



VANILLA

AUTUMN
2015

LEE KERNAGHAN
SPIRIT
— OF THE —
ANZACS

PETE EVANS
Healthy Every Day

FOTOROMANZO
What's on a
Man's Mind?

GIULIANO COLOSIMO
VANILLA
UPSTAIRS



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.



Since 1996 she has been living and working on Mykonos island where she designs and creates jewellery. In her studio-gallery in the Chora of Mykonos, her goal is to develop the art of handmade jewellery with original designs, always seeking new materials and techniques.

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EDITOR'S LETTER

Welcome to the autumn issue of Vanilla Magazine!



First of all please allow me to set the record straight. Our chief photographer did NOT climb up on the Vanilla Bakehouse roof in order to take this panoramic shot of VANILLA UPSTAIRS. I categorically dismiss these rumours as unimaginative.



THE TRUTH OF THE MATTER IS, CON CAN FLY

So in this issue, as a tribute to Super Con, our nutrition expert Vicky Gomez tells us how to turn our kids into superheroes in their epic battles against cold and flu.

Bree Laughlin joins our fashion team with some cool autumn wardrobe tips. A very warm welcome also to Helen Kapalos who shares with us the thought provoking story about the making of her documentary *A Life of its Own*. I cannot thank enough our regular contributors who together with our editorial team have put together great interviews and features making this issue the biggest so far as VANILLA MAGAZINE continues to grow.

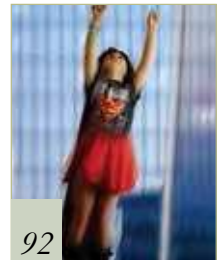
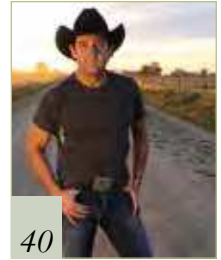
Have a great Easter break, and always remember Luther's admonition: *If you sin, sin bravely... with a Nutella Milkshake at VANILLA UPSTAIRS!*



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CONTENTS

- 06 Vanilla News
- 12 A Life Of Its Own
- 16 Greek School
- 18 OzHarvest - Feeding Australia One Meal at a Time
- 24 Giuliano Colosimo
- 28 Domaine Costa Lazaridi
- 32 Pete Evans – Healthy Every Day
- 36 The Modern-Day Hunter-Gatherer
- 40 Lee Kernaghan – Spirit of the Anzacs
- 42 Alex Tsitsopoulos
- 46 Fotoromanzo – What's on a Man's Mind?
- 84 My Mediterranean Table
- 86 Lee Holmes – Eat Clean, Green and Vegetarian
- 88 Books for Cooks, Travellers and Lifestyle Lovers...
- 90 Health – A Dark Indulgence
- 92 Health – Boost Immunity with Superfoods
- 94 Health – 10 Ways to Smash any Fitness Goal
- 96 Health – A World of Wellness Traditions adopted through the ages...
- 98 Health – The Rise of a Chinese Empire
- 100 Beauty – All About the Base...The wonderful world of foundation
- 102 Hair – Sleek and Smooth
- 104 Fashion – Your Autumn Winter Wardrobe...
- 106 Fashion – Metallic Hues Of Autumn
- 110 Travel – Why I love Santa Margherita Ligure
- 110 Worth a Download – Live Appily Ever After
- 116 Horoscope - Autumn 2015



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IT'S A FAMILY AFFAIR

All hands on deck: From left, Vicki Ballas, Tia Spanos Tsonis, Chantal Correale Spanos and Haroula Giannou

The long wait is finally over! VANILLA UPSTAIRS is now ...up and running, and the excitement in the air has renewed the energy among this amazing family-run business. Vanilla Magazine asked Tia Spanos Tsonis about her first impressions. 'It has been an incredible journey and the whole family is overjoyed by the response since we started operating this beautiful new venue upstairs. This is all about family, about friendship and about community. VANILLA UPSTAIRS is giving us the opportunity to share our love for the Mediterranean 'way of life', the joy of family, friends and colleagues getting together to enjoy eating and drinking in good company.'



Proud Thanasis and Helen Spanos

'It has been an incredible journey and the whole family is overjoyed by the response since we started operating this beautiful new venue upstairs. This is all about family, about friendship and about community. VANILLA UPSTAIRS is giving us the opportunity to share our love for the Mediterranean 'way of life', the joy of family, friends and colleagues getting together to enjoy eating and drinking in good company.'

We also asked Tia to describe in a few words what Vanilla patrons can expect in the new venue upstairs. 'VANILLA UPSTAIRS offers a quality new space with a large veranda, an indoor fireplace and a beautiful ambience. We have a new range of drinks, cocktails, beer on tap, a huge selection of local and international wines, coffees and beverages, and, may I add, the Nutella milkshake that quickly became our best seller. Whether it is dinner for two or for a large group booking, the affordable Mediterranean cuisine, prepared with local and fresh produce, caters for every taste bud. Our dishes include a variety of dips, haloumi saganaki, grilled meat platters, skewers, charcoal chicken, all cooked in our exciting new Jospur coal oven, along with meatballs, beef ribs, pastas, salads and roasted vegetables.

The mini burgers are a great hit with kids and beer drinkers alike! And please leave some room for our delicious new deserts like the creme catalana ;)'

A new era for Vanilla has truly begun! We are looking forward to welcoming you UPSTAIRS xx

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NFL MEETS NBL @ VANILLA

Dallas Cowboys' former team mates Courtney Brown and Terence Newman meet up with Melbourne United forward Lucas Walker among a group of very special guests @ Vanilla for some serious football vs basketball banter.

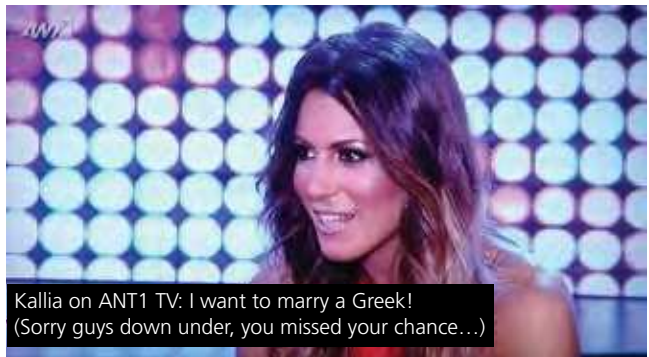


A MESSAGE FROM 'OUR KALLIA'...

while she is rocking the VOICE in Greece!

Goodmorning Australia

This is a heart-felt thank you going out to all my fellow Australians and Greek Australian friends and family. I am so overwhelmed by all your love and support so far and I feel blessed to have been born into a country whose people are so warm and loving. Thank you for living the joy of my dream with me. This dream is slowly coming to life thanks to all of you who have supported my career from the start. Thank you for your acknowledgement of my persistence, hard work, and sacrifice. I hope I can be an example of what's necessary to make your dreams a reality. It's not easy, but it's worth it. Please keep the Greek music scene alive in Australia and keep supporting its growth. Its future depends on all of you. Please support our local talent because there is plenty and they need you to be able to continue to express their passion and love for our musical heritage. As we know, there are few Greek musical outlets. Support the ones we have so that there may be more in the future. Support VANILLA CAKES AND LOUNGE in Oakleigh on their VANILLA LIVE music nights (where my career began), Kinisi Live Melbourne, Anesi Lounge-Bar, Steki Taverna, The Cyprus Club and The Mytilinian Brotherhood in Sydney, Krystal Function Centre in Adelaide, The Greek Club Brisbane, the Kalymnian Brotherhood in Darwin and every

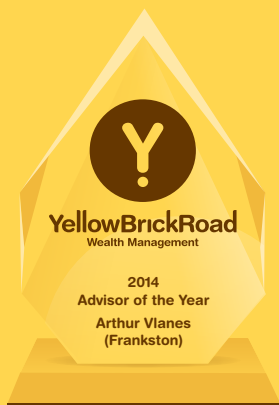


other venue and event trying to keep our heritage alive. If it wasn't for these places, I wouldn't be where I am today. I had the opportunity to sing at all of them and I hope that the children of the future get the opportunities I received and more. I wish our shores weren't so far apart because I feel torn between two homes and two parts of myself but I love you, I miss you, and I hope to make you all proud.

With love, appreciation and honour, Kallia"

From all the Vanilla family, reach for the stars Kallia, where you belong! xxx

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The Greek Life

Creator of this gorgeous, self-published, picturesque book on the traditions of Greek life, Eugenia Pantahos shares a few intimate insights into the journey she took back through past generations to capture the Greek way of life and love for future generations.



Where did the inspiration for your book, *Greek Life* come from?

I have been immersed in a family that truly celebrates the unique Greek way of life. The book was initially written as a keepsake for my three daughters as a way to instil the lessons shared by my parents, including the story of family, philosophy, recipes and Greek traditions. I have practised these beautiful, symbolic and meaningful traditions within my own home, and as my children were growing up they too were observing me. I had a deep realisation that I was a custodian of the unique Greek lifestyle that was learnt whilst sitting at the kitchen table, watching and partaking in the preparation of the inimitable Greek way of life. I wanted to pass forward to future generations what I had learnt, what I had observed, and what I had experienced; and so *Greek Life* literally came to life!

I began writing *Greek Life* on a hot summer afternoon some five years ago whilst holidaying at a seaside township with my family and as it took shape I was able to share my first draft with my beloved mother, who absolutely loved what I had put together.

Was it difficult to collect and collate all those old photos?

No not at all. My parents have many photo albums that included the old sepia, and black and white photographs taken in Greece and in Australia, as well as a portrait of my mother that hangs on their sitting room wall.

What do you want your readers to take away from your book?

This is a great question. I want my readers to take the opportunity to join in the celebration of Hellenism through the stories, recipes, philosophy and photographs. I hope that *Greek Life* will provide my readers with a deeper understanding of the when, why and how we celebrate our Greek culture, and to enjoy cooking and baking some of the recipes.



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Savings Account

Delphi Bank's Midas Account wins Best Savings Account – Bank in *Money* magazine's 2015 *Best of the Best* Awards.

Delphi Bank's Midas Account has won a Gold Award for Best Savings Account - Bank category in *Money* magazine's *Best of the Best* Awards 2015.*

Now in its 14th year, *Money* magazine's annual Best of the Best issue narrows down Australia's best financial products, services and investments, and provides readers with research information and transparency on financial products. Delphi Bank is honoured to be one of the 111 winners in this year's award receivers.

As the Bank continues to grow and make its mark in the banking world, the recognition from *Money* magazines *Best of the Best* Awards is testament to the small bank's aim to constantly deliver big.

Delphi Bank goes beyond banking to help their customers achieve their long-term banking and financial goals; standing apart from the larger banking institutions through their proven ability to deliver tailored banking solutions with a fast, flexible and responsive service.

The Midas Account was a Silver Award winner in *Money* magazines' 2014 Best of the Best Awards. In the same year, it received three Five-Star CANSTAR Star Ratings in the Online (Midas Account) and Self-Managed Superannuation Fund Saver (Midas Account and Midas Business Account) categories as a high-performance product for consumers. The Midas Account also won a Five-Star CANSTAR Star Rating as an Online Saver Account offering outstanding value in 2013.

*The winners were ranked on the average of the 2-year-return based on the current base rate for a \$5000 balance and the 2-year return based on the 6-month historical standard base interest rate.

