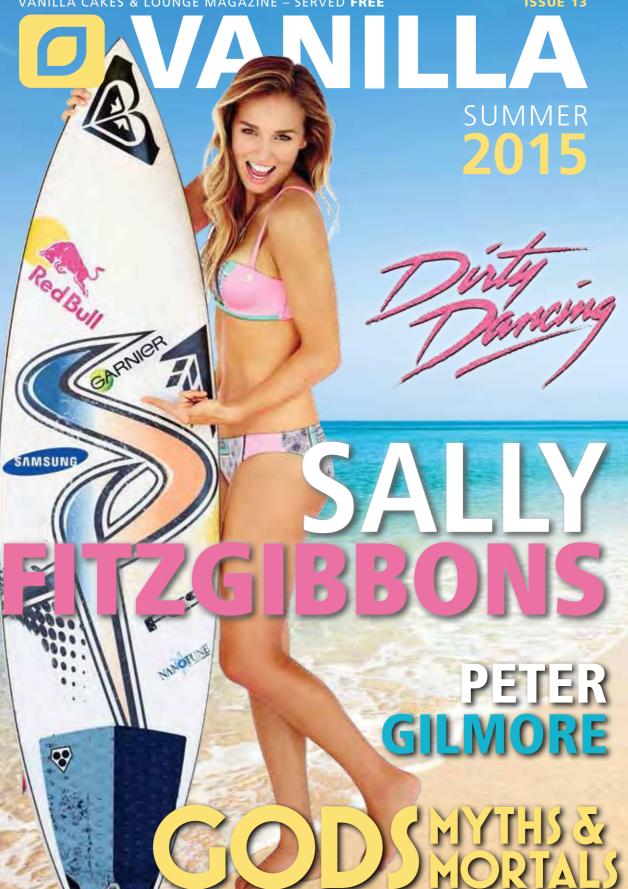
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ISSUE 13







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En Mykono

Jewellery is the creation of **MARILY SOUBASI**, jewellery and fashion designer. Marily studied design and handmade jewellery craft work in Athens and has participated in numerous seminars of pottery and mosaic.

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EDITOR'S LETTER

Welcome to the SUMMER 2015 issue of *Vanilla Magazine*. As we are getting ready for lift off ;) ;) into the New Year we bring you the perfect read for the beach which you can enjoy while sipping your take away Frappé with enough ice to last the drive





from Vanilla to Mordialloc where.

as rumours have it, *BAYWATCH THE MOVIE* is being filmed, or is it the new *FOTOROMANZO?* Flick to page 40 and find out.

To elevate ;) ;) you further we have our cover story with gorgeous Sally Fitzgibbons chatting about life, the waves and her love for surfing. The beach theme continues with the inspiring stories of local triathletes

Mitchell Kibby and Liz Tosh, plus our feature on Mordialloc Life Saving Club's 'Little Nippers'.

We welcome media personality Ben Sorensen and Dr Nat Kringoudis to our editorial team, who have joined us just at the right time as we seek to take the magazine up to the next level ;) ;)

Okay enough with the wink winks. VANILLA UPSTAIRS is almost ready! We are all super excited and cannot wait to share with you the new range of food and drinks which you will be able to enjoy on the large veranda. Like our Facebook page, if you haven't already, for updates.



A big thank you to all our contributors for yet another great issue. Fine dining gurus Peter Gilmore and Martin Benn talk about one of life's great pleasures, food. And Kirby Burges and Kurt Phelan go back to the sixties as they prepare to bring *Dirty Dancing* The Musical to the stage in Melbourne.

Hellenic Museum CEO John Tatoulis explains just how important it is to know our history as we chat with him about the *Gods, Myths & Mortals: Greek Treasures across the Millennia,* exhibition from the Benaki Museum.

Raquel Neofit caught up with Nicole Condos soon after she received the Young Achievement Award from HACCI (the Hellenic Australian Chamber of Commerce and Industry), plus more great stories in another jam packed issue.

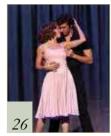
Vanilla Cakes & Lounge wishing you all a Happy Festive Season and a **great 2015!**

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Photo by Petros Metaxopoulos



EPHEA

Young Ephea won our hearts when she debuted on Radio Rvthmos' – The KK Factor show. This sweet nine year old was raised in a Greek family after being adopted from an orphanage in India.

"I am Greek, as you may know, but I was adopted in India by my Greek mum and dad, Tonia and Bill. They have taken good care of me and I feel guite at home here in Australia."

Last year she returned to India and to the orphanage she was adopted from when she was just one and half years old. "I don't find it challenging," she said. "But it's strange when you think about it; I have come from an Indian background, even though since I was a baby I didn't know any Indian culture, into this Greek culture, and I have learnt to be Greek. I think it is pretty good. I love Greek dancing!"

This Christmas, Ephea will be blessed with a sister as her Greek parents have decided to adopt another child from the same Indian orphanage.

"It's like a jailhouse with no playground," Ephea's mother explained when she spoke of the one hundred and eighteen children currently living in the underfunded orphanage.

Thankfully, there are people like Tonia and Bill, ready to give these children a new life and the love every child deserves.



MASTER TEMPO @ VANILLA

Greek rapper sensation MASTER TEMPO wasn't content with the $X\alpha\mu\delta\varsigma$ (mayhem) he caused during his "Χαμός θα γίνει Tour" Downunder, he had to cause some Χαμός at Vanilla as well, when he visited to say hello to his fans.



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A year of growth and achievement for Delphi Bank.

Placed firmly at the heart of their operations, Delphi Bank's main objective is to give back to the community that supports them. With their long-term commitment fulfilled for another year, Delphi Bank experienced a successful year to date; a pleasing result achieved through the investments they've made in their customers and communities.

From successfully securing and renewing major sponsorships, supporting international acts and performers, partnering with sporting greats to creating new opportunities for community and cultural groups around the nation, the Bank has gone from strength to strength over the last twelve months.

The success of the organisation flows from their strong relationshiporiented, community-minded approach to customer needs; however, it is their long-term support and involvement with the Hellenic-Australian community that remains central to their growth strategy. 'We play a key role in meeting the cultural needs of the community; supporting our Hellenic roots through various events and sponsorship programs to help strengthen the communities in which we serve' maintains Mr George Tacticos, Delphi Bank Chief Executive Officer.

As proud Naming Rights Sponsor, the Bank provides substantial backing to highlighted cultural events across the Hellenic-Australian calendar including the Delphi Bank Unley Greek Festival and Delphi Bank Semaphore Greek Cultural Festival in Adelaide, and the nationwide Delphi Bank Greek Film Festival. In addition, Delphi Bank is also the proud Presenting Partner of the Antipodes Lonsdale Street Festival in Melbourne and the Greek Festival of Sydney. These festivals attract thousands of locals each year, spreading the importance of Greek language and heritage whilst embracing both conventional and modern cultural influence.

Delphi Bank's sponsorship portfolio also includes the Greek Glendi Festival in Adelaide, Brisbane Paniyiri and the Being Greek Festival in Sydney in addition to sponsorship assistance programs for various church groups, sporting associations and educational institutions in an effort to give back to local communities. As a strong supporter of grassroots football across the country, Delphi Bank aims to recognise the importance of sports in our culture as a way of promoting community spirit, wellbeing and unity. As Premier Partner of the Hyundai A-Leagues' Melbourne Victory Football Club, the Bank is pleased that they can demonstrate their commitment to the world game right through to the elite level.

The charitable endeavours of Delphi Bank assist in the health and wellbeing of the Hellenic-Australian community, where funds are provided towards community service providers including Fronditha Care, Agapi Care and the Australian Greek Welfare Society. International Greek singer, Yiannis Ploutarhos recently performed at a fundraising concert in aid of these much-needed services, with the support arriving at a time where the Hellenic-Australian community is ageing rapidly and the need for facilities is at a critical level.

As Principal Partner of the Hellenic Australian Chamber of Commerce and Industry (HACCI), Delphi Bank shares the organisations' strength and passion in bringing people together. A prominent figure within the community, the Bank maintains a strong working relationship with the Chamber which enables important business opportunities for members to exchange knowledge and ideas.

Delphi Bank is pleased to sponsor and be affiliated with these like-minded organisations and community groups which continue to foster Hellenic culture and traditions for future generations to enjoy.

Respecting good corporate citizenship as an integral part of their business, Delphi Bank will continue to go beyond banking to help their customers and strengthen the communities they live in.



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The Hellenic Australian Chamber of Commerce and Industry (HACCI) recently held its prestigious annual Excellence Awards Gala Ball at the Savoy Ballroom, Grand Hyatt Melbourne.

Minister for Multicultural Affairs and Citizenship, Matthew Guy, and Melbourne Consul General of Greece, Christina Simantiraki, were among the distinguished guests. Our own *Vanilla Live* band got everyone on the dance floor and spread the *kefi* along with a great entertainment line-up including the Pancretan Association dance group and popular comedian George 'Memo' Kapiniaris.

In this prestigious event five Greek Australians were recognised for their achievements: Furniture magnate Stelios Koukouvitakis (Lifetime Achievement Award), Restaurant innovator Con Christopoulos (Business Excellence Award), Philanthropist Kaliope Paxinos (Community Service Award), Academic Nikos Papastergiadis (Professional Excellence Award) and PR expert Nicole Condos (Young Achievement Award).

HACCI president Nicholas Mylonas praised their contribution towards the Greek community and pointed out their passion for Hellenism as a driving force to excel.



HACCI YOUNG PROFESSIONALS NETWORK



Vanilla Magazine caught up with **Ashley Nasiakos**, convenor of the **HACCI Young Professionals Network** who told us about this exciting initiative.

What thoughts led to the Young Professionals Network?

HACCI identified a gap in support services for young professionals from a Hellenic background. For example, organisations like NUGAS exist to enable Hellenic-Australian students to get together, and organisations like HACCI exist to enable professional Hellenic-Australians to connect, but we recognised that there was no organisation supporting young Hellenic-Australian professionals between the ages of 20 to 35 years of age. As a result, HYPN was born.

What are you seeking to achieve?

HYPN seeks to bring together Hellenic-Australians aged 20-35 to socialise, create professional contacts and get involved in the community.

The response so far?

HYPN was launched at an event in August 2014 and has since hosted three highly successful events.

In September, HYPN hosted internationally renowned brand strategist, Peter Economides, who conducted a branding masterclass and held a lecture entitled 'Branding for Start-ups'. These events were held in partnership with Swinburne University and attracted more than 200 young Australians, predominantly from a Hellenic background, but also non-Greeks. The events were a huge success and as a result Mr Economides, who is a HYPN ambassador, has committed to hosting future events to further assist HYPN's development, and therefore the development of young Hellenic-Australian professionals.



Tell us about the mentoring program.

In November, HYPN launched the Mentoring Program, which will kick off in earnest in early 2015. The launch featured prominent Hellenic-Australian politicians John Pandazopoulos and Lee Tarlamis, who have had a mentormentee relationship over a period of years. They spoke of the power and importance of mentoring, and the impact that Mr Pandazopoulos' mentorship has had on the professional development of Mr Tarlamis, which he says has been significant. HYPN's Mentoring Program will match young Hellenic-Australian professionals with industry-leading members of the Australian business community, both from within and outside of the HACCI family. The Mentoring Program has received a significant number of expressions of interest and the HYPN committee will work over the summer break to match young professional applicants with their mentors in time to get them together early in 2015.

Other than the HYPN Mentoring Program, 2015 will see HYPN host a series of quarterly networking events, as well as an annual gala cocktail party.

How could HYPN nurture the future leaders of the Greek community?

HYPN will seek to nurture and support the development of the next generation of Hellenic-Australian community leaders by providing opportunities for young professionals to connect with each other and more senior members of the Hellenic-Australian community, socialise, build professional networks, and get involved in the community. HYPN also gives young professionals the opportunity to get involved in HACCI from behind the scenes by joining a HACCI committee, thereby fostering the development of future HACCI Board members.





Obviously business and pleasure go hand in hand...

Socialising is pivotal to the success not only to organisations like HYPN, but also to the individuals who take part in them. When we socialise, we put ourselves outside of our comfort zone and meet new people. This leads to new connections, new friendships, and strong personal and professional relationships. This is the key aim of HYPN.



Every HYPN event provides opportunities for participants to socialise and meet new people, but in particular HYPN will hold its first purely social event early in 2015 with the HYPN gala cocktail party, which will be a classy, fun night!

How is social media used to reach out to and connect young Greek professionals?

Social media is a significant player in the way we communicate with young Hellenic-Australians. Both HYPN and HACCI have Facebook, Twitter and LinkedIn pages. We use these to communicate with members and gain exposure to prospective members, which has led to the majority of young professionals hearing of HYPN by word of mouth, rather than any sort of driven advertising campaign.



Any plans to expand this network?

One of HACCI's strategic initiatives is to develop a national footprint, so as it grows HYPN will inevitably grow with it.



Young Achievers Award recipient Nicole Condos at the recent HACCI Excellence Awards Gala Ball

How can young professionals connect with HACCI?

The best way for young professionals to connect with HACCI is through HYPN. HYPN Premium Membership costs just \$80 per year and gives members free access to HYPN's four quarterly networking and professional development events. Beyond HYPN events, young professionals are also encouraged to engage with HACCI events, including the regular Proinos Kafes networking breakfasts and HACCI Business Forums.

For more information search **'HACCI Young Professionals Network'** on Facebook, Twitter or LinkedIn, or simply contact the HACCI office by email on **info@hacci.com.au** or by phone on **9602 2977.**



nicole condos is a Moteriol give & with a great spirit





Since launching all Christian Audigier fashion brands, including Ed Hardy, into the Australian, New Zealand, and United Kingdom retail and wholesale markets, Nicole Condos has been running her own PR consultancy *Material Girl PR* with a wide range of clients from the fashion, beauty and lifestyle industries. Also a passionate singer, she has performed at community and corporate events while recording her own music, and while being actively involved in the Greek Community by teaching at Omiros College, freelance writing for *Neos Kosmos* and *OPA Magazine* and radio hosting at 3XY. In August 2014, she launched her own range of candles, *Candles by Nikoletta*, which are hand-poured into coffee cups and infused with signature Greek inspired scents.

Her rapid rise in the business world and her contribution to the Greek community was recently recognised by HACCI, the Hellenic Australian Chamber of Commerce and Industry, an experience which she described to Vanilla Magazine's assistant editor Raquel Neofit, as truly humbling: On November 14, I was honoured at the HACCI Excellence Awards Gala, receiving the award for Young Achievement. It was truly humbling to be recognised by fellow Greek Australians who have paved the way in local and international business with their passion and work ethic.

Where did the inspiration come from for the candles?

The inspiration for the range came from the realisation that a simple scent is capable of triggering nostalgic memories- whether that be of a holiday to Greece or growing up in a Greek household. Whilst battling the reality of winter in Melbourne this year, I wanted my candles to light up and bring a little Mediterranean magic to local homes... this was the closest to Greece I and many others could get this year!

Was it a tough line to put together?

I spent a fair amount of time sourcing the cups, researching fragrances and how they could be combined or "Greek-ified." I completed a candle making course to understand the science of candle making and developed the range and launch strategy from there. Night after night I would be up until all hours, googling and developing ideas that eventuated into a range of twelve unique fragrances. I thrived on the process of creating an identity for each candle fragrance and how it became part of the overall story of the brand.

Why isn't the frappé candle available in a coffee cup?

Because it is made in its own frappé like glass! All over Greece people are slowly sipping their favourite drink, a frappé, through colourful straws. This candle burns from vanilla at the top, down to a dark, roasted coffee-bean fragrance with a touch of chocolate.



Nicole with J.Lo. From Lisa Marie Presley to Ronan Keating, Paris Hilton to Dennis Rodman, Nicole has been a part of PR campaigns that most professionals can only dream about. Working with the AA list of film, TV, sport, fashion and music, she quickly went from being on the V.I.P. lists to being the one who decides whose name actually makes those lists.

Can we actually drink our Greek coffee in them later?

Being Greeks, I'm sure a little bit of Windex can polish them up after the candle has burnt out!

Do you think there is a chance of breaking into the market in Greece? These candles could be great upmarket souvenirs for people holidaying in Greece.

That would be a dream come true – while souvenirs are often cheap and typical such as magnets and keyrings, I

would love to see my candles on a fabulous café table in Glyfada or in a designer gift store in Cyprus, so tourists can take a piece of Greece home with them with a fragrance that would remind them of their trip.

You're a second generation Greek Australian, what was life like growing up?

My mum was born in Cyprus and migrated to Australia in the late 1970s. My dad is Australian born from Greek Egyptian parents. I went to an Anglican high school so my dark hair and bold eyebrows confused most of the other kids as I loved AFL – aren't Greeks supposed to be soccer freaks?! I loved going to Greek school and of my brother and two sisters, I was the only one to attend and complete my Greek studies until VCE.

How much 'Greek-ness' is there in your life?

As I grew older and spent more time with my mum, god-mother and grandmother, the more I valued my Greek-ness. I love Greek concerts, often speak Greek-lish and of course have created a Greek inspired product range through my candles, so I am proud to celebrate my heritage. My passion for life, my "kefi" sums up



Proud dad Nick with Nicole at the HACCI Excellence Awards Gala



my Greek-ness as an Australian.

