND INTERNATIONAL SHORTS, AS WELL AS AN ANIMATED SHORTS PROGRAM FOR KIDS.

Since its establishment in 1993, the Greek Film Festival has grown into one of the most celebrated cultural events of the year, with audiences returning annually to see the latest cinematic offerings from Greece and the Diaspora. The new wave of Greek cinema – which emerged in the wake of the country's economic hardship – continues to strengthen, appearing at major international film festivals across the globe where they have received numerous awards. Young filmmakers with a fresh vision continue to challenge cultural standards, creating a crop of unconventional, creatively daring films that explore contemporary issues with youthful vigour.

The Greek Film Festival will continue to highlight this cinematic renaissance by screening a selection of imaginative features, shorts and documentaries. This year we open with Greece's entry for Best Foreign Film at the Oscars, Pantelis Voulgaris' *Little England*, bringing to life the eponymous novel of romance, betrayal, intrigue, passion and loss as penned by his wife, Ioanna Karystiani. Producer Giannis Iakovidis and lead actor, Andreas Constantinou, will travel to Melbourne to introduce the film and join Opening Night celebrations.

The DELPHI BANK GREEK FILM FESTIVAL runs from 15 OCTOBER – 2 NOVEMBER 2014.

Palace Cinema Como

299 Toorak Rd, South Yarra

www.greekfilmfestival.com.au

The Greek Film Festival is an event of The Greek Community of Melbourne.

LITTLE ENGLAND

DIR. PANTELIS VOULGARIS, 2013

Veteran filmmaker, Pantelis Voulgaris, brings to life a harrowing tale of lost love, based on the novel of the same name, as penned by his wife, Ioanna Karystiani.

Set on the island of Andros on the brink of the Second World War, *Little England* illustrates the lives of the local women, which are dominated by long periods of isolation brought on by the seafaring nature of the island's economy, while two sisters – the quiet and reticent Orsa (Pinelopi Tsilika) and the extroverted Moshca (Sofia Kokkali) – become unwittingly entangled in a love triangle that develops with life-shattering consequences.

A truly lavish period drama, sumptuously photographed by Simos Sarketzis and scored by Katerina Polemi, *Little England* captures the stark beauty of wind-swept Andros, full of breathtaking scenery and driven by powerful lead performances.



OPENING NIGHT EVENT

Wednesday 15 October, 6:30pm

Palace Cinema Como, 299 Toorak Road, South Yarra

\$55 / \$50 Greek Community Premium Members

Includes screening of *Little England* plus official after party with food, drinks and live entertainment.



TICKETS ON SALE NOW

COMMITTED

DIR. STELANA KLIRIS, 2014

A chance meeting between George (Orestes Sophocleous) – a handsome 30-something under pressure to propose to his girlfriend – and the devastatingly beautiful bride (Melia Kreiling) – who has bailed on her groom-to-be on their wedding day – forces two strangers to confront their hang-ups about love, marriage, insecurity and commitment. They set off on an unforgettable road trip across Cyprus and embark on an odyssey into self-discovery in the process.

Part-crowdfunded, Stelana Kliris' debut feature is an unconventional and moving – but ultimately light-hearted – romantic comedy about modern-day relationships. A passion project from start to finish, *Committed* is testament to a new breed of Cypriot filmmakers determined to bring their visions to cinema screens and keep their film industry alive.



XENIA

DIR. PANOS H. KOUTRAS, 2014

After the death of their Albanian mother, two brothers – the flamboyantly gay, 16 year-old Danny (Kostas Nikouli) and golden-voiced 18 year-old Odysseas (Nikos Gelia) – leave Athens on a journey to Thessaloniki. Their mission: to locate their biological father in an attempt to avoid deportation to Albania.

Marginalised in everyday Greek society, Danny also sees the upcoming Thessaloniki heats of the cult television talent show, *Greek Star* as their ticket to acceptance and a way out of the uncompromising realities of modern Grecian life.

Premiering to considerable acclaim in this year's Un Certain Regard at Cannes, *Xenia* delves deeply into patriarchy, homosexuality and immigrant rights, speaking as clearly to Australian audiences as it does to Greeks.

MISS VIOLENCE

DIR. ALEXANDROS AVRANAS, 2013

Winner of the coveted Silver Lion for Best Director at the Venice Film Festival, this macabre tale unearths the dark secret of a family navigating life after the death of a daughter.

In a stunning opening sequence, 11-year-old Angeliki jumps off the balcony to her death with a smile on her face. As the authorities attempt to discover what led to her actions, her seemingly stoic family insist it was an accident, their odd behaviour in the face of tragedy belying something far more horrific.

A bleak yet powerful drama, *Miss Violence* explores one family's dysfunction as it echoes that of wider Greek society in the wake of crisis.



BOOKS FOR COOKS, TRAVELLERS AND LIFESTYLE LOVERS...



REAL FIT FOOD ANDI LEW

Heart to Heart Publishing
RRP 29.95 E-book 13.95
www.realfitfood.com

Andi Lew is back again, true to her own fashion and style with her fourth book on health and nutrition in her chatty, to the point, no nonsense manner that we love. She delivers the all-important know-how on maintaining 'a summer body all year round', with intelligent nutrition, fitness and training advice. Andi busts through new myths this time around, and gives us the low-down on preservatives, chemicals and sugar. But don't forget the good stuff – she also shares her delicious recipes for a divine breakfast cake, cocofrio ice cream spiders, and a healthy-devious choccy nutty crunch dessert.

FROZEN YOGHURT

CONSTANCE AND MATHILDE LORENZI
Murdoch | RRP 29.95



Nothing beats a frozen creamy treat on a sun-drenched day and *Frozen Yoghurt* really hits the mark! And these two girls aren't afraid to share the knowledge they've amassed from running their own Paris based frozen yoghurt shop, Chez it Mylk. It's full of flavour, approachable, and better yet – they spill the beans on making the best yoghurt even without a churner!

Think flavours like frozen tatin, lemon pie, crème brûlée, coco-marroons and salidou and churros.

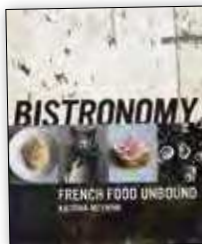
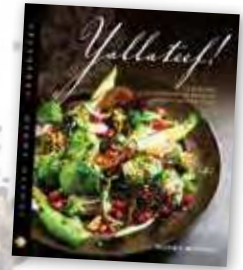


YALLATEEF!

MARWA MAKOOL
RRP 29.95

Yallateef! – an exclamation of delight in Lebanese, and that is exactly what you will do when you open Marwa Makool's first cookbook. The recipes are deliciously Middle Eastern with a modern day approachability and simplicity. Marwa has poured her heart and soul into this delicious little Middle Eastern foray and many of the secrets of her infamous (in the southern parts of Melbourne at any rate) bakery and café Oasis.

Beautifully photographed you'll find flavourful tagine's, pomegranate jewelled rice and chickpea salad, lamb kafta's and her delightful Lebanese doughnuts, all with her special touches on the classics with easy to follow instructions.



BISTRONOMY FRENCH FOOD UNBOUND

KATRINA MEYNINK
Murdoch | RRP 49.95

Australian food writer and author, Katrina Meynink, has put

together a cracking story about the French bistronomy movement. Her intriguing narratives throughout the book have you reading it more like a food novel than a cookbook and I found myself flipping to the next section just to read whatever it was she had to say next. Katrina tells us that this book, just like bistronomy itself, is about 'food and community, not the thread count of tablecloths'. And the recipes included aren't too shabby either, generously given from inspiring French chefs.



CAIRO KITCHEN

SUZANNE ZEIDY
Hardie Grant | RRP 49.95

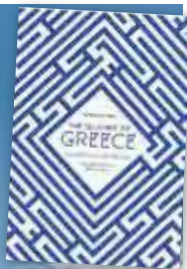
Inspired by the street food of Cairo, Suzanne is truly sharing the real food of Egypt with us in this glorious photo heavy book. I can't help but get swept away with its Middle Eastern heart and soul, and it was hard to choose what to cook first! The colours and the freshness of the food and photos are inspiring.



THE ISLANDS OF GREECE

REBECCA SEAL
Hardie Grant | RRP 45.00

A delicious foray through the food traditions of the islands of Greece, the photography in this book is a reminiscing walk through the classical dishes (and towns) that are cooked and served throughout the Greek Islands.



J'AMIE LONDON

DUCASSE, ALAIN
Hardie Grant | RRP 59.99

Okay, so London is far from a local foray but this is one impressive book for those who love food and travel. Glossy, photo heavy and inspiring, it showcases 100 culinary destinations for food lovers in London – hand-picked by Alain himself. This is my kind of armchair travel!



HOLIDAY AT HOME

MR JASON GRANT
Hardie Grant | RRP 45.00

Flip to any page of this gloriously bright holiday book (or captioned photo album), and the photographs and colour will instantly seduce you into a holiday mood. Light and inspiring, it's the perfect 'take me there' book. Find a sunny spot, grab your favourite chilled drink, and settle in for some serious holiday love and inspiration. Perfect for those embarking on a spring clean with us here at Vanilla!



SWEET
ALISON THOMPSON
Penguin / Lantern
RRP 49.95

Oh my, we may have a slight problem here, albeit a good one. What to cook? There are so many delicious desserts crammed into the pages of this book, I just don't know where to start and exuding richness at all levels you'll be swept away. Dessert ideas like raspberry meringue tarts and orange creme brulee. Not to mention the ice creams and granite. Invitingly delicious!



GOOD WITHOUT GLUTEN

FRÈDÉRIQUE JULES,
JENNIFER LEPOUTRE AND
MITSURU YANASE
Murdoch | RRP 29.99

I don't really get overly excited by the idea of a gluten free cookbook, or even a gluten free recipe for that matter, but this trio from Parisian restaurant, *No Glu* have caught my attention. This book is full of deliciousness and a must for any gluten-evader!





★★★★ FOTOROMANZO ★★★★★

WHAT'S YOUR STORY

VANILLA MAGAZINE PRESENTS FOTOROMANZO 'WHAT'S YOUR STORY'

KONSTANTINA ALEVERS | DEANOS IAKOVIS | LOIDA LIMBERIS | STEPHANIE ISLE

CHRIS ROUBOS | MARK SCERI | PATRICK ARCERI | CHRISTINA ANGELICA MACR. | JUSTIN ISLE AND NIKITA BALLAS

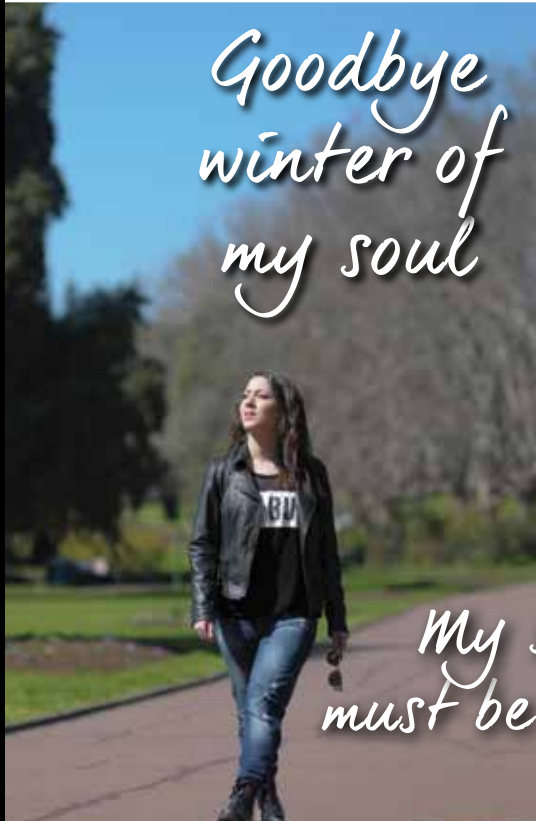
CONSULTANT DEANOS IAKOVIS | 2ND UNIT JACK MURTAGH

DESIGN ADELE VRANTSES | PHOTOGRAPHY CON MILONAS [CON MILONAS PHOTOGRAPHY]

WRITTEN AND DIRECTED BY NIKITA BALLAS

 VANILLA
MAGAZINE

VANILLALOUNGE.COM.AU/VANILLA-MAGAZINE



*Goodbye
winter of
my soul*

*My spirit
is no
longer
cold*

*My story
must be told*

*To those
that
want
to hear*

Time to rise
and shine

I'm neither
the first
nor
the
last

Leaving
behind
my
past

For a new
country

For new
beginnings

For new
loves

As the river
flows

So must
time

Be paid its dues

Yet in
my
lonelines

I am not alone!





As the journey carries on



I play this new song



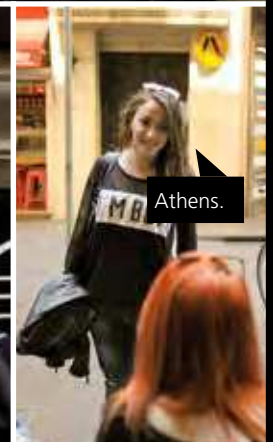
Friends all around meeee...



Nice song!



Where you from?



Athens.



Sweet... How long you been here?

Just arrived...