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A LIFE OF ITS OWN

By HELEN KAPALOS

Every journalist goes into a story ready to learn and uncover the truth, and sometimes they can be profoundly affected by the stories they cover. Sometimes they walk away from a story but it never really leaves them.

Last June was one of those times for me. During an assignment for the *Sunday Night* program (channel 7), I began to realise that I was reporting on one of the stories that was going to stay with me for a long time.



What was more compelling for me about that is that I had great reservations about covering the story in the first place. The topic was medical marijuana and I'm loath to admit that I approached it with a tainted mindset based on what I had read or heard up to that point. I associated it with mental illness and psychoses, and thought it led to apathy - in short a wrecker. I never knew there was even a distinction between recreational and medicinal marijuana.

What I was about to learn about this ancient plant would both confound me and inspire me.

The story I did for *Sunday Night* centred on a young Tamworth boy, Daniel Haslam. Dan was 24 and already at the end of a long battle with stage four bowel cancer. The youngest of three boys, he possessed the quiet charm of a country boy, which he very much was, having grown up in Tamworth country NSW. He was sweet and gentle and very much in love

with his new wife Alyce. He was a fighter and the centrepiece of his adoring family.

If Dan was reluctant about doing this interview it was with good reason. Little did he know he was about to become Australia's poster boy for medical marijuana.





In the Sunday Night story, Dan bravely spoke out about the shame and fear of resorting to marijuana to help ease the debilitating side effects and symptoms of chemotherapy treatment.

As the son of a retired drug squad police chief, his story was even more credible. For Dan, marijuana was a last resort. In fact, it took him some time to be convinced of its merits... but when he finally did try it, his family described it as a 'miracle'. Instead of spending days crippled in bed after another round of chemotherapy, incredibly he was able to eat, function and fight the disease ravaging his young body.

Importantly, his quality of life also improved dramatically. But what he may not have expected was the impact the host story would have on others either contemplating medical marijuana or already using it. His story gave voice to other Australians and one by one they began to stand together bravely, not in shame and fear.

Dan's story became the catalyst for nationwide momentum. The night the story aired, an unprecedented number of people voted largely in favour of medical marijuana... almost three million took part in an online poll and 96% said it should be legal for patients like Dan. The Australian public roared in agreement.

Then something amazing began to occur - Dan's story began to draw support from the most unlikely of places. Senior police and politicians became advocates. It even led to NSW Premier Mike Baird announcing clinical trials, and Victorian Premier Daniel Andrews announcing law reform and foreshadowing its legalisation.

The story could have ended there. **But it didn't.**

Thousands of people started to contact the Haslam family and even me as the reporter of the story. They were all desperate for some compassion and help in their various health battles. It was heart wrenching to watch and I began to wonder why we were making people feel like criminals when they were simply trying to help themselves get better and, in some cases, survive.

The story began to gnaw away at me. I felt there was more I could do. I knew in the typical media cycle that many of the families would be abandoned when the next story came along. Increasingly, I found myself delving further into the research and discovering the incredible medical logic and science behind this plant itself. My sister, a scientist, began to source journal articles for me.

I also searched for films that would explain this more thoroughly and some did, but only part of the way. Most of them were so anti-propaganda or caught up in legalising marijuana for recreational use that they obscured the real facts. So I decided to make my own film, which I could produce, direct and write. I wanted complete editorial control this time. It was good to be back telling real stories again.



The title of the documentary, *A Life of its Own*, really reflects the organic way this all came about. The reaction to the first story was so huge and then came another, and then another, and my need to investigate the issue further dominated my thoughts. I also began to see the global disparity on the topic. Some countries were fractious in their approach, others too liberal, others too conservative. Most of them lacked a properly regulated system - until I started reading about Israel.

It was there that some of the leading science on the plant had occurred and also where the largest human trials took place. So I travelled to Israel to witness first hand the work being undertaken with medical marijuana. The people reminded me of Greeks, open hearted and compassionate. It was an eye-opening trip and I interviewed many doctors who have been treating patients for a range of health symptoms, from pain relief to neurological disorders and even post-traumatic stress disorder.



NSW Premier Mike Baird



Greens NSW MP John Kaye



Former Australian Federal Police Commissioner Mick Palmer



Israel also has a number of government-approved farms, which grow **specific strains** for each illness. They are manufactured as tinctures (an extract formulation typically using alcohol) or grown to smoke or vaporise.



The preferred method of dosage for pain is a vaporiser. For many other conditions, like epilepsy, that is not necessary. You'll have to watch the documentary for a full explanation ☺. It might surprise you to know exactly how the different plants work and on what receptors in the brain and body. I know it greatly surprised me.

Although cannabis itself is classed as an illicit drug in Israel, medicinal cannabis is approved for use on a federal level, and that's not even the case in the US.



In Australia we are behind the times on the debate, families still have to access a black market to source the various tinctures, which in the case of epilepsy treatment don't even contain large doses of the psychoactive component known as THC. In those cases, it is another compound known as CBD which is yielding incredible results all around the world, particularly in the case of the more severe types of childhood epilepsy.

Throughout all this I have remained close to the Haslam family and sadly watched as Dan's health continued to decline and finally losing the battle with cancer. His death brought renewed calls for the legalisation of medicinal marijuana.

One of the world's leading researchers, Professor Raphael Mechoulam, has been producing incredible work on the subject for more than 50 years and it's only now that they are being acknowledged globally. His prediction is that eventually the way the cannabis compounds work in the human body will be introduced into medical literature.

His mum Lucy is fighting for change and making it a legacy to educate others about the safe and effective applications of cannabis. As a former nurse and the daughter of an anaesthetist, she is a wealth of knowledge already, and she understands the strengths and failings of the health system.



Professor Raphael Mechoulam



But the momentum is shifting around the world and now **more studies** are emerging about its **benefits**, the impact on long term abuse and how it's best applied as a medicine.

The subtitle of my film includes the expression medical marijuana. That is a deliberate choice as I hope to deconstruct the term throughout the documentary, along with many other myths and misconceptions.



Dan's parents Lucy and Lou



Driving the narrative is Dan's mum, Lucy... one mum who's found herself championing a drug many consider evil and harmful, one mum who's been prepared to take on all forms of government and fight the cause until the very end. She's now of the firm belief that society has been hoodwinked about marijuana. That it is in fact the lesser evil when you compare it against addictive substances such as alcohol and tobacco, and that opioids and other strong medication is quite often more harmful and, in many cases, a deadly alternative. In fact, in Israel a paediatric neurologist was keen to point out to me that they treat medical marijuana as a medicine not a drug.

The film will be released in mid-March and screened in federal parliament. It is headed for US syndication and also being globally distributed. For more details, here's the website. My wish is that it educates, informs and empowers people about a plant we are only really starting to fully understand.

www.alifeofitsown.com.au



GREEK SCHOOL



ABΓ + CULTURE + RELIGION = SENSE OF BELONGING

The benefits of a **second language** are endless. For the Greek diaspora education was highly valued and for the immigrants, both English and Greek school were of equal importance.

Personally, I remember Saturday mornings not sleeping in, not watching cartoons or playing sports. Saturday morning was just another school day; a class-room, teacher, friends, playground and homework. The only difference was that this was Greek school.

Others attended Greek school on week days in the evening. Regardless, however, if it was a Saturday or a weekday evening, the sentiment echoed by the children was of one voice: "Do we have to go?" or "I don't like Greek school". I'm referring here to the first generation Greek Australians, who are now parents themselves and are continuing the cycle. No longer in the passenger seat, they are now the drivers taking their children to Greek school and many have expressed the gratitude they now feel towards their parents who had rigidly enforced the weekly trip into the Greek classroom.

Some of these first generation Greek Australian mothers feel the switch in their attitude is remarkable. One in particular telling me, "I did go but I used to wag, I don't know why. We didn't like it very much, but my kids have to go," Kerry said. "At the

time I didn't realise how important it was but now, if I could turn the clock back and change it, I would have continued to learn the Greek language, to speak, to read and to write," she adds.

I've found as I spoke to these first generation Greek Australians that perhaps Nicole may have the answer to the question so commonly cried by children growing up in Australia, "Why do we have to go?" She said to me recently, "I went to Greek school and I didn't like it. But looking back I'm glad I did, and my kids went too. Greek school gave you a sense of belonging, you know, that culture. From when we were young we didn't belong here, we weren't Aussies, and in Greece they called us Skippy the bush kangaroo. Greek school was a sense of belonging, what we needed, as we were a bit lost."

Could Greek school be more than learning the ABCs? For many (including myself), Greek school was a place to embrace a sense of belonging - a familiar environment, the culture and atmosphere of being at home, of food, and customs, Greek dancing among them.

This is quite symbolic and shows how Greek school was a family environment and one of the Greek ways of life. Greek school also contributed to life-long friendships. Many speak of their friendship groups being predominately Greek.

"I mainly have Greek friends, because we're different to others, the language, religion and customs. I wasn't being myself around non Greek friends, because you can express yourself better in Greek, you can relate," Gina says.

The Greek Orthodox religion is also an aspect of Greek school, being taken to church at Easter for Holy Communion, starting and ending each class with prayer and starting each school year with **Αγιασμός** (blessing of the water), blessing the school grounds, class rooms, teachers and students. It's all quite amazing that the value of Greek school, along with the bitter-sweetness of it all, has been transmitted from the migrants, through time, still to how we live today within the Greek Community of Melbourne.

Feelings and emotions expressed by some first generation Greek Australians include, *"I'm glad my parents sent me and hence why I've sent my children to Greek school, Greek school is non-negotiable for my kids, they have to go,"* says Barbara.

And "I went to Greek school and my children go to Greek school; learning the Greek language and the Orthodox religion is important," Soula says.

However, the journey has still not quite ended as it seems the grandchildren of the Greek diaspora are living in a parallel universe to their parents, of not particularly wanting to go to Greek school. However, they are also glad they went, and some are even looking to the future and being in the driver's seat taking their little ones to Greek school. For granddaughter Despina, however, there was a new concern when it came to Greek school. Despina attends Greek school, finds it difficult but wants to continue as she would miss it if she didn't go. She also mentioned that she wants to send her children to Greek school but she is concerned if there will even be Greek school.

What would this in fact mean? If there comes a time when Greek school is just a story told, a time when the sense of belonging to the Greek school playground did not exist. All around, Greek school equals more than just **ΑΒΓ** and is worth maintaining and having for the generations to come, as it is a place of education from the first steps of primary school to graduating high school, and it's also a place that provides a sense of belonging and the Hellenic identity. *"For me, even if I had the choice, if mum and dad were like, you can quit whenever you want, I would still go. Just because I want to know the language, I still want to be connected to Greece,"* Mary explains.



Could Greek school be more than learning the ABCs? For many (including myself), Greek school was a place to embrace a sense of belonging – a familiar environment, the culture and atmosphere of being at home, of food, and customs, Greek dancing among them.



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



While we're on the subject of food this issue, we thought it was important to also talk about the issues surrounding food, in particular the lack thereof for so many people in our local communities.

So we caught up with the founder of **OzHarvest, Ronni Kahn**, to learn their inner-workings and discover what her amazing group of humanitarians get up to every day. They work tirelessly to feed the thousands of hungry Aussies by re-directing left over food and educating Australians on the importance of treating our food resources with respect.



You have created an amazing empire, why?

Just over 10 years ago, I suppose I hit a point in my life where I started thinking about what my purpose was and what was significant to me, and what I could do to make a difference. I had been in event management and I was aware that there was always food left after each function so that in my working life, on a daily basis, I was actually over-producing food, because the best way to judge if a party was successful was by the amount of leftovers. It showed that we had catered enough and I kept throwing away ridiculous amounts of food.