Dad's a football coach – does that make for a tough upbringing or was he a softy at heart?

Most of my Greek friends had fathers that would play backgammon and carry a gomboloi (worry beads) around whereas my dad had his own plumbing business and is also a football coach. All Greek dads are softies with the best intentions for their kids - being the eldest Greek daughter is always fun! My dad is a great speaker and has a swift sense of humour, so in addition to my dark features, I may have picked up a trick or two from him also. Don't tell him that though!



Whether she's online running her company *Material Girl PR* or onstage performing, Nicole believes that in order to be truly successful you must believe in yourself. In order to do that, you have to know what's unique about you. She understands that in the high-class world of fashion, business and bling, you can't just talk the talk – you have to walk the walk. And that's exactly what she does - she pinpoints the key flair about you or your company and then tirelessly promotes it so that your audience wants to be a part of who you are.



She loves to take an unknown person, company or product and strategically throw them into the spotlight- it's where she likes to be anyway. Just ask *Ed Hardy Australia*. After three years, the company went from an unknown, to being listed at number six by BRW Magazine's Fast 100, with a revenue of \$18.59 million.

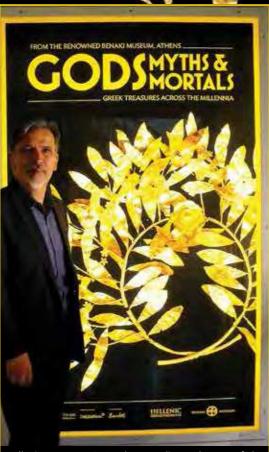


GODSMYTHS & MORTAL

From the cradle of Western Civilisation to our doorstep we have the opportunity to experience 8,000 years of Greek history, thanks to the landmark collaboration between the renowned *Benaki Museum* in Athens and the *Hellenic Museum* in Melbourne.

The Gods, Myths & Mortals: Greek Treasures Across the Millennia exhibition from the Benaki Museum brings us a priceless collection of manuscripts, costumes, figurines, tools, weapons, jewellery and unique artefacts that will transport us back in time through the amazing stories they tell us.

In this issue of *Vanilla Magazine* we catch up with the CEO of the Hellenic Museum, John Tatoulis, who explains just how important it is to know our history.



Hellenic Museum CEO John Tatoulis on the eve of the exhibition launch

How was the 10 year deal with Benaki Museum achieved?

When we heard that the Benaki Museum was looking to establish a presence in the diaspora – looking at countries like the USA and the UK – we knew that we had to throw our hat in the ring and make a bid for Melbourne, for all Australians to have the accessibility to engage with one of the richest cultures in the world.

Why did you call the exhibition "Gods, Myths & Mortals"?

We wanted a title that covered the immensity of the pieces within the exhibition. As we delved into the individual stories and histories of each of the items, we came to realise that there are three overarching themes that tie the collection together: gods, myths and mortals. Each of the pieces was crafted by man in a realisation of the skillset that defined that era; these were in devotion to life, death or worship. Many of the objects also make direct reference to the gods, which played a crucial role in oral storytelling, eventually becoming some of the myths that have permeated Western culture, from theatre and literature to films, until today.

What story does it tell us?

The exhibition spans almost 8,000 years of history. From the Prehistoric through to the Byzantine and Post-Byzantine, and the formation of the modern Greek state with the Neo-Hellenic, the pieces have been selected and curated from the Benaki's vast treasure trove to bring a collection that represents the depth of Greece's culture and history. The exhibition is really a celebration of the change and continuity of Greek and, in turn, Western civilisation. Viewing the exhibition is a chance to engage with that rich narrative and to understand our place in today's society.

Summer Arts Long Weekend 2014



What has the response been so far with the exhibition?

The exhibition has the support of the State Government, and we've had a wonderful response from the Greek and Australian community at large so far. Due to the exhibition's appeal to all Melbournians, we have also had a fantastic response from the media, such as our media partners *ABC 774*; as well as coverage in *The Age, The Australian, Time Out,* local newspapers, as well as Tourism Victoria and the City of Melbourne, who have all got behind the Museum. Interestingly, our visitors are currently made up of about 40% Greek, 60% non Greek, and these include all ages and from all parts of Australia, as well as international tourists.

Have many schools visited or are planning to visit?

We have school groups coming through daily. These have been from Melbourne as well as interstate, and to keep up with demand the Museum is working in conjunction with the Benaki Museum's education department to develop additional educational resources for schools and students. These will cater to the curriculum across all levels, including Greek language schools.

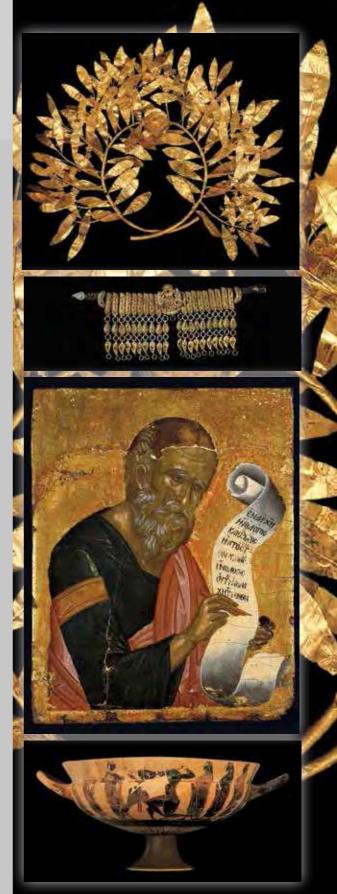
What are you aiming at?

We would like to share the wealth of Greek history with all Australians, whatever their background may be. The program of the Museum is founded on this basis, from our Summer Cinema series through February and March to our contemporary arts long weekend over Labour Day; and from our long-term and permanent collections to our temporary exhibitions and events.

Looking ahead, what are your plans for the Museum?

What we are aiming for over the coming years is to implement a fantastic set of programs that will establish the Museum in the minds of the public, not only as a place for quality art and events – from theatre through to music – but also as a space for people to come together and engage with each other.

In addition to the long-term collection from the Benaki Museum, *Gods, Myths & Mortals*, we will also hold yearly mini blockbuster exhibitions. These will include anything from ancient Greek jewellery to the weaponry of the ancient Spartans, to an exhibition from the Benaki's Islamic collection, which has never before travelled. We'll also be making a major announcement in the New Year about an amazing new exhibition that will appeal to all Australians!



John Tatoulis with Benaki Museum Director Angelos Delivorrias





You produced a documentary about Greek migration to Australia.

My background in audiovisual production is a skill I have brought to the Museum. As part of the 2012 exhibition *Antipodean Odyssey*, the Museum co-produced, with historian Leonard Janiszewski and photographer Effy Alexakis, a documentary about the waves of Greek settlement in Australia from the early 1800s to more recent times. We will look to revisit it to incorporate the phenomena of this current wave of new migration from Greece.

We have also used video in *Through a Child's Eyes* exhibition, as well as QR (quick response) codes in *Gods, Myths & Mortals* with George Donikian narrating additional video clips on some of the items in the exhibition. I believe the use of audiovisual media is integral to the cultural institution experience.

So multimedia is the key for a more engaging experience?

I don't come from a strictly curatorial background but an arts one. I think that it is important that institutions such as the Hellenic Museum should engage at every cultural and artistic level that is relevant to the Greek experience. It's a case of being relevant, exciting, and stimulating in the same breath.

Storytelling has pretty much been integral to everything I have done, from journalism through television, theatre to film production. The challenge here at the Museum has been the same. There is need for everything to have an engaging story to help make it accessible. The arts are a form of human expression, this includes antiquities that are millennia old to freshly painted street art: it is just the manner of interpreting the story and relating it to the others that becomes the challenge and in turn, the inspiration for much of the work I do at the Museum.









FROM THE RENOWNED BENAKI MUSEUM IN ATHENS





For more information please visit **www.hellenic.org.au** Hellenic Museum Open Hours: Tuesday–Sunday 10am–4pm

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Gold myrtle wreath with multi-petalled flower at the centre. 4th – 3rd C. BC

PETER GILNORE By Raqu

By Raquel Neofit

This summer I was lucky enough to enter the world of two of Australia's great Hatted chefs, and first off the grill is the aweinspiring PETER GILMORE from Sydney's award-winning three Hat restaurant, *Quay*.

Straight from his kitchen, we chatted about his experimental garden (where many of the strange and wondrous produce you'll find on the menu at *Quay* originate), the heart of modern Australian cuisine and, of course, his divine new book, *Organum*.



Peter, Organum is simply divine, even the feel of it in the hand is gorgeous...

Yes, and that is really what I wanted. One of the things I said to Ruben, the designer, was that I wanted it to be really textural and I'd really like a soft cover; I'm so happy with what we've ended up with, it's fantastic.

Who have you written this book for?

For me the book is about the philosophy of my cooking and it's about celebrating my producers and food. I really see the audience as being young chefs and interested foodies - you know, people who are really obsessed by great food, restaurants and restaurant food.

And I think the people who come to the restaurant sometimes want to have a memento of their experience and to understand more about the food, so I think a lot of the books will sell to our customers.

But I think it will appeal to a lot of really interested foodies and young chefs from all *around the world*, who will be interested in going behind the scenes a little bit and delving a little deeper into the *philosophy of the food*. I can't imagine you're cooking all of these dishes that are featured in Organum at home, what do you feed your friends and family?

No, no, just simple things really. I might make a nice Thai green curry, or the other night we had a BBQ and grilled some lamb and beef over charcoal, and just had a bit of corn on the cob and some simple boiled potatoes - just simple stuff like everyone does at home. Occasionally I'll do something a little bit fancy if we've got people coming over, but you want to keep it simple because you're doing all this stuff for a living and it's pretty involved – a simple pasta or a stir-fry, something like that.

Your experimental garden is almost famous, how did that evolve, how did you find all these exotic seeds and plant varieties?

Well, once I started growing a garden and I started searching on the internet for seeds, I realised how much was out there. I import seeds from all over the place; Italy, Japan, America, the UK – there are a lot of seeds you can buy over the internet and bring into the country, and there are all sorts of great heirloom varieties available.

What would we find in your garden at the moment?

Well, at the moment I've just planted for summer. I'm growing five different types of beans this year, I've got six different types of heirloom tomatoes - I've got all different

But different chefs do different things and one chef might have Greek characteristics and they might do a Modern Greek style of modern Australian cuisine, or a modern Italian style, so it really depends.

> But that's the beauty about cooking in Australia; we have the freedom to cook what we want without having a very laid-down, strong, traditional set of principles or traditional cuisine that we have to conform to.

types of things in there. I've got day lilies, ice plants, I'm growing a rare type of Italian turnip for the first time this year and I've got about four different melons; one from India and three from America. It's become a real passion and it's also part of what I do for my work, so really cool.

You're famous for modern Australian cur always your plan when you tool, over the Quay?

Pretty much throughout my whole career I've always been at the fine dining level with modern Australian, but I've also worked in Europe at that higher fine dining level because that's what interests me.

You know, it's all about the creativity in new dishes. When I first took over *Quay* I'd been working for about fifteen years so I had developed a bit of a style in what I wanted to achieve. I was very interested in flavours being harmonious, and very interested in texture and exploring our multicultural and diverse cuisine and climate.

I've always been interested in Japanese and Chinese food and for me it was really about trying to develop modern Australian cuisine further, and just embracing all the great products and produce that we have in this country, and cook it well and with imagination.

Many modern Australian chefs have quite a strong Asian influence, why do you think that is - is it our climate or our close proximity?

In a lot of ways I think we are in that region of the world. Australia is different of course, we're a bit further down and we don't have quite the same climate as Asia, but we do have the ability to grow incredible Asian produce up in the north of Australia.

Then we have the ability to grow the cooler climate stuff down in Tasmania or Victoria, so we have a huge amount of diversity within our climate zones and what we can actually grow.

I do think that a lot of Australian chefs are into Asian food because it is a very interesting cuisine, but I think what we do with it is quite different.

In my chapter called Cultural Osmosis I think I really describe what we do quite well. We absorb all these traditions and look at the flavours, and we look at the techniques and then we interpret them differently, with our produce, and so we can actually develop something quite unique. So what does the term modern Australian cuisine mean to you?

I would say it's a certain spirit of cooking; it's a certain freedom and it's a certain respect for our produce.

How did in feel when the awards and Chef Hats started to roll in?

I think that no matter what you do in life, if you are working hard towards something and have people recognise that, it's a nice thing. It's definitely rewarding and we've been very successful and we have won lots of awards. We've been in the top fifty restaurants for about five years, things like that are very satisfying and it's great to have those sort of things come in because it gives you credibility, but it also gives you standing within the world community to spread the word about Australian cuisine, which is really important.

You've been with *Quay* for a long time and not expanded into another restaurant.

Yeah, over the last couple of years we have thought about opening another sister restaurant and you know, I guess up until now I've really just wanted to concentrate on *Quay*. It's a big restaurant, and to really build that reputation takes a lot of devotion. But now we're actually thinking it would be interesting to do a sister restaurant, maybe something slightly more casual but still with incredible flavours and great produce.

Peter Gilmore announced in November that he'd be taking over the kitchen of the iconic *Bennelong* Restaurant at the *Sydney Opera House* – directly across the harbour from *Quay*. He expects to be up and running by June 2015.







MARTIN BENN

SEPT

Owner and executive chef of acclaimed *SEPIA* restaurant in Sydney, Martin Benn has had a remarkable career, all of which is recollected in his extravagant new cookbook, *Sepia – The Cuisine of Martin Benn*. At just thirteen-years-old Martin first entered the wonderful world of food in an English pub called The Smuggler's Inn as an all-round general hand. While collecting glasses and changing barrels in the cellar he found his passion by sneaking glimpses of the kitchen from the sidelines, and he hasn't looked back since.

Fast forward to the current day and after years of blood, sweat, tears and delicious fine food, he is the proud recipient of numerous coveted awards, including Chef of the Year, Restaurant of the Year, and, to top it all off, with the help of his dedicated team, the proud owner of three Chef Hats from the *Australian Good Food Guide*, earning him a place amongst the exclusive ranks of Australia's best fine dining restaurants.

Martin, talk to us about modern Australian cuisine – what do you think is at the heart of it?

It's a question that is asked of me more and more. This is a significant and influential time as Australia is trying to define its cuisine that will shape it for many centuries to come, but for me it's becoming more and more apparent.

So, what to me is modern Australian cuisine? Well, in my mind I think we are a free nation, not bound in tradition, we are a young country that is influenced by our multiculturalism. We are, in fact, a large island/continent surrounded by pristine oceans of the Asia-Pacific region of the world, giving us the best quality seafood that is sustainable through managed fishing and modern farming techniques.

With Asia on our doorstep, and our blend of many established migrants and new influences from around the world, we are forging a sense of uniqueness.

What do you think makes your food stand out as exceptional to people?

I hope to achieve a sense of uniqueness and I truly believe that flavour is paramount, with just that little bit of magic.

You've worked some crazy hours over your life as a chef, how is time treating you these days? Do you get a little more time to yourself?

I was about sixteen when I started as a chef in commercial kitchens. For me back then it was the only place that I wanted to be, even though all my friends were out having a great time, all I wanted was to work and to be better. I suppose that as a chef you get used to the hours and the amount of work that you have to get through in a day. But saying that, I see so many chefs that get to their thirties and have just had enough.

It doesn't get any easier as you get older and we must be mindful not to burn out. I would say that the older I get the more I realise that I could miss parts of my life that I can never get back!

Having said that, seven years ago after leaving Hong Kong, I made a pact with myself and with Vicki (my wife) that we would not work Sundays, as there really has to be a break in what we do. This is no normal life and people looking in from the outside do not understand.

These days I try to make a conscious effort to have some balance in my life.

Where do you draw your inspiration from in the kitchen? How do these magnificent menus evolve?

I suppose that inspiration is different for every chef, but for me it's very hard to describe; a lot of ideas come from just being in the kitchen and playing on ideas. But it's the ideas that are really the hard part and which cannot be forced. The one thing that I can say I learnt for myself is that the ideas must be fluid.

I often see a small glimpse of an idea in my mind's eye or an individual detail, which may be from something as simple as architecture or even art, this will stay with me, locked into my mind for however long it takes to evolve.

I often wake from a deep sleep in the night with an idea of a dish, or even just a flavour or texture, and I have to get up and write it down or it will have disappeared by morning.

Once the idea is there then the hard work starts, this can then take many months to evolve.

What is it about Sepia that appeals so much to its diners?

When Vicki and I first wanted to open a restaurant we asked ourselves what did we want it to be, and it was simple, it was to be a restaurant that we wanted to dine in ourselves, a restaurant that transports you from your everyday life – a restaurant with atmosphere and mood.

A place that yes, the food was great, but also not stitched-up in the sense you felt that you could not have a good time, after all, restaurants are about having fun with friends and family.