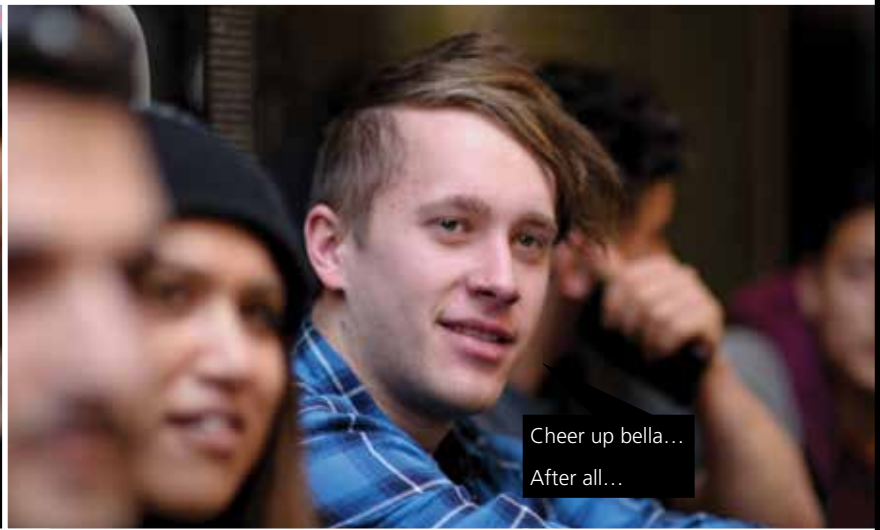
So what's your story?



Depression... You know...



That sucks...



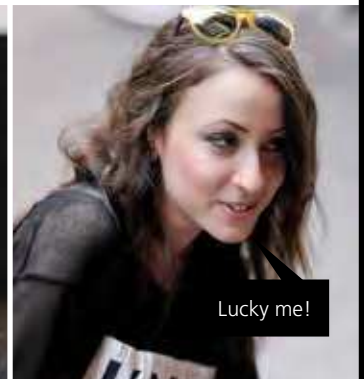
Cheer up bella... After all...



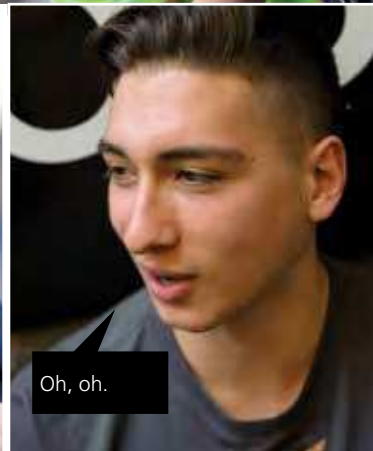
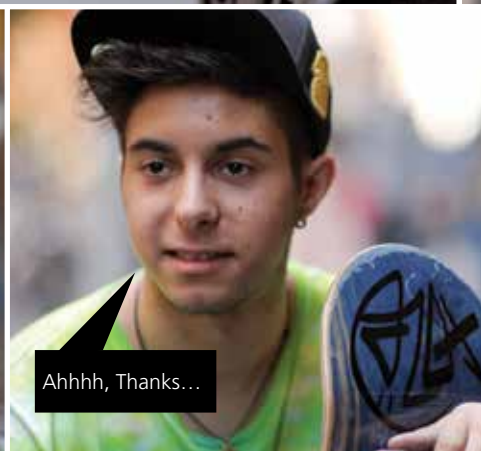
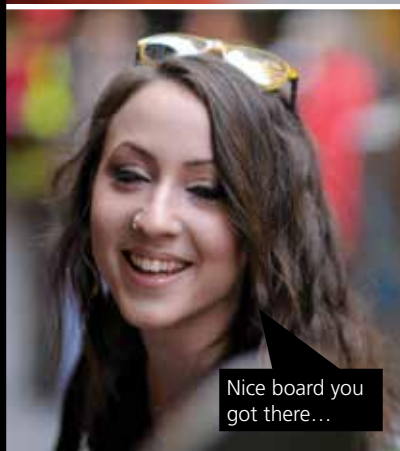
Now you are in the most liveable city!



With possibilities infinite in every direction.



Lucky me!





So... what's your passion?



Painting, drawing...



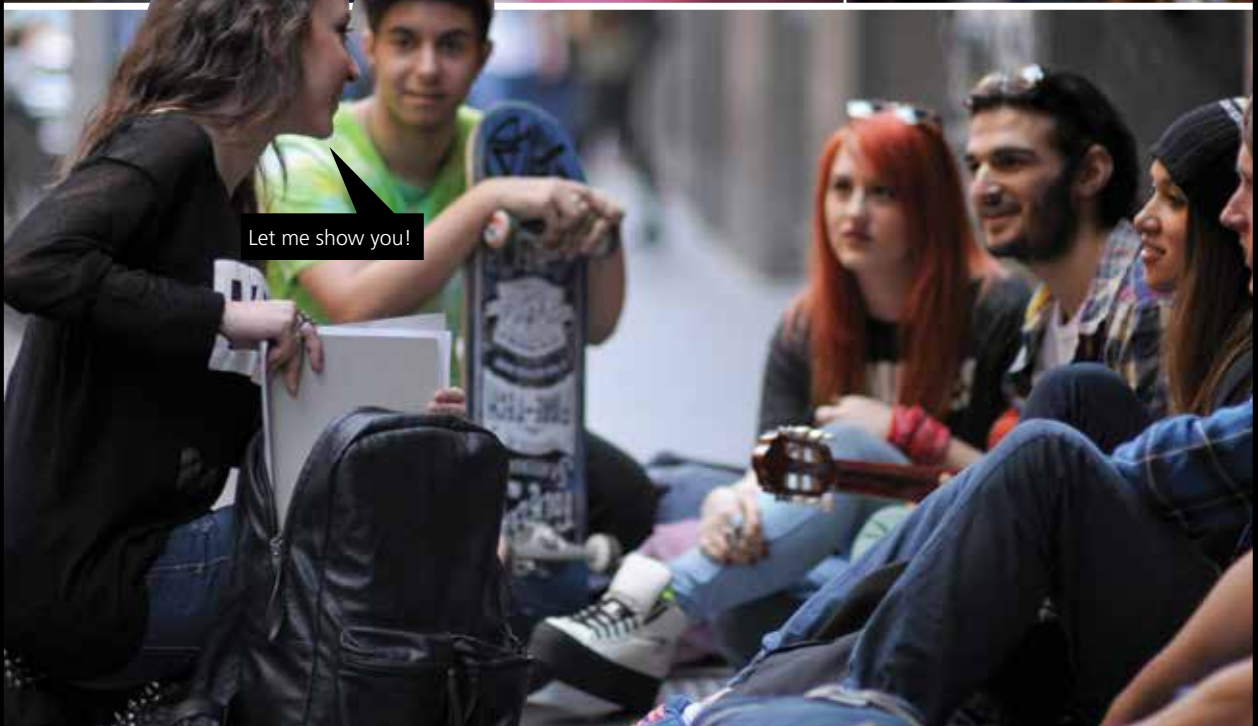
What do you draw?



Mainly people, I love capturing feelings...



That's awesome!



Let me show you!



This is the last one I did.



What do you think?



Haunting...

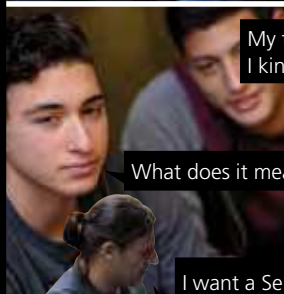
Amazing!



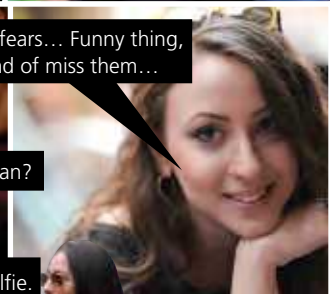
Gimme a look...



Trippy!



What does it mean?



My fears... Funny thing, I kind of miss them...



I know the feeling...



What would us musicians do without it!



Here?

I want a Selfie.

Yeah...



I love the energy.



Right here!



Ok, let's see...



One more...



Hey there!



CLICK



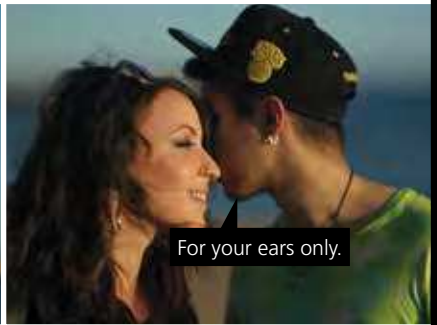
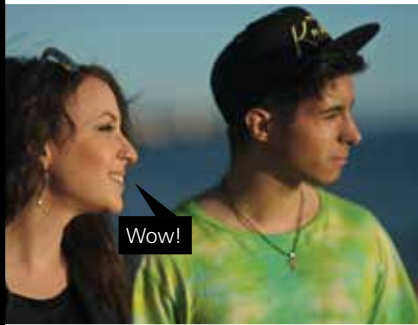
She has no idea!

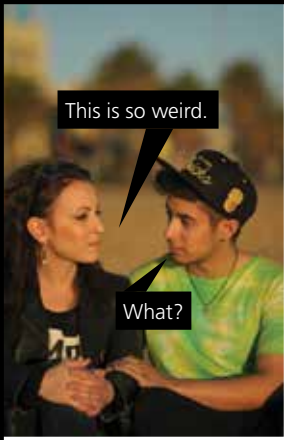


Totally oblivious!



I miss that.





Music, for me, is like a beautiful rainbow with many colours... it knows no nationalities, no barriers, no frontiers. Because music has its own language: the language of love, of freedom, of the dream, but above all, of hope.

– **GEORGE PERRIS**

GEORGE PERRIS

PICTURE THIS!

By ROULA KRIKELLIS and
NICK GEORGOPOULOS
(RYTHMOS 1656AM)

This year it was Australia's turn to be enchanted by young international crossover pop crooner **George Perris**.

After recently releasing his debut English album with DECCA RECORDS (Universal Music), titled *Picture This* and DVD, *Live in New York*, he toured as a special guest with Tina Arena on her national Reset Tour this year.

Needless to say, he visited Oakleigh during his Melbourne stay...



George Perris © Rythmos with Roula and Nick

Were you born singing?

You could say that! My parents divorced early and I was raised by my mother who, as a novelist and artist herself, had a good insight into how to nurture my love for music. I remember when I was only three-and-a-half I told her I wanted to become a singer, and even though she told me, 'Okay, go to your room, tidy that mess up and then we talk about it', the next day she took me to a music school, and that's how I started learning the piano.

Who was your first idol?

Nana Mouskouri! I grew up listening to her music. She has influenced my voice, my music and my character more than any other artist. Her and Maria Kallas.



Nana Mouskouri

Have you met her?

I fondly remember performing with Lara Fabian in the huge Zenith arena in Paris, and after the concert she came up to me and gave me great encouragement and praise. It was very sweet of her. Two months ago we met in Greece and had a nice chat. The young kid inside me was having a party because she is the reason why I sing. She is my biggest idol. It is as simple as that.

And Mimis Plessas discovered you...

I was introduced to Mimis just before I turned eighteen. It's actually a funny story; a common friend called him one day and told him he had to check me out and Mimis replied, 'tell your friend he is very lucky because I have decided as of tomorrow I will no longer be running auditions for new singers. So get him to my house today!' So I jumped in a cab and an hour later I was singing in front of him. He took me under his wing and next thing I knew I was performing with him on a long tour throughout Greece and Cyprus. Mimis for me is family, he is the person that initiated me into the music industry.

Then came Lara!

Yep, Lara Fabian is my other idol. When I was a teenager I fell in love with this woman. She was twenty-seven at the time. A gorgeous, beautiful singer with an amazing voice. To me she is one of the five most beautiful voices in the world, and she also writes her own songs and is a great performer. So at that time if you had asked me who do you want to meet, Barbra Streisand or Lara Fabian, I would have chosen Lara for sure.



George Perris and Lara Fabian

Well, my dream came true and two years later I met her in Athens and we became very good friends. We are like family, very close. She also wrote a song for me in this new album. We have a lot of fun together, she has a wicked sense of humour. Lara is the person who inspired me to write my own songs. I saw this young person writing her own songs, having the courage to take her own music out there, and that greatly encouraged me.

Tell us about Mario Frangoulis and his influences on your life?

I met Mario Frangoulis in 2006. It was a very troubled time for me because I had just left EMI – (my record label in Greece) – at that time, and also my manager. So I was very lost. I was getting a lot of pressure to become something other than what I really am, but Mario told me, 'You don't have to listen to me, your label or your manager, your family or friends, or anyone else. Look at yourself in the mirror and listen to yourself, because you are the only person who knows what is right for you.' So he basically made me sing the repertoire that I wanted to sing, and I will be forever grateful to him for that. Friends like Mario, Lara, Mimi and other close friends like Alkistis Protopsalti, I call them family, because that's what we are.

Actually, I am very happy to tell you that after many years I will again be singing with Mario. We are going to Thailand and Turkey in October for a number of concerts, and I am very excited. It will be a lot of fun being on stage again with Mario.



George Perris and Mario Frangoulis





Your first album was in Greek...

On my first album I actually had a theme song for a popular TV drama series called *Erotas*. This song, *Paizei o Erotas* (Love is playing), became my first big hit. The second one was a live album produced by Alkistis Protopsalti. It was a great honour for me to work with Alkistis. Being in the studio with her was a wonderful experience. She is the most professional singer we have in Greece.



Alkistis Protopsalti

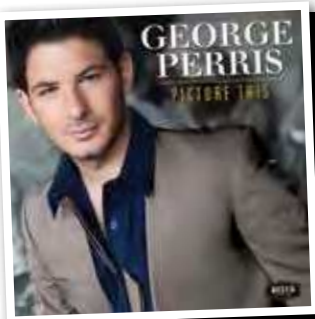
How did your bilingual experience as you were growing up influence your singing style?