So when I started thinking about purpose, significance and skills, I figured I know that there's food because I'm creating it; I know that there's people in need, because I've seen it (I'd volunteered over the years); and I thought if I connect good food and people in need, it could be a good thing.

I didn't start off dreaming of starting a charity, that wasn't one of my life goals. But having found this, I have found my life purpose and that is a pretty extraordinary place to be.

What did it take to establish and then run a service like this?

I thought about volunteering for a charity or finding a way of using my own skills to create something. I abhor waste and so I thought the best way to use my organisational skills and avoid food wastage was to create a link between the two. It didn't seem very difficult to make that connection.

I will never forget driving down the back lane to the loading dock of a health food store in Bondi Junction to collect my first pick up of surplus produce and getting the sense that this was so logical, so obvious and so right to be saving this good food, and my excitement when I dropped it off as a gift from the new service on the block, OzHarvest.



Now, ten years on, **OzHarvest** has become what it is today – **10 million** kilos of food rescued, **30 million** meals delivered, over **600 volunteers**, offices in NSW, Victoria, Queensland, ACT and WA, and we're still growing. I'm still in awe of how many people have helped, and continue to help, make redistribution of healthy, nutritious food to vulnerable people a reality every day.



You made a huge commitment to this cause in the early days, did you grow up in a family of volunteers?

Not really, but I had a wonderful supportive family.

I grew up in South Africa, a happy, privileged life, even though money was always an issue. But, of course, what we didn't have was nothing compared to anyone who wasn't white. If you were white then you had staff, you employed people to help you with everything to do with the house, all the domestic duties. We had a wonderful relationship with those people but they were working hard for us and paid the smallest amount, and we always benefited from the system. And there was always an awareness of the inequity. I think I knew that my parents weren't brave enough to fight the system, but I know they did their best to impart democratic values.

Melbourne is a relatively new addition to the OzHarvest family, how much support have you had?

It's been overwhelming and our Melbourne team has already made an extraordinary impact on communities in need. In 2014 alone we delivered over 300 000 meals. It's all made possible by the companies that support us through food donation as well as the corporate partners who've helped us spread the word and prepare food for needy Melburnians through our Cooking for a Cause functions.

We also have the people of Melbourne to thank for being so supportive – our inaugural Think.Save.Eat event (a campaign against food waste) was attended by over a thousand people at Federation Square.

What hurdles do food rescue services like OzHarvest regularly face? What are the common issues that just frustrate the hell out of you all?

Some food businesses still think that the law is a hurdle for being able to donate food.

This is not the case. In 2005 we had the Civil Liabilities Amendment Act changed in NSW and other states, and in Victoria the Good Samaritan law exists. It's about education and through our events like Think.Eat.Save. where we partner with the United Nations Environment Programme to raise awareness about the damage food waste can do to our planet.

So it must be a continuous, double, full time job, what do you do to relax?

I love physical exercise. For me, swimming is a metaphor for life, I swim every morning. Every time I stand there, about to dive in, it feels like I'm about to dive into life. When the cold hits you it's like a challenge, but it's also the most exhilarating experience.

I also love to run and bushwalk as often as I can.

I enjoy listening to music. My sons are wonderful musicians, so I always have whatever they're listening to or working on to help me relax – or feel inspired!





DID YOU KNOW

Bread is the biggest problem in Australia when it comes to food waste, even these food re-direction services struggle to allocate the amount of bread we throw away every day.

It's been ten years, how have things changed? Does your passion burn on?

Absolutely! I have the best job in the world, and I'm enormously proud of OzHarvest, but there are so many things still to achieve. The future holds endless possibilities: I see a world of reduced food waste, people who care and are passionate about our planet, abundant food for all, especially those who need it, opportunities to shift lives for the better and provide hope to those who have lost hope!

This is what **OzHarvest** – and myself as CEO – will always **strive for**.

What hurdles do we still have to overcome?

Best before dates! That's our next challenge, to change people's perception of best before and use-by dates. Our grandparents used their senses and we have become too reliant on a label telling us when yoghurt or milk goes off – rather than just smelling or tasting it!

What can people do to help?

There are three ways that readers can help.

- 🍎 DONATE TIME.
- 🍎 DONATE MONEY.
- 🍎 DONATE FOOD.

Another way is to get involved at home and change your own food waste behaviour, for example, buying local and seasonal, using up leftovers and thinking differently about fruit or produce that might look ugly or imperfect on the outside!

Also spread awareness about our work. If you are living in a regional community, there are ways to set up a REAP chapter in your community too.

Find out more at www.ozharvest.org or call us on **1800 108 006**.





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Welcome to
Vanilla
Upstairs







Meet the newest member of the Vanilla family – head chef of the Vanilla Upstairs kitchen, the bellissimo

Giuliano Colosimo

By RAQUEL NEOFIT

With an Italian chef father and a pastry chef mother, it seems inevitable that Giuliano would follow in the footsteps of his parents.

In the second year of his apprenticeship, Giuliano entered the legendary kitchens of *Restaurant CBD* in Sydney City, *North Bondi Italian*, and *Icebergs*, under the watchful eye of Rob Marchetti.

It was working with these great chefs and their battle-hardened crew in high-pressure environments that Giuliano truly discovered what it meant to work with food that deserved the attention of the Chef's Hats they were awarded.

As his confidence and ability grew, he realised that he could spend a hundred lifetimes immersed in food and still not ever learn everything there was to know about the world of food that he'd immersed himself in every day. And so, this is now his life's passion – to consume and learn about food, produce, cooking techniques, and the culture and vibrancy of food every, single day.

Fresh off the heels of running his own successful American-style diner, Giuliano has hit Melbourne running and made himself right at home in the Vanilla Upstairs kitchen.

Here's what he had to say when I caught up with him recently.



Giuliano, tell us about your earliest food memory.

It was when I was about three years old actually! I have this very vivid memory of my grandmother, she kept chickens, and every day she would go and collect the eggs when they were just laid, then she'd hold them against my face while they were still warm. She cracked two holes in the egg, one in the top and one in the bottom, and told me to eat it. So I did, and I will never forget the sensation. At first the white was kind of strange and gelatinous in my mouth, but then at the end I got the yoke, which was kind of sweet and creamy. At that point I knew there was a sensation in food. It made me feel a different way.

You're Italian and, as we know, most Italians are brought up in the kitchen at their mother's or grandmother's side, were you raised like this too?

I was literally born in the kitchen! My mum was cooking in her own kitchen, in her own restaurant with my father until the day she went into labour. It was called *Il Tramonto* and they cooked traditional Italian food.

She left the kitchen, went to the hospital, had me, and then set up a basinet in the kitchen where she could cook and still watch me. It's genetic almost, like I was born into the industry.

How much of your Italian background influences your cooking style?

A lot, it's something that I'm probably most comfortable cooking because a lot of the best restaurants I've ever worked in were Italian, and I had the influences from my childhood. We'd make our own sausages, tomato sauce, and wine - my grandfather had a complete wine making set up. We'd do maybe 300 kilos of grapes a year and every night there would be wine on the table that he'd made..

Were you allowed to drink the wine as a child, just like children in Italy are?

We were allowed to dip bread into it and have a few sips of it watered down, but as kids we didn't really enjoy the wine, it wasn't one of our favourite things.

You have a great passion for sourcing local produce, how have you found the quality in Victoria?

Melbourne has really great produce, I love the fruits and vegetables and the meat is sensational. You know, you can go to the Queen Victoria markets and you can get sensational produce at great prices.

In Australia we're very lucky when it comes to the variety of produce we have available to us, it may not be as flavourful as say the tomatoes in Europe, or the pears and apples in Japan, because these are places that focus more on seasonal





From the first time I met Giuliano I was caught up in his passion for food and his desire to learn where the produce he was cooking with came from, to know who was growing it, and how they grew it. So I invited him along to our magnificent Mornington Peninsula to meet a few passionate local farmers, and a few heavily pregnant cows!

produce, but in Australia we can have everything, all of the time. We are lucky that as consumers we can choose what we want to eat, when we want to eat it.

Tell us about one of your favourite food travels

After *Icebergs* and *North Bondi Italian*, I left Australia to live in Italy for a while in a medieval village called Cropani in the Calabria region where my grandparents lived. I worked in a restaurant there that now has a Michelin Star. Then I went to live in Bologna and Parma – all epicentres of major Italian food exports with so much history, where I learnt lots about pasta, balsamic vinegar, and parmigiano cheese. All of these experiences I brought back to Australia and incorporated into the food I cook. And I've travelled throughout Europe and Japan, and I went to Lebanon with my wife for our honeymoon, I learnt so much in all of these countries.

What are you most passionate about at the moment?

I love getting secondary cuts of meat, beef shins, pork hock - peasant parts, and turning them into stunning meals.

You worked at *Icebergs* for Maurice Terzini and Rob Marchetti, what did you learn in Marchetti's kitchen?

He rode me, hard! I felt way out of my league working at *Icebergs*, even with eight years of experience! But I've found I've always moved onto restaurants where that was the case.

I'll never forget the feeling I had the first day I walked into that restaurant and there were eleven chefs, all looking battle hardened. Those guys were the real deal and it was humbling, it's like going back to the first day of kindergarten. I still felt like an apprentice when I was working in his kitchen. He would command the kitchen just by walking into it! But I learnt a lot!

Who do you look to for inspiration in life?

I look to books, my wife, my family, myself, what I see on television, things that are happening around me, definitely produce markets, and some celebrity chefs - ones that I love for their achievements and what they are doing for the industry. Like Gordon Ramsey or Jamie Oliver for example, everything they're doing for food and for people,

they are improving the quality of life for people, for me that's inspirational.

People don't always think about the importance of what they put in their body. Let's talk about what you need in your life just to survive - number one, we need air and then water. The third most important thing you need for sustaining life is food – without food, in a couple of weeks you're dead! People like Jamie Oliver inspire me to live local, buy local and cook better, for me and for the people who eat what I cook.

What do you want to offer the patrons of *Vanilla Upstairs*, what can they expect?

Let's break the parmigiana mould! What they can expect is a great variety of really tasty food, cooked and prepared really well – food that is sourced from local places. When you eat here, you're supporting a plethora of local businesses that all come together - that's one of my big philosophes as a chef. We are really lucky - we don't invest our life in growing a really great tomato, but we can support the people who do.

I would like to say a very special thank you to the family of *Vanilla* for allowing me to take control of the food and putting so much trust into someone who just three months ago was a complete stranger to them.





Domaine Costa Lazaridi

To celebrate the Mediterranean influences we've embraced Upstairs, we've turned to one of Greece's most prominent wine producers to whet your taste buds with a selection of wines that, after just a sip, will transport you to the glorious countryside of Greece.

Thirty years ago the Costa Lazaridi's family vineyard began on a mere ten hectares, producing wine for themselves and the local community. Now they own 200 hectares of thriving Greek vineyards producing some of the most sought-after award winning wines Greece has ever seen and that are shipped to all corners of the world.

So, while you're sipping on a noble *Domaine Costa Lazaridi* wine, read on to discover where Mr Kosta's passion and commitment to the wine making process began all those years ago...



Where did you first discover your love for cultivating grapes to make wine?