Sepia again is an evolution in itself; we change things every year, not only the food but the service style, menus, atmosphere, wine and other beverages - for example, our tea list of more than twenty-five types of teas from around the world. It's also a restaurant where the guest feels comfortable right away, and it has a sense of excitement and the unexpected.

Young chefs are looking to you as a leading inspiration in their career, as one of the greats in the industry, just as you did with Tetsuya all those years ago, how does it feel to be inspiring the next generation of chefs?

It is certainly a strange feeling indeed. I have just worked my entire life with my head down and just got on with what I really enjoy doing. It seems now that I have just looked up and there is this completely different world that I am now a part of creating.

The idea that one day I could actually be part of shaping the Australian culinary scene is just surreal, but now it is, for me, a responsibility that I pass on my knowledge to younger chefs, teach them all I know, and they will one day lead the charge of a great country and its unique cuisine.

You're book *Sepia*, is a brilliant autobiography of your food and life, I was totally absorbed when you wrote about winning three Chef Hats and Restaurant of the Year. How did you feel writing these words, travelling back through history and recounting it all?

You know, every day I pinch myself and think, "Wow did I really do that for myself?" I have worked for so many great chefs and restaurants over the years of which I am very proud, but to actually be able to achieve what they have has surpassed my wildest dreams.

What are you eating at home with family and friends?

I try to keep to the old adage... keep it simple, I used to cook restaurant style food at home many years back, but to be honest, I'd end up being so worked up that I spent my entire day cooking.

One day I decided to cook our Yakitori bar menu idea at home, which I found to be a massive success with my friends and so easy for me to reproduce. I would skewer up different cuts of chicken that had been marinated, along with some vegetable and fish, then we would all sit outside and enjoy our wine while cooking over the grill. You set your own pace and everyone can get involved.

THE BOOK

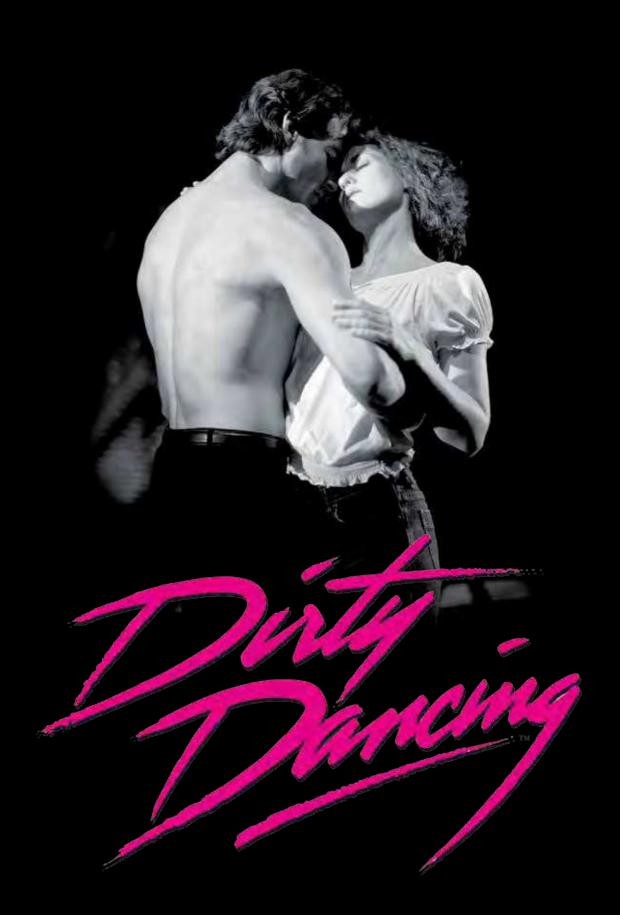
The opening line in *Sepia – The Cuisine of Martin Benn* reads, 'This is a book about a restaurant.'

And it certainly is a book about a restaurant but it's also so much more. It's a brilliant story about a career, a life, a love of food and the industry, and of course, his partner in crime, Vicki. It's simply divine.



Frappé @ Vanilla ...

once you've tried it you will never look back:)





Loved by romantics across the world, this iconic film is one that has crossed many boundaries, cultures and classes. After hitting our stages ten years ago, this March **DIRTY DANCING** the musical returns to the Melbourne stage for its 10 year anniversary Australian tour at the Princess Theatre.

Revamped and re-energised over the years, this musical is one of the few stage shows that has evolved over its life, and the cast and crew here in Australia are nothing but excited to be part of the action.

For those of you who don't know the story (might I just add that we don't really believe anyone is unfamiliar with it by the way), innocent seventeen-year-old Frances 'Baby' Houseman (Kirby Burges), a daddy's girl from an upper class, educated, well to-do family, catches the attention of sexy dance instructor, Johnny Castle (Kurt Phelan), who is from the wrong side of the tracks. While on summer vacation at a classy resort in upstate New York's Catskill Mountains, love, romance, heartbreak, in-discretion, and of course, dirty dancing ensue, ending in a summer break no one involved will ever forget.

And with one of Australia's most iconic and successful producers leading the show, *Dirty Dancing* is almost certain to be met with acclaim throughout its anniversary tour. John Frost has produced some of Australia's most successful theatre productions of all time here in Australia – think *Grease, Wicked, The Rocky Horror Show, Annie,* and *Chicago* – just to name a few...

And in 2014 he was recipient of the honoured JC Williamson award – given for outstanding contribution to the Australian live entertainment and preforming arts industry – considered the highest honour in the live entertainment industry.

Dirty Dancing was a phenomenal success worldwide when it premiered ten years ago, breaking theatre records in Germany and the UK, along with a sell-out eighteen month season in Australia and New Zealand, and this new production is expected to have yet another great run. COO of *Lionsgate Television*, Sandra Stern, said, 'We're delighted to participate in the latest stage incarnation that will introduce *Dirty Dancing* to a whole new generation of fans, and we expect the stage play to prove yet again that nobody puts Baby in a corner.'

Here at *Vanilla Magazine* we just couldn't resist the opportunity to catch up with the two leading stars of the production, Kirby Burges and Kurt Phelan, to find out exactly what they thought of this hit stage show, especially after Kurt told me that he'd be so bold as to say they have the best version of *Dirty Dancing* in the world so far...

DIRTY DANCING opens at the **Princess Theatre 4 March**. Tickets from \$59.90. Book online at **ticketmaster.com.au** or phone **1300 111 011**.

Can't wait till March? Then hop on a plane to Sydney – season opened November 28.

Kirby Bur

Things have come full circle for KIRBY BURGES. Ten years ago, when *Dirty Dancing* was adapted into a stage show, she was part of the original cast until the producers found out she was only fifteenyears-old. Now Kirby's landed the role of leading lady. Not that anyone is surprised – this triple threat

> has performed for the audiences of P!NK and Liza Minnelli, and performed live to great accolade in *Hairspray*, *Officer and a Gentleman*, *High School Musical – Live* on Stage, and Grease.



Do you enjoy playing Baby?

I love playing her! She's very, very different to me and very different to every character that I've ever played. I've always played the bad girl, the sassy kind of minx I guess. Now I get to play this innocent, sweet young girl and I love her; I love how honest she is in everything she does. She is always giving her all and everything you're seeing in this show is first in her life; the first time she's ever liked a boy, or touched a boy, or hugged a boy – back in the sixties it just wasn't done in her sheltered life, and her mind just explodes with these movements they are doing – and her first kiss.

So how hard is that every night, portraying a first of everything?

The show is written so well it makes it easy. So when *Cry to Me* starts, which is the scene when Johnny and Baby are in Johnny's bedroom, Baby is the one who initiates this sexual encounter, I guess you'd call it, between them and when that record starts you just can't help it, it's so sexy and hot it actually makes you so nervous. Because it's not just turned on, you don't have to work for it. It's set up, right from the beginning, it's amazing.

Have you nailed the chemistry between Baby and Johnny?

I think we have, I don't think you'll be disappointed; everyone will just have to come and see if we've done it for them. But it's not hard to fall in love with Kurt every day.

Do you think there is more pressure on you all as actors since the show has had so much success in the past? Will the people who loved it before be more critical?

Possibly, but I think the show has developed so much over the years. It is a completely different show than what was on stage ten years ago. You know, they've had ten years to refine it and work out what is and what isn't working.

I think now that they have tried and tested the show over years, they've given the audience exactly what they wanted. It's always hard to do a show, a musical especially, as a production that was a film first because people have these preconceived ideas and expectation, but I think that we've really strived, and succeeded, to give the audience what they really love about this story, especially with the characters.

This story has it all, it's incredible.





KURT PHELAN is a bundle of fun and cheekiness, but behind his infectious laugh he's a force to be reckoned with in just about everything performance related – on and off screen or stage!

A NIDA graduate who can act, sing, dance, choreograph, write, edit, and at thirty-two years old, has now achieved his biggest goal in life...

Were you a fan of the movie as a kid? I know you were quite young when it came out.

I was at first, but I used to pretend I didn't like it (laughing). My sister is eight years older than me, and her and her girlfriends used to gather around and squeal. I used to say, 'I don't want to watch that, it's a girls' movie!' But then I'd secretly watch it from the hallway. Quite famously, in my family, my mum caught me in a leather jacket when I was seven doing pelvic thrusts, copying Patrick Swayze – I was not very good at hiding it!

Taking on Patrick Swayze is no easy feat, was it daunting?

Yeah, of course it is -1 never in a million years thought that I'd be playing this role because I have never thought of myself as that guy. I suppose I'm a bit cheeky and a bit of a larrikin, but then I also took it as a really great thumbs up for my acting ability because I went into the audition and just gave them my version of this cool dude, which is Johnny Castle. I'm really happy to be playing him, it's a dream come true.

It's your first leading role in a musical, how did it feel when John Frost cast you?

It was excellent, he's a man I admire so much and the work he does in Australia for our business is phenomenal. When other producers are closing shows he's the one driving forward and still making things happen. I've been an understudy in so many musicals and for him to give me the thumbs up and say, 'Hey, I trust you with this role', it made me really proud and excited, and a little bit emotional.

A few weeks later I remember thinking that this is my ultimate life goal and I'm in the throes of achieving it. It's exciting to think that I'll need to reset those goals now.

And have you thought about that yet?

Oh, you know, world domination might be nice... (laughing)

No, look, I really love film and TV, and I would love to move into film, still staying in theatre though.

Baby and Johnny had such great chemistry on the screen, what's the chemistry like between you and Kirby on stage, are you feeling it?

Totally, we've made our jobs quite easy for each other because Kirby and I get on so well, I couldn't ask for a better person to act opposite, she's my new best friend. And I hope she feels the same.

EITZGIBBONS By Raquel Neofit

Meet **SALLY FITZGIBBONS** – currently ranked world number two on the World Championship Tour (WCT), Sally was the youngest female to qualify in the World Surfing Tour in ASP history. In the last four years, she has finished in the top three in the world and, in her rookie year as a pro surfer, finished fifth on the World Surfing Tour while taking out a win at the Portugal WQS.

Now, if I were to list all of Sally's achievements we wouldn't have room in the issue for any other stories, so I've rattled off just a few and you'll have to head on over to her website for a full run-down of this incredible young Australian's achievements in her 24 years of kicking major sporting, professional and personal goals...

And this October, in the middle of the pressure and waves at the Portugal pro event, Sally took time out of the chaos to chat about life, the waves and her love of her professional, hectic career.

Where did you grow up? Did you spend lots of time on the beach when you were a kid?

I grew up in a small coastal town known as Gerroa, on the South Coast of NSW. We lived right on the beach so it was natural to be spending most of our time down there as kids. Mum and Dad would take my three older brothers and I down to play every day.

Have you always been a natural in the water and on a board?

I was introduced to the ocean at such a young age. I just wanted to follow my brothers everywhere and copy everything they did, so that meant taking up body boarding at age four and surfing at age six. I was hooked right away and the ocean has been a part of daily life ever since.

What else did you love as a kid or teenager? What other hobbies did you have, or were you just all about the beach?

I loved all sports as a grom (a young participant in extreme sports) and right through my teens. You name it and I've played it. As an eight year old I had my dreams set, I wanted to be an Olympic gold medallist or a world champion and so I tried every sport under the sun until I could see the pathway to the top in one. Day in and day out I was out there training and working my way towards making my dreams become a reality.

When and how did you know surfing was going to be a career for you?

I didn't focus solely on surfing until I was seventeen. Up until that point I was still heavily involved with my middle distance running and spending a lot of time training up on the track. I saw a window with my surfing career to compete on the World Qualifying Tour and secure my spot on the elite World Tour, so I decided to go out on a high with my running career after winning gold in the 800m and 1500m in the Youth Olympics. I then just went after it with my surfing and am loving the challenge of chasing down my maiden surfing world title.

Do you think it's harder for women – do you get the same opportunities as men?

Coming into surfing at a young age, knowing it was a male dominated sport was something we just grew up with. But I guess I was, and all the women on tour for that fact, excited to change that stereotype. Show the world what we are capable of and how quickly we can learn and keep bettering ourselves. This has elevated our sport to new heights and we are continually getting more and more platforms and equal opportunities to perform. There is always room for improvement with equality but, with more and more people tuning into our sport, these opportunities will come naturally.



What's life like chasing the next big wave?

The thrill of the chase. this is what, as surfers, keeps us going. It keeps the energy levels at an all-time high and you are very connected to nature and the environment. Wind changes, tides and storms all mean something in our day and when we notice them we connect it to a surfing spot. You never know when that wave of a lifetime is just around the corner.



How often do you travel? I am constantly travelling.

You always have to be prepared to jet off at the drop of a hat. If you added up all the week or two week blocks spent away, I'd be travelling about eight months out of the year.

Is it a job that's hard on your personal life, being on the road so often? How often do you get to catch up with your friends and family?

Being an elite athlete in any sport requires many sacrifices. Not spending time with friends and family is definitely one of the biggest sacrifices. It is super-tough to leave all the time but your loved ones understand and they support me every step of the way, no matter what corner of the globe I'm in. Thank goodness for Skype (:)

Is there anyone special in your life right now? How hard is it to keep up a relationship travelling so often?

There is someone special in my life at the moment :) He supports me in any way possible and I do the same for him and his sporting dreams. It's super-tough always flying in and out but we still get our quality time together, so it works well.

Where do you call home currently?

I currently still call Gerroa home. It is just too beautiful. I spend a little more time driving back and forth but I can't bring myself to go anywhere else.

Talk us through an average day for you

There is never a typical day being a surfer. You rely on so many different elements and are moving and changing your schedule so much that you have to be willing to adapt. Each day has a variety of training, media commitments and surfing a few different surf breaks. When and where I will be doing everything is only really decided the night before but it is seven days a week for me.

Are you constantly training? How much exercise do you find you need to keep in such great shape and what kind of diet do you have?

I train every single day. For me to stay at the top of my game I have 2-3 surf sessions, a cardio session, which is; run, swim, bike, skip or boxing, weights and strength work in the gym, and stretching sessions.

To fuel my body I have a pretty basic diet, being lactose intolerant rules me out of a few things. Day-to-day I eat a lot of fruit, vegetables, free range eggs and a variety of quality meat; fish, red meat, turkey and chicken. I love fresh baked bread too. I go for rye or wholemeal loaves.

You have some great sponsors and are working with some big companies; do you enjoy all of the filming and photo shoots? You look like such a natural on screen.

I really enjoy the extra opportunities that come my way. My sport has opened up so many amazing avenues and pathways, and I love integrating them in with my training and travel. There is so much to learn doing live TV and during shoots, and I apply myself to it like I would my training in surfing. I love keeping busy and my schedule is definitely doing that at the moment.

Sponsorships are obviously very important in the surfing industry, how did you feel when offers started coming in? And do you really put a lot of thought into who you want to represent? Is it important to you that they share a similar outlook?

Partnering with the right companies is extremely important to me. I have an awesome team of sponsors I work with. It is important that both parties are willing to put in a lot of hard work, share that similar outlook and flourish together. It's not always easy scheduling everyone's commitments in with all the travel but we make it work and I've enjoyed my time with every company that has helped support me along the way

Who are your idols and where do you draw your inspiration from?

I draw inspiration from the greats of every sport. Everyone's journey to the top is different and it's inspiring watching someone pour their heart and soul into achieving their dream. My idols are the athletes that have left a legacy in their sport. When I was a young runner I drew inspiration from Cathy Freeman and Craig Motrem, and in surfing Kelly Slater and Layne Beachley made their mark for me.

Were you a Nipper as a kid, and what benefits do you think kids get from being a part of the Nippers?

Being a Nipper was such an important part of my upbringing, it was my apprenticeship with the ocean. It teaches you to respect the ocean and its power. As a surfer, some of the key components are reading the waves, the water, the sand bars, the rips and strong currents. I believe it is a must for our Aussie kids spending a lot of their time at the beach. Sign them up for Surf Grom programs and Nippers, and they will develop their ocean knowledge and confidence and have fun with their friends while doing it.

Where is your favourite beach and why is it a favourite?

My favourite beach is Seven Mile Beach at Gerroa.

This is where I learnt to surf and have grown up, and it will always have an extra special feel when I paddle out.

What are your favourite surf spots in Australia and the world?