I grew up in two cultures. I would go to Greek school, speak Greek with my friends and when I would come back home

it would all switch to French. I feel 100% Greek and 100% French if that makes sense. Rather than being a disadvantage, having two roots, so to speak, enriched my personality and sense of self. And, of course, musically I was listening to Alkistis and other greats like Mano Hatzidaki and Dimitra Galani while also being nurtured by the likes of Édith Piaf and Nana Mouskouri, of course, who sings in many languages. At home we always had classical music playing in the background, which also greatly influenced me. Music has no boundaries and is not limited by the language in which it is performed. I remember singing Greek to a Russian audience and tears would flow down their cheeks. Music has its own language that speaks directly into the soul.

You also love opera, how did that come about?

I discovered opera when I was twelve. My French grandmother had just passed away and my mum brought home her record collection and there I discovered Maria Kallas. I was astounded at how so much wisdom and magic could be contained in a voice. So that's how I discovered the beauty of opera, and at that time I decided that I wanted to become a classical singer and I heavily studied classical music. But in due time I realised that as great as opera is, its repertoire can be restrictive, so I needed to explore other styles of music in which I could freely express myself.



Recorded in Los Angeles, New York, London, Prague, Montreal and Athens, **Picture This** showcases some of the world's best talents coming together for one of the year's most anticipated releases. The DVD was recorded at Jazz at Lincoln Centre in The Allen Room from and received its first commercial release.

Il Divo), Simon Hale (Bjork, Tina Arena, Jamiroquai), and Michael 'Smidi' Smith (Coldplay, Haim, Chris Young). This fresh approach to adult pop features the participation of The Prague Symphony Orchestra and includes 14 tracks, three of which are co-written by Perris. George's uniquely powerful yet pure voice is the perfect instrument to interpret the genuine emotion of his songs.

Perris was born in Athens to a Greek father and a French mother and has performed around the world in some of the most prestigious concert halls. He previously released three albums in Greek and one album in French, but the multi-lingual Perris believes music transcends all boundaries.

The first official single from the album is the classic *I Will Wait For You*, taken from the celebrated French film *The Umbrellas of Cherbourg* and written by Michel Legrand with lyrics by Jacques Demy and Norman Gimbel.

Picture This represents Perris' first collaboration with a host of global producers, writers, arrangers and mixers including Mark Portmann (Barbra Streisand, Celine Dion, Christina Aguilera), Marco Marinangeli (Josh Groban,

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VANILLA

CAKES AND LOUNGE



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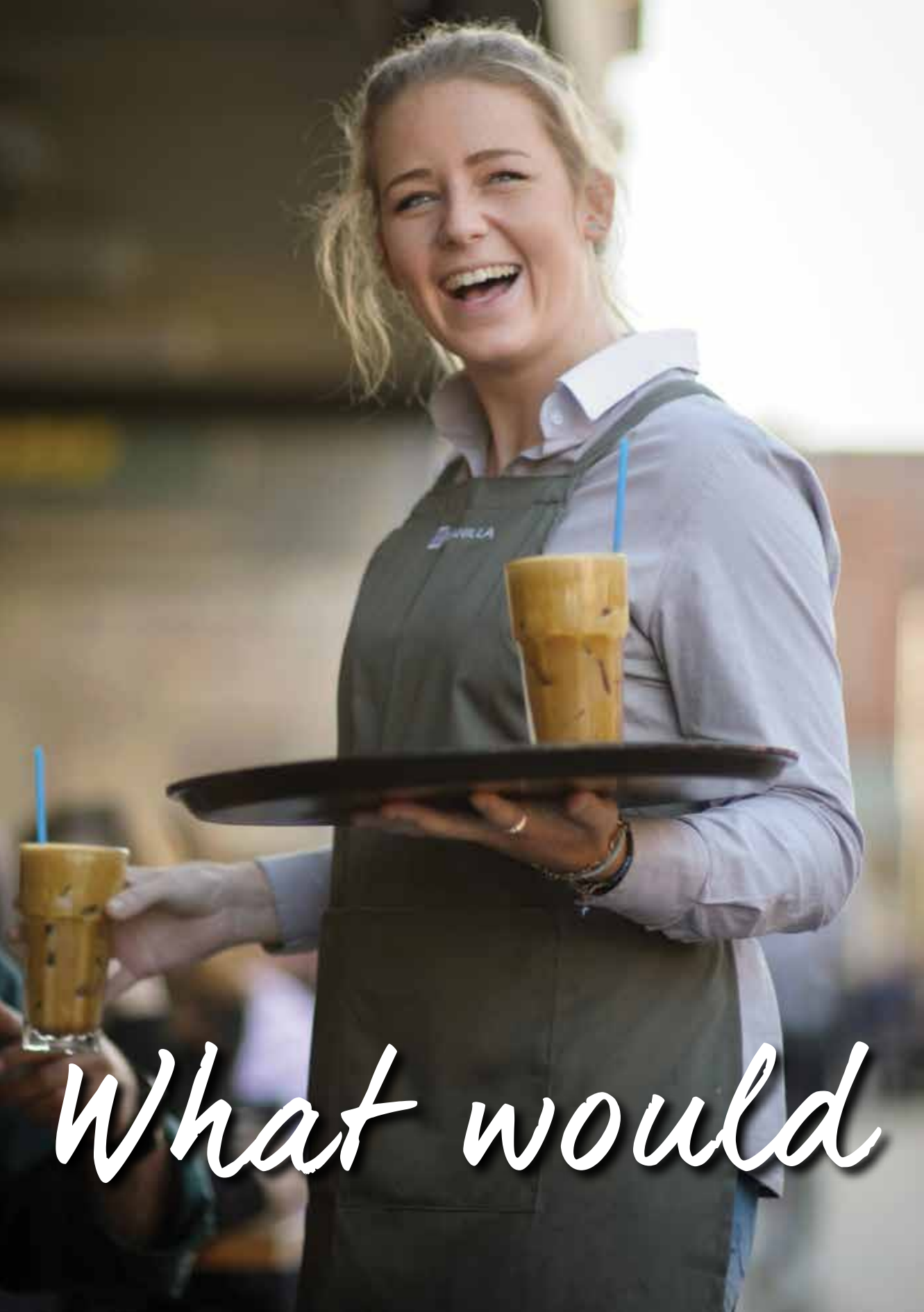
VANILLA BAKEHOUSE

Made with

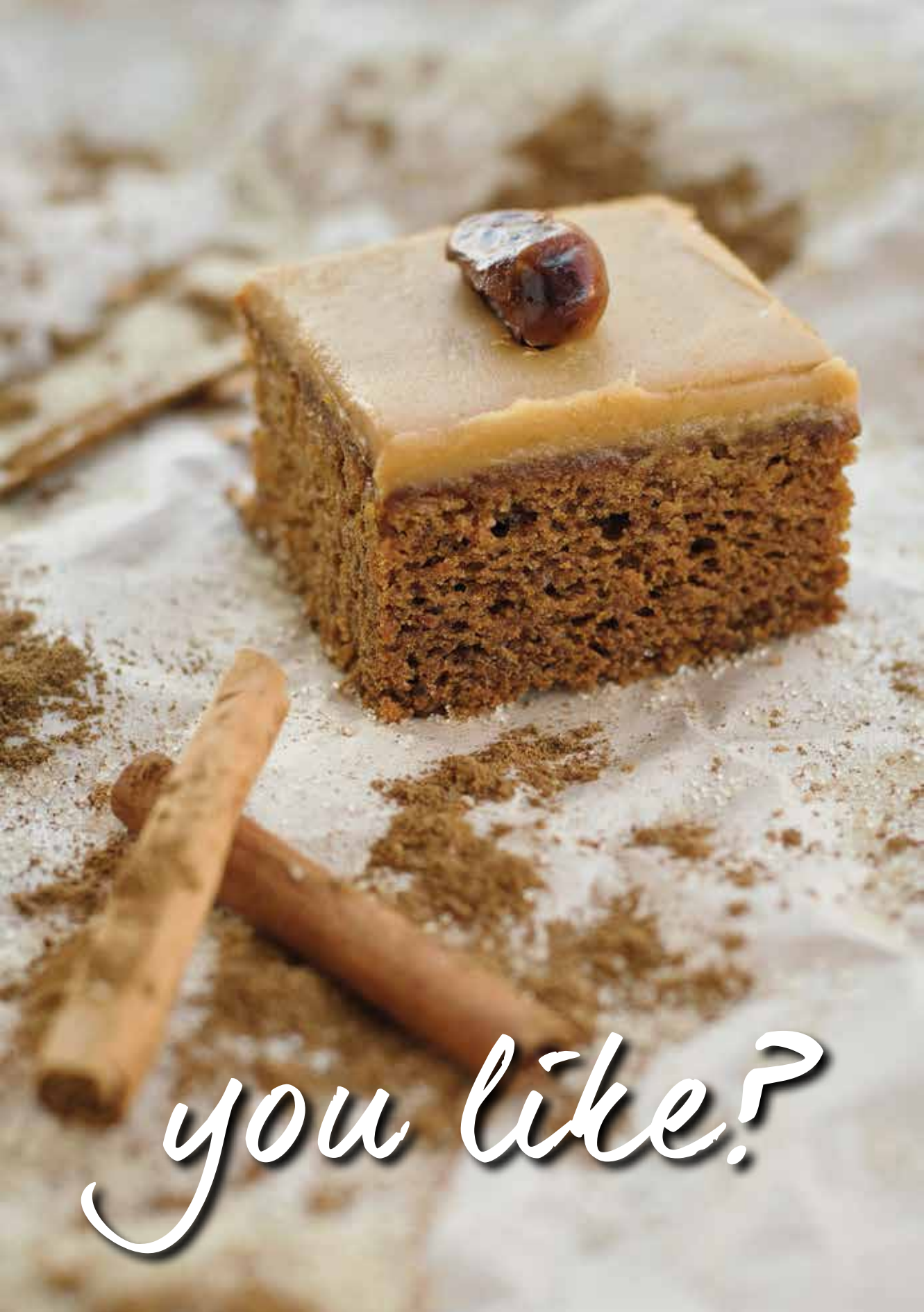
A close-up photograph of a dessert. The central focus is a swirl of white cream, likely whipped cream, topped with a single Oreo cookie. The background is filled with a dense, intricate pattern of dark chocolate shavings or shavings, creating a textured, web-like appearance. Other similar treats are visible in the background, slightly out of focus, suggesting a larger batch of the dessert.

Love





What would

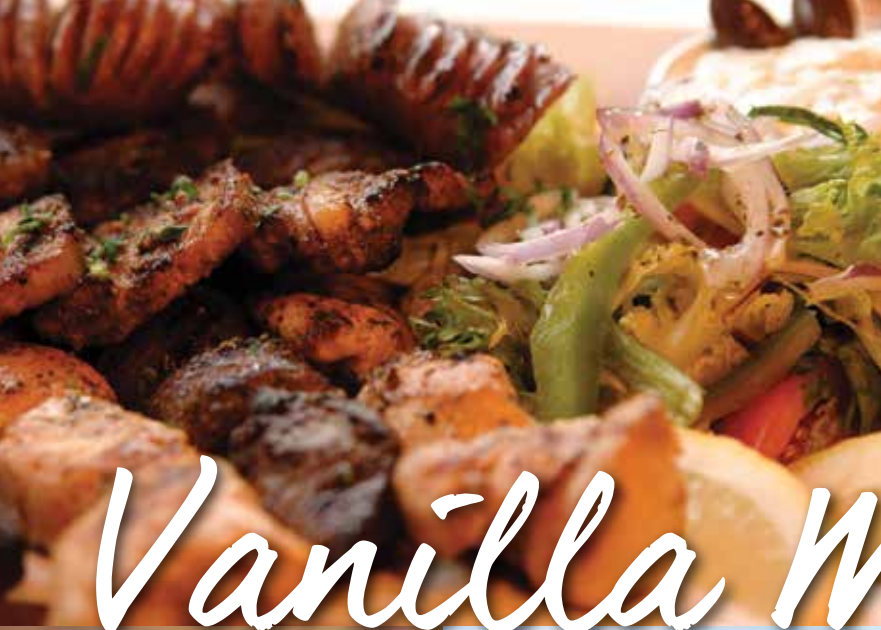


you like?



A close-up photograph of a breakfast meal. In the foreground, a piece of a golden-brown, flaky baked good, possibly a croissant or a small loaf, is being held by a silver fork. The baked good has a slightly charred top and a soft, porous interior. In the background, a white cup filled with a dark liquid, likely coffee, is visible. The entire scene is set on a white plate. The text "Breakfast @ Vanilla" is overlaid in a black, cursive font on the right side of the image.

*Breakfast @
Vanilla*



Vanilla Menu





Serbian My Table

By **RAQUEL NEOFIT**

Meet *Vanilla regular*,

VIVIENNE POLYKANDRITIS,

born to Serbian parents who migrated to Australia in the sixties, she was brought up on the food of her parents' homeland her entire life.

As with all great European cuisines, traditional recipes and methods differ throughout the regions but they remain the same in essence. Their cuisine is characterised as one of the great peasant foods, and they are clever at making the most of what they have. Serbian food shares influences with many of the great Mediterranean and Central European cuisines – especially former Yugoslavia, Greece, Turkey, Austria and Hungary.