At a young age, in the early 70s, I spent several years in Germany for the needs of my family's marble business. During my time there I had the chance to taste a variety of wines from France, Italy and Germany, and it got me wondering why there wasn't a large number of Greek wines of equal quality given that our climate is ideal for vine cultivation. This was the spark that led me to create my own vineyard and make my own wine. In 1979 I planted my first vineyard. It was 8.5 hectares around my house with *Sauvignon Blanc*, *Cabernet Sauvignon* and *Assyrtiko*, all of them planted for the first time in Drama. Tending the vines, experimenting with wine making, all this work and care turned the spark into a fierce passion, and this led to the founding of *Domaine Costa Lazaridi* in 1992 in Adriani, Drama. Since then the company has grown, now owning over 200 hectares of vineyards with many international and Greek varieties, and two state-of-the-art wineries in Adriani, Drama, and Kapandriti in Attica.

Tell us about the essence of *Domaine Costa Lazaridi*, what's at the heart of it?

It is not one thing, it is an inseparable pair. On the one hand there is passion, the same passion that still drives me is a common characteristic in every member of our team. Our aim is not to make a good wine; we want to make the best wine. That is why we treat everything as unique. Every vine is our only vine and every wine is our only wine. On the other hand, there is knowledge. Knowledge harnesses the passion and leads to perfection.

In order to achieve it we are constantly searching; we invest in the *latest technology*, we send our people around the world not just to see but to be part of developments, and we work with the best consultants in every field.





What is it that keeps you connected to your vineyard?

It is where everything begins, and sometimes ends. The only way to get an excellent wine is to start with an excellent grape. That is why we have one of the biggest, privately owned vineyards in Greece, and we have been completely self-sufficient since 2003. Carefully chosen locations for their soil and microclimate, close monitoring and extensive green harvesting to lower the yields have been some of the biggest factors that led to our success.

What else do you specialise in?

Working with the grapes and making wine is a process that leads to constant research and *experimentation*.

Through this process we have developed other grape based products. We started with the *Tsipouro Idoniko*, with and without anise, which is now one of the most successful brands on the market, and a range of grape spirits, the *Methexis* family. Our next venture was a range of balsamic vinegars. The '*Botanico*' family, with six balsamic vinegars, starts with a white, un-aged one and ends with the Gold Seal, which is aged for eight years in batteries consisting of ten different barrel sizes and four different kinds of wood. Our latest product, and the only one which is not grape based, is the *Idoniko Ouzo*. Released just over a year ago, it embodies all the values of the estate for high quality, technical excellence and rich character.

You have a range of 'Collectors Magnums', what can we expect from one of them?

Definitely a lot more than a simple bottle of wine! The idea behind the *Collectors' Magnums* was born over fifteen years ago around a table with friends, after tasting the new vintage. My friend, architect and painter Yannis Nanos, started making sketches with a gold marker on a bottle of wine. The idea evolved over the years and we currently work with four different painters, each one of them contributing with their own unique style. They can paint whatever they

want with only one condition, that the artwork will never be repeated. So it is not just a bottle of wine but a unique work of art aimed at pleasing the sight along with all the other senses. And speaking of the other senses, the size of the bottle offers a lot more than a larger painting surface. In a larger bottle the wines will retain more freshness age better and for longer resulting in a more pleasurable experience.



Vanilla



Upstairs





Pete Evans Healthy Every Day

By RAQUEL NEOFIT

PETE EVANS, blue-eyed golden boy of channel seven night-time television, healthy food advocate, cookbook author, chef, cookware creator, father and surfer; regardless of how you may know him, there is hardly a person alive in Australia today who hasn't heard of him or formed an opinion of him based on his approach to healthy living and his widespread support of the old-made-new paleo diet.

You may have heard it called the caveman diet, or the Palaeolithic diet, or even the prehistoric diet, but when it comes down to it, regardless of what you call it, it's a way of living and eating that can help people in a time when food allergies and intolerances are at an all-time high, and when we are sicker than we have ever been before. In essence, most paleo followers believe in connectedness, not only with the environment but with each other and our own bodies, with what we put inside them, mindfulness, health, and importantly, happiness in our everyday lives.

I caught up with **PETE** while on his Australian tour *The Paleo Way*, which teaches us how to cook and eat clean and healthy foods for every day eating, spreading the word on dropping the processed foods for a natural and cleaner way of eating and living.





As a kid who grew up on the Gold Coast and having been a surfer since I was 13, I've always had a connection with the ocean and nothing is more healing than the power of Vitamin Sea. I try to start each day with a swim or surf in the saltwater because it's so invigorating for my mind and body. And yes, I do have a pretty hectic schedule but I always make sure I take a little bit more time out during the day to ground myself.

First of all, tell us about the philosophy behind the paleo lifestyle?

At its essence, living a paleo lifestyle is all about taking the most natural dietary approach possible to support optimal physical and emotional health, so that we can all live our best lives. Sure, it might take cues from our ancestors but it's also mixed with the most up-to-date nutritional research from the 21st century. Whether it's paleo, primal, LCHF - it doesn't matter, these are only labels. What's important to understand is that this philosophy is as simple as returning to eating nutrient-dense wholefoods, and living in a sustainable and holistic way.

We hear terms like paleo lifestyle and your paleo way - is paleo basically about food or does it also branch into other areas of our lives?

Paleo isn't just about food or that word I can't stand, diet!

Instead, it's a complete way of life that returns you to eating natural food sources and, as a result, lets you enjoy increased energy, muscle growth, weight loss, improved mood and better brain function. It's also about living with conscious, mindful intent. This comes from re-connecting with the little things that are truly important in creating a healthy and happy life. For me, I'm thankful every day for my family, the food I eat and the energy I get from spending time in Mother Nature.



For example, when I eat my lunch I like to take my shoes off and feel the earth beneath my feet and the sun on my face because it allows me to slow down and get away from the pressures of modern life. This is a discipline I think is important for everyone in this day and age because everything moves at such a frenetic pace. One of the big keys to achieving better health and wellbeing is to slow down, unplug (even if for only 10 minutes), be kind to your body and mind, and give gratitude for every moment because life is an awesome adventure. That's why health really is wealth because being fit in both body and mind allows you to achieve dreams you never thought possible.

How and when did you first discover paleo and what convinced you it was the right path for you and your family?

For me, finding paleo has let me discover my life's purpose. At 41, I'm in the best shape of my life and I'm also the happiest I've ever been. I feel balanced, grounded and really positive about the future. And I have my amazing fiancé Nic to thank for so much of that.

Nic was raised in New Zealand on a farm and so she's always been pretty connected with her food sources. It was her that introduced me to a book that changed my life – Primal Body, Primal Mind by internationally renowned nutrition expert Nora Gedgaudas, who is also our nutrition guide for our 10-week program, The Paleo Way. Her book unlocks the science behind paleo and every argument Nora presented resonated so much with me that it was a real light bulb moment.

I was already interested in healthy eating and during my twenties, when I lived in Melbourne, had tried living as both a vegetarian and vegan so I've always been very aware that there is a relationship between the food I eat and how I feel.



Like me, my daughters Chilli and Indii both don't digest dairy well and Chilli is also intolerant of gluten and wheat, so removing these food sources has also helped to improve their everyday health significantly. Nic, the girls and I love getting in the kitchen together and cooking up a big, nutritious bone broth or making a paleo pizza. It's a way for us all to connect, celebrate and enjoy conversation about our day while enjoying the hearty meal we've prepared.

However, my adventure into the paleo lifestyle quickly took that idea to a whole new level. I cut out wheat, sugar and dairy for the first three months and was blown away by just how good I felt. My energy levels were instantly boosted, I could concentrate for long periods of time without getting fatigued and, within a month, the digestion problems that I had struggled with all my life had all but disappeared.

Once I saw how well it worked for me, I was determined to use my skills as a chef to inspire others to view their food as medicine, and to get out the tools in their own kitchens so that they could also learn to take back control and responsibility for their own health and wellbeing.

How did your family and friends first react when you changed your eating style?

My family and friends are so supportive of whatever I choose to do but I was actually amazed by just how many people close to me quickly adopted this way of life after seeing how transformational it was for Nic, the girls and I. Both my mum, Joy, and Nic's parents in New Zealand started to eat in a paleo way and they were all pretty chuffed by just how much extra energy they had. Today mum is a massive advocate, she's thrown out all the pasta in her cupboard and instead is in love

with zucchini noodles as an accompaniment to her famous bolognaise. She also uses cauliflower or broccoli for rice and says, without gluten weighing her system down, she feels lighter and brighter.

Paleo's copped a bit of flack in the media lately, what would you like to say to the critics, or those who are considering the paleo way but are concerned with the media reaction of late?

Don't listen to 'em! Most who knock it haven't tried it for themselves and so they aren't speaking from a place of knowledge. Every day people all over the world share incredible stories on my Facebook page about recapturing their health and wellbeing through the foods they eat. And that's a powerful force – together I know this movement will help create long-term change to our global food industry for the better. And the labels that critics slap on paleo only serves to remove it far and away from what it is, which is a sustainable lifestyle.

It isn't a diet, nor is it a fad, nor is it nutritionally incompetent. Plus, lots of scientific research is proving just how bad refined carbs and sugars are for our long-term health and for those who suffer from auto-immune diseases. Indeed, in the Western world we have never been sicker or fatter. The way

Pete spreading the word on his Paleo Way tour across Australia.



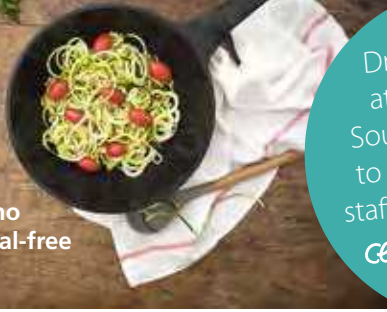
For dates and further information visit: www.thepaleoway.com

FAMILY FOOD
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Pete's newest book walks us through every day paleo recipes to please the entire family, all of which are gluten, dairy and sugar-free. And apart from looking and sounding delicious, many are quick and easy. He offers up plenty of alternatives for things like white rice and wheats in bright, colourful dishes that will get one excited to try some new food, flavours and textures.

Pete's new range of cookware is a high-quality ceramic finish for people who prefer chemical-free cookware.



Drop into House at Chadstone or Southland and chat to the local friendly staff about Pete's new ceramic cookware.



we have been eating in modern-day society is not working and change is critical. I've also met some of the most influential and inspirational people on the planet, whose scientific research around the future of nutrition backs up the potency adopting a paleo lifestyle can have on your overall health and wellness.

That's why I encourage people to look beyond the critiques and do their own research into paleo. Try eating different foods and keep a diary so you know how different ingredients make you feel. Then from there, choose what works best for you and your body. There are so many people both in Australia and around the world who have really benefited from paleo and that's why I encourage as many people as possible to join the tribe. It's become my way of life and I'm excited about the community and conversations we are creating globally in regards to taking back control of our own health and wellbeing.

Because I reckon together we can change the game.

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THE MODERN-DAY HUNTER-GATHERER

Living a primal life...

By RAQUEL NEOFIT

Avid foodie, traveller and blogger, Irena Macri has taken the table by storm and chats to *Vanilla Magazine* about her new book, *Eat Drink Paleo*. Developed from her hugely popular blog, her book delves into the increasingly popular paleo lifestyle.

Born in the Ukraine, Irena shares her time between Sydney and London where she traverses the world sharing the health benefits of her paleo lifestyle and the food she loves to eat.



Tell us about the essence of the paleo lifestyle?