A few of my favourites would be Bell's Beach in Victoria, the South Coast of NSW, the Maldives, Fiji and Mexico.

Many people I know hit the surf to relax, what do you like to do to relax?

I love just putting my runners on and taking off for a long run. It's like meditation for me, no music or distractions, just me and the environment. It costs nothing and you can do it anywhere, anytime.

Do you have any tips for future surf champ hopefuls?

Make sure you get out there and surf in all different types of conditions, continue to challenge yourself surfing new breaks.

Most of all, enjoy the rollercoaster ride of competing and have fun 🙄

You can follow my adventures at my website www.sallyfitzgibbons.com or

- www.facebook.com/SallyFitzgibbons1
- www.twitter.com/Sally_Fitz
- www.instagram.com/Sally_Fitz



Mitchell KIBBY PROFESSIONAL TRIATHLETE

Triathlon is relatively new to the world of sport. Although it has been around for about thirty years, it has only recently begun to take hold. And 26 year old Melbournian, Mitchell Kibby is enjoying its rise in popularity.



In the past, many triathletes transitioned from single-sport disciplines like swimming, running and even football, like Mitchell did. However, we are now seeing the next generation develop as pure multisport competitors, which is set to raise the bar even higher.

In 2011 Mitchell won the Australian Championship in the Open Men's category, qualifying him to race as a professional and allowing him to race for higher stakes at international events.

He now competes up to twenty times a year, spending the summers racing in Australia and following the sun to Europe between April and September. When he's home he shares his knowledge coaching others. CON MILONAS PHOTOGRAPHY

When did you first become interested in triathlons?

When I finished high school, I took a gap year and moved to Noosa with my friend for work. Our apartment was on Noosa Parade and in the time we were there the Noosa Triathlon (Australia's biggest event) came past my balcony. This was the first time I'd seen one in the flesh and I immediately wanted to do one myself.

When did you get serious about competing?

I had enjoyed "racing" in a few fun runs that year and ended up buying a bike out of the trading post so I could do my first triathlon. In 2008, I moved back to Melbourne to start my university degree and joined Tribal Triathlon Club. Head coach, Andy Sleeman helped me learn the sport and my involvement in training and racing soon snowballed into an obsession.

You spend a lot of time competing, training and travelling, does it take a toll on your body?

Yes, I recently worked out that I had been on over thirty different plane trips this year. I'm sure it's nothing compared to some businessmen, but when you combine the pressures of competition it certainly takes its toll. For the past two years I have been living in a ski village called Morzine in the French Alps. I have been training with a professional squad including athletes from England, Ireland, France, Italy, the USA and Austria - all within a structured high performance environment, under the guidance of our Australian coach.

Our base is near to Geneva Airport so we fly to and from our events from there. I have been fortunate to travel to some amazing places this year including the Netherlands, Turkey, Latvia and Morocco. I will look back on this time and be very grateful for the experience but, for now, it's hard work managing to stay healthy while we constantly demand the most from our body.

Liz was just nineteen when she competed in that first Hawaiian Half Ironman event, an event that has a reputation of being the hardest Ironman comp in the world, and she has since competed in a couple of main events and a number of smaller races each year, like the Gatorade triathlon. 'Because they are such long courses, it takes a lot of recovery time, so I just pick one or two key events per year, then do a few smaller ones.'

When I asked her how she ended up in Hawaii for her debut event she just laughed and said,

'Well, I just thought I'd get the hardest one out of the way first.'

Regardless of how she got there she's no stranger to a podium finish - in Ironman competitions there are five places on the podium, and she has consistently won herself a podium finish.

- 2014 Ironman Melbourne (3.8 km swim, 180km bike, 42.2km run) 4th 18-24 age group
- 2014 Brighton 5 km open water swim (1st 18-24)
- 2013 Shepparton half ironman (2nd 18-24 girls)
- 2010 Hawaii half ironman (5th 18-24 girls)

In March 2014 Liz competed in her first fullcourse Ironman comp, (previously competing in half Ironman events) and it was a decision that won her fourth position on the podium.

After the 2014 Ironman Liz sustained a labral tear in her hip and wasn't allowed to run or ride for a while, but she's back training every day. 'I swim three times a week, run and cycle three times a week and also do a PT session once a week. I'm just getting back into it properly now because the season's starting back up.'



TRIATHLETE – IRONMAN LONG-DISTANCE COURSES

Liz Tosh hit the triathlon scene head-first and extremely hard when it came to Ironman events, and travelled all the way to Hawaii for her first ever Ironman event - and she certainly hasn't looked back.

While training, competing, and trying to stay fit and healthy she also completed an Occupational Therapist degree at university, telling us that it was important for her to have something to fall back on after her Ironman days.

At twenty-four she is on the cusp of her current competition age group of eighteen to twenty-four in a world where people don't really hit their peak until the age of thirty. In fact, at twenty-three Liz was the youngest competitor in the Ironman event and was told by many old hands that she was crazy for competing at such a young age.

Competing in long course events means she needs to keep on top of her endurance levels. 'I am definitely an endurance athlete not a sprinter,' Liz says.

TOP BEACH SAFETY TIPS to keep you safe this **SUMMER**

Always swim between the Red and Yellow flags

2 Read the emergency markers at the beaches this will assist with conditions and the area

3 Talk to the life Guards to find out about the day's water and beach conditions

If your ball or floating device is floating away ask your parents or a lifeguard to get it, the water can go over your head quickly.

5 If unsure don't take the risk, play in the shallows







An artist's impression of the new Mordialloc Life Saving Club, scheduled to open in 18 months



Mordialloc Life Saving Club

Mordialloc LSC Beach Road, Mordialloc VIC 3195

www.facebook.com/mordiallocLSC

JUNIOR SURF LIFESAVERS

BY RAQUEL NEOFIT

The kids at the Mordialloc Life Saving Club are amazing to watch, and so are their coaches! Think boot camp and you're on the right track. But these kids just love it, and they respond to the tactics with full force. The yells from the shore sound full-on at first, but these kids are learning great skills that go far beyond just lying on a board and swimming in the surf.

It's a high intensity work-out designed to raise fitness levels and strength. Stuart Hammel, the club's official coach, believes it takes a lot of courage for the kids to get out in the water, but once they are out there it gives them a great sense of self-worth. Throughout the session they are met with many intense pep talks where they learn to follow instructions, receive tips from asking questions, acquire first aid and resuscitation skills, learn to take critique, and learn how to improve on what they are doing in an encouraging and safe environment.

And it's not just about a particular age group, Nippers accommodate all ages. They begin with under six and go all the way up to under fourteens, seniors start at fifteen and head up to under thirty, and then they hit the masters – for those in the thirty plus age bracket.

'It's about empowering the kids,' said club president Grant Rattenbury as he led me down the beach to the Mordialloc foreshore where a row of participants aged from five to

late forties lined the beach ready and waiting for their first drill of the day. Boys and girls combined – there's no separation of the sexes in Nippers. But most importantly, they have so much fun while they're out there.

In fact, when the Mordy Surf Club went back over their records they discovered that the mix of girls and boys has always been fairly even throughout the years, and the kids are all expected to do the same drills.

Nippers also teach kids a sense of responsibility.

They are responsible for their behaviour, for each other and also for the equipment they use. Each training session, regardless of size or stature, they must find their own paddleboard, carry it to the sea, look after it, wash it down at the end of training, then return it to where they found it. Carrying those boards around all session sounds like a tough job, but not one of the kids I spoke to or walked past complained about the task at all - it's all just a

And believe it or not, these kids even train up their fitness levels.

All-in-all, it's a great program that teaches kids skills that they can utilise throughout their entire lives, and when they do hit the beach on our scorching hot summer days you can rest easy with the knowledge that your kids will be safe in the bay.

















Example of a standard drill

To improve on strength, agility and swimming skills a standard drill takes the Nippers about five minutes and includes a 120m swim/paddle out to the apex (a buoy in the sea), back again and finishes with a 30 to 40 meter run – all under the pressure of the five minute time trial.

THE BENEFITS OF NIPPERS

- Strength, agility and fitness
- Strong swimming skills in all water and most weather conditions
- Water safety by learning how to read a wave and the water
- Comradery
- Sense of responsibility
 - Learn first aid and resuscitation



Mums love the Nippers too!



Nipper mums, Helen McKie, Natalie Stranger and Mel Pleysier reckon, 'What better place is there to sit in the afternoon with the view of the beach in summertime?'

The mums of Moordy Surf Club love the health and fitness benefits their kids get from Nippers. And the security it offers 'when they're in the water. 'Any of my kids can go to a local beach with anyone and I know they will be safe in the water,' said Helen McKie.

Natalie Stranger believes the friendships that are formed at the club are so important. 'It's a comradery, all the clubs get together and it teaches them about club spirit, it teaches them to mingle between clubs, and teaches them team respect and responsibility.'

Nippers is certainly for the whole family!

Lisa Ferguson

Lisa Ferguson is living μ foof that there are real benefits to the Nippers program. Lisa competed in the World Life Saving Championships in France in September 2014, and won gold in the women's thirty years plus and 100m Manikin Carry where she broke the world record with a time of 1:00:06.

She also won gold in the 100m Manikin Tow and 50m Manikin Carry. Then to top it all off she claimed two Royal Live Saving Society Australia National Records with the 100m Manikin Tow and 30-34 age group surf swim.



Stuart Hamill commando

WHY SHOULD PARENTS CONSIDER THE NIPPERS FOR THEIR KIDS?

Because it gives them reward for effort!

The great thing about lifesaving is that there are so many different factors that come into it, the wind, the wave, they can trip over, not get a wave, but they can get a win and get reward for all of that effort they're putting in.

The other thing about it is that there are so many different things they can do. Maybe they aren't a strong runner but are quick off the start, well, they can do flags – there are all sorts of different things they can do within the sport.

They can get a win, and that encourages the kids to go on and work harder and keep trying at the sport. The kids of today don't have the sort of environment we had as kids, you know, we were out playing on the train-tracks. Kids today, for whatever reasons, are more protected, but the surf conditions are somewhere kids can gain a lot of self-esteem. Knowing that they can go out in the surf and catch a big wave is tremendous. That self-esteem will carry on to all sorts of other things, and they learn skills here that they would never have believed they were capable of.

And all of a sudden that gives them the confidence to have a crack at other things in life. So that's the big picture, the kids don't realise that that's what's happening, but it's all about giving them teams, giving them reward for effort.

Kids love to compete, and they have to compete all their lives – compete for jobs, boyfriends, girlfriends – in the Nippers, we teach them how to compete properly, and we teach them early.









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VANILLA MAGAZINE PRESENTS FOTOROMANZO `RECLUTAMENTO' VICTORIA JACOBSEN \ CHRIS ROUBOS \ BABUSHKA FRENCZI \ KOSTAS ANTONOPOULOS \ YANA MARTENS \ SARAH TEVELEIN \ KAI EDAN CHURCHWARD \ NICK COTTON \ ALEXANDRA CHURCHWARD \ ANGELO VEZIREAS \ MATTHEW STEAINS DESIGN ADELE VRANTSES | PHOTOGRAPHY CON MILONAS [CON MILONAS PHOTOGRAPHY] VANILLA VANILLALOUNGE.COM.AU/VANILLA-MAGAZINE WRITTEN AND DIRECTED BY NIKITA BALLAS PROUDLY SPONSORED BY: Statement of the sense that AND REVALSWING