Think mountains of sauerkraut; shredded, fried and then cooked with onions, or encasing sarma, what we know as cabbage rolls, stuffed peppers/capsicums bursting with beef and rice, chevapi with ajvar (roasted red pepper relish) oodles of soups full of chicken and vegetables, and golden rounds of pita oozing with either spinach and cheese, cheese, potato, leek, cabbage or a sweet, sour cherry and apple filling.



Vivienne with a selection of cheese burek, chevapi (skinless sausages), ajvar (red pepper relish), and sauerkraut.

When it comes to times of celebration Vivienne tells us there is always a pig on a spit. It's just the Serbian way, and it's a standard joke with all Serbians that when you turn up to a function the menu is always the same; soup, sarma, pita and pig on a spit.



Punjene Paprike

(Stuffed Peppers) Serves 4

YOU WILL NEED;

- 8 red peppers
- 400gm beef or pork mince - or it can be a combo 200gm beef, 200gm pork
- 100gm rice
- 2 onions, chopped
- 1 egg
- 1 tbsp chopped parsley
- Salt or Vegeta and pepper to taste
- 1 tomato to close the peppers
- 1 cup of tomato paste or tomato juice
- 10 tbsp of oil
- 2 tbsp plain flour
- 1 tsp of ground red paprika (hot if preferred)
- Clove of garlic

METHOD

1. Fry finely chopped onions in five tablespoons of oil at high temperature. After a few minutes, add in mince, salt or Vegeta and pepper to taste, and continue to fry for another five minutes, pressing the meat with your spoon to make the pieces smaller.
2. Take it off the heat and add rice and an egg. Stir mixture well. Carefully spoon the mixture into the peppers to 2/3 of its height. Cover the top of each pepper with a slice of tomato. Place the filled peppers in a big pot or a deep baking dish.
3. In a small saucepan, heat five tablespoons of oil and add two tablespoons of flour. Stir it for about three minutes then quickly stir in the minced garlic and ground red paprika. Mix to a thin paste. Add the saucepan contents to the pot with the peppers, add tomato juice or paste and cover with some water. Sprinkle chopped parsley on the top.
4. Put the pot into the oven and leave it for 1 hour at 250 degrees Celsius. You can also cook it on the stove at a low temperature for 40-45 minutes.



The original Greek beer.

facebook.com/FIXbeer

SPRING INTO HEALTH!



By Joanna Psarakis



Over the winter months we overindulge in comfort foods, become less active and stay indoors. We all know the phrase **'you are what you eat'!**

What we eat plays a profound role on our health and wellness. Fresh fruit and veggies around spring time are amazingly nutritious and can gently detox and revitalise our body.

SPRING is considered the season of recharge, renewal and rebirth. In nature it's the season for preparing, planting and sprouting. A time when nature itself has undergone a detox and re-awakens. Thus making it the perfect time to reflect on your health and your life, to look at areas you wish to nurture, improve or change.

Each spring we take the time to 'spring clean' our home or workspace but what about our lives? What about our physical and mental health, our relationships. Spring is the time to shed the winter layers, to put away our coats and boots and enjoy the outdoors.

Get ready for the warmer months by recharging your diet, your body and your mind. Delve into things that will inspire you and reinvigorate your spirit. Spend more time outdoors and transform yourself by capturing the essence of spring!

Here are a few ideas to get you started and hopefully inspire a fresh start.

FOOD AND DRINK

You can't really fix your health until you fix your diet. Spring-time is the perfect springboard to shed some negative eating habits and freshen up our lifestyle. We should look at boosting our metabolism to help us to feel more energetic and healthy. Here are some tips to get you started...

- Get rid of 'junk food' from your pantry and instead opt for healthy snack foods
- Replace processed or prepackaged breakfast with smoothies, rolled oats, kefir, yoghurt and fresh fruit
- Eat an abundant amount of in-season fresh fruit and veggies and where possible buy organic to reduce ingestion of pesticides
- Increase your water intake to at least 1 litre for every 22kg of body weight
- Reduce or eliminate artificial or processed sugar. Healthier alternatives include organic rapadura sugar or coconut palm sugar
- Reduce intake of coffee and alcohol.



As **Walt Disney** famously once said

“the way to get started is to quit talking and begin doing.”



THE BODY

A healthy lifestyle isn't just about what you eat; looking after our body is just as important. This doesn't necessarily mean joining the nearest gym and working full tilt, but rather embracing the art of movement by engaging in an activity you will enjoy for at least 20-30 minutes a day. Ease your body back into shape. Focus on your sleeping habits. A good night's sleep is just as important as physical exercise. Our body revitalises and regains energy during sleep.

- Take time to enjoy the outdoors and breathe in some clean, fresh spring air
- Improve your sleep routine and get a good night's sleep. Aim for around eight hours
- Initiate movement by going for regular walks or engage in a sport that you love to do such as swimming, dancing, yoga, personal training
- Organise to spring clean your home (one area at a time) and get rid of clutter
- Plan catch ups with friends and loved ones
- Schedule in a remedial massage or foot detox.

THE MIND

We think and we feel - we experience hopes, dreams and fears. Our thoughts can have a powerful affect on our health and wellness and should never be underestimated. Some say we attract what we are resonating which basically means there is a direct link between our thoughts and our attitudes, affecting how we experience relationships and dictating what life brings to us.

Nourishing the mind and clearing it of unwanted clutter and stress is equally as important as looking after our physical body. As we learn to release emotional baggage we start to feel lighter and brighter, and begin to see life more clearly. The stronger we become emotionally the better we are able to handle adversity.

If the winter blues or life's tribulations have gotten you down, it's time to plant the seed of gratitude and positivity:

- Allow yourself to be still.
- Check in... Ask yourself 'how are my thoughts today?'
- Release old stress
- Nourish relaxation – this can be done through mediation or deep breathing
- Take time to do things that you enjoy and find stimulating – things that make you happy
- Follow your passions in life and allow yourself to be inspired
- Trust your intuition and be generous to yourself
- Give to others
- Have faith.

I don't know about you but I am totally ready for spring cleaning. Join me and let's get our body and mind moving and believe in the promise of spring!

“With the coming of the spring I am calm again“

Gustav Mahler.



Here's to new beginnings...

STRETCH-ABILITY

BY SEBASTIAN CURATORE

As I make my way around the gym helping people with their exercise programs and interacting with people, I feel a real sense of pride as I observe people of all ages working together and helping each other to progress. In particular though, I am impressed with how many people are taking our advice on stretching. You see stretching, even among athletes is one of the most underutilized components of exercise, yet it is one of the simplest and easiest ways to maintain a pain free existence.

I have helped many chronic pain sufferers rid their body from pains by teaching and motivating them to regularly perform specific stretches to suit their body and ailments. Coupled together with a friendly gym environment where others are performing similar exercises, the whole experience and chance of success has now risen considerably.

SOME OF THE BENEFITS OF STRETCHING ARE:

- Reduced muscle tension
- Increased range of movement in the joints
- Enhanced muscular coordination
- Increased circulation of the blood to various parts of the body
- Increased energy levels (resulting from increased circulation)
- Reduced risk of injury when exercising.

THERE ARE THREE WAYS YOU CAN STRETCH YOUR MUSCLES;

1. **Static Stretching** – this is where you bring your muscles to the point of tension, a toe touch for example. Hold for at least one minute then release. Repeat 2-3 times.
2. **Manual Stretch** – this is where the trainer actually stretches you. All you have to do is lie down and let the trainer do the work, this form of stretching is the most thorough as it allows you to relax.
3. **Ballistic or Dynamic Stretching** – this style of stretching includes stretches that are performed while in motion, things like kicking a football, dancing, playing tennis or martial arts, this kind of stretching is best left to the avid sportsman.

HOW TO GET STARTED:

The first thing to note is that muscles will always perform better when warm. Muscles can be compared to rubber tyres. When rubber is warm it is soft and pliable. On the contrary if rubber is cold it is stiff and inflexible. So start by doing about three or four minutes of step ups before you start stretching.

TAKING THE NEXT STEP, WHAT TO EXPECT:

Now that you have explored a little stretching on your own, it's time to really start bringing your body back into balance - specifically catering to any ongoing back, shoulder or neck pain. To do this you'll need to spend some time with your trainer. Three thirty minute lessons is a good start and puts you right on track with the clarity and service you need to succeed.

ONCE WARM, START WITH THE FOUR BASIC STRETCHES

1. Chest
2. Quadriceps
3. Hip Flexor
4. Hamstrings

Stretch the muscle as far as you feel comfortable then hold the stretch at that point of tension for around a minute. Repeat the same stretch for the same muscle group 2-3 times. Try to complete this mini routine 4-5 times a week. By the end of the week you should start to feel considerably looser or freer. (Visit the Jetts Facebook Page to watch the tutorial video on how to execute these stretches properly.)



WHAT TO EXPECT FROM A PT WHO FOCUS' ON STRETCHING;

In **Session 1** I would assess your posture, take a few measurements and give you a brief anatomy lesson that explains in simple terms how your body currently works. In this same session I will test how flexible your limbs are.

In **Session 2** I would spend a whole thirty minutes stretching the client manually, this allows them to relax and feel the immediate benefits of stretching when done properly. They walk away feeling very light on their feet.

Finally **Session 3** is where I teach the client how to stretch themselves so that they can make progress.

Let's face it; exercise does not come naturally for most. The motivation to initiate it, the courage to continue and also the brain power required to figure out what's-what is all too much effort for most people. That's why knowledge should come first. Knowledge gives you control over your body. Once your trainer teaches you which muscles you should be stretching and which you should be strengthening, all of a sudden things seem very achievable and it starts to make sense. This very knowledge is motivation within itself. Learning the facts opens the door to physical freedom, a door which I like to hold open for you.



SEBASTIAN CURATORE

Currently I am offering three half hour **personal sessions** for just **\$70**. Call **0412 558 978** to book your time now.

I have been a Personal Trainer since 2003 and have spent the last eleven years refining and researching the best ways to lose weight, rid back pain and achieve fitness levels to suit your age, circumstance or situation.



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BRONZERS

GOLD GLOW



As the weather starts to warm up, we feel the urge to bare our skin to the world. Skin, which for most of us is somewhat pasty and pale from hiding away all winter.

Enter the bronzer! In a matter of minutes you can transform your skin from ghostly to gorgeous without a trip to the tanner or a messy permanent fake tan in a can! You'll always find a bronzer stashed in my make-up bag – it's the ultimate go-to cover-all!

And they aren't just there to add colour to the pale skinned amongst us either, you can use them to tone and contour, or as a blush and eye shadow. It's great for a quick touch-up through the day too.

For the ultimate bronzing tips and tricks, we hit up our friends at **NAPOLEON**. Here's what they had to say...

Use bronzing powder to give natural warmth to the face, neck and even décolletage, dusting over the skin with a large soft brush.

To contour, use the Reflective Contour Brush and sweep beneath the cheekbones, temples and jaw line.

To bronze, use a slightly larger brush such as the Finishing Powder Brush, and sweep over the cheeks, jaw line and neck, and finish with a soft wash across the forehead and down the centre of the face where the sun naturally hits.

Use the bronzer to fuse a smoky eye and help create a beautifully blended look. Use the sculpting brush to softly sweep the bronzer through the socket or lower lash line.



NAPOLEON – find your gorgeous glam bronzed-glow with Napoleon's Bronze Patrol – the marbling throughout the bronzer means it will suit all skin tones and looks pretty chic. It blends beautifully too.

RPR \$60.00

www.napoleonperdis.com/aus



BODY SHOP – Love this Body Shop Bronzer – great coverage, easy application, a great natural colour and better yet, The Body Shop have announced a reduction in the price of their entire collection, making it super affordable!

RPR \$22.95

www.thebodyshop.com.au



L'OREAL – L'Oréal's Glam Bronze is a dream to apply, even on the run! It has a natural tone and is easy to build up the colour anywhere on your body.

RPR \$24.95

www.lorealparis.com.au

COSMETIC CLEAN OUT

As we freshen-up throughout spring, one place we usually tend to overlook is our make-up bag, but it's also a very important area for a spring clean.

Cosmetics that have been hanging around in the back of a drawer for years lose their lustre and aren't so good for your skin or your appearance. Don't just top up with new ones, throw out the old ones!

Replacing an entire make-up collection might be an expensive endeavour but there are a few tricks to keep up your sleeve.

Firstly, look to the essentials – is your mascara thick and clumpy? Time to go. Is your bronzer so compacted and dry that you need to scrape your brush over it to get some off? Time to go. Is your foundation a different shade to your skin? Time for a new season colour assessment.

By replacing the essentials your base will shine and give you a beautiful complexion to build on, and at this time of the year – look for a deal. Most major cosmetics companies will offer complimentary make-up sets with purchases that contain some great new-season colours, one less out-lay to freshen up your beauty bag!

Double dip – find other applications for your products. Eye shadow can make a brilliant eye liner with the right brush. For a subtle lash-line, just dampen an angled brush and apply the shadow along the lash line. By dampening the brush first the colour will darken and create a gorgeous line. It's a great way to create a smoky-eye with darker colours.

Not all beauty products need to cost a small fortune – do some research and you'll be surprised what you find. Did you know that Napoleon have an affordable range? And it's good, really good! NP Set was developed for those who can't or don't want to spend in the higher dollar realms - you can still find luxury brand cosmetics that will make skin shine at a fraction of the price.

NP Set is stocked at Myer, selected Target and BIG W Stores, Terry White, Amcal and selected independent stockists.