Paleo is about eating real, whole foods and cooking with natural ingredients. It's also about living a more primal lifestyle with less stress, more functional movement, better sleep, more sunshine and outdoors, and less environmental toxins, which, combined, help to achieve more optimal health and wellbeing.

What are the benefits of paleo?

Improving overall wellbeing and increasing energy is probably the main goal of most people adopting a paleo diet and lifestyle. For some it's a perfect diet because they are sensitive to say gluten and dairy, both of which are pretty much eliminated in paleo. For others it's about getting their metabolism in order, improving gut health, increasing nutrient absorption and reducing systemic inflammation, which is often the cause of many illnesses. There is a wide gamut of benefits depending on where you start out.

What drew you to the paleo way of life?

When I turned 30 a few years back, I started looking for ways to optimise my diet and lifestyle to foster better health and to promote longevity.

I stumbled on paleo through friends and after doing my own research,
I fell in love
with its basic philosophy of eating whole, nutrient dense foods and living in a more natural, holistic way.

How did your friends and family react at first? Did you make it known that you were adopting a paleo eating style or did you just introduce it quietly?

It was kind of hard to keep it quiet as I started my blog soon after embracing the paleo lifestyle. The most common reaction I get from friends and family is curiosity. Once I explain to them the how's and why's, they are always very supportive. I think I've convinced a lot of people to at least try some of the paleo principles and their feedback has always been positive.

In general though, I don't make a big deal about what I can and can't eat. Most friends try to accommodate my dietary requirements when I come for dinner but I always ask not to fuss over me too much.



How strict do you need to be to really gain the benefits?

I think it always helps to try a clean paleo diet for say 30 days, mainly to reset the system and to discover if you're particularly sensitive to certain foods like dairy or legumes. However, you don't need to follow it 100% all of the time to gain the benefits. You will notice the positive effects even if you simply cut down on refined grains and sugar, processed foods, and vegetable and seed oils and introduce more fresh fruit and vegetables.

Is there a transition period? Should we adopt paleo over time?

Personally, I took my time transitioning. I cut down on wheat and sugar first, and then slowly reduced the amount of other grains and legumes I ate. I started eating protein with every meal, getting more omega-3 fatty acids and just eating more fat in general. My energy levels increased and became more stable throughout the day, and I was feeling more satiated between meals. I stopped getting sugar cravings in the afternoons. The changes in the way I felt motivated me to keep going until this new way of eating just became natural.

I think it's important to listen to your body and to tailor the paleo diet and lifestyle to suit your individual needs and circumstances. For some it might mean eating 100% paleo all the time, while others will thrive with more carbs, some properly prepared legumes and a little dairy on occasion.





Do you have any tips for dealing with the withdrawals when we start cutting things like sugar and starches?

From personal experience I can say that eating more protein and fat with each meal helped me get satiated without the bulky carb staples like pasta or bread. Add to that a large serving of vegetables and you will be too full to think about anything else.

However, if you do feel a craving when starting out, go for a few berries and nuts or have some coconut water or a nice herbal tea during the day. I found that my tastebuds changed over time and now most traditionally prepared treats and desserts taste overly sweet so I prefer to make my own with a little natural sweetener, or I simply enjoy a piece of fruit or some dark chocolate.

You mention in the about page of your book that it 'contains nightshades', what does that mean and where did it come from?

Nightshades are fruit and vegetables that belong to the Solanaceae family and include tomatoes, white potatoes, eggplant, and peppers/chillies. They contain natural toxins such as saponins and lectins, which can be irritating on the gut and promote an immune response or inflammation. Some people can be sensitive to these compounds, especially those with autoimmune conditions. Weston A Price foundation website has an article about nightshades for those looking for more information www.westonaprice.org/health-topics/nightshades or this post by The Paleo Mom is very insightful www.thepaleomom.com/2012/08/the-whys-behind-autoimmune-protocol

Is it difficult to eat out and still follow the paleo way?

It depends on where you're eating out and how serious your food sensitivities are. For those with a more relaxed paleo approach, eating out is a little easier as you can allow yourself a few foods you would normally avoid. It's all about the 80/20 rule and not being too dogmatic. However, some will have to be more careful and ask for their dishes to be slightly tailored. Most places are happy to accommodate people with dietary requirements and you can often mix and match a starter dish with a side or ask for veggies instead of rice or pasta.

You talk about nurturing the body the best you can, how do we do that, what signs should we look for?

Every person is so biologically unique that it would be foolish to follow the exact diet as someone else. It's great to have some rules and guidelines when you're starting out and learning about nutrition and food, but it's important to adapt any diet, paleo or non-paleo, to the individual.

For me it's been about paying attention to how I feel on daily basis and recognising that when I eat the right foods - nutrient dense foods - and I avoid things that tend to irritate and inflame my system, I feel energetic and vibrant. I also sleep better, my digestion functions well (yes, that means getting more familiar with your bowel movements), my skin looks good, my immune system is strong and I don't get colds and flu as often.

I think going paleo has made me more *in tune* with my body. But it is different for everyone.

CHILLI CHOCOLATE MOUSSE | SERVES 4

Whenever I offer this mousse to my guests I tell them it has no eggs or dairy and I dare them to guess what's in it. "Avocado? No way!" they say in disbelief. "How could something so rich and decadent actually be good for you?" Full of anti-inflammatory nutrients, antioxidants and healthy fats, this dessert is very easy to whip up even for the most unexpected dinner party.

- 1 large ripe avocado, such as Hass
- 1 1/2 ripe bananas
- 6 tbsp raw cacao powder
- 3 tbsp coconut cream (from the top of the can)
- 1/2 vanilla pod, seeds scraped out
- 2 tbsp coconut sugar, honey or maple syrup
- Pinch of sea salt
- 1/2 tsp red chilli flakes



OPTIONAL

Dark chocolate flakes, raspberries and chilli flakes for garnish

Cut avocado in half and remove the seed. Scoop out the flesh and add to a food processor or blender together with chopped banana and cacao powder. Whiz up until smooth.

Remove contents to a large bowl, add cream, vanilla seeds and your choice of sweetener. Whisk using an electric blender until well combined, fluffy and smooth. Fold in salt and chilli flakes.

You can serve right away but it's best to refrigerate the mousse to set for around 1 hour. You can set it in ramekins or small serving glasses. Garnish with dark chocolate flakes, raspberries and a little extra sprinkle of chilli flakes.



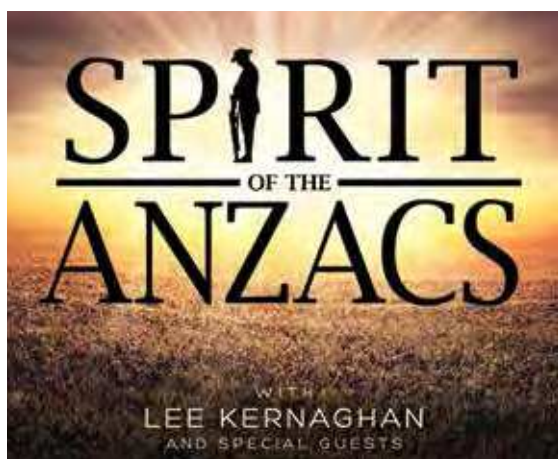
Experience the
Ambience



VANILLA
UPSTAIRS



LEE KERNAGHAN



By Ben Sorensen

2015 marks the 100th Anniversary of the Anzac's landing at Gallipoli. As part of this commemoration, past Australian of the year and multi ARIA award winner, Lee Kernaghan, has crafted an album that documents a different, more human perspective - telling real stories taken from the letters of soldiers and their families in the archives of the Australian War Memorial.

Enlisted to assist Lee in this mammoth task, long time friends and collaborators Garth Porter and Colin Buchanan have successfully articulated these stories bringing them to life in what is one of the most moving and Australian albums to be released.

The director of the Australian War Memorial, Dr Brendan Nelson, summed up the nature of this album beautifully:

“Every nation has it’s story. This is ours. From the bloody Gallipoli landing to the dusty deserts of Afghanistan, precious war letters held at the Australian War Memorial have inspired this moving tribute from one of Australia’s great storytellers, **Lee Kernaghan**. The spirit of the men and women who wrote them, their courage and sacrifice lives in these songs – and in us.”



I was lucky enough to chat with Lee about the project.

Lee this album is so amazing, and I think you have articulated not only the Australian story but also the stories of many others in relation to the Anzac legend wonderfully. Apart from being Australian, was there another burning desire or connection with the Anzac story that led you to do this so passionately?

I think what really lit a passionate fire inside of my co-writers, Garth Porter and Colin Buchanan and me, was reading the letters from the Diggers across 100 years of Anzac history. Every song on this album is a true story. The songs are all based on the diary entries and the letters from the Diggers themselves often from the trenches and frontline.

As part of the whole writing experience you were given access to the Australian War Memorial archive, how was that experience?

That archive is actually open to the public and it was those letters that formed the basis of the album. Some of those letters are quite lengthy, like the one about Passchendaele that was written by Private Leonard Heart, who was part of the New Zealand infantry. It was a 40 page letter to home that documented in graphic detail what was happening in the battle field during World War I. This was quite close to Garth Porters heart, with him being born in New Zealand. It was important to him and to all of us that the NZ in Anzac sat just as proudly amongst the other songs.



With so many letters and stories, was it an organic writing experience?

There were scores of letters that we went through, and they all seemed to speak to us; almost cried out to be turned into songs. We were really sensitive in so much as we wanted to honor these brave men and women in a way that was fitting so we spent an enormous amount of time crafting the songs. Wherever possible we used their words, not our words, in the lyrics. We really wanted to ensure that it was their voices that were heard loud and clear in the music we adapted from the letters.

While we are talking about voices, there are a lot of other voices in this project. There's been great support from some wonderful artists. It's amazing how universal the passion and respect for the Anzac spirit is amongst the music community. Who are the artists involved in this project?

John Schuman recorded a duet with me called Kadoka, of course John is renowned with his work with Red Gum and writing the Australian classic "I Was Only 19." The Kadoka song was based on Sergeant Jack Simms, 39th Battalion, who was on the Kadoka track. His recollections were made into a song. It was a great honor to record with John.

There are also people like Guy Sebastian, Jessica Mauboy, Jon Stevens, Megan Washington, Lisa McCune, and a particularly poignant song from Sara Storer called "Song For Grace."



Song For Grace is track 3 on the album. You start the album with For King And Country, which is a powerful monologue piece that sets the tone of the album, then right into Top Of The Hill, which is such a strong song. Then at track 3, Song for Grace is such a wonderful emotive light and shade piece, made even more striking courtesy of the preceding tracks. I couldn't get through the track without tearing up.

We didn't write that song, it was written by the great Ted Egan, and I didn't really know the background to the song so I called Ted up to ask his permission to record it, which he agreed, and I explained to Ted that every song on the *Spirit Of The Anzacs* album was a true story. He said "Song For Grace" was. The song is about a young girl, a teenage girl, named Grace fare welling her brothers to World War 1. Grace was Ted's mother, and the 3 boys in the song were his Uncles. The gravity of these songs is like nothing I have ever recorded.

Listening through the album, it's not a country album as such, but it's an incredibly patriotic Australian album. It gives you a greater appreciation and understanding about the Anzac legend, the Anzac spirit and what our Diggers do right up to this day.

It's given me a whole new appreciation of the Anzac legend, and also deepened my pride and appreciation when it comes to being an Australian and what it means to be an Australian.