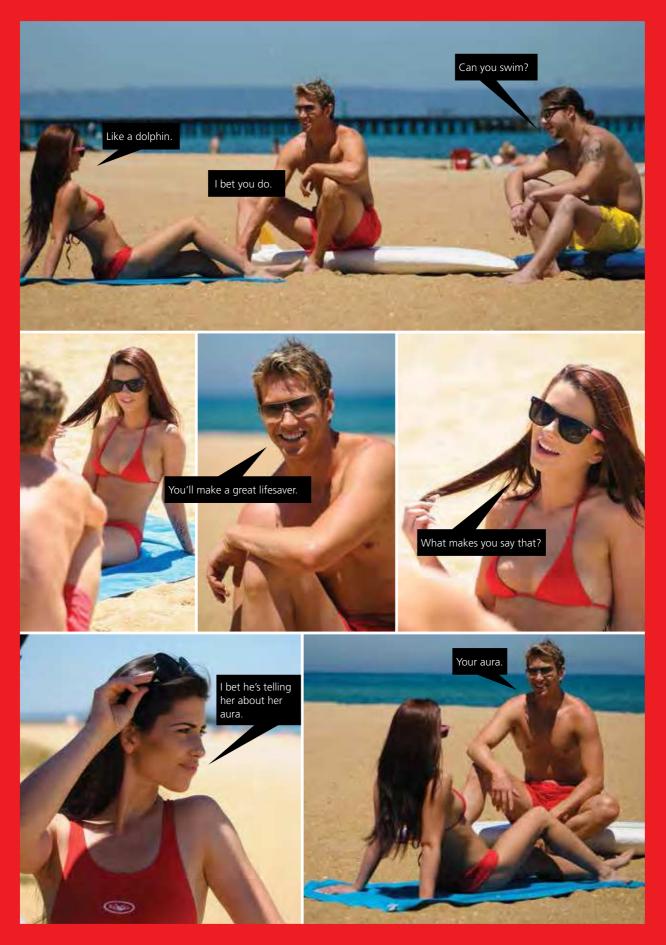


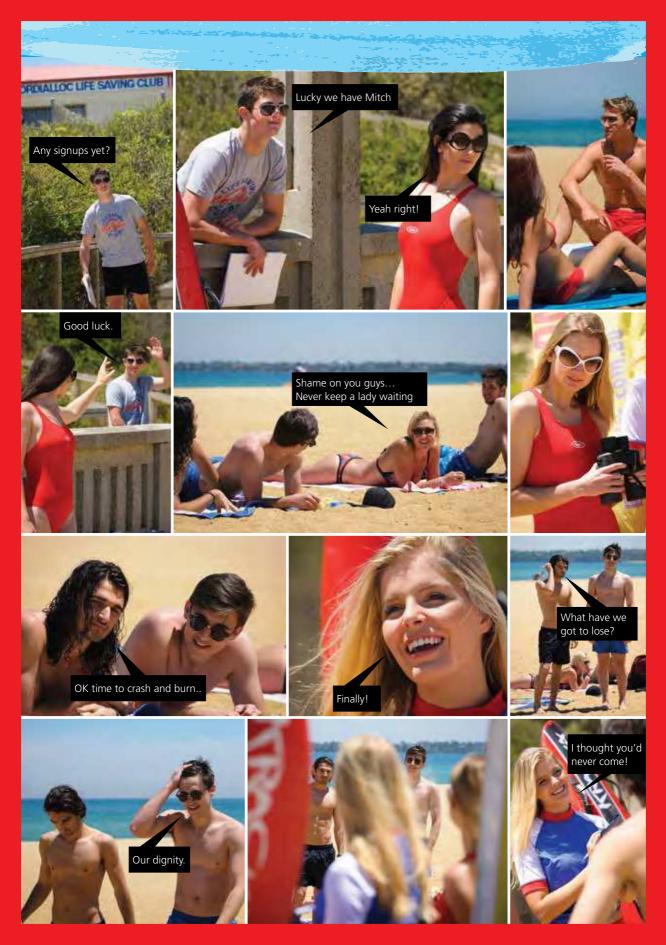






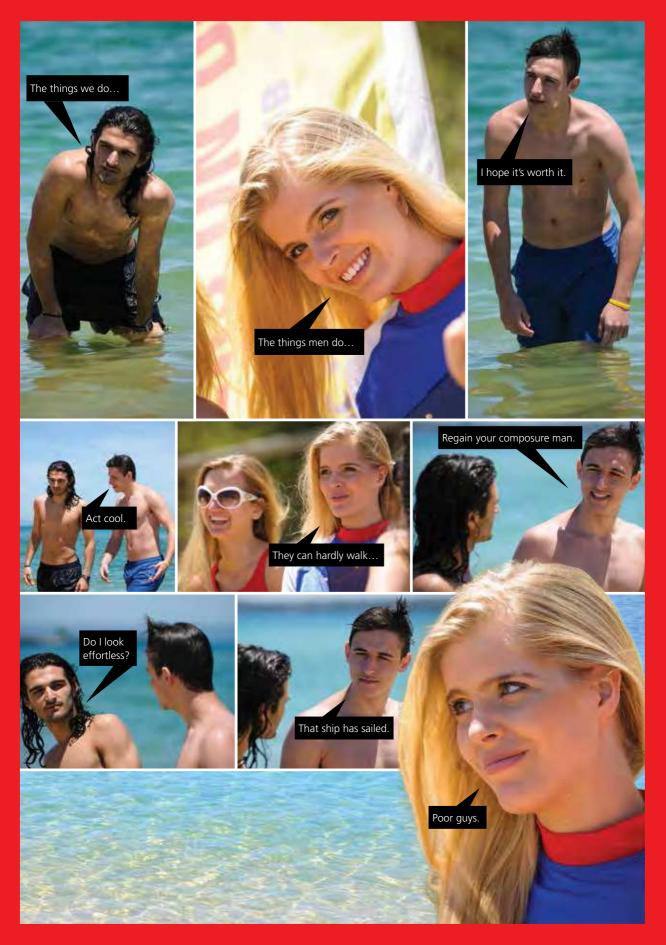




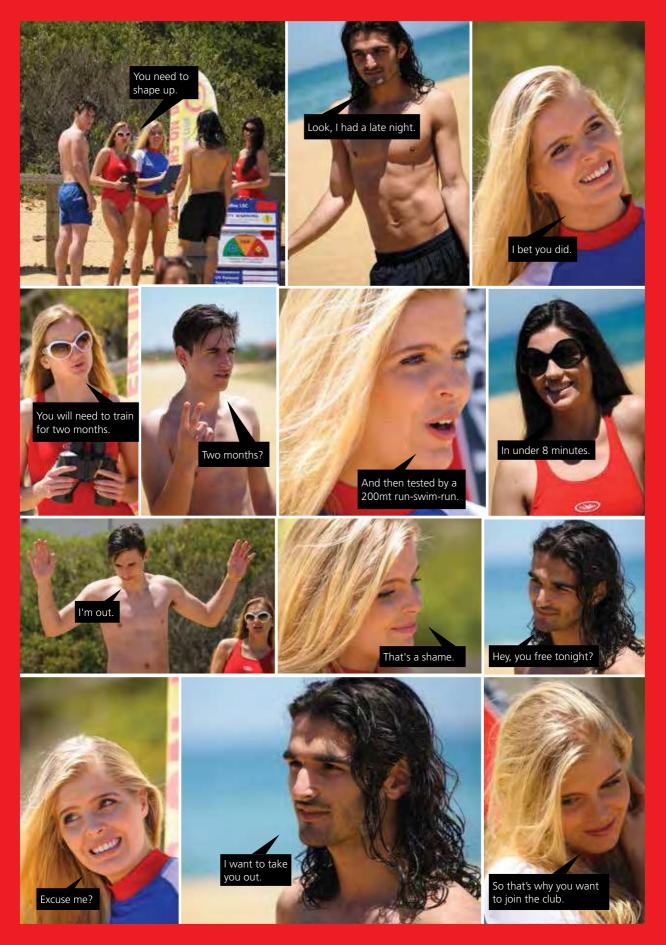


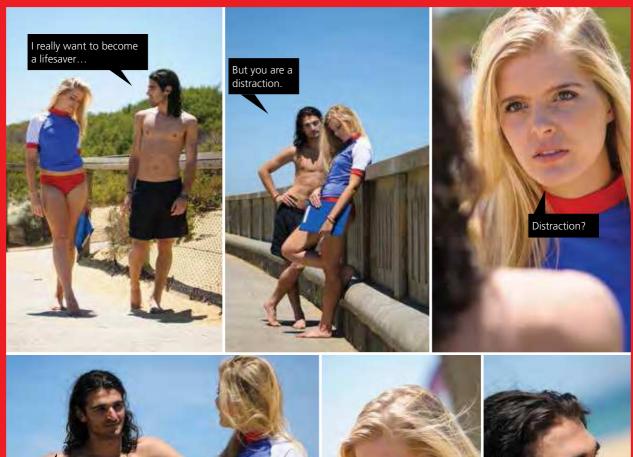












One dinner and I will get it out of my system



Look, two things may happen.

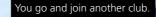


Either we hit it off and I am no longer distracted trying to win your heart.



Or nothing happens, I lick my wounds as I enter your friendzone...





There is a third option.

I will take the third option if you order only salad.



You never give up do you?





No Ma'am, I don't.

I kinda felt jealous back there.

Glad to hear that.



Resilience.... good! Training starts tomorrow.

I have the best teacher.



What about tonight?



Tonight you will need an early one...







CAKES AND LOUNGE







































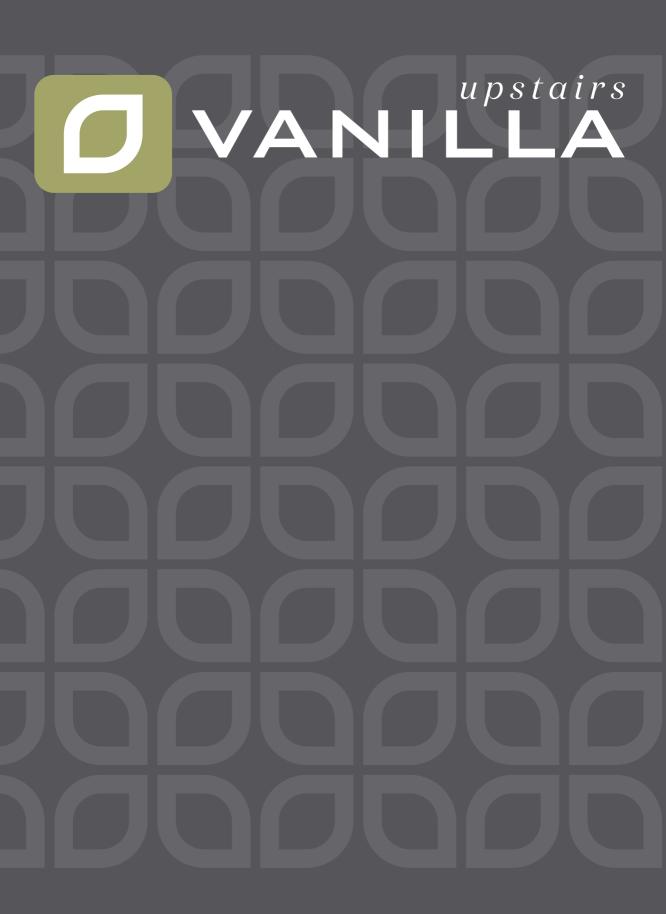
YOU could be in the next ANILLA MAGAZINE CENTREFOLD!!!

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

See our Facebook page for more info.

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VANILLA CAKES

elegance harmony artistry

DESIGNS BY Jaba

VANILLA BAKEHOUSE



Coconut

Mango Delight

CON MILONAS PHOTOGRAPHY



Tiramisu

VANILLA BAKEHOUSE

Chocolate

Hazelnut Heaven

Made with





VANILLA DRINKS

FREDDO

COLD CHAI LATTE



VANILLA MENU

Summer

Chicken Mango and Pear Salad



Salads



Grilled Calamari Salad Greek Salad

Urngnayan My Table By RAQUEL NEOFIT

Meet **CINDY LEE FARRAS**, born to a Uruguayan father and an Argentinean mother. Cindy's mother was a trained chef so her father did most of the cooking at home, introducing her to the wonderful world of South American flavours.

The cuisine of Uruguay has many different roots from many European countries; in fact, it's one of the few countries that doesn't really have its own solid food foundation. It's a mix of many cultures and influences range from other South American cuisines to Italy, Spain, Portugal and France.

Traditionally, they have a strong history of consuming meat as the main component in any meal. A favourite being Asado – or South American barbeque as we know it – a cooking technique that crosses many continents and consists predominately of a rib cut of beef, salted then barbequed slowly over hot ash that has been burnt down from local wood. Other common Asado meats are chorizo or pork.

Seasonally, in the warmer weather their diet consists mainly of meat, but come winter they introduce dishes like slowly cooked tripe, thick hearty casseroles like Guizo - a tomato based chickpea stew or a slow cooked Osso Bucco. Often left over Asado will be added to the pot or used to cook a hearty soup called Puchero which can eaten as a soup or drained and served in the middle of the table on big platter.

Ensalada Rusa is a common salad – or Russian Salad as we know it – and often the Asado is added cold the next day to this potato and mayonnaise salad.





While the Uruguayans aren't known for marinating meat before they cook it, they are, as many South American cuisines are, wellknown for their fresh condiments, Chimichurri amongst them – a delicious fresh salsa made from parsley, garlic, oregano, paprika, white vinegar and olive oil.

They are also famous for their desserts and many of the best have strong Spanish influences. Alfajores are a real favourite, this delicious little biscuit is often filled with dulce de leche (a thick and glossy caramel) then maybe rolled in coconut. Cindy is so wellregarded for her Alfajores that she has recently started her own Alfajores business, artfully crafting them for markets and cafes!

For other famous bakery delights, think layers and layers of baked pastry (bizcochos) filled with jam, chocolate or dulce de leche, or filled churros. Empanada's are another great South American treat which are a small turn-over or pie filled with onions, meat, and spices then encased in pastry, along with chivito – the ultimate South American steak sandwich!

Today, Cindy shares with us her family recipe for Chimichurri – great served on any barbequed meat for summer.

Chimichuri Recipe

 bunch of flat leaf parsley finely chopped
cloves of garlic finely chopped
red capsicum finely chopped
tbsp dried oregano
cup of olive oil
1/4 cup white vinegar
salt and pepper

Combine all ingredients well and season to taste.





The original Greek beer.

facebook.com/FIXbeer

BOOKS FOR COOKS, TRAVELLERS AND LIFESTYLE LOVERS...

SWEET ENVY

ALISTAIR WISE & TEENA KEARNEY-WISE Murdoch | RRP 45.00

I just love their reworking of the good ol' Aussie classics like the Woofa – aka the Poly Waffle, or the mit mats –



aka the Tim Tam. On a savoury note, the pork and fennel or lamb and harissa sausage rolls sound like crowd pleasers, and then there are the chapters!

Clever titles that make you smile just a little – You Tart, Cakeatorium, Big Sweet Bessie and, dare I single it out, Backdoor Fanny's.

This sentence says it all really – 'a short stroll to the fridge and soon enough the nostrils remember and the tastebuds begin to dance salaciously upon the tongue in anticipation.'

You'll have to buy the book to discover what he's reminiscing about...



A FOOD LOVER'S PILGRIMAGE TO FRANCE DEE NOLAN Lantern | RRP 79.99

As delicious and inspiring as her last pilgrimage, Dee's pilgrimage through France is a photographic journey of food, history, custom and her love of France. Her stories really take you there and it's a hell of a great journey – maps and advice of getting the best out of France included! I'm captivated...

MR HONG

DAN HONG Murdoch | RRP 49.99

Bright, bold, and deliciously fun and funky, Dan Hong's brilliance shines through in this inspiring book that shares his life journey and the food he loves from his restaurants *Mr Wong, El Loco* and *Mrs G.* Full of Asian and Mexican flavours, plus a little bit more – don't miss his burger or hotdog – his stories are pretty good too. Besides, I just can't resist a man who's not afraid to indulge a love of shoes, even if they are sneakers!



FRANCE

DESSERTS **DIVAS**

CHRISTINE MANSFIELD Lantern | **RRP** 79.99 With an intro titled 'Welcome to Seduction' I think you have an idea about what you're in store for... and *Desserts Divas* doesn't disappoint – Indulgence central! Christine includes step-by-step instructions on some of her most favourite desserts – Gay-time Goes Nuts included. Name choices don't disappoint either – Rock the Kazbar, Original Sin, Adam's DownFall and Bite Me amongst them.

I'm inspired to re-create my own childhood favourites – bring on the old Triple Treat!

Sweet deliciousness assured!

THE **NEW** EASY

DONNA HAY Harper Collins | **RRP** 49.99

When you think Donna Hay you think classics re-vamped – and she hasn't disappointed. *The New Easy* offers up a collection of clever recipes developed for everyday eating with special occasion dishes thrown in for good measure. Whole roasted, spiced cauliflower, tarragon and lemon roasted chicken, and caramelised onion and olive roasted



lamb are a few of my favourites, with some raspberry pavlova ice-cream to top it all off. This huge book will be a number one page-turner on your kitchen bench for everyday and weekend dinners!

VENICE -**RECIPES LOST** ET LOST AND FOR AND FOUND KATE AND **GIANCARLO CALDESI**

Hardie Grant | RRP 45.00

Travel through the heart

of Venice and Venetian cuisine in this beautifully photographed book full of traditional Venetian recipes and culture. Escaping the tourist food traps, Kate and Giancarlo share beautiful dishes not found on your usual tourist routes. Their version of its history and food is as knowledgeable as it is delicious.

A KITCHEN IN FRANCE

MIMI THORISSON Hardie Grant | RRP 49.99

The stunning food writer Mimi Thorisson takes us on a glorious and invocative food journey through her life and loves in France, another book that makes you feel like you're right beside her.



COMPLETE FOOD SAFARI MAEVE O'MEARA

Hardie Grant | RRP 59.99

Updated just in time for Christmas is Maeve O'Meara's Complete Food Safari. Traverse the world in your kitchen or armchair alongside this

brilliant Australian food journo as she cooks us through fortyfour food cultures, sharing their traditional ingredients and recipes. A great read for lovers of her television series and a wonderful world of multi-national cuisine.

WELL AND GOOD NAT KRINGOUDIS

RRP 33.00 www.natkringoudis.com.au

Vanilla's very own health guru, Dr Nat, brings another valuable and informative read to the market and she's really upped the ante on the readable info on the women's health



front - especially where fertility is concerned. This book is a must for those who want to increase fertility

through natural, whole food. Men's fertility isn't overlooked either

And it's not just focused on fertility, Well and Good will have you super healthy with great facts and easy, delicious recipes in no time. All in her easy-to-read, conversational tone.

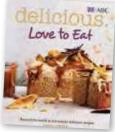
DELICIOUS LOVE TO EAT

ABC Books | RRP 39.99

NEW FEAST

True to Valli and the Delicious team's style, these recipes are enticing, have an easy cook-ability for everyone and are... well. delicious!

delicious.



ATIE & GIANCARIO CALINE

IN FRANCE - after thirds

easy

Love to Eat takes us on a journey throughout the world, and I love the list of essential ingredients in each culture. It's bright, colourful and deliciously enticing...

Love to Eat

A FOOD LOVER'S

ILGRIMAGE TO FRANCE

NFW FEAST GREG AND LUCY MALOUF Hardie Grant | RRP 59.95

Vegie inspiration over-load! Where to start! For people from Lebanon, meat is a part of everyday life, but when great Aussie Lebanese chef Greg Malouf and his wife Lucy realised they needed more

veggies in their life, this book was born, and thank god! For those lacking inspiration on the veggie side and mains front, this book is for you. Blood oranges in spicy caramel sauce with ashta for breakfast anyone?

You just want to dive in and eat straight from the photos!

By JOANNA PSARAKIS

COCONUT WATER comes straight from the inside of a young coconut and is considered one of nature's most refreshing natural juices. It is naturally hydrating and a good source of nutrition offering many health benefiting properties.

It contains five essential electrolytes - sodium, magnesium, calcium, potassium and phosphorus in their most natural form, making it a super-hydrating alternative to water. These minerals are vital for bodily functions such as muscle movement, brain operation and nerve transmission. The body requires these minerals to repair and replenish.

DID YOU KNOW:

COCONUT MILK IS NOT THE SAME AS COCONUT WATER? COCONUT MILK IS MADE FROM THE EXPRESSED JUICE OF GRATED COCONUT MEAT AND WATER.

HEALTH BENEFITS OF COCONUT WATER

Summer's

Energy Drink!

Coconuts have long been regarded as the

"jewel of the tropics".

Coconuts come from the coconut palm tree, which can be found in Brazil, the Caribbean, and other tropical and subtropical areas of the world including North Queensland, Australia.

Natural Isotonic

Coconut water is packed with minerals such as potassium, calcium, sodium, and magnesium making it the ideal thirst quencher. It hydrates you faster than water thus making it a great all-natural sports drink. Drinking coconut water during a workout increases energy levels, provides better endurance and faster recovery after physical exercise.

Regulates blood pressure

Research has found that coconut water helps to improve the blood circulation around your body and lower high blood pressure levels, thereby reducing the risk of heart attacks and other cardiovascular issues.

Improves kidney function

Due to its minerals, potassium and magnesium content, coconut water is beneficial to promoting healthy kidneys.

Increases immunity

Coconut water is rich in nutrients and vitamins, it also has antiviral and anti-bacterial properties that can help increase your body's immune system and fight viral infections like the flu.

Weight loss

Coconut water has a slightly sweet flavor, which can help to combat sugar cravings, control blood sugar levels and improve digestion. Coconut water is pretty awesome! It can be served straight up or added to your favourate juice or smoothie recipe. It's gluten free, allergy free, contains zero fat, zero cholesterol and no preservatives. Coconut water has a refreshing taste and is best served cold.

In Australia we are spoilt for choice when it comes to buying coconut water, however, not all coconut waters are equal in taste. Some are sweet and pleasurable on the palate while others can taste quite mild or bland. If you have selected one that does not tantalise your taste buds, try another brand. Always select 100% pure organic coconut water, not from concentrate, and make sure it has no preservatives, added sugar or other hidden nasties.

If you are not convinced about the taste but still want to reap the benefits, simply use coconut water as a liquid base in your favourate juice or smoothie recipe. The combinations are endless...!

NOURISH YOUR BODY BY ADDING COCONUT WATER TO YOUR DAILY HEALTH ROUTINE.

YOU'LL LOVE IT!



REAKFAST SMOOTHIE RECIPE

Coconut water is a great base for smoothies. Smoothies are easy to make and a healthy way to start the day, and all you need is a blender. Simply combine coconut water with some of your favourate breakfast additions and enjoy!