And a couple of well-placed brushes will make a huge difference to the application of your cosmetics.



SPRING COLOURS

Sexy shades of bright pink and touches of orange are the buzz this spring for lips. On the eyes it's all about cool matt pastels and saturated primary colours. Reds, oranges and pinks compile the primaries, with purples, blues and spearmints in the line-up for the pastel shades. Team your pastels with a dewy, tinted moisturiser to create a dreamy daytime glow.



Get the **latest spring look** this season



Photo courtesy of Napoleon Perdis

HOT SPRING HAIR



BY ALEXANDRA KANANTZIDIS

In this issue, we team up with hair stylist Alexandra from Model Look Hair and Beauty to discover what's hot on the runway for spring and summer! Alexandra tells us that the trick to achieving that glamour runway look that we're all after comes down to giving your hair a naturally beautiful soft edge...

The number one runway look for this season is that soft and sexy bed-hair look or the 'just left the beach on a hot summer's day, sexy style. Your hair should have a soft messy wave with a muddled and untidy texture, great for the upcoming warm weather while spending your days outside in the sun. Perfect for those summer festivities or a gorgeous spring day at the races!

If you want to style things up and add some glamour to your do, use a curling iron to create soft locks – great for any occasion – day or night.



You'll be amazed at how easy it is to achieve smooth flowing curls.

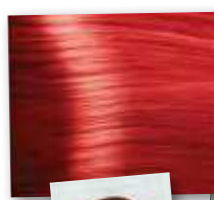
A grungy braid will suit someone that loves to add that texture and messiness to their hair with a high shimmer or matte finish, or smoothing things out with a sleek, shiny ponytail is always a classy way to go.

As we gradually ease into the warmer seasons there will always be a style that will suit your hair type and colour.



Keeping informed with the latest styles in hot hair this season doesn't just mean styling but also colour - look to honey blondes and easily maintained balayages with warmer tones creeping through.

Going bold and beautiful with all shades of red and copper is hot this season and will embellish your eyes. Sophisticated chocolate browns with caramel and highlights shining through the bottom will give you softness and elegance. For a bit of edginess, pastels are in and we'll see lots of lilac shades to add some character to blonde tones.



BEACH WAVE SENSATION

HOW-TO FOR SEXY BEACH HAIR



Want to achieve that sexy, grungy look after a day at the beach? Well, read on. It can take a little practice but with some persistence, the right products and the right techniques, you'll be sporting 'just left the beach hair' everyday.

METHOD ONE – SALT SPRAY / TEXTURE SPRAY

Salt sprays are fantastic for adding texture and volume to your hair and will suit pretty much any hair type. Most people have a slight wave to their hair and salt sprays really pick up those waves and add great texture to them.

It's all about experimenting with different methods to find out what works best for you.

The best method in my experience, is to towel dry your hair, first then apply the salt spray and give it a good scrunch with your fingers.

Allowing your hair to dry naturally is best. For hair types that need an extra push you can use a diffuser. This technique will look great the next day, but if needed you can give it a quick spritz with some more salt spray.

METHOD TWO – BARREL CURLING IRON / STANDARD CURLING IRON / FLAT IRON

Using any of these three heat appliances will also create a beach hair look. Keep in mind we want to create a loose curl, and to achieve that you need to use a larger appliance with less holding time.

After washing your hair, apply heat protector with a mousse or texture spray and dry your hair off with a hair dryer.

Once dry, section your hair at the point you would like to start.

With the appliance of your choice, grab a three finger width section of hair and wrap the hair around the curling iron, hold it for a few seconds and let it go, gliding the curling iron down the hair. Repeat this step throughout your hair.


METHOD THREE – PLAIT / TWIST / BUN


This method works well when you can set it overnight, or at least for the length of time you are getting ready, effortlessly giving you messy beach hair.

On damp hair, apply some salt spray, then either section your hair in the middle or together, both ways work well, or tie your hair in a low messy bun or braid.

Let it set for as long as you can, and once it has dried take it out and manipulate it with your fingers, adding some extra salt spray to give it a muddled, sexy, untidy beach look.

For a full 'how to' contact **Model Look Beauty and Hair**.

 [facebook.com/modellook.beautyandhair.by.alexandra](https://www.facebook.com/modellook.beautyandhair.by.alexandra)

 [modellookbeautyandhair](https://www.instagram.com/modellookbeautyandhair)

A texturizing salt spray makes all the difference when you're trying to create beach hair and these featured sprays really hit the mark where salty, sexy locks are desired!



L to R

Fudge Urban Salt Spray **RRP** \$19.95

Redken Signature Looks Fashion Waves 07 **RRP** \$30.95

L'oreal Professionnel TecniART Wild Stylers Beach Waves **RRP** \$33.00

Pureology Highlight Stylist Sea Kissed Texturizer Salt-Free Tousle Mist **RRP** \$32.95

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DRESSING FOR YOUR BODY SHAPE

BY ALEX LAMBADARIDIS OF STYLE GRAMMAR | alex@stylegrammar.com.au



Do you sometimes feel that, no matter how many clothes you have you still can't seem to put together an outfit in which you feel 100% comfortable and confident? Or that maybe your closet is dominated by one colour or one style of clothing?

The solution to these dilemmas could be as simple as discovering what styles and colours of clothing suit you and your body shape!

Dressing for your body shape is all about creating a visual balance. No matter what shape your body is, embracing

it is the first step to dressing well. The second step is recognising that size really doesn't matter, but shape does! And, the final step is identifying your body shape and choosing items that flatter and accentuate your best features.

One thing to keep in mind is that most women are never going to perfectly fit into a single body shape category. You need to consider body proportions and where you carry more or less weight.

Use the following descriptions as a fluid framework and remember that you can use tips from more than one category to your advantage.

HOUR GLASS

The most curvaceous shape and considered by most as the ideal shape.

Features: Hips and shoulders are relatively the same width with a defined waist that is relatively smaller than hips and shoulders; typically the same size top and bottom.

Aims when styling: Try to retain shape and maintain vertical balance; your best asset is your curves, so make sure they are highlighted.

Styles that suit hour-glass: Luckily, you can wear almost everything!

- Fitted dresses (but not overly tight)
- Belts that accentuate the waist/hourglass shape
- Thin, lightweight styles and fabrics
- Pencil skirts and high waisted skirts to flatter hips
- Wrap dresses to highlight the curves
- A peplum detail on a skirt creates a line down from the waist line to the hip, which will exaggerate your curvy hips
- Most cuts of jeans: skinny or straight leg jeans that skim the thigh and cropped at the ankle; bootcut jeans will balance the curves
- High waisted, wide-legged trousers will emphasise the curve of your hip without making your bottom half look big
- Diagonal draping from waist to hip will accentuate curves and can also disguise the tummy area
- For a fuller bust, keep the look streamlined with some tailored panels or simple silhouettes.

Avoid: Baggy clothes that make you lose shape, bulky tops and thick fabrics on the top half, don't over exaggerate your shape by wearing very tight fitting clothes.

FAMOUS HOURGLASS SHAPES: Beyonce, Salma Hayek, Scarlett Johansson, Halle Berry, Kate Winslet.



RECTANGLE

Regarded as the athletic body.

Features: The waist, hip and shoulder widths are similar and usually on the slim side.

Aims when styling: You need to create shape by visually widening both hips and shoulders as well as defining your waist or, as in most cases, creating a waist.

Styles that suit rectangles:

- Layering is ideal especially on thinner frames
- Peplums are good to create shape
- Any cut of jeans suit
- Scoop necks and sweetheart necklines are good for creating shape and curves
- Long jackets create a lean look; opt for structured ones that cinch in at the waist with a belt
- Tops with collars, ruffles and details to flatter the chest
- Dresses with ruching can create the illusion of curves; semi-fitted dresses in a soft fabric to create the illusion of curves; an empire or raised waist works best
- A wide or patterned yoke will give your shoulders a welcome broader appearance
- Round toed shoes are perfect for the rectangle body shape to add extra curve to the ensemble.

Avoid: Overwhelming styles, low rise jeans and trousers that may make your torso appear too long.

FAMOUS RECTANGLE SHAPES: Natalie Portman, Cameron Diaz, Kate Hudson, Hilary Swank, Keira Knightley.



TRIANGLE

More commonly known as the pear shape.

Features: Shoulders are narrower than the hips; bottom is rounded and waist is well defined.

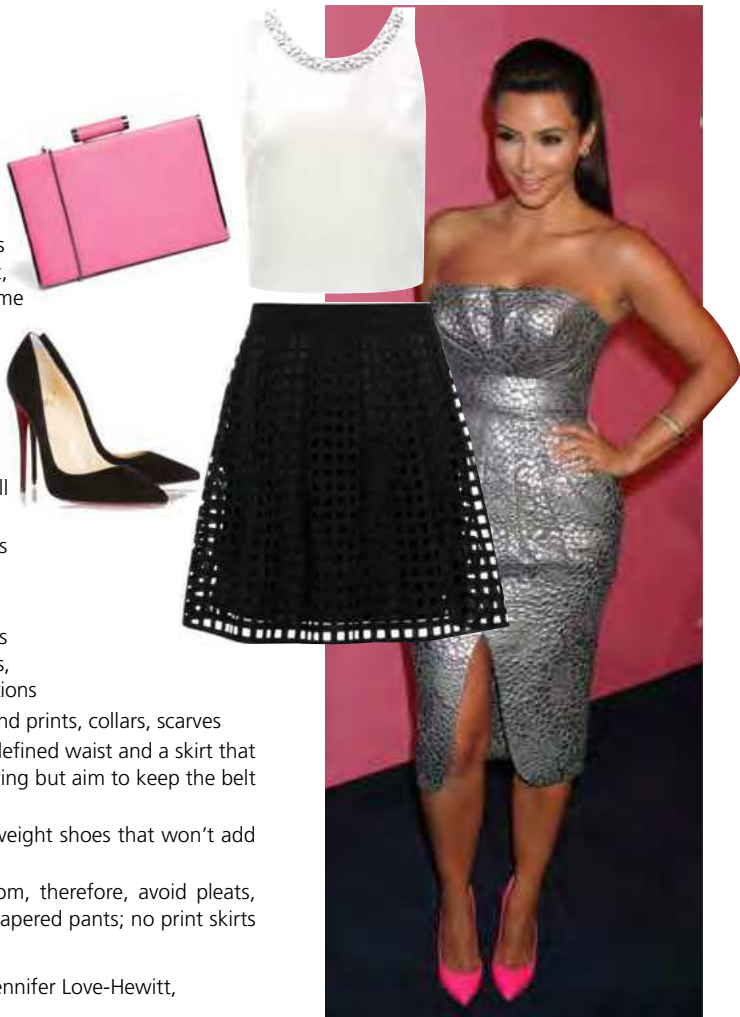
Aims when styling: You want to draw attention to the upper half of your body. Balance your hips and shoulders by elongating your figure to look less bottom-heavy. Make sure you don't lose your waist, you need to emphasise the waist and arms. Add volume to your shoulders and upper body to minimise hips

Styles that suit triangles:

- Cardigans that end just above the buttocks
- Structured jackets and blazers that end right above the waist, or just below the hips
- A-line skirts, which camouflage wider hips but still define the waist
- Lighter coloured tops and darker coloured bottoms
- Clean, tailored pants with a flat front
- Boot cut or straight leg jeans
- Experiment with different necklines such as plunging, boat necks, square and cowl necklines, and wear strapless dresses to even out the proportions
- Detailing on the top such as ruffles, fun colours and prints, collars, scarves
- Opt for dresses with semi-fitted to fitted tops, a defined waist and a skirt that skims the hips; belted dresses are the most flattering but aim to keep the belt width under five centimetres
- Pointy-toed shoes to elongate legs or slim, lightweight shoes that won't add extra bulk to the lower body.

Avoid: Problem areas are usually the legs and bottom, therefore, avoid pleats, pockets and details on the hips; no cargo, capri and tapered pants; no print skirts or pants; no tube or pencil skirts.

FAMOUS PEAR SHAPES: Kim Kardashian, Eva Mendes, Jennifer Love-Hewitt, Katherine Heigl, Rihanna.



INVERTED TRIANGLE

The 'swimmer's' body.

Features: Proportionally larger upper body, broad chest and wide shoulders which are large in proportion to a narrow waist and hips. Some inverted triangles have a straight waist and flat bottom, whereas others have a defined waist and curvier bottom; best asset is legs.

Aims when styling: You need to create the illusion of a waist and accentuate your lower body while softening your shoulders and upper body. Creating curvature on the bottom can define your waist, especially if your bust is fuller.

Styles that suit inverted triangles:

- Patterns and brighter colours on the bottom half
- Wide-leg pants, cargo and harem pants
- Jeans: boot cut, straight leg, relaxed skinny leg
- Cigarette style pants tend to look better than skinny styles because they balance out your top half
- Full skirts, high waisted styles, anything that will make the hips and thighs look fuller and rounder, which includes flouncy details such as ruffles, tiers, and pleats to flared cut bottom hems
- Nipped jackets, tops and sweaters to create the illusion of curvy hips and a smaller defined waist; keep lapels on jackets and coats small and relatively refined because oversized collars and lapels tend to make shoulders look broader
- Soft, drapey and weighty fabrics will soften shoulders, also try layering a lace trim camisole underneath a cardigan to draw the eye away from chest and shoulders
- Wide straps on tops
- Collarless shirts.

Avoid: Skinny jeans, unless they are balanced with boots, shoe string straps, batwings, patterns, bulky knits, boat neckline tops, thick knit sweaters, shoulder pads or strong shoulder details.