The album *Spirit of the Anzacs* is available in stores, and for download. It's also worth noting that 100% of all royalties from the sale of the single "Spirit of the Anzacs" goes to Legacy and Soldier On.

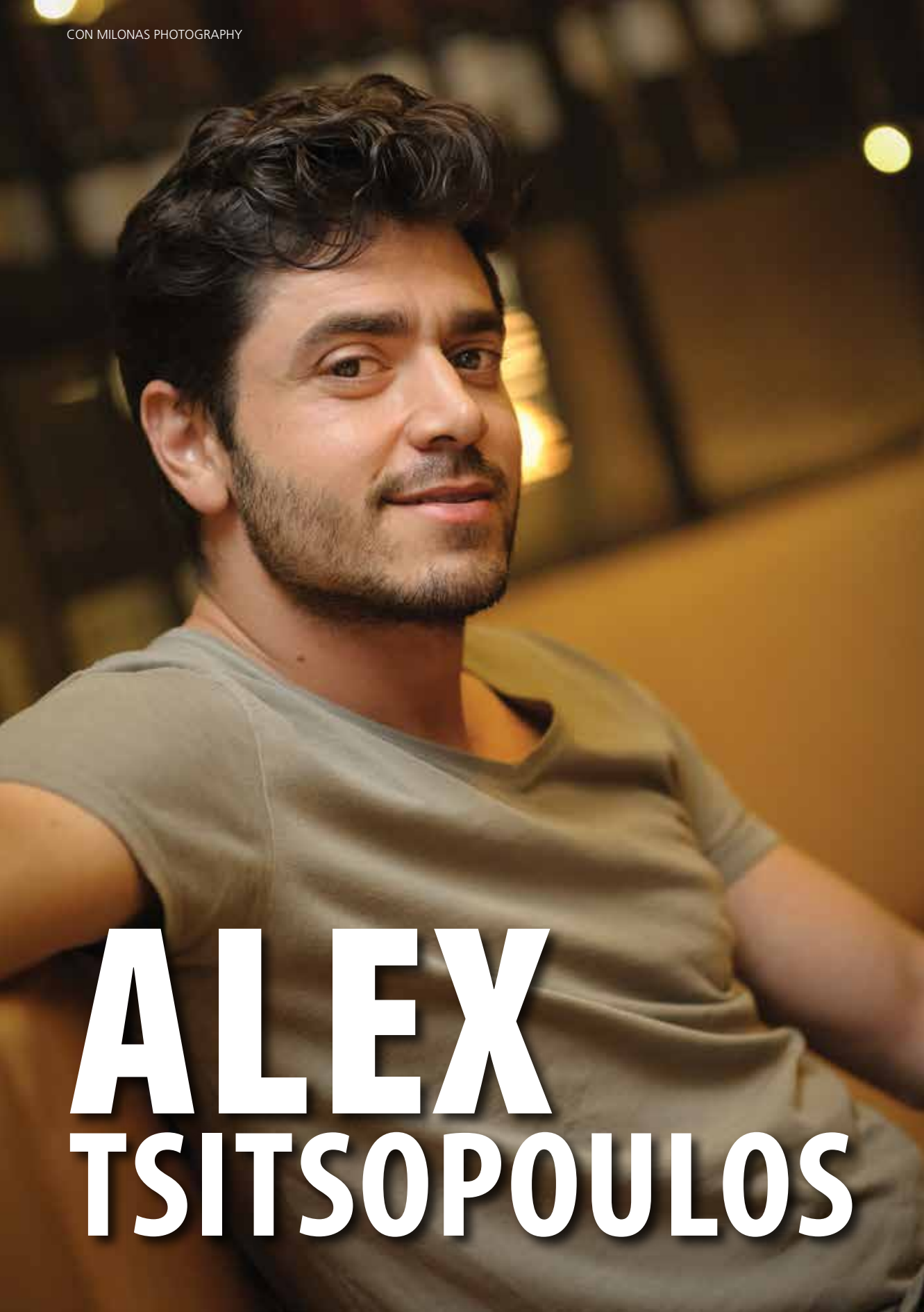


Download the album on iTunes here:
<http://bit.ly/LK-SOTA>



Listen to the full radio interview with LEE KERNAGHAN on Ben Sorensen's REAL Country:
<http://bit.ly/1fHY1dH>





ALEX TSITSOPOULOS

Captain Chandler (Anthony Hayes) and Turkish Captain Mehmet Ozkan (Alex Tsitsopoulos) supervise the burials at No Man's Land. Photo by Ben King, courtesy Ch.9



As this year marks the 100th ANZAC anniversary, Channel Nine aired the drama mini-series *Gallipoli*, which was filmed over a three month period last year in Melbourne and in surrounding areas like Bacchus Marsh and Werribee, while the landing scenes were recreated on the Mornington Peninsula. *Vanilla Magazine* caught up with actor **ALEX TSITSOPOULOS**, who played the role of Turkish Captain 'Ozkan'.

Your first thoughts as soon as you were cast for *Gallipoli*?

I was pumped! What an opportunity to be involved in the telling of such an important part in Australia's history!

How was the 'boot camp'?

Heaps of fun and very educational. They had a military expert on set and during preproduction, who advised cast on all the specifics of the battle from the tactics of trench warfare to the relational dynamics between ranks. We were trained to perform military stances, saluting correctly as well as the correct way to hold and operate the Mauser rifle in various attack positions (weapon used by the Turkish soldiers). We also had a stunt coordinator who taught us how to perform getting shot and falling to the ground realistically to bring authenticity to the action sequences.

How did the whole experience make you embrace the Anzac spirit?

Learning about the war from both sides, as well as being on set, gave me a real sense of what it must've felt like for these boys fighting in the trenches. It brought me a reverence for what they went through, Anzacs and Turks alike, and what must have been going through their heads at the time. The sense of mateship and support for each other because that's all you really had.

Who was your best mate during filming?

Everyone on set was great to work with, very welcoming and professional. I got to hang out a lot with the Anzac boys as

well as many of the guys playing Turkish soldiers. There was great energy amongst the actors on set, we kind of knew we were involved in something special. My scenes with actor Tony Hayes were a blast (no pun intended) and he and I got to hang out a bit on and off the set. He's a cool guy and a great actor.

This was a large scale production... describe a typical day on set.

It usually involves getting yourself to location and going through the processes of hair and makeup. This took time due to the detail put in, to make things look as real and accurate as possible, which was something I hadn't experienced on this level before. I got to wear prosthetic wounds with blood pouring out, as well as handle the original pistol used by a Captain of my ranking. That was pretty awesome!





Photo by Ben King, courtesy Ch.9



Of course, there's a period of waiting until it's time to shoot. It usually moves quickly as you make your way onto set to do a block through and line run, and before you know it the cameras are rolling. However, on this production, due to the scale of it, it felt like we were shooting a film. At no point did it feel rushed. The care and precision taken by [Director] Glendyn [Ivin] and the team, made it feel like we had all the time we needed. This isn't usual in TV land, so that was refreshing.

How did you prepare for the role of Captain Ozkan?

I did a lot of research on Turkey's history at the time. By that point the Ottoman Empire was in its final stages and had lost a lot of its power. It was involved in many ill-fated campaigns leading up to WWI and, as such, suffered massive losses to its military, leaving it weak and tired.

This gave me a historical context for a character like **Ozkan**.

Then there was understanding his personal history as a man and the type of training and education he would've had. Unlike the infantry, who were mostly peasants protecting farmland, he was more educated and refined (probably would've spoken other European languages). My goal was to articulate all that physically. Finally, learning Turkish and speaking English with a Turkish accent was a great and ultimately rewarding challenge.



In the second episode where Captain Ozkan first appears, he says to his Australian counterpart during the burial of the dead: 'That is politics, captain... and this is diplomacy'. How did you feel the weight of those words?

Ozkan represents the human face of not only the Turks, but of all men on the battlefield. His words are both reflective

and philosophical. They echo the notion of futility and senseless waste of life brought by the carnage of war. There are real politics at play as he gestures to soldiers on both sides working together and laments that the real diplomacy is the price paid in human life. As a human being, regardless of creed or nationality, it doesn't take much to understand the gravity of that.



Bevan (Harry Greenwood) and Tolly (Kodi Smit-McPhee) charge on a Turkish trench at Lone Pine. Photo by Ben King, courtesy Ch.9



Moving on from Gallipoli, what's next in the pipeline?

I'll be guest starring in the new season of *Miss Fisher's Murder Mysteries* on ABC due for release this year. I also have a few personal projects I'm working on.

Do you find your choices / opportunities as an actor in Australia limited?

Yes. Unfortunately the industry isn't big enough to cater for the vast and diverse range of talent that is produced in this country. If you're looking to have a career, you'll most likely have to venture into larger markets like the US or attempt to generate your own work.

Roles can often be thin or lack substance when they hinge solely on a character's ethnicity. But this is a symptom of a wider issue we have with our identity as Australians.

Are you thinking of trying your luck in the US?

I already am. Nowadays, a lot of casting is done through self-tapes, so I don't necessarily have to be in the US to be eligible for roles.

Your advice to new actors?

Know why you want to act. If you want to be rich and famous you've got better luck playing the stock market or filming yourself on youtube and hoping it goes viral. Acting is a desire to express yourself through characters and tell stories. If that's your passion, then you're doing the right thing. Also, be prepared to work hard and make sacrifices.





FOTOROMANZO



WHAT'S ON A MAN'S MIND?



VANILLA MAGAZINE PRESENTS FOTOROMANZO 'WHAT'S ON A MAN'S MIND?'

ALEXANDRA OCTAVIA - SALLY / SHANE MOHAN - DANNY / SANDRA CASA - ADRIANA / BEN SORENSEN - SAM

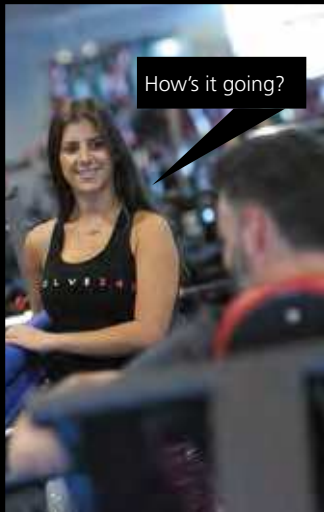
WITH LIANA HABAITER / JULIJANA RISTOVSKA / AND ANTONINA SININA

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

WRITTEN AND DIRECTED BY NIKITA BALLAS  VANILLA MAGAZINE VANILLALOUNGE.COM.AU/VANILLA-MAGAZINE

SPECIAL THANKS TO EVOLVE247.COM.AU | JERRY'S MILK BAR





How's it going?



Like Ned Kelly at Glenrowan.

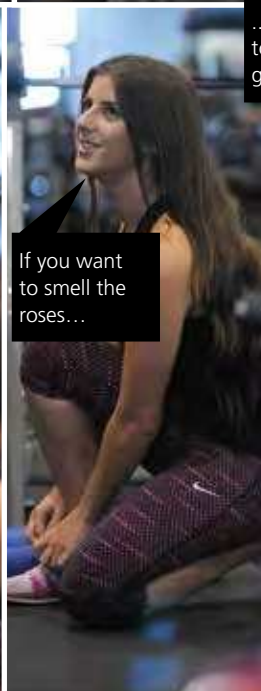


Any woman advice would be welcome.



You guys are married right?

Yep.



If you want to smell the roses...



...you have to water your gardens.