Try this ultimate breakfast smoothie recipe courtesy of www.h2coconut.com

Blend together:

- 330ml pure coconut water
- 1 fresh banana
- 1 tsp ground cinnamon (optional)
- 2 tblsp Greek yogurt
- Handful of desired nuts (almonds for fibre)
- Raw honey
- 10g shredded coconut

COCONUT WATER JUICE RECIPE

My favourate fresh coconut water juice recipe is combining coconut water with fresh watermelon with some mint added for extra freshness and crushed ice. Sometimes I substitute watermelon with strawberries or mango. The juice options are endless. Coconut water juices are totally refreshing, especially during the summer months! HEALTH

TIME Where the hell does it go?

TIME is incredibly valuable! Everyone gets exactly the same amount of time every day. But we all still sing the old song; 'I have no time to exercise'.

When it comes down to losing weight, getting healthy and feeling great you just have to find some time and make it a priority to incorporate a few quality actions into your daily life.

Here are a few tips to get you started on a healthy path and find the time to take care of yourself.

The key is to take it step-by-step. Don't try and change everything at once, try changing one or two things and don't be too hard on yourself, otherwise it becomes overwhelming and you won't stick it out.

1. EAT CLEAN; ELIMINATE PROCESSED FOODS AND SUGAR FROM YOUR DIET.

Processed foods contribute to high blood pressure, high cholesterol, diabetes and heart disease. They contain a lot of sugar, are highly refined and have hardly any nutritional value. They leave us feeling hungry after an hour because they spike our blood sugar and give us a boost of quick energy. Try and read food labels and keep in mind the first ingredient is what the product has most of; if there are more than five ingredients, and if the first is listed as sugar or hydrogenated oils, it isn't going to assist your healthy journey.

2. EAT MORE VEGETABLES, FRUIT AND WHOLE GRAINS

Include whole grains like quinoa, brown rice, oats, amaranth, spelt and buckwheat. Raw nuts and seeds are healthy protein and fat, but be cautious of your portion sizes!

3. PRIORITISE EXERCISE INTO YOUR DAY - SIT LESS! GET UP AND GET ACTIVE!

We all really know we should exercise regulary so try to commit to some form of exercise on a regular basis. The benefits are massive to your overall health and wellbeing, and in addition to losing weight, exercise can prevent heart attacks, control blood sugar, combat stress, reduce infections and disease, and prolong life. You'll feel a whole lot better pretty quickly too.



4. MANAGE YOUR STRESS.

Slow down, try a yoga class, meditate, practise deep breathing, be still even if it's just for two minutes, and pay attention in the present moment. You could also try cutting down on your internet time.





5. SUPPLEMENT YOUR DIET TO MAKE SURE YOU ARE GETTING YOUR ESSENTIAL NUTRIENTS.

Our food is grown in nutrient depleted soil and our high stress levels and toxic environment deplete our nutrient stores. So look for good quality multi-vitamin, vitamin D3 and omega-3 supplements.

6. SLEEP MORE – TRY AND GET EIGHT HOURS.

Go to sleep earlier, sleep in when you can, take naps.

Try incorporating these actions and tips into your daily lifestyle. Science proves these practices lead to better health, and you will feel and see a positive difference!

Personal Trainer ANGELA TISTOURIDIS can help you get on the pathway to better health no matter your age, so come down to Jetts now...we will help you through!



OFFER ENDS 31.01.2015

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\$0 JOINING FEE*

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*Offer is available at the club stated until 31/01/2015. Weekly membership of \$13.95 is based on recurring fortnightly direct debit in advance. Additionally, a one-off "Club Access Fee" of \$59 applies and is payable upon joining. **The minimum amount payable per member is up to \$86.90**. Conditions apply and are available at jetts.com.au 7

Luscious GLOSS IT UP!

SUMMER is the perfect time to add the lustre of shiny lips to your daily beauty regime with the help of a luscious lip gloss.

Apart from adding a gorgeous burst of colour and shine to your lips, a good gloss can also offer moisture and protection from the elements.

They are super versatile too; you can use them on their own to enhance your lips and make them appear fuller, or add a tinge of colour, or a glorious glossy pout, or apply over your lipstick to give a super sexy shine to your favourite colour.

Originally invented for silver-screen movie goddesses by Max Factor in the thirties, the ease and simplicity offered by gloss saw it quickly become a product desired by women all over the world. Now we have gloss in every imaginable shade and colour, from opaque to translucent, clear to heavily pigmented, but all still with a high-gloss finish that offers a sexy-lip illusion.

A lip balm is also a great addition to your summer pout pack; unlike a standard lip gloss, a balm will generally offer some kind of soothing or medicinal properties - find one with a dash of colour for a dual purpose.

For everything you need to know to create a *Sexy* summer pout, we turned to the best in the business – SIOBHAN KELLY from the Napoleon Perdis National Creative Team. Here's what she had to say...

 Layer a fresh, easywearing lipstick with a complimenting lip gloss to take your look from desk-to-dusk. From 9-5 try a versatile shade like Mattetastic Lipstick Lucille and once 5pm hits, achieve a high-shine finish with Luminous Lip Veil Pretty in Peach.

- Quench your thirst this summer with a raspberry lemonade lip finish. To achieve a perfect raspberry shade, start by applying DèVine Goddess Lipstick Xenia all over the lips. Then to get that ultra-glossy luscious finish, layer with Pro Lips Lip Gloss Blanc.
- For a high-summer hue and 3D illusion, try an ombré cocktail of pinks and oranges; start by applying DéVine Goddess Lipstick Hara over the entire lip then blend DéVine Goddess Lipstick Calypso through the centre of the lips, blend outwards until you begin to see a graduation of colour from orange to pink. For further graduation of colour and to achieve a fuller lip shape, tap Pro Lips Lipstick Blanc through the centre of the lips and blend for a seamless finish.
- Take your makeup look from CEO to J Lo-Glow in a matter of seconds by layering your lippie with a gloss flecked with gold. For day wear try a long-lasting neutral like Mattetastic Lipstick Grace, then for the evening get your glow-on with Luminous Lip Veil Gold and the Beautiful.

FAKE A **full pout** in Three easy steps:

- 1 Apply a nude lipstick over the entire lip. Try a shade like Mattetastic Lipstick Sophia.
- 2. To make your lips look fuller, add a highlight to the centre of the lips with a colour 2-4 shades lighter then your nude lip colour. Use Pro Lips Lipstick Blanc.
- 3. For a high-gloss finish that emphasises your pout, layer with a nude gloss such as Luminous Lip Veil In the Flesh.

Kylie Jenner perfects the full pout look

Reviews

LUSCIOUS GLOSSY LIPS



NAPOLEON LUMINOUS LIP VEIL **RRP 30.00** Easy to apply and super silky, Napoleon has done it again! Divine.



L'ORÉAL PARIS COLOUR RICHE EXTRAORDINAIRE **RRP 21.95** Super luscious – these thick glosses have amazing colour and coverage - brilliant for a bright lick of colour.

Repair and revive

THE BODY SHOP LIP SCUFF RRP 17.95

This is brilliant! It contains marula oil, Vitamin E and peppermint oil, with walnut husks that gently exfoliates the lips to help remove dead skin cells. The minty smell is super uplifting!

BALMY NIGHTS

NATIO TINTED LIP BALMS RRP 4.95

These are my new go-to for summer moisture with a hint of colour – natural and light, they slip easily into a purse and are super affordable!



BEAUTY

- Create a perfectly pink pout worthy of the red carpet by applying a generous coat of Mattetastic Lipstick Audrey. Then for a clean crisp finish, line the lips using Lip Pencil Haute Pink. For a super luscious sheen, finish by layering with Pro Lip Gloss Blanc.
- Keep your lips protected and nourished on the beach or by the pool with a tinted balm for a hint of protective colour. Auto Pilot Tinted Lip Balms Tulip and Lily are perfect for day wear and can double as a cheek tint for double-duty-beauty.
- For a statement red lip that's suitable for day wear, stain the lips with Lip Pencil Rococo Red. Line the lips then fill for an on-trend matte stain. To pucker up for the PM, touch-up your lips then add depth by layering with Pro Lips Lip Gloss Noir.
- To brighten and transform any colour this summer, try layering your fave shade with a white pigment. Coat the lips with your chosen lipstick then brighten the hue by layering Pro Lips Lipstick Blanc over the top. Simply press your lips together to blend and fuse the shades.

Take your makeup look from CEO to J Lo-Glow in a matter of seconds





BEAUTY

ULTIMATE SUMMER CURL GUIDE

By RAQUEL NEOFIT

Those of us with curly hair know the daily troubles associated – Crunchy curls and ferocious frizz have resulted in extra damage to our hair due to constant straightening in an effort to control it. So this summer, expert in controlling the curl, EMMA WILSON, Pureologist @ Ry Hair and Beauty, has imparted her curl expertise and helped us compile the ultimate summer curl quide to taming the frizz and adding body and bounce to those glorious kinks and curls...

THIS SUMMER, THOSE CURLY LOCKS WILL BECOME YOUR ULTIMATE SEXY, DEFINING STATEMENT!



MOISTURE IS THE KEY TO CURLY HAIR

 A curl's worst enemy is dryness. Curly hair tends to be naturally dry because the healthy natural oils that normally coat the hair fibre take longer to travel down the curves of the hair shafts, leaving the mid-lengths to the ends parched.

Inject nourishment and moisture directly at these stress points with product formulas that contain highly concentrated conditioning agents and styling polymers that not only deeply nourish curly hair, but offer longlasting curl definition, frizz control and enhanced shine.

PRODUCT, PRODUCT, PRODUCT... DON'T BE AFRAID OF USING MULTIPLE

2. With the right hair care regimen, as advised by your professional stylist, you can tame unruly curls without weighing the hair down and being afraid to use multiple products. I recommend PUREOLOGY Curl Complete, a complete collection of curl enhancing hair care and styling products which allow you to layer products to achieve and maintain customised, enviable, frizz-free curl definition.

I recommend layering a leave-in duo serum like Curl Complete Curl Extend, to instantly nourish and moisturise dehydrated curls before styling the hair using an uplifting curl milk-style spray to boost limp, lifeless curls. Improve manageability, definition, bounce and all-day frizz control with this combination of synergistic styling products specifically designed to optimise curls.

TO REDUCE FRIZZ, COMB CURLY HAIR WITH A WIDE TOOTH COMB WHILE STILL WET

3. Manage rebellious curls and reduce frizz by working a high performance styling cream through damp hair with a wide tooth comb. Combing the hair using a wide tooth comb while it is still wet allows the curl to lock back up into its natural curve as it dries. Avoid using a brush to work through curly hair as this can lead to hair breakage.

LET CURLY HAIR AIR DRY TO ACHIEVE THE BEST RESULTS WHEN STYLING.

4. Start with a shampoo and conditioner formulated for curly hair; PUREOLOGY Curl Complete Shampoo and Conditioner are formulated with vitamin E rich coconut oil to restore moisture from the roots to the tips. For best results, let the hair dry naturally before using heat tools to style. Air drying promotes less frizz with more definition.

PRODUCT REVIEWS

Here are a few of my favourites, tried and tested to take you from limp frizz failure to fabulous, bouncing curls everyday!

PUREOLOGY CURL COMPLETE SHAMPOO AND CURL COMPLETE CONDITION **RRP** \$35.95 ea

You'll notice the difference in your hair's texture within

days of using this shampoo and conditioner – apart from smelling great (think coconut tanning lotions) it is super-hydrating on frizz prone hair. One of the best curl S & C's I've ever tried.



PUREOLOGY CURL COMPLETE CURL EXTEND **RRP** \$50.95

If you've been looking for a product that nourishes, defines and keeps your curls super soft and manageable, then this is the

product for you. My frizz was tamed all day and even after I slept on it, a light spritz of water and, a couple of minutes reshaping the curls and it bounced back to the glory of the previous day.



MATRIX OIL WONDERS AMAZONIAN MURUMURU OIL **RRP** \$19.95

Straight or curly hair benefits from this amazing Amazonian oil, even after straightening it offer sleekness and shine while staying soft and manageable.



MATRIX TOTAL RESULTS CURL SUPER DEFRIZZER GEL **RRP** \$25.00

I love the smell of this and it offers great curl control through the length without setting hard.



Beach Ready

This summer is all about the beach at *Vanilla Magazine* and **ALEXANDRA LAMBADARIDIS** from *Style Grammar* shares with us the secrets to finding the right swimwear to suit your body shape and build.

The perfect swimsuit for you

Summer's here and the weather is warming up very quickly! Many of us will be eager to get outside and hit the beach or pool to enjoy the summer warmth. However, the biggest decision you will have to make is what swimwear pieces you'll be wearing. While a lot of us like to stick to basic swimsuits in basic colours, it's nice to know what's trending in the swimwear world and, more importantly, what swimwear pieces suit our body shapes. Here is a guide that will hopefully make that decision a little easier for you:



You have a well-toned body and are very 'straight' up and down. You can wear almost any style of swimsuit. To add some curve to your body you could opt for a triangle bikini, a bikini with ruffles or even a crocheted bikini. High-waisted bottoms will keep your torso looking long. If you have broad shoulders, a halter-neck swimsuit will make them appear narrower. The halter-neck has made a big comeback this season so there's no shortage of styles and colours to choose from. Try to avoid bandeau style bikinis; they'll flatten the chest area.

If you prefer the one piece swimsuit, try one with mesh panels, it will give your figure a sexy edge but keeps that sporty look. Backless or racer back swimsuits are also perfect for an athletic body shape.



Your aim should be to maintain a balanced look between top and bottom. If you prefer a bikini, try and avoid mismatched top and bottoms, it will just throw your body out of balance. Instead, opt for a block colour or consistent pattern throughout. A vintage look bikini that features a high-waisted brief will also show off your curves. If you want to draw attention away from the bust, you could try a bottom piece that has a ruffle. Bikinis that offer lots of support are a great investment for your curvy body shape. Go for an underwire bra with wide set straps or halter-necks, they're perfect for a bigger bust. Avoid padded or push-up bikinis at all costs!

The one-piece is also a very flattering swimsuit for the hourglass figure: you could go for a one-piece that has a ruched waist to flatter the tummy area or a one piece that shows a bit of cleavage to accentuate your curves. Vertical detailing, whether it be stripes or a vertical pattern, can create the illusion of a longer torso and can have an overall slimming effect.



If you are small in the bust area and want to create a more balanced look between your top and bottom half there are a few styles that you could try. Bikinis that have an in-built push up bra or padding are the most obvious option. There are plenty of these styles around in an array of colours and patterns. You could afford to go for ruffles, frills or other detailing in the top as this adds volume, creating the illusion of a bigger bust. The vintage style bikini is also a great option as most of the tops have padded cups.





Because of your small frame you need to avoid busy detailing like ruffles or frills. Stick to simple bikini tops such as the triangle, bandeau or crop top. The racer-front top has made a comeback this season and this suits petite figures perfectly. Briefs that have a higher cut will create the illusion of longer legs. Avoid the boyleg shorts as these tend to make legs look short and stumpy.

Opt for bikinis or one piece suits that will draw attention to your upper half. Monochrome is big again this season so you could go for a white top and black bottom - black downplays your least favourite areas while white highlights your most favoured areas. If you prefer some colour, make sure that the bottom half is one colour throughout; the top could be patterned, ruffled or ruched. If you want to be a bit daring you could try a one piece with a plunging neckline, it will draw attention away from your bottom half. You should avoid boy-leg shorts as these would make your hips appear wider; a higher cut brief will elongate the legs.

The most important thing to remember when choosing a swimsuit is that you have to choose something that you feel comfortable and confident in that day, not something you think will look good once you tan or lose some weight or tone up! Happy shopping and happy summer! alex@stylegrammar.com.au



Rival is Australian made in Sydney by Running Bare Australia

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running ***** bare

rival.runningbare.com.au



Express Yourself

We all know someone with a tattoo adorning their body somewhere, but have you ever thought about why they chose to get a tattoo in the first place? Have you ever thought to ask them what it stands for? What it means to them?

Tattooing is a creative art form that can express our beliefs and emotions; they can show our affection for others or help us to recall a special time in our lives.

The most important thing you can do once you decide a tattoo is right for you is to make the art-work stand for something you believe in, make sure you make it all about you...

Oh yeah, and make sure you visit a reputable tattooist - remember, if it's a bad tattoo you're stuck with it -FOREVER...

Just ask Vanilla Magazine's editor, **Nikita Ballas**. He adorned his shoulder with an eagle when he was fifteen, the perfect representation of his mind-set at the time. Now that he's gotten older and it's shrunk in size (the tattoo that is), he looks at it and thinks,

'Where has that eagle gone? All I see now is a mutant sparrow...' SASKIA BLANCH – PROFESSIONAL WRITER AND EDITOR

As a woman I like to decorate and by getting a tattoo it personalises my naked body, it's like my own personal stamp or logo. I've taken control of my naked body and added something that will be there forever.



I want to be in the little old ladies home with my feet up – looking good!

I chose the foot because the skin doesn't age like it does on the rest of the body.