FAMOUS INVERTED TRIANGLES: Naomi Campbell, Demi Moore, Renee Zellweger, Teri Hatcher.

COLOUR



An important factor to consider when dressing is colour - choosing the right colours for your skin tone and features is just as important as choosing the right style of clothing for your shape. Things to take into consideration when choosing colours are: your skin tone, eye and hair colour.

If your skin has hints of apricot or golden undertones, this means you are warm toned. If your skin is slightly pink or rosy, this means you are cool toned.

Warm toned people suit earthy colours like bronze, brown, red, orange, yellow and olive. White also works very well on warm tones, especially ivory and oyster white.

Cool toned people suit bold reds, plums and raspberries, deep greens, and royal blues. However, cool tones can also look great in soft pastel hues like baby pink and baby blue. Pure white is also a good match for cool skin tones.

The staple shade we all have in our wardrobes is black! Almost all of us love wearing black as it is slimming, elegant, classy and just easy to wear. However, on some people, it can be quite draining so, as long as it is worn smartly, anyone can wear black. For example, it can be quite draining on warm tones, therefore it is ideal to wear it away from the face or broken up by something in between, like a coloured scarf or a striking necklace.



OVAL

Also known as the apple shape.

Features: Waist is generally wider than the shoulders and hips; most of the weight accumulates above the hips, which are narrow. Back, ribs and shoulders are broad, legs are thin and bottom is usually flat.

Aims when styling: To elongate the mid-section and create the illusion of a smaller waist and to emphasise strong points such as legs and bust.

Styles that suit oval/apple body shapes:

- Monochromatic looks
- Vertical lines
- V-neck tops and low neck lines to create the illusion of a longer torso
- Belts to accentuate the smallest part of waist
- Empire line tops and dresses to conceal tummy bulge
- Classic, longer jackets or trench coats, blazers that button up just below the waist
- Boot cut and flared jeans to create an even line from shoulders down
- Skirts to show off legs (knee or even calf length) and draw attention away from the midsection
- Dresses featuring elements that will create the illusion of a waist like ruching, horizontal or diagonal patterns
- Shoes with a substantial stacked heel or wedge to anchor the look.



Avoid: Volume and pattern (except for muted patterns) stay away from anything with a defined waist like short, boxy jackets, tight fitted, pleated, or tiered skirts, short skirts, which will make you look blocky

FAMOUS OVAL/APPLE SHAPES: Drew Barrymore, Jennifer Hudson, Queen Latifah, Eva Longoria, Melanie Griffith, Catherine Zeta-Jones.

FASHION IMAGES CURTOSY OF WWW.POLYVORE.COM

JEWELRY

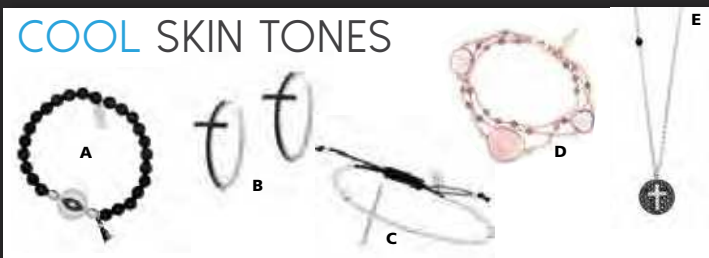
Jewelry is like an extension of your personality and expresses your style more than you think! Therefore, it really is important to get it right.

In terms of metals, cool toned people suit silver, white gold and platinum whereas warm toned people suit rose gold, yellow gold and copper.

Wearing the right colour gemstones is also important. Cool tones suit blue based gemstones such as pinks, reds, purples and some greens. For example: amethyst, sapphire, pink sapphire, onyx, and brilliant white pearls. Any gemstones with a yellow base - orange, brown, yellow, and earthy reds - suit warm tones. For example: smoky quartz, amber, citrine, ruby, emerald and jade.



COOL SKIN TONES



WARM SKIN TONES: **A:** 'Rosario' pink gold plated earrings with colour synthetic stones, **B:** 'Lithos' gold plated ring with citrine, **C:** 'Idolo' chain necklace, pink gold plated with Fatima hand sign with onyx, **D:** 'Apeiro' cord bracelet, pink gold plated with infinity shape motif, **E:** 'Lithos' gold plated bracelet with smokey quartz

COOL SKIN TONES: **A:** 'Idolo' silver bracelet, **B:** 'Aperitto' silver earrings, rhodium plated with cross shaped motif and black spinels, **C:** 'Aperitto' silver cord bracelet, rhodium plated with cross, **D:** Lithos chain bracelet with amethyst and pink quartz, **E:** 'Eclipsis' silver chain necklace with cross motif and onyx

JEWELRY BY GREGIO – GREGIOJEWELLERY.COM.AU



Weddings...

ANIE ZAN | WEDDING QUEEN





MARRIAGE, AND THE CELEBRATION OF THIS SPECIAL EVENT, IS UNANIMOUS IN ANY CULTURE ANYWHERE IN THE WORLD.

The 'Wedding Day' is a culmination of months of planning, months of preparing and then enjoyed only for a few hours with friends and family.

SO WHAT IS IT ABOUT THIS **SPECIAL** EVENT THAT STIRS US ALL?

It is almost imbedded in our genes, "When I grow up, I will be a beautiful bride..." Every little girl imagines being a bride one day, she imagines the beautiful gown she might wear and how she will have her hair, who will be her bride's maids, who will be her groom?

Every mum will think of their little girl being swept off her feet one day and hope that it is the right man doing so, every mum will wonder when this day will arrive, she will imagine her little girl as the star, the princess of the day, what she will wear, what type of celebration might take place.

And as a girl reaches that right age and starts a relationship with that right boy, we will sit and wait and often ask ourselves when he will propose.

So much has changed over decades but the romantic stigma attached to a couple's wedding day somehow outlasts all evolution and revolution, and we are all smitten with romance and the celebration of a young couple's nuptials.

SO, THE ENGAGEMENT RING IS ON, **WHAT NEXT?**

This is when a girl starts living one of the most wonderful times of her life, first the gown! She will cruise through magazines and numerous websites, and then visit many boutiques to find the 'Dream Dress'! She'll imagine the look, the theme, and the styling of this wonderful day ahead.



A lot of planning, a lot of stress, but the end result is a most precious day in any couple's life, and yet, the day quickly arrives and soon ends, all we have is a haze of memory.

Once the clock strikes midnight, like all famous fairy tales, it all comes to an end. The flowers are wilting, the guests are on their way home, the chef has packed his kitchen, the delicious Vanilla Lounge wedding cake has been enjoyed by all, and bride and groom are blissfully on their way to a new life ahead.

All that is left are the photographs! Just make sure that you have assigned this most special and significant day of your life to a professional photographer who is at least an accredited member of AIPP (Australian Institute of Professional Photography) and will capture and deliver your day in beautiful imagery for eternal enjoyment.





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WHAT'S ON DURING SPRING

IN THE WORLD'S MOST LIVEABLE CITY – MELBOURNE

For the fourth consecutive year Melbourne has been awarded the World's Most Liveable City and we are lucky enough to have her as our very big backyard. So get out there with your family these spring holidays and enjoy the magic Melbourne has on offer...

BARBIE HIGH TEA @ THE LANGHAM HOTEL MELBOURNE

22nd Sep – 9th Oct



High tea with a Barbie theme in a fancy hotel – does it get any better for a little girl who loves tea parties and playing with Barbie?

Head into Melbourne and sweep your beautiful little girl off her feet with the ultimate tea party in ultimate Barbie luxury.

www.melbarestaurant.com.au/aria/whats-on/barbie-secret-door-high-tea

Cost: \$35 per child, \$49 with take home Barbie. \$54 adult.

SKY HIGH MT DANDENONG CHILDREN'S FESTIVAL

Mon 22nd to Thurs 2nd

Make your way out to Mt Dandenong for the Sky High Children's Festival, bursting with daily activities for the kids. There's mini golf, Igor's treasure hunt, pony rides, a jumping castle, face painting, fairy music with games and dancing, activities from Parks Victoria, displays and badge making with the CFA, a farmyard zoo, a reptile display – yes, snakes included, sand art, train rides, a carousel and Formula One racing cars!

Make sure you check out the schedule of events on their web site to see which activities are planned on a daily basis. Activities are free but gate charges apply.

www.skyhighmtdandenong.com.au/childrens-week-september.aspx

THE 159TH ROYAL MELBOURNE SHOW

20th Sep to 1st Oct

We hate to state the obvious, but have you actually been to the RMS in the last few years? It's always a winner with the kids! The excitement of the day never fails to get everyone

revved-up with the anticipation of the carnival rides, animals, exhibitions, show bags, and for the adults the fine food hall, not to mention the nightly fireworks display. And don't forget the *Frozen* epidemic taking Australia by storm, take those little Anna's and Elsa's for a full *Frozen* adventure that even includes karaoke!

Plan ahead and buy your tickets in advance, you'll save a bucket-load compared to buying at the gate.

www.royalshow.com.au



SPELLBOUND ILLUSION SPECTACULAR

Sep 20th to Oct 5th

Keep the little magician in your life fascinated at Wonderland Fun Park, Docklands, with the Spellbound Illusion Spectacular by illusionist Michael Boyd. The spectacular includes levitations and transportations that will have them mystified for weeks!

While you're there, spend the day and enjoy Wonderland's rides and attractions – they have a rock climbing wall, bungee trampolines, spinning tea cups, a carousel, the crazy wave and dodgem cars – something for all ages!

www.wonderlandfunpark.com.au

YOUTH FILMMAKERS HOLIDAY WORKSHOP

Open Channels film studio 30th Sep to 2nd Oct | Docklands

For ages 13 to 17 years'

If you have an avid film-maker in your midst, this could be just the holiday activity for them. Don't just send them to the movies; send them to learn how to make one! It's not cheap at \$349 but kids will get a hands-on education in acting, directing, shooting, and editing a short film along with learning about lighting, sound and editing in Final Cut Pro. The program runs for 3 days.

www.openchannel.org.au

THE VOICE KID'S – THE CONCERT

Thursday 2nd and Friday 3rd October
The Palms at Crown



Hosted by Robbie Anderson with special guest Craig Harrison (winner of *The Voice* 2013), this is a two hour live spectacular over two days featuring *The Voice Kids* top six. They'll be singing songs from the likes of Mariah Carey, Ed Shearen, Rhianna, and Avicci.

While you're there spend the day at Crown! There's so much for the kids to do – visit Galactic Circus, home to Kingpin bowling, a huge array of ticketed video games and indoor laser skirmish arena and world class simulators. Then take them to pig-out on devious desserts by the Yarra River.

www.premier.ticketek.com.au/shows/show.aspx?sh=VOICEKID14

CLUB JUMP AT XTREME AIR

Open everyday | Keysborough



With an indoor trampolining sensation taking Melbourne by storm, Xtreme Air have upped the ante and offered the kids a disco environment where they can jump, dance, play ball and just go nuts till they drop. Featuring a live DJ, dodgeball competitions, foam pit races, dance competitions and loads of giveaways, it's a great way to entertain the kids on a Friday or Saturday night.

Club Jump is open for age groups as follows – Friday nights – secondary school age only – Saturday night – age 10 to 12 years.

For the rest of the kids, Xtreme air is one of many indoor trampolining venues open throughout Melbourne for the school holidays and weekends through term – remember to book online for a better rate and ask about a second hour discount. Other venues include Gravity Zone in Seaford, Bounce in Glen Iris, Airborn in Roxburgh Park.

www.xtremear.com.au

THE 2014 HINTERLAND SCARECROW FESTIVAL TRAIL

20th Sep to 19th Oct

The Peninsula's scarecrow festival is back again in 2014 celebrating the Mornington Peninsula's unique creative character and farm-gate food trails. Better yet – it's free!

Grab a map from one of the many participating venues (or download it online) and get set for a day of scarecrow chasing through the leafy streets of the Mornington Peninsula.

There is a diverse and eclectic range of scarecrows on display and all participants are encouraged to build their scarecrows using an array of recycled materials – don't forget to vote for the people choice winner! Mums and dads, make sure you remember a cooler bag for all of the great farm-gate fresh produce and preserves along the way.

www.scarecrowfestival.org.au

GET ANIMATED – SCHOOL HOLIDAY WORKSHOPS

29 Sep to 03 Oct

Explore the art of animation and make your own movie in these hands-on workshops for children.

Choose from traditional hand-drawn animation or get hands-on with claymation techniques. You'll learn all the tricks from one of three top animators, and produce your very own creation to take home.

www.slv.vic.gov.au/event/get-animated-school-holiday-workshops

MELBOURNE FESTIVAL

10th to 26th Oct | Federation Square

One of the leading art and culture festivals from around the world, Melbourne Festival celebrates this October with an unparalleled exhibition of theatre, dance, music, visual arts, film and outdoor events featuring some of Australia's finest local, national and international events.

www.melbournefestival.com.au

MELBOURNE MUSIC WEEK

14th to 23rd November

Various locations throughout Melbourne

In its fifth year of imaginative and eclectic music events, Melbourne Music Week celebrates our world-class music scene with over 100 events, 230 artist and almost 60 unique venues throughout Melbourne. With such a hive of activity there is something for every taste!

www.melbourne.vic.gov.au/mmw

SPRING RACING CARNIVAL

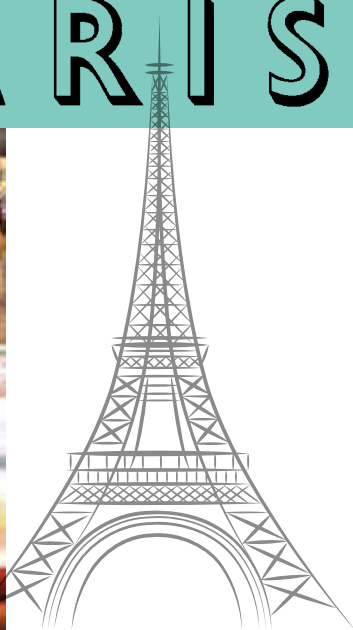
22nd Sep to 25th Nov

Various locations throughout Victoria

If you haven't been swept away with fever of spring racing in the last few years then now is certainly the time! Spend a day at Flemington or Caulfield to experience a world-class event that just keeps getting better every year. Get swept away with the thunder of hooves and the finesse of fine fashion. And don't forget the many country race events held throughout the calendar – they are an exciting family day out for everyone!