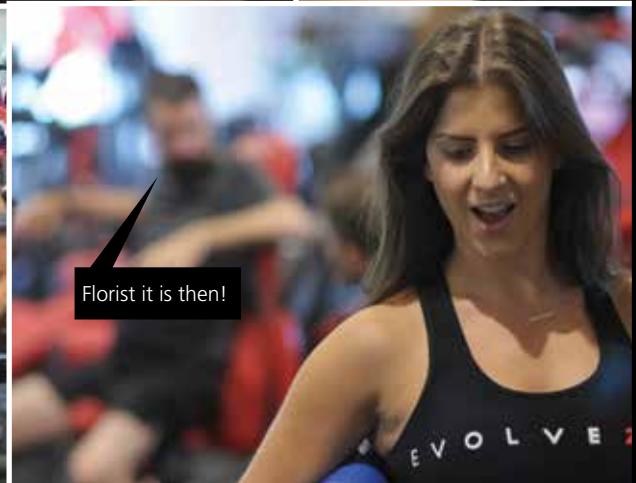


There is an easier way.



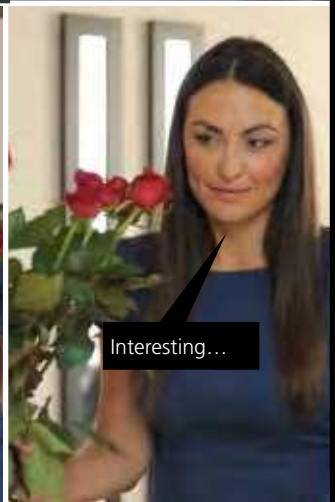
You mean a visit to the florist?

That too.



Florist it is then!







Oh that's so sweet!

Sally

I know... I feel so bad.



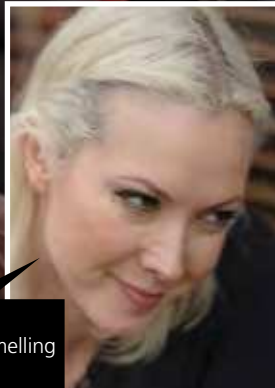
Don't you love empty threats?



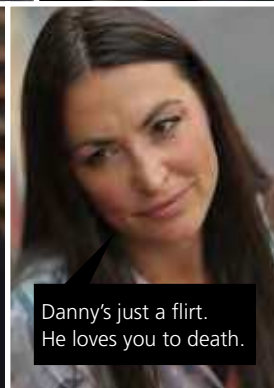
What if he's serious?



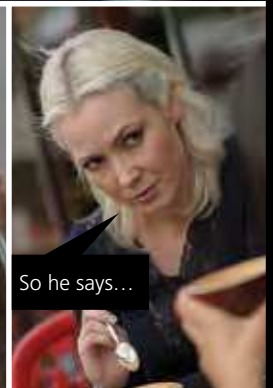
Don't be silly. He is harmless.



Unlike mine...
He always comes home smelling like a rat.



Danny's just a flirt.
He loves you to death.



So he says...





I'm going to kill him!



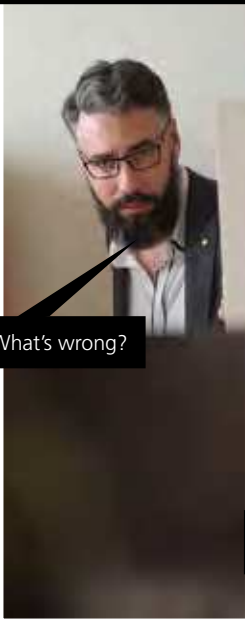
I can't believe it.



You sure it's not for you?



It's the wrong size!





Life sucks.



Look on the bright side buddy.



What club?

You can join the club.



Club Side Dish.



You're kidding right?

Well, it's saved my marriage...



I'm always happy!
She's happy!
Everyone's happy!

You rat!



Hmmmm.



Poor thing...

All alone and miserable.

I feel so bad spying on him.



What tha...



Don't jump!

The accounts department is here to rescue you.



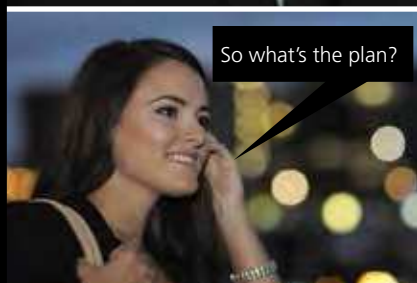
What?







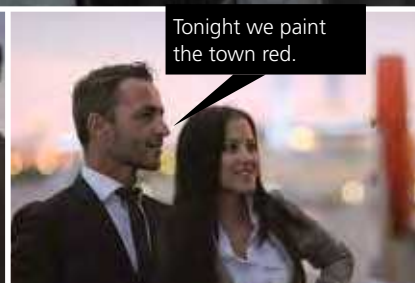
You were a very naughty girl.



So what's the plan?



Buddie!

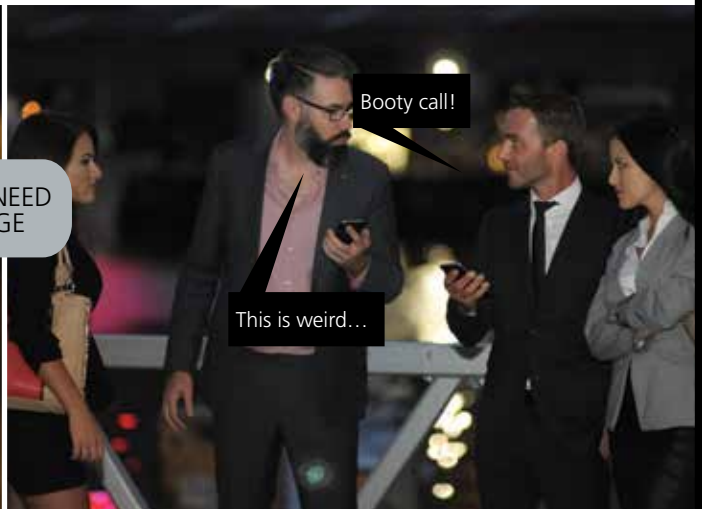


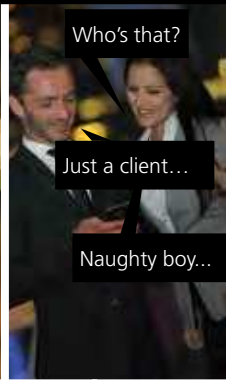
Tonight we paint the town red.



There will be blood.


Oh yeah...





A man in a dark suit and tie is walking between two women on a city street at night. The woman on the left is wearing a light grey blazer and a black skirt, looking down. The woman on the right is wearing a black dress and high heels, looking towards the camera. The man is looking towards the camera with a slight smile. A speech bubble containing the text "Hun?" is positioned above the man's head. The background is a blurred city street with lights and buildings.

Hun?



Hello Stud!



One is not enough?



Enough for what?



To satisfy my wonderful husband.



You see, I am a very hard act to follow.



Honey...



You shut up!



I thought you were separated.

I lied.



VOTE FOR DANNY
SHOULD SALLY FORGIVE HIM?

YES! HE WILL LEARN FROM HIS LESSON.....

NO WAY! SHE SHOULD DIVORCE THE BASTARD.....

fotoromanzo@vanillamagazine.com.au



Who's the man? I'm the man!



Am I in trouble?



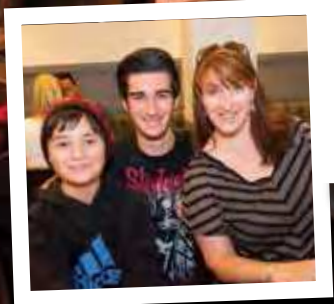
Big trouble!



Care to elaborate?



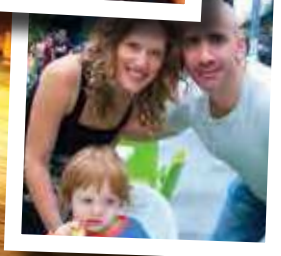
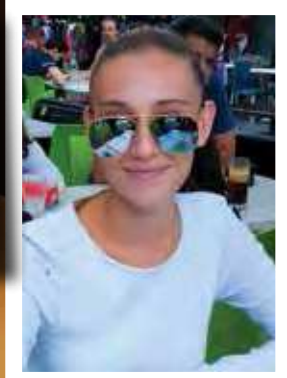
Feels a little tight...