RAFAELLA VALERIA ANDREOU

Rafaella's tattoos stand for her outlook on life, her character and her attitude - she believes they represent her strong side and her speed in life. She will always fight for what's right and battle the obstacles in her life head on – whether they are big or small. First and foremost she is a survivor, with strong ties to her family and to nature – and her tattoos represent this. She lives by the mottos, 'never give up' and 'you are stronger than you think'.



She is also a strong advocate against drugs

and drinking, and believes we need to help kids suffering from addiction. Her message to them – Don't give up, believe in yourself and fight your devils with strength as you are stronger than you think you are and deserve better.











PIERCINC Head Artist EUGENE PIRIE

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The best things in life are free...

and sunshine is one of the most underestimated gifts from the heavens we have been given. Have you ever noticed how people are generally happier in the summer months, packing their grumpy pants deep in the bottom of the drawer for when those dreaded dark winter months return?

PUT THE D BACK INTO YOUR DAY WITH SOME

This isn't a coincidence, summer is the time of rejuvenation; energetically we are creative, enlivened and we have one big spring in our step. You might have wondered why this is so, and there's one major driving force behind our summer love affair –

Sun rays on our skin activates the generation of vitamin D, releasing it into our (or the) endocrine system which then sets about releasing hormones. These hormones create more blood, increasing blood pressure (in a good way), and increasing oxygen to the brain. And then, what do you know... you feel awesome!

But it's not limited to feeling good. vitamin D assists women with the necessary phase of their menstrual cycle – ovulation. Equally for men, it helps keep their sex hormones in check. This also means you feel a little more in the mood a little more often – often welcome to many couples' relationships! Thank the sun gods – they were seemingly onto something!

Currently we are experiencing a huge health epidemic due to lack of sun exposure. In recent years we've all been scared so far away from sun exposure, you were forgiven for walking around with sunscreen strapped to your waist belt, perhaps even considering wearing a balaclava.

Whilst innately you were longing for sun exposure, the authorities were warning you. If you so much as mention the T word 'tanning' you can be sent to the corner to think about your actions. With so many campaigns to stop sun time, we've sadly created a huge health problem. You see, we are designed to soak in some sun.

It is an essential part of our wellbeing and without it, we can not only find ourselves down in the dumps but in the midst of sickness, since it provides our bodies with the right amount of nourishment they need to thrive.

The Vitamin D we get from the sun is super-essential to healthy body function - and happy hormones. It's only now that health advisors have to back up the buggy and start reeducating us because they too are realising just how vital being exposed to sunshine is. You'll be pleased to learn that sun exposure **ALONE** doesn't cause skin cancer. There are so many factors that go into the mix of cancer formation; environment, diet, lifestyle, and stress, as well as how our genes play off against each other.

man i m

I believe that you can set yourself up for optimum health by adding a little sunshine into your day and exposing yourself responsibly. Just 15 minutes of unprotected exposure every second day is all you need. Of course, lying out in the sun until you are as crisp as a potato chip doesn't fall in the brackets of responsible! Be smart and slowly work up your sun exposure.

That vitamin D will take some time to be activated and utilised, so it's best you avoid washing for around six hours after exposure to let it go to work and allow your body to reap the benefits.

Above all, follow your intuition. The sun makes you feel good, and what makes you feel good – do more of that! Regularly.

That is the key to not only a happy summer, but a happy life!

DR NAT KRINGOUDIS www.natkringoudis.com.au



Intelligent

By VICKY GOMEZ

Can what we feed our children make a difference to their **intelligence?** A good half of the energy children get from their food goes towards making their growing brains work. But can this source of energy make them **smarter?**

GOOD NUTRITION is absolutely essential for brain development and function. A child's brain needs a steady supply of glucose for concentration and energy to stay alert and keep learning and to help their brains reach their full functioning ability. Ensuring that our kids eat a healthy diet will put them at a learning advantage because their brains have the nutrients to function at their best potential.

While what you feed your kids won't suddenly create a genius, there are things we can do to boost brain functionality and performance. And it all comes back to offering them a steady supply of glucose, adequate protein, essential fats and quality vitamins and minerals.

TIPS FOR BRAIN FOOD



Breakfast is the key to a steady sugar supply...

Research shows that breakfast eaters do better in the classroom and have less behavioural problems than those who skip breakfast. However, high-sugar breakfast cereals are a recipe for a crash mid-morning. Ideal breakfasts will offer protein and slow digesting carbohydrates, which will keep your kids' energy levels nice and steady, and help them stay focused throughout the day with improved coordination.

HINT... Add oats and chia to a smoothie, opt for traditional porridge but turn up the appeal with a sprinkle of raisins, dried apricots, or cranberries and a little crunch with walnuts. Allow kids to sweeten it themselves with a little brown sugar or maple syrup.

HEALTH

Eggs - The underestimated

ball of protein! Choline (a vitamin-like substance that is plentiful in eggs and also found in nuts) is vital for the creation of memory cells deep within our brains. The more cells we have, the better our memories. It's a nutrient recognised as vital for pregnant and lactating women, because so much brain development occurs in infants. Make eggs easy, even for those with a dislike; try French toast with sweetness or a smoothie with an egg.



Chocolate, the darker the better! – Polyphenols is another natural powerhouse found in cocoa. Use your imagination to add those dark chocolate chips in their diet to improve the blood flow in their young brains. It also helps the mood. Plus it's yummy!

The Omega – 3 story – The smart fats have been the topic of much discussion, particularly with several studies showing the correlation between omega -3 fish oils with improved concentration and academic performance in kids. Add tuna, salmon or ocean trout to pasta or

make a patty. Walnut and flaxseed are another source of omega 3.

.

Full fat Greek yogurt – Traditional Greek yogurt is packed with goodies for your kids, and their brain cell membranes will love all that wholesome fat! To make` it more interesting, add some good quality honey, which is a superfood in its own right. Or get your kids to add their own mix of berries.



Vegies! – Popeye isn't only the iron man, he's also smart. You can look up all the fancy word nutrients online, but in a nutshell, green vegies like spinach help the brain grow healthy. Oh, and don't forget to sneak some purple cauliflower into their food... add some olive oil in their salads too ;)



Antioxidants importantly enrich our children's brains and bodies – Add

strawberries and blueberries to their diets, two juicy favourites with most children. A diet rich in these brain foods (Popeye was right on the money with spinach) have been shown to boost cognitive function (memory; learn new information, speech and reading). Although this study is only in its infancy, we are hopeful that it helps brain function. Kids love these plain, buy bags of frozen berries as a snack – or add them to special smoothies.

Leverage their Lunch... What kids eat at lunch will maintain their energy in the afternoon, which is important for after school activities and homework. Make lunch count, opt for multigrain wraps, lean protein and add some veggie sticks...



The **secret** is to offer your children food that gives them valuable, sustainable energy and avoid those foods that contain fast-burning energy. Not only will their mood and behaviour be better, but their learning capability, memory and cognitive function will be greatly enhanced.

CULTURE

Home gardens and their significance to health and wellbeing

Are home gardens more than just fresh tomatoes?

By Maria-Irini Avgoulas



Summer is upon us and this can only mean that gardeners, both young and old, have started preparing their seasonal veggie patch – however, are home gardens just the fresh produce we enjoy eating every day or are they something more? When thinking of an elder in their garden or speaking of their garden, their smile is the picture in my mind. A garden is a clear identity marker of Greek people; the summer garden, the olive tree, and almost all Greek homes that I know of have at least one lemon tree.

It very unlikely for a Greek person to ever need to buy lemons.

Grandmother Mary said to me, 'I have a lovely garden with fresh vegetables and I had a garden in Greece as well. Our garden is our **connection** to Greece'.

Personally, I'm looking forward to those deliciously juicy tomatoes, vibrant zucchini, wild summer greens and the fruit; cherries and grapes in particular. There is no doubt of the health benefits associated with organic fruits and veggies, however, the benefits go beyond just plain dietary requirements and also include simple happiness, health and emotional value.

These benefits are across all generations, both physically and emotionally. The Greek elders that I have spoken to often tell me, that their garden reminds them of Greece, their homeland, that they hold memories of their childhood, memories such as gathering grapes and olives with their parents.

Elders spend endless hours in their garden, preparing and nurturing it, and then sharing their crops of fruits and vegetables, and the happiness that comes with all of that with their families and friends. Gardens seem to be something that bring people together and connects them across the globe.

Sofia, who is a Greek Australian, told me, 'We have a garden and I think the kids like it too, we have the tomatoes and cucumbers and often we get them from the grandparents as well, along with their advice about the garden'. Jasmine, also a Greek Australian born mother, told me that, growing up, her parents always ate home-grown veggies. She spoke of the health benefits, but she also reflected more on the emotional importance in her sentiment, she spoke about, 'What they had in Greece, whatever they could bring with them from their village'. This shows us that, particularly for the Greek diaspora, a garden simply equals emotional connectedness to Greece, their homeland. Not only are gardens a great means of exercise and a source of vitamin D, the simple and humble veggie patch also provides happiness and emotional wellbeing.

Kerry, who is a granddaughter of the Greek diaspora, summed it all up quite beautifully when she said, 'My grandfather's garden is pretty much his life - he loves us but, his garden is his child. Every morning the first thing he'll do is get his cup of coffee, not Nescafe but the Greek coffee, and he'll walk around his garden and sit there and take care of it. He is a lot happier when he is with his garden'.

Well, personally I'm quite happy that summer is just around the corner, the aroma of fresh veggies, summer fruits and my favourite of all, figs, and I just want to take this opportunity to thank my dad for maintaining and nurturing such a great fig tree. I too hold some precious memories of my parents' garden, both here in Melbourne and the fruits and vegetables that I have enjoyed in my mother's village in Greece. Happy gardening!

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



WORTH A DOWNLOAD

Media personality and journalist **BEN SORENSEN** highlights the best mobile apps that are worth a download.

APP1:

MONUMENT VALLEY



A beautiful merge of an Escher painting and Rubik's cube –

thought provoking challenges that question your perception of our three dimensional world.

Monument Valley picked up an Apple Design Award this year, and rightly so – I was captivated from the first level! The entire game is a dimensional challenge through stunning architecture, which you must navigate by artistically altering, twisting, and bending the path.

This is a brilliant game that forces you to think differently about space. It must be experienced – particularly with headphones for a near perfect escape from the real world!

PRICE: \$4.99 and offers in app purchases of additional levels.

DOWNLOAD: http://bit.ly/WAD-MV

APP3:

THE OFFICIAL 7-MINUTE WORKOUT

.....



The official, no more excuses, who

doesn't have 7 minutes, FREE fitness app - need I say more?

Damn it! No more excuses. This is a 7 minute workout wonder that you can do anywhere any time. It's clear, concise, and has tutorials on how to do each exercise correctly. You can even "like" and "dislike" exercises, pause and toggle voice to focus, although I do like the tips and audio time cues. To mix it up there is a workout library so you don't get too bored. Really well designed.

Price: FREE

DOWNLOAD: http://bit.ly/WAD-7MIN



Let us know your thoughts and favourite downloads via our website: www.worthadownload.com



BEN SORENSEN hosts *REAL Country Radio* weekly on over 100 radio stations nationally.

To learn more about him and his antics visit: BenSorensen.com



ETSY



An easier way to shop for handcrafted beautiful things that you

never knew you needed – like a weekend craft market on your phone.

Ok, so I'm probably a little behind on this one, but still so pleased I found it. Etsy is a popular craft website in a similar vein to Ebay, but it's all hand-made, crafty, unique, functional and or beautiful, not to mention without the auction facility.

Products are in convenient categories, and the app has a "Favourite" function that helps curate the opening product feed of "things you might like."

Price: FREE | DOWNLOAD: http://bit.ly/WAD-ETSY

APP4:

RED SCANNER



Handy little app that saves you money, shrinks your wallet, and helps you remember!

This is a very useful app. Not only will it scan and read QR codes (like those found in this article) but also barcodes. This enables you to find both more information on products and price checks all while in-store. Included is the ability to create your own shopping/wish lists and there's a nifty card scanner to save all those loyalty cards in the app – all backed up to the cloud automatically.

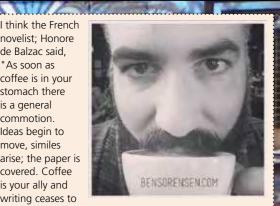
Price: FREE

DOWNLOAD: http://bit.ly/WAD-RED

#WalkAboutBen Through the eyes and mind of **BEN SORENSEN**

Follow him on instagram & twitter: @bensorensen1

I think the French novelist; Honore de Balzac said, "As soon as coffee is in your stomach there is a general commotion. Ideas begin to move, similes arise; the paper is covered. Coffee is your ally and writing ceases to be a struggle.'



It is that commotion that I endeavour to capture in my images. It's about a different way to stimulate thought, conversation and perhaps even a cheeky grin as I reveal the world as I see it through the hash tag #WalkAboutBen

On a stroll out peninsula way I saw this colourful example of extreme Yarn Bombing.

A relatively recent craze that may have been inspired by the Houston artist Bill Davernport who was exhibiting crochet covered



objects in the 1990s. This gave rise to Shanon Schollian who began knitting stump cosies in 2002 for the charity Clear Cuts (protesting de-forestation) but then Magda Sayeg from Houston claims it was her idea when in 2005 she notably covered the door handle of her boutique with a custom made cozy – either way, it must have been a slow news day!

Nowadays, it's a great expressive art style that encourages community, conversation, and lots of fun both in the creation and discovery of knitting in unusual places! There's even a facebook page for those who are keen to dabble in this lifestyle titled - Yarn Bombing Australia.

Before you all send me hate mail on my first column... It's not my sign, but I did spy it in the beer garden of an authentic Irish drinkina establishment. Further research shows that it was actually a REAL product, as stated in a 1889 edition of North



Melbourne Advertiser, "contains no poison or violent drugs and may be taken with the utmost safety" technically providing relief from "headache, languor, depressed spirits and general debility."

We laugh at the sign now, but what does it say about our values and norms; then and now? While we had more clearly defined roles back then for both men and women, we also had the suppression and rigidity that went with it. While I believe people (of both genders) should have free choice, we do run the risk of being lost for longer as we seek to find our place in a world of infinite possibilities.

I awoke recently to the sound of works outside. stumbled into the kitchen, ground coffee, assembled the percolator, and then attempted to light the stove ... without gas! In my true never-say-die attitude fueled by the memories of MacGyver, I created a solution



that got me my coffee after an hour - but the point is it worked!

For me it's not the addiction of the coffee itself, as most would have you believe. I think it's actually the comfort and stability of the ritual that offers the right platform, which propels us into the uncertainty of our daily lives. Some say it enables us to achieve greatness, others just a way to stay awake.

WHAT'S ON THIS SUMMER IN THE WORLD'S MOST LIVEABLE CITY - MELBOURNE

With summer upon us again we've found some of the best outdoor entertainment for the 2014/2015 holiday season, with a little fashion thrown in for good measure...

LONSDALE STREET FESTIVAL

14th to 15th Feb



The Lonsdale Street Festival takes over the streets of Melbourne for a weekend chock-a-block full of free activity for the whole family. Don't miss this brilliant weekend full of amazing Greek food, culture and life – OPA!

www.antipodesfestival.com.au

ZOO TWILIGHT – MUSIC AGAINST ANIMAL

Melbourne Zoo Jan 30th to March 7th



James Reyne, Bernard Fanning, Sarah Blasko, Paul Kelly present The Merri Soul Sessions, Dan Sultan, Boys in the Band, The Bombay Royale + The Boydos Band, Stephan Malkmus and the Jicks and Twerps, Conor OBerst, The Village People DJ Andee Frost, and The Cat Empire all converge (not on the same day we're afraid) on the Royal Melbourne Zoo for a brilliant summer of music and animals at twilight.

Don't forget to visit their new exhibit, Lion Gorge, and come face-to-face with their African lions.

Doors open at 5:30 pm, tickets from \$35.00. This is a fully licenced event but no BYO.

www.zoos.org.au

ST KILDA PENGUINS

Go to St Kilda Pier and you'll see the blue penguins swim and waddle back to their nests among the rocks of the breakwater. Best viewing just after sunset.

www.stkildapenguins.com.au

MELBOURNE CHRISTMAS LIGHTS AND FUN – THE CHRISTMAS FESTIVAL

Generally in full swing up to New Year's Eve and beyond



Spend a day wandering around the city and check out the atrium at Crown (free light spectacular), Santa in the city, the Myer Christmas windows (Santa Claus and the Three Bears is the fifty-ninth window extravaganza from the Myer window team), The Magic Cave at David Jones in the Bourke Street Mall, and don't forget to pop your head down all of Melbourne City's little lanes for some surprise Christmas entertainment and inspired decorations. And don't forget to head in and check out EPICURE's executive pastry chef, Deniz Karaca's, annual gingerbread city at the Town Hall.

Our city is truly a Christmas wonderland bursting with free entertainment for the whole family.

Jump online at thatsmelbourne.com.au to download a map of all things to do in the city this Christmas.

MOONLIGHT CINEMA MELBOURNE

Royal Botanic Gardens

4th Dec till 29th March

Australia's favourite and biggest outdoor cinema, Moonlight Cinema, shows advance screenings, new releases and cult favourites all summer long. Film-lovers can recline on a picnic rug underneath the stars and catch a flick on the big screen for the quintessential summer cinema experience.