Jane Paech

Delicious days in PARIS



After growing up in South Australia, Jane found herself as an expat in Paris with an insatiable desire to share her Parisian discoveries with the world. So, like all great writers, she set pen to paper (or napkin, old receipt, dog-eared brochure - any scrap she could lay her hands on really), and began recording her tales of sweet, sweet Paris and its divinely inspiring food scene.

Back in Adelaide now, Jane says she enjoys living locally and enjoying all that Adelaide has to offer, but she has been lucky enough to revisit all those years living, eating and exploring Paris in this inspiring little walking guide, perfect to slip into your carry-on bag on your next trip to the eternal city.

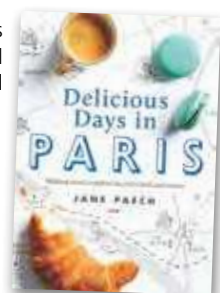
Jane told us that writing this book was a great way to preserve her memories and bring back the sights, smells and senses she fell in love with in Paris.

We meander by her side down little-known boutique streets and lane-ways where, she tells us, 'cutting edge and old world collide'.

She shares family friendly boutique hotels, the secrets to picking up the best chocolate and cocoa at the best prices, and a lavish and extravagant indulgence in a chocolate spa treatment at Four Seasons George V. We visit world-renowned chocolatiers and oyster bars in St-Germain-de-pres - she even shares nifty little tips on things like where you need to book in advance, where you can or cannot get a good value meal, and even gives a directory of addresses and phone numbers in each chapter!

And the hand-drawn sketches of the city dotted throughout the book are just delightful!

Don't be fooled into thinking this little gem is just a novel, or a travel guide, or a book of Parisian food and life - because it is, in fact, all of these and more, and yet somehow none of them. It's also a memoir. But I'm rambling, which is good really since this is exactly what Jane encourages us to do in Paris. With the outlook and heart of a 'Flâneur' ('someone who mooches through the streets with little or no agenda').



Penguin RRP 35.00

Jane's Top Five Must See & Do in **PARIS**

TRAVEL

Promenade through the Tuileries Gardens

For an elegant introduction to the City of Light and to soak up the full splendour of Paris there's nothing like a stroll through the gold-plated first arrondissement. The neighbourhood is classic Paris, dominated by the Louvre Palace, a patchwork of elegant squares and breathtaking gardens. Start at the Cour Carrée at the eastern end of the Louvre, with its grand splashing fountain. As you walk towards Pei's glass pyramid and on through the archway of the Place du Carrousel, a fabulous panorama slowly comes into view. You step into the beautiful Tuileries Gardens and suddenly it seems all of Paris is before you: a thrilling, unbroken vista of grand monuments and thoroughfares. At this moment you know you are in Paris.



Hang out on a Café Terrace

Paris has a longstanding café culture. To immediately connect with the city and throw light on the rhythm of everyday Parisian life, head straight to a café, order a coffee or glass of wine on *la terrasse*, and simply watch the world go by. Dally as long as you like.



Visit a Produce Market & Rustle up a Picnic

For the food-lover, a jaunt to one of the city's open-air produce markets is a quintessential Parisian experience. An all-time favourite is the atmospheric Marché Président Wilson (open Wed & Sat mornings), renowned for its breathtaking flowers, artistic displays of pristine produce and great location. Grab a crusty baguette, a thick slice of chunky terrine and some perfectly ripe farmhouse cheese to enjoy with a rustic fruit tart and some sweet-scented strawberries. Spread out a picnic on the banks of the Seine and watch the barges pass, or relax on the grass under the shadow of the Eiffel Tower.



Pop into the Musée de Cluny

There are dozens of intriguing small museums sprinkled throughout Paris and these little gems offer a warmth and intimacy impossible to find in vast galleries. Their manageable size means they can be enjoyed in the space of an hour or so, creating a delightful refuge in a hectic day of sightseeing and eating. I adore the Musée de Cluny and return each time I visit Paris. Deep in the Latin Quarter, it's full of intriguing bygone treasures, a medieval attic offering valuable insight into the art and life of the Middle Ages. The flamboyant ogee arches, turrets and dragon gargoyles make it hard to believe there's not a princess locked up in the five-sided tower at the top of the spiral staircase.



You can't visit Paris without Climbing the Eiffel Tower!

Take an evening stroll along the Seine as darkness blankets the city and enjoy the magic show that starts at sunset when thousands of twinkling lights on the Eiffel Tower burst to life, sparkling on the hour. Then zoom to the top for a panoramic view over the chimneypots and sloping slate roofs of Paris.





Debunking STRESS

STRESS – it's much more than you might think, and yes, it's **killing us!**

This spring **NATALIE KRINGOUDIS**, a doctor of Chinese medicine and women's health expert speaks on the damaging effects stress is having on our lives.

It seems when we are asked the question, "are you stressed?" there are two default replies. It's either a straight up "No" (cough, cough – as if!), or patients equally tell me they feel they manage their stress okay. Both answers lead me to the same conclusion – we are totally unaware when it comes to what stress actually is – we think we're doing a swell job of dealing with it, yet we are completely lost when asked what really is stress?

In this current age, we are living in the height of a stress epidemic, and it's running its ugly self absolutely rife through us all.

Once it was all kinds of hip and Wall Street-esque for us to be busy, it gave us a sense of worth and importance to be busy, and no one batted an eye-lined lid.

Nowadays, stress isn't a by-product of our status, but rather a reality of common everyday modern day life - sad, boring and true. Unfortunately, we're not designed to work this way – stress is making us sick, overweight, tired, hormonally challenged, infertile and depressed.

Whilst we can recognise that stress is an issue, who's helping us recognise exactly what it is, where it's coming from and how to get a grip of it? What's more, who's showing us how to cope?

Often our parents are those passing on life skills but with the change in times and modern living, this isn't something our parents have ever had to live with like it stands today.

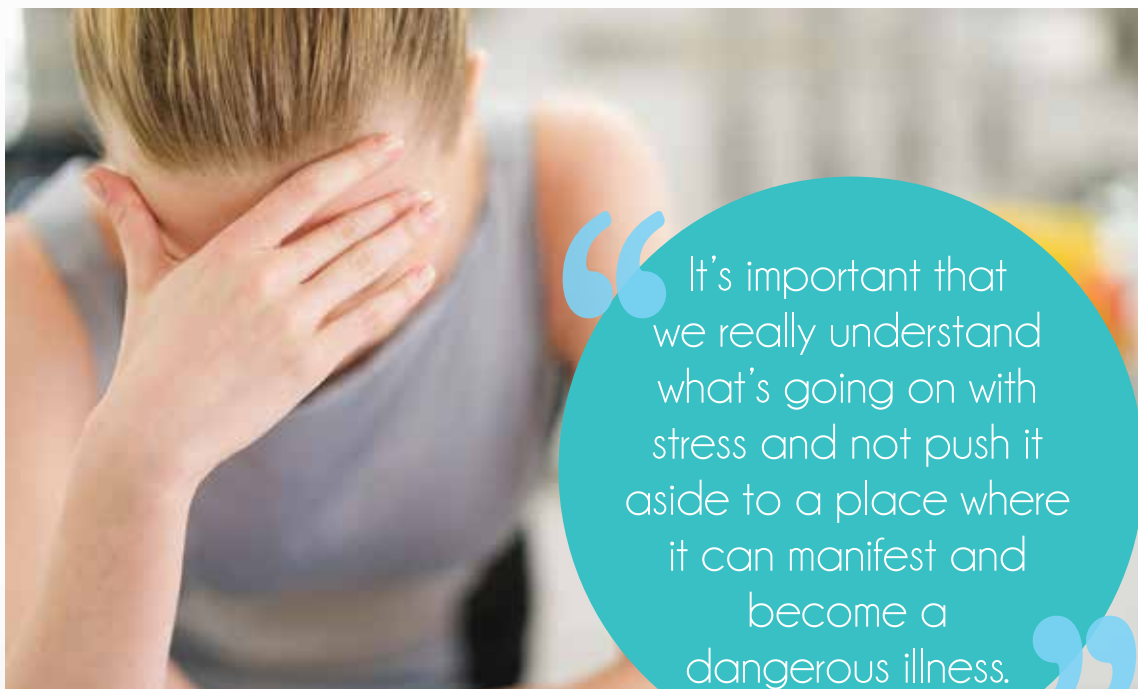
For want of a less dramatic visual, we are currently drowning in stress, and it's very easy to get sucked into the vortex of it, and almost near impossible to crawl out of stress' clutches.

Perhaps you're not sure if you are stressed? I'm always over here banging to the beat of my drum, empowering women (and men) to get a grasp on their own wellbeing, but it's so important that we learn to listen to what our bodies are telling us, to be able to identify glitches as they arrive and take our own wellness seriously.

Nobody else really should have more of a vested interest in your health than yourself, but it can be tricky to decipher what's going on inside, especially when we are under the pump.

So there are a **FEW KEY** things I like to help patients look out for when trying to recognise stress.

- You're gaining weight very easily for no apparent reason
- You're recurrently unwell
- You have digestive issues
- You don't sleep or you wake frequently
- You have continual body aches or pains



“It’s important that we really understand what’s going on with stress and not push it aside to a place where it can manifest and become a dangerous illness.”

- Headaches are frequent
- Your eyes feel like they are being pulled back by rubber bands
- Your menstrual cycles are all over the shop or non-existent and you’re certainly not menopausal
- Menopause is taking its sweet time to ‘finish’
- You’re very tired.

These are just some of the warning signs you will notice when falling prey to the grips of stress.

Maybe you’re reading this and recognising some (or all) of these symptoms – but you’re still telling yourself you’re not stressed or you’re not sure where the pressure is actually coming from.

Modern life is oh-so stressful in even the tiniest ways - listening to Elmo on repeat whilst sitting in traffic is stressful, digesting less than average food is stressful, trying to conceive creates the same kind of pressure, as does unresolved grief or emotional turmoil, over-exercise and worry. Stress is so much more than meeting a deadline or having a heavy work load.

Most of all, stress is upsetting our hormone balance, and this is one huge disaster - considering hormones are responsible for all your body functions – these are the messengers that ensure your body systems communicate effectively.

There are some very simple solutions we can all implement into our lives to help us manage stress. Here are my favourites;

+ TAKE A BATH. Research shows that the warmth and fluidity of the water helps to release serotonin, the feel good hormone. This helps to chill out the stress hormones (cortisol and adrenalin). It’s a very simple technique that really makes for a huge difference.

+ EAT MINDFULLY. Eating fast and junky foods places an unnecessary load on your digestive system. Fuelling your body with foods full of antioxidants (think bright colourful veggies) helps the body to mop up damage from environmental toxins. If the body doesn’t have adequate vitamins and minerals, it can’t run well. It’s pretty simple and very easy to implement.

+ GET LAUGHING AND BE SOCIAL. Get out more, spend time with friends. Getting your giggle on has been proven to reduce cortisol (the stress hormone) by almost 40%. It also helps to release serotonin and increases blood flow, which helps to deliver more nutrients and oxygen to your insides. It’s an immune boost too!

+ GET IT OUT. Writing down your thoughts, planning and journaling are all great ways of getting worries, thoughts and ideas out of your head. Making lists is another great way to ensure you can calm down the mind a little too.

These are just a few super simple solutions we can all easily implement immediately. Obviously there are some cases of ‘serious stressors’, but it’s important for anyone facing any kind of stress to keep things as simple and realistic as possible. Everybody will benefit from lightening things up a little and learning some powerful skills in stress management.

Dr Nat has created a lifesaving e-course available early October called Debunking Stress

(www.debunkingstress.com), where she uncovers the various kinds of stress, how they are impacting our lives and some extremely interesting, tangible techniques you can implement to ensure you don’t fall into the stress basket.



SUPERSTITIONS

Are they a simple explanation to the unknown or just a lot of rubbish?

By Maria-Irini Avgoulas

During my most recent trip to Greece, my days started with a morning walk where I would routinely pass by the local bakery for a freshly baked **τυρόπιττα** (cheese pie) to enjoy with my morning coffee.

It was so common for people to pick up on the fact that I was a Greek person who lived abroad while I was visiting Greece, and when I mentioned that I was from Australia the sentiment that I was a 'lucky one' was echoed throughout the different places I visited.

One specific day as I was buying my **τυρόπιττα** the girl working at the bakery asked me where I was from. "You're so lucky to be living in Australia," she said. I wish my parents had migrated all those years ago".