Bring some dips and cheese, pack a bottle or two of wine and enjoy some tunes as the sun goes down before the film. Barefoot dancing on the grass is almost mandatory. No time to pack a picnic basket? No worries! A new LA-style food truck will be serving up tantalising street fare.

5 pm start on Thursday evenings. All ages, BYO and licenced.

www.moonlight.com.au

SAND SCULPTING AUSTRALIA

Frankston Foreshore



For four months from Boxing Day 2014, the Frankston Waterfront will again be transformed as over 3,500 tonnes of sand is carved into spectacular sculptures as Disney, Pixar, Marvel and Starwars characters come to life in gigantic proportions.

Open daily at 10 am from the 26th Dec to the 26th April 2015, tickets from \$10.00 for children.

www.visitfrankston.com/sand-sculpting

FRANKSTON WATERFRONT FESTIVAL Frankston Waterfront, Pier promenade, Frankston



The Frankston Waterfront Festival is the City's annual celebration of this iconic space and bayside location. With live music all weekend, there are heaps of activities on offer, from stand up paddle boarding, canoeing and skimboarding, to enjoying great food, wine, beer and cider and Latin dance in the sunshine. Kids can swim with mermaids and discover a love for growing their own fruit and vegetables and everyone can take home a treat with the expanded market stalls selling art, craft, fashion, locally made cupcakes and more!

Don't miss the fireworks at 9:45pm on Saturday night.

Saturday 17th and Sunday 18th January. Free Entry! 11am till 10pm.

www.frankston.vic.gov.au/Things_To_Do/Events/Major_ Events/Frankston_Waterfront_Festival

FASHION FEVER – THE FASHION WORLD OF JOHN PAUL GAULTIER Punning until the 8th February 2015

Running until the 8th February 2015



The unconventional and playfully irreverent designs of Jean Paul Gaultier will be celebrated in the first international exhibition dedicated to this ground-breaking French couturier at the National Gallery of Victoria.

This spectacular overview of Gaultier's oeuvre features the first dress created by the designer in 1971 to his latest haute couture and ready-to-wear collections, costumes worn by Kylie Minogue and Beyoncé, and haute-couture dresses worn by Nicole Kidman and Cate Blanchett.

This exhibition is organised by the Montreal Museum of Fine Arts in collaboration with Maison Jean Paul Gaultier.

www.ngv.vic.gov.au

Adults from \$22.00

SUMMER NIGHT MARKETS

Running through till the 23rd March



Every Wednesday night throughout summer the Queen Vic markets opens trade for the yearly Night Markets.

More than just a market, it also offers a unique platform for emerging designers, artists, musicians and foodies to showcase their talents at one of Melbourne's favourite summer events.

Set beneath the historic sheds, you will find limited edition pieces ranging from jewellery, fashion and accessories to homewares, ceramics and prints. The Night Market also boasts one of Melbourne's most impressive food line-ups, with over 60 foodies serving up street food from across the globe.

www.qvm.com.au/nightmarkets

WEST COAST Torquay and Beyond

Relax this summer, and get out and about on Victoria's west coast. Home to Bells Beach, Torguay, and the official start of the Great Ocean Road, there's something for every taste and desire...

Base yourself in Torquay these holidays - this famous coastal getaway is home to legendary brands Rip Curl and Quicksilver, and the Quicksilver pro surfing competition, and with the café scene steadily on the rise diners can enjoy a great day of eating, drinking, strolling and shopping. Plus, in less than twenty minutes you can be at some of Victoria's greatest attractions!

Here are a few of our favourites to whet your appetite

BELLS BEACH Bells Beach is one of the most iconic surf destinations in the world.



AUSTRALIAN SKYDIVE

See Australia's Iconic surf beach from a new perspective – from above! Tandan Skydives operate over Bell's Beach and Torquay – jump at 1,500 feet with a 70 second freefall drop!

POINT DANGER

MARINE SANCTUARY This natural reef is located in Torquay and is the perfect spot for those interested in marine wildlife. Explore the rock pools or head a little further out for breathtaking diving and snorkelling.

WORLD SURFING MUSEUM Celebrating the history of surfing and our rich beach culture.

BABBACOMBE MODEL VILLAGE Set in four acres of award winning gardens, travel back through time to discover what British life and culture was all about

ANSTEY'S COVE

Peaceful and picturesque, Anstey's Cove is a great place for a picnic or walk, keep an eye out for the local wildlife. It's a great spot to try coasteering, which is an upand-coming adventure activity that takes place around the rocky coastline.

KENTS CAVERNS

Take an underground journey through deep caves and caverns and visit the Dragon's Lair.

CARY **GARDENS** Keep the kids entertained for hours – complete with its own Ferris wheel!

Out and About

Jump in the car and discover these great attractions while you're on the West Coast – only about twenty minutes from Torquay!

ADVENTURE **PARK** Just out of Geelong is Victoria's only real waterpark – Adventure Park, offering water-themed fun for all ages.

KRYAL CASTLE – ADVENTURE PARK AND RESORT

Australia's only medieval theme park! A legendary land of myth and medieval adventure with knights, dragons, wizards, kings, princesses and fairies.

CAPE OTWAY LIGHT HOUSE

Cape Otway Lightstation is Australia's most important lighthouse. The lighthouse, established in 1848, is perched on towering sea cliffs 90 metres above where Bass Straight and the Southern Ocean collide. Just a short drive off the Great Ocean Road



toroscope! Swhmer 2C

ARIES:

This summer it's time to start making plans for the future as there is a lot of positive potential. Take a short course, learn about other cultures, expand your mind, it will help you advance to new and better heights. Legal matters come to a close and you become more self-sufficient as a result. And remember, you can't live the dream if you don't have one. This summer is a good time for travel.

CANCER:

This summer it's important to plan ahead otherwise life may come crashing in around you. Work will be fine as long as you don't overdo it, keep to your working hours. You will be more popular than usual although money may cause some hiccups in your social calendar. Make sure to nurture yourself over Christmas, it may be an ideal time for adopting better habits or a new health routine.

I IBRA:

Finances and security are extra important now and you need to put things into perspective and start to take control of your money and possessions. If you've been waiting for a settlement you may receive it in time for Christmas. Friends will be in contact and you will enjoy lots of social activities with people who are on your wavelength. This is a good time for important meetings and interviews.

CAPRICORN:

This summer if you can get away, grab the chance, you may not get another for guite a while. Work will be all consuming next year although you will eventually reap the benefits. Make sure to give new ideas time to germinate, think things through thoroughly and work on them behind the scenes first. Reflect and be prepared for bright new beginnings.

TAURUS:

This summer you will come to a crossroads and the destination is unknown territory, but not only will you take it in your stride, you'll revel in it. You will say goodbye to an old way of being, or possessions. Life will get busy and a partnership can benefit now provided they share your dedication. Try to make time for a holiday as you may not get a chance next year.

LEO:

Your existing conditions will ease this summer allowing you to move towards solutions and resolutions. Follow your heart, your gifts or talents are likely to surface now and you will receive encouragement to develop them, it is time to invest in your natural abilities. Take advantage of any opportunities that may come your way. Be careful not to overspend this Christmas.

SCORPIO:

You will be making long term financial decisions this summer, which will affect important purchases or business initiatives. It will be a good time for renovations home and improvements, especially if they add market value. Try to be patient. You may need to make a sacrifice or change jobs. Christmas will be hectic, try not to overindulge as this could have long-term repercussions.

GEMINI:

You will see the results of past efforts and just how far you've come since your birthday this summer. Relationships of all kinds will flourish if you approach them with openness and objectivity, maybe via social networking or through mutual interests. At work your hard work will be acknowledged. Concentrate on creating alliances as people you meet now can play important roles in your future.

VIRGO:

Your career could take a backseat this summer as you concentrate on family, friends and your home life. Now is a good time to investigate your family tree. You will make some changes to your living space either renovating or moving. Your communication improves and this may encourage you to think of starting a home business. This is a good time for meetings and negotiations.

SAGITTARIUS:

Next year will be a turning point for you and new initiatives are essential. Time alone will be very valuable, especially for study and solo projects. Travel is also on the cards although it may be a stretch on the budget, but you won't regret it. Relationships may go to another level early in the year although try not to rush things.

AQUARIUS:

This summer it is time to become more motivated. You need to take the first crucial step and then others will be more inclined to follow. This will be a time of change and that could mean changing jobs if you feel that your current position has run its course. A new love interest is likely for those who are single.

PISCES:

You will make important connections this summer and master new skills. You may find it easier to communicate better, which in turn will boost your relationships. It is a good time to look for work you love and there is the chance of a workplace romance. There will be matters relating to education that may lead to advancement in your career.

MOST DAYS I WISH **COULD HELP ME SOMEHOW.**



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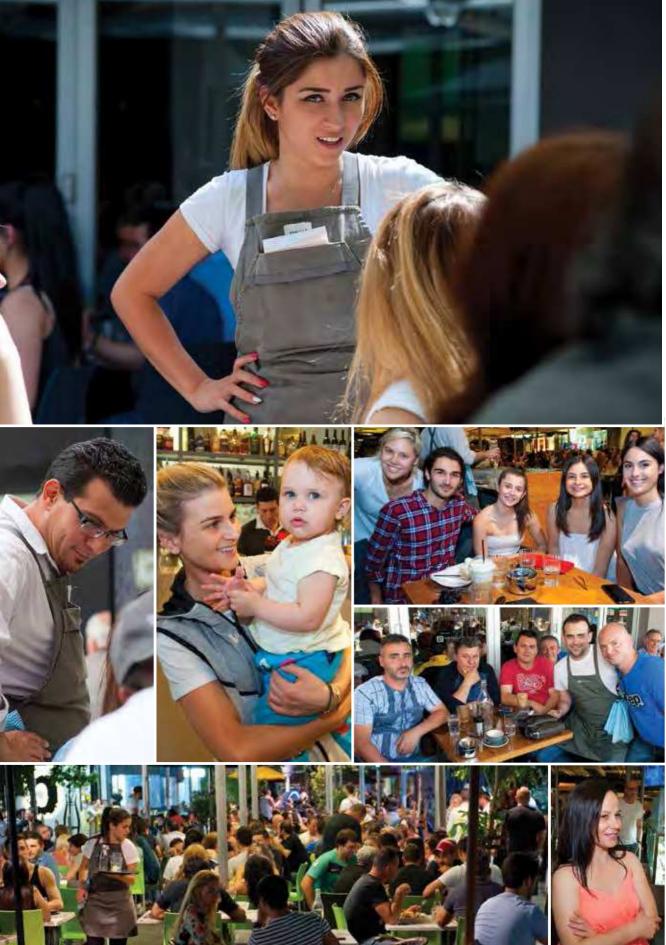


Chat Online 3pm-12am (AEST) 7days

One in six Australians is currently experiencing depression, anxiety or both. Sometimes it can be hard to seek support. Sharing the load with someone else can make a difference. When you can read between the lines, our Support Service is here for you or a loved one. beyondblue.org.au/getsupport







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TRY US AND SEE THE DIFFERENCE

Busty Marshis

JEREMY MAROU and **THOMAS BUSBY** are the mastermind talents behind the Aussie folk inspired pop group, **BUSBY MAROU**, and they've certainly caught the attention of the music industry. They've toured with the likes of James Blunt, Birds of Tokyo, KD Lang, Passenger, Dolly Parton and The Zac Brown Band.

Fresh off a 'Back to Basics' acoustic tour of the country, we managed to steal a few minutes out of Jeremy Marou's hectic day.

Did you grow up in a musical household?

Yeah I did, a big musical household, my entire family played different instruments. My dad could play everything, even if it might not have been the right way to play it, but most of the time it worked. Being a big Torres Strait Islander family, music was a big part of our culture and I grew up learning the traditional Islander music and dance that led onto playing a lot of gospel in church.

How did you and Thomas meet?

Tom and I are both Rocky boys. Rocky's not a very big city and we met through mutual friends of mutual friends. There's not a very big music scene in Rocky either, so once friends started to move away Tom and I were kind of left playing music by ourselves. Tom gave me a call out of the blue and said, 'Hey mate, do you want to try some of my original stuff?' From there we started playing a lot of pub and club gigs and it just sort of unfolded from there.

And how are things out on tour, do you drive each other nuts living out of each other's pockets or is it just a lot of fun?

Nah look, I think the best part about it is that we're actually really good friends.

We normally tour with quite a big party so when you're sick of one person you go and hang out with another person, and we all have our own rooms now. You know, in the early days we had to share rooms but then that got a bit tough. Waking up to Tom bashing me in the head with a pillow, but nah, it's pretty good these days.

You've toured with some amazing musicians, who were the stand-outs?

They have all been amazing, Dolly Parton was possibly one of the most famous people we've toured with, and James Blunt – these guys have sold millions of records. You know, people like James Blunt have paparazzi hanging around them and to see how professional they are, but yet are still down-to-earth. A lot of that we really take on-board! But in terms of standout, musically, for me, The Zac Brown Band, a bit of a country act from the States. He just recorded his last album with Dave Grols; musically there're incredible. We were on the same bill at the Blues Fest with John Mayer - that was a highlight for me as a guitarist.

It must be great to be able to perform with so many different characters and it just works.

We're one of the fortunate bands; actually, I think we are one of the only bands who have sung with Dolly Parton, Birds of Tokyo, Pete Murray and the like of K D Lang on her Australian tour. You look at that list and there's nothing familiar about the people on it, none of the music adds up, and that's one of the beautiful things about our music, it crosses over so many genres. We get the best of all worlds.

What do you think is at the heart of the whole folk, roots, acoustic music?

For me, folk and roots music is music in its simplest form. Most of the time it's a three cord song, G, C, and D are probably ninety percent of all folk and roots songs. They're simple and they're catchy.

And what's the appeal to you?

I think as a guitarist it's simple, I have a few little tricks I can throw in but, if the song is really simple it makes me look like a really good guitarist, even if I'm not (laughing).

But the best thing about folk music is that it always has cracking harmonies. Every folk song from way-back-when to these days always has great harmonies and hook lines. You get two females singing harmonies and they sound pretty, but get two men singing harmonies together and there's not a more beautiful sound.

Tell us about the reworking of your album.

The new versions are unbelievable, the new song that we've just released, '*Days of Gold*', we've been playing it live and it's one of the best songs to play live, I absolutely love it.

The two songs that we've re-done are just different and I think that they're better than the songs on the actual album. I'm loving the fact that we get to do things like this and re-package our album, and we did it all ourselves. I think I'm playing every single instrument on the recording, it's getting us back to our roots, and the new song is basically a song that was written to get people following us. You know, every now and then you've got to write a pop song, we kind of feel like we've sold our souls to the devil (laughing), but it's not the case, you can still feel the harmonies and we've got a bit of base driving it so it's very exciting and I think people are going to love 'em!



The best thing about folk music is that it always has cracking harmonies

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TOP 30 by DJ BALLA

- 1. FAUL & Wad Ad vs Pnau Changes (Original Mix)
- 2. VILL/GE Wanna Tell You (Henry Krinkle Remix)
- 3. Clean Bandit feat. Jess Glynne Rather Be (The Magician Remix)
- 4. FAUL Happy Endings (Original Mix)
- 5. Tube & Berger Imprint Of Pleasure (Original Mix)
- 6. Parra for Cuva ft. Anna Naklab Wicked Games (Original Mix)
- 7. Marvin Gaye Sexual Healing (Kygo Remix)
- 8. Duke Dumont feat Jax Jones I Got U (Original Mix)
- 9. KANT Feelings (Original Mix)
- 10. Phil Colins Another Day in Paradise (Felix Jaehn & Alex Schulz Bootleg)
- 11. Bill Withers Ain't No Sunshine (Deepend ft Charles Sax Bootleg)
- 12. Le Youth Dance With Me (MK Remix)
- 13. Leftwing & Kody I Know
- 14. Bellanova Stairway To Heaven (Daniele Petronelli Vocal Mix)
- 15. Mr Probz Waves (Robin Schulz Remix)
- 16. Karma Kida Feeling (feat. Friend Within & Yasmin)
- 17. Naughty Boy feat. Sam Smith La La La (OtherSoul HouseCafé Mix)
- 18. Dansson & Marlon Hoffstadt Shake That (Blonde Remix)
- 19. Monkey Safari Sirens (Mollono.Bass Remix)
- 20. Avicii Wake Me Up (PANG! Slow Things Down Mix)
- 21. Robin Schulz Same (Original Mix)
- 22. Lacelot Givin' It Up (Panda Remix)
- 23. Lauren Lane Cool Kids (Original Mix)
- 24. Storm Queen Look Right Through (MK Dub III)
- 25. Bakermat Uitzicht (Original Mix)
- 26. Chris Malinchak So Good To Me (Extended Mix)
- 27. Nora En Pure Come With Me (Original Mix)
- 28. Cedric Zeyenne Feel You (Original Mix)
- 29. Naxxos Anyama
- 30. Rudimental Powerless (TIEKS Remix)

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