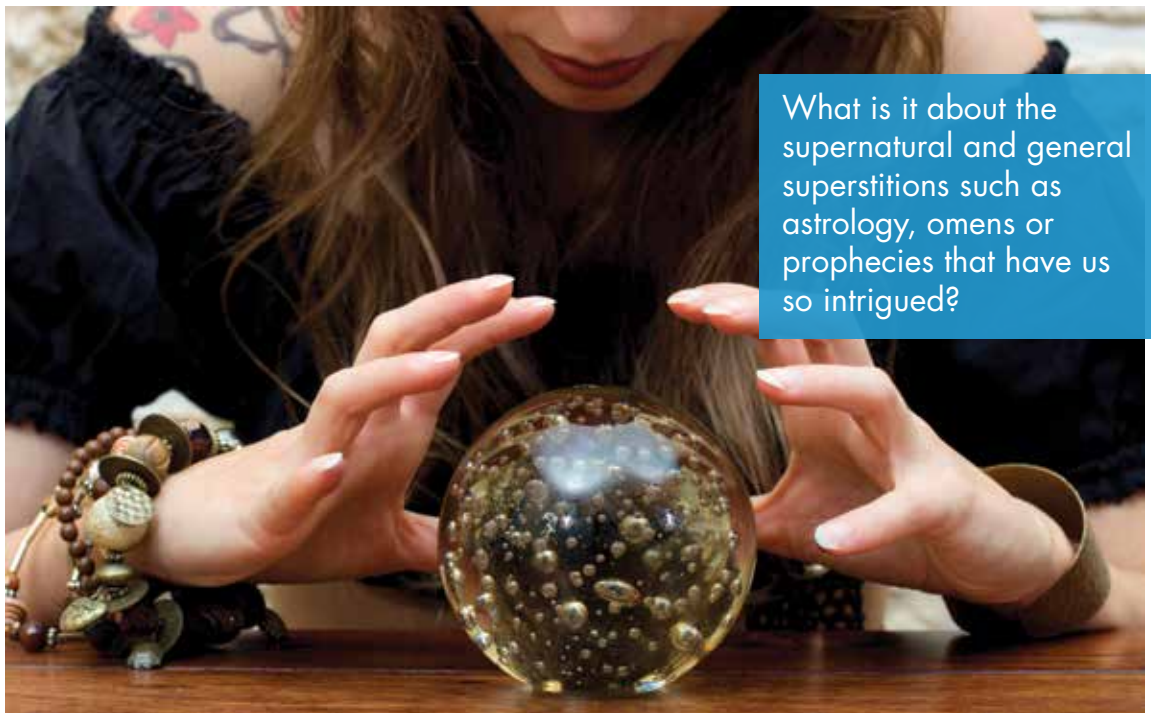
She then asked me something I found peculiar. She wanted to know if my parents and the other migrants were given a good luck charm when they migrated. I found this quite strange. She then asked if Australia has a specific good luck charm, possibly of one of the native animals, that they were given to wear as a piece of Jewelry. For this young girl being successful was associated to luck, she even seemed to believe that it had something to do with the supernatural.



As humans it's only natural that we often turn to various supernatural explanations and the possibilities that they may link events in our life; how many of us may look out for Friday the 13th and even the bizarre behaviours associated to the time of a full moon?

A common cultural superstition among Greek people is the evil eye, and it seems that this is something that has members of the Greek community here in Melbourne and in Greece split.

In 2012 when I visited Greece for the first time, there was a period when I felt unwell; I suffered from headaches, nausea



What is it about the supernatural and general superstitions such as astrology, omens or prophecies that have us so intrigued?



MORE GREEK SUPERSTITIONS

- Crows are considered omens of bad news, misfortune and death.
- Greek Orthodox priests are very revered. When greeting one, it is customary to kiss his hand or ring in respect. But it's considered a bad omen to see one walking in the street, and most folk whisper 'Skorda (garlic)' under their breath.



- We are all familiar with the superstition of throwing salt over our left shoulder to repel evil or a demon. In Greek folklore, salt can be used to get rid of an unwanted human presence as well.

- If you have an unwanted guest in your home and you want them to leave, all you have to do is sprinkle salt behind them. The powers of the salt will chase him out.
- Fish are believed to be wise and knowledgeable. But the Church also sees the fish as a revered symbol of silence. Fish don't speak or make noise.
- Any Greek knows that if he sneezes, somebody thinks about him.
- Different from Western cultures, it is Tuesday the 13th of the month that is considered unlucky in Greece and not Friday the 13th.
- Bread is considered a gift from God. No bread is ever thrown away.
- Every typical Greek house has a cactus growing near its door – they believe that it saves them from troubles.

and general lethargy. I was assured by a young person on the island of Lefkada that my symptoms were not associated with the evil eye and that I should take a Panadol and rest.

I was so taken by her comment that I asked her how she knew. The answer was simple; I was wearing a **Ματάκι** (evil eye jewelry) and hence was protected from the curse of the evil eye. I was amazed at this comment and the strong belief in the superstition that a simple piece of jewelry protected me.

This belief however is not shared by all in the Greek community. Others strongly say that the evil eye jewelry is just that, jewelry, and not something that protects. People in the Greek community of Melbourne and in Greece, along with members of the church, have told me that this jewelry is, in fact, evil itself, and the only true protection in the Greek Orthodox faith is in the cross.

What is it about our superstitions that holds people's fascination? Why is there this inner need in us to turn to superstition and the supernatural to give us answers to the unexplained?

Why do we believe that someone has been the recipient of black magic as the reason behind accidents or problems, or even that magic was the cause of a break-up?

One young person once said to me that they turn to their faith and ensure they wear their cross when life sends one difficulty after the other their way, to somehow stop evil and to turn the wheel of bad luck and flip it in their favour.

Each person's culture is made up of various cultural superstitions that have withstood the test of time and have been handed down from one generation to the next. These cultural superstitions often provide a reassurance and even an explanation that may in fact provide calmness and the ability to move on. As if it was written in the stars and is fate, and is simply what was meant to be.



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



Horoscope!

Spring 2014

ARIES:

During spring be careful to pace yourself. Try to avoid excess commitments and overwork; take time to relax and enjoy the moment. Intimate pleasures abound and this will be the time for meeting people and creating new friendships. Money comes your way as past work pays off and a new financial path appears. Your wealth may increase due to a legal settlement, a prize win or work-related changes.

TAURUS:

Spring is a time of change that can challenge your way of thinking, and a time when you can release old habits, overcome personal limitations and expand your boundaries. It is a fertile time to develop your existing talents and acquire new skills, which can benefit you in the future. You're blessed with common sense and have a sharp eye for opportunities that can put you in a better place.

GEMINI:

This spring your far-sighted vision and talent for flexibility could put you on the fast track to success. You will make new friends and connections from whom you can benefit on your life path. Your intuition is keen but be careful not to take on responsibilities that look good on the surface but come with hidden costs. Avoid purchases you don't need or commitments you can't keep.

CANCER:

Social activity increases and your energy is vibrant this spring. It's a time of optimism and while you may face some challenges you have the talent to overcome the most daunting obstacle. Creative innovations in business are blessed for success and you'll find opportunities where none appear to exist. Love is all around but watch out for people who use emotional manipulation as an ego boost.

LEO:

This spring you could find yourself at the opposite end of the success spectrum if your headstrong forward motion overwhelms your rational side. Don't burn bridges as you may need to cross back. You're not one to worry about money as Leo has a way of coming up with cash when needed. Avoid a job or career change if possible but set the stage for advancement when the opportunity comes.

VIRGO:

You have the power to take control of your future and move ahead this spring. Imagination flourishes and your creative talents shine. The time is right to make positive changes and explore new dimensions. Beware of accumulating debt although you can afford some indulgence and should treat yourself occasionally. It's an especially good time to invest in home decor and accessories, or a move to a better living space.

LIBRA:

This spring some emotional conflicts could arise but before summer arrives you'll have moved towards resolution. Try not to start too many projects, focus on what is important. Don't be indecisive as this can cramp your style. Now is a good time for makeovers or renovations to your home, your wardrobe or your personal image. Financial stability may be elusive, resist temptation to overspend.

SCORPIO:

This spring your multiple talents may put you in the spotlight, your plans will come to fruition, money will flow, self-expression will flourish and freedom is in the air. Your independent nature can make you unwilling or unable to settle down and you may occasionally feel imbalanced or overemotional. At these times slow down and be kind to yourself. Beware of overuse of credit cards and avoid unnecessary borrowing.

SAGITTARIUS:

This spring is an exciting time with plenty to keep you busy. You'll have to move quickly as challenges and changes come from many directions at once. Be careful what you say as communication with friends, family and co-workers could be faulty, leading to misunderstandings or conflicts. Changes at work will lead to better progress although control issues could provoke arguments.

CAPRICORN:

This spring unforeseen holdups could try your patience but you're on a steady path to success. Now is a good time for lifestyle changes such as investing in a car, or implementing a diet or fitness regime. There may be some disagreements in the areas of children or other dependents. Beware of investing in fly-by-night companies; first make sure all the numbers add up.

AQUARIUS:

Inspiration and romance shine all around you this spring, and past problems are left behind in a flurry of action and achievement. Now is the time to take charge of your destiny and face your inner demons by making positive changes and doing the things you've always wanted to do. You may receive extra money from creative endeavours, a business venture or a prize win.

PISCES:

Activity picks up around you this spring and the chance of travel increases. Your dreams and desires can become reality as your destiny is in your hands. It's important to surround yourself with people who inspire you. Your questing nature will inspire you to try new experiences, stimulating company and exotic delights. Investments may be tricky and you should stick with those who have a solid track record.

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VANILLA DAY AND NIGHT



RACHEL COSTANZO

MEET RACHEL CONSTANZO. AT SEVENTEEN YEARS OLD RACHEL IS A POP SINGER WITH A VERY BRIGHT FUTURE, AND WE'RE PLEASED TO ANNOUNCE SHE IS THE **NEWEST ADDITION** TO VANILLA'S THURSDAY NIGHT LINE-UP.



Rachel's first album was created with singer songwriter Michael Paynter from the second series of *The Voice*. Together they created her album, *Starlight*, which Rachel told Roula Krikellis in an interview on *The KK Factor* radio show on Rythmos 1656, is an album full of songs that were written with meaning and with a passion for following your dreams.

Rachel's vocal lessons began when she was just eleven years old, and her talent was first publically recognised when she auditioned for the *Vanilla's Got Talent* show. At just fourteen she came in at third place.

This, she tells Roula, is what gave her the confidence to pursue a singing and song-writing career. And her talent runs deeper than just a voice; she is also a dynamic instrumentalist with a keen talent for the guitar.

With her own studio set-up at home by her supportive parents, she's lucky to be able sing and record her songs whenever she feels the urge. Owning her very own studio has also opened up an opportunity for her to offer singing lessons to young people aged from five to thirteen.

Her first time in the recording studio she found herself recording a song she wrote called *You are beautiful*, a moving track about bullying and standing up for what you believe in.

From the many songs she's recorded over the last four years, Rachel is set to release a new single off her EP *Starlight* titled *Blindside*, a song based on escaping.

Rachel says she is stoked to be performing live at Vanilla every Thursday night and hopes her future holds many opportunities to teach singing and gain further exposure in the hope to one day soon be a signed singer and songwriter.



CONNECT WITH RACHEL @
www.rachelcostanzo.com.au

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



VANILLA CHART

SPRING 2014

DEEP HOUSE

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TOP 30 by DJ BALLA

1. Jamie Woon - Shoulda (Fabich & Ferdinand Weber Remix)
2. Mr Probz - Do It All Again (NineOne Remix)
3. Ferreck Dawn & Redondo - Love Too Deep
4. Robin Schulz - Shape of my Heart (Robin Schulz Bootleg)
5. Monkey Safari - Watching The Stars (Original Mix)
6. EDX - Breathin'
7. Spada - Red Velvet Dress (Original Mix)
8. Le Youth feat Dominique Young Unique - Dance With Me (MK Remix)
9. Robosonic - The Edge (Original Mix)
10. Cheap Picasso - Don't Play Around (Original Mix)
11. CamelPhat - Cold Since '81 (Original Mix)
12. Maya Jane Coles - Something In The Air (Bonobo Remix)
13. Kruse & Nuernberg feat. Stee Downes - Last Chance (Original Mix)
14. Calvin Harris Feat. Ayah Marar - Thinking About You (Vino Gomiero Bootleg)
15. Silver Ivanov & DJane Koki feat. Bogdana Mitova - Somebody New (Original Mix)
16. Mark Knight & Martijn Ten Velden - Morena (Original Club Mix)
17. Daniel Bowie & Roy Rox - Love Me (Runo Remix)
18. Tube & Berger - Lovebreak (Original Mix)
19. Oliver \$ & Jimi Jules - Pushin On
20. Xandl - Wanna Give You My Love (Mark Lower Remix)
21. Passenger 10 - Stories (Sons of Maria Remix)
22. Haze-M - Lucky Love
23. Booka Shade - Love Drug ft. Fritz Helder (Silversix Remix)
24. Booka Shade Feat. Fritz Kalkbrenner - Crossing Borders (Booka's Club Mix)
25. Art Of Shades Ft. Soukaina - All Away (Original Mix)
26. London Grammer - Shyer (Robin Schulz Bootleg)
27. Veerus & Maxie Devine - Im One
28. James Blake - Retrograde (Finn Pilly Edit)
29. Hani, Andrea Martin - Middle of the Night (Extra Sauce Mix)
30. Finnebassen ft. Natalie Conway - Show Me How (Original Mix)



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