VANILLA

CAKES AND LOUNGE



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PHOTOS BY:
PETROSPHOTOGRAPHY
METAXOPOULOS

Let's

Creamy hummus





Share

Pasta al forno

Braised octopus

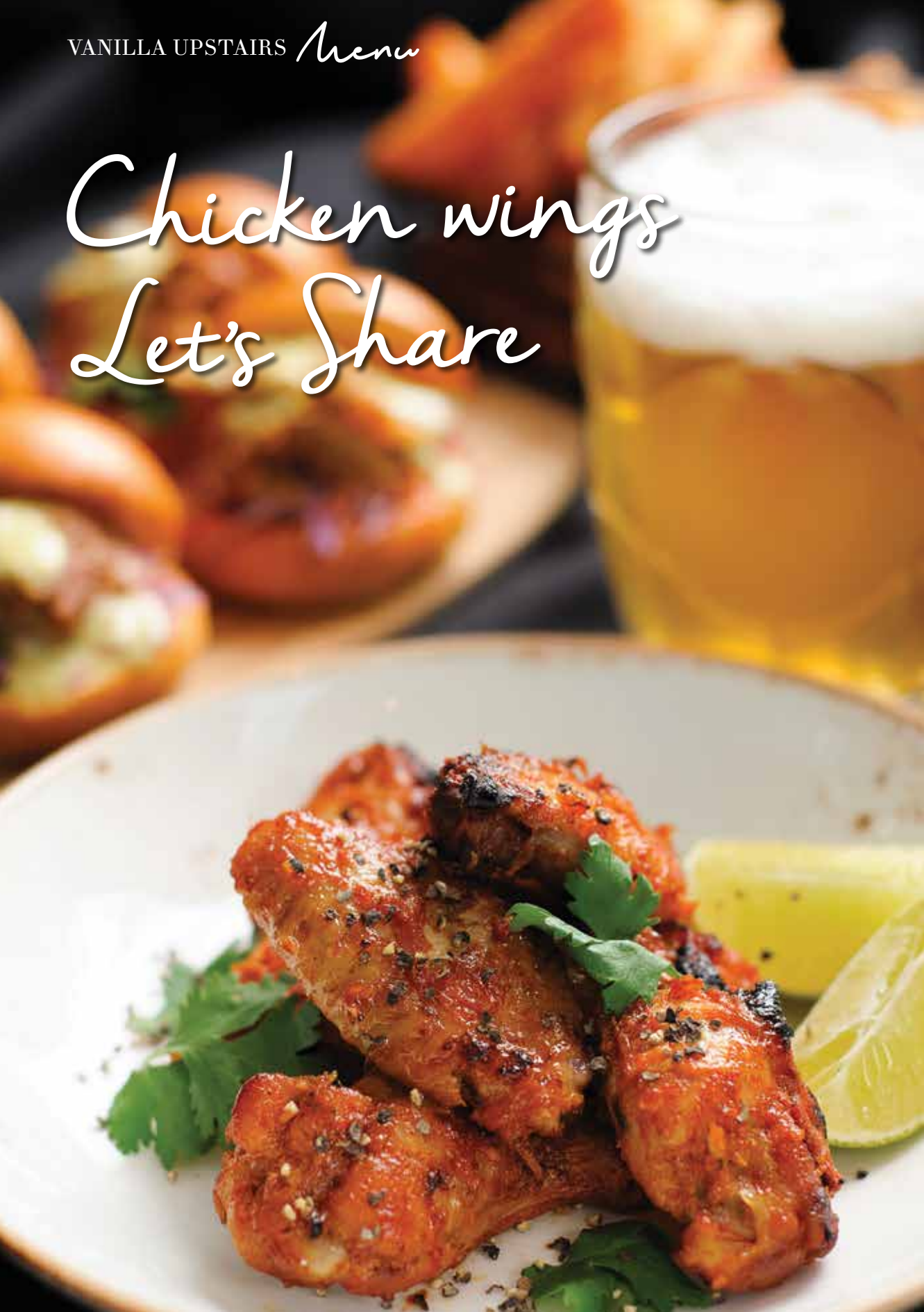


*Crispy school
prawns*



VANILLA UPSTAIRS *Menu*

Chicken wings *Let's Share*

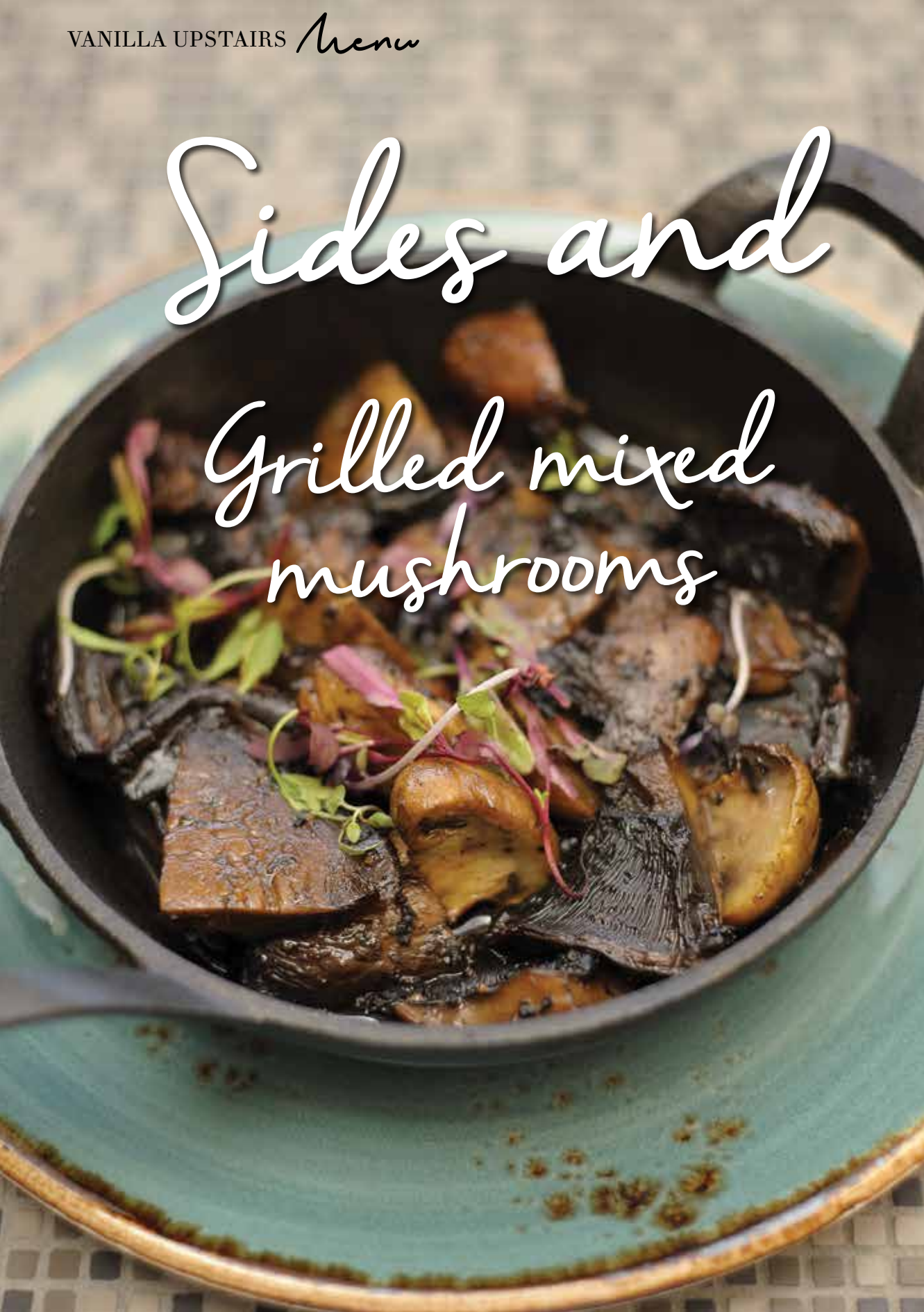


A close-up photograph of a charcoal chicken platter. The main focus is on several pieces of golden-brown, herb-seasoned chicken, including a drumstick and a thigh, resting on a light blue ceramic plate. In the background, there are french fries, a portion of steamed broccoli, and a bowl of fresh salad with tomatoes and greens. The text "Mains Charcoal chicken platter" is overlaid in a white, cursive font.

Mains
Charcoal chicken
platter

Sides and

Grilled mixed mushrooms



Salads

Warm grilled
cauliflower salad







Mediterranean



Across the border
- Libya

Mastiha Mojito
- Greece

The Disguise
- Cyprus



Inspired Cocktails

Malta my Heart
- Malta



Strawberry Fields
- Bosnia-Herzegovina



Eye of the
Beholder - Turkey





Rustic Charm

VANILLA CAKES

elegance harmony artistry

DESIGNS BY *Kaba*



By the Sea



Angelique

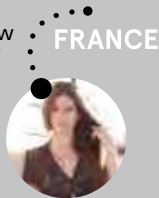


ethina

My Mediterranean

BABUSHKA FERENCZI

The mystery of French food is a slow and long cooking process to allow the flavours to express themselves fully and to fuse together perfectly to create a unique taste.



FRANCE

RATIMIR PAPAC

Croatia produces the best fish in the world, we love going to the sea to buy the catch of the day, then we fill it with vegetables and herbs, baste with Rosemary and garlic olive oil, and allow it to grill over hot coals. It's a specialty we all know and love.

SLOVENIA

MONACO

SPAIN

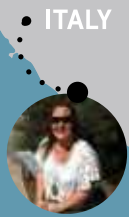
ROSE HOUNDALAS

The flavours in Spanish food are so special, there is no other cuisine in the world that has the same taste as our food. Because we love food and great flavour so much.



MARIA GISSARA

Italian food is all about sharing, recipes, knowledge, and company, it's these traditions that keep us connected to Italy wherever Italians are in the world, and nowhere else in the world can produce a tomato like in Italy.



ITALY

M E D I T E R R

CHARLIE FARRUGIA

Timpana (baked macaroni pie), holds special memories growing up of my mother making this & being enjoyed at family get togethers.



MALTA

In the essence of all things Mediterranean, autumn's My Table has taken a quick trip around the Mediterranean shore line. I asked each person featured to share one thing that makes their cuisine so special. Of course, the common theme among them was 'sharing' and the 'family table'. Here's a few of our favourites...

Table...



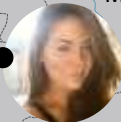
DRAGANA KOSIC

Jagnje ispod sača Translation: lamb made under an iron pan. Lamb made under iron pan called a "sac" which is then covered by embers and ash, by doing this the meat absorbs the smokey aroma and meat is fried in it's own juices.



ALIE BEKIRI

My favourite Albanian food is Pite (albanian pie). A home made filo pasrty pie filled with ricotta and spinach similiar to the Greek spanakopita. Best way to be eaten is with some Natural yoghurt or fresh fruit!!! The good old Albanian way :)



OLJAY BAYAR

Turkish food combines all the exotic and flavoursome traditions that are a true representation of the country itself and its fascinating history.



TONY POLYKANDRITIS

What I believe is important about Greek food is that it symbolises tradition, culture and family.

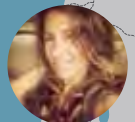


AFAMIA O'BRIAN

Every mouthful of hummus, labneh, zatar, kufta, and tabouli transports me back home to Lebanon where there are always family and friends surrounding the table and sharing food together.

JACKIE LEVY

One of my favourite Israel dishes is called Shakshuka. It's a simple and fast dish to cook and consists of slow cooked fried eggs in a tomato/paprika based sauce on the stove top. It's great for breakfast, lunch or dinner when time is limited or if you are simply hungry for 'Shakshuka'. It is usually accompanied with fresh bread for dipping in the sauce. A definite 'must try'.



ISRAEL

LEE HOLMES

EAT CLEAN, GREEN AND VEGETARIAN

By RAQUEL NEOFIT



Murdoch | RRP 35.00

Remember **LEE HOLMES** from the very clever book *Eat Yourself Beautiful?* Well she is back in the spotlight again with her third Supercharged Food book, *Eat Clean, Green and Vegetarian*.

Again Lee shares her insightful wisdom on the path to utmost health through the food we eat. And once again she shares this food in an easy to follow format with **supercharged recipes** that suit everyday life. They are visually appealing, nutritious, and suit just about everyone's lifestyle and tastes.



ONION BAJI

With a motto of...

vegetables make you beautiful from the inside out...

her newest book encourages us to include more vegetables in our day and teaches us in these pages about the deep-seated benefits a vegetable based diet can have on our body, immune system, emotional health and even our happiness.

Even if you could never imagine becoming a vegetarian, this book is a great addition for anyone who wants to incorporate more fresh produce into their meals that's full of flavour and not the old ho-hum side we can become used to. And the information she shares on how food interacts with our bodies is invaluable!

I caught up with Lee to find out how these gruelling book tours affect her eating habits and how she manages to keep herself well-fed and healthy, her exercise routines and why she fasts twice a week.

How do you find being on tour affects the way you eat?

I do tend to eat a little differently when I'm on tour than when I'm at home, at home I'll eat something light for breakfast and not actually eat till about nine. I do a little yoga in the morning and get my head together first. Whereas when I'm on tour I tend to have a really big, good breakfast to set me up for the day with lots of energy, for example poached eggs with whole field mushrooms and kale, so I'll feel really set-up for the day.

Do you do a lot of exercise?

I don't do a huge amount of exercise, but I am a yoga teacher. So I teach hatha yoga once a week, and then I walk my dog. I have a cute little dog so we go out for a walk every day, and swimming. I don't tend to do a lot of high energy exercise, I don't run for example, some people are built for running, I am not built for running! So I prefer to do more gentle forms of exercise.

Did you place a lot of importance on exercise when you first started out on this path?

Not really, I focused more on getting my energy levels up, then once I'd gotten my energy levels up and I'd cleaned up my gut and things were working a lot better, then I started to look at gentle exercise like yoga and swimming.

So is that gentle exercise enough? We always hear that you need to exercise and eat well to lose weight and stay healthy.

You still need to take into consideration the amount of calories in verses the amount of exercise you do and even that out.

I **fast** twice a week too and that helps with a number of things; it helps with your health, it helps your digestion and it helps to balance out your weight.

I do intermittent fasting, which I'm actually writing my next book about, which is 500 calories. So a typical day of fasting would include some kind of smoothie in the morning then sardines and steamed veg for lunch, and then for dinner I would have sashimi and seaweed.

So you're still eating on your fast days, it's not a liquid fast?

No, I'm definitely not into fad, liquid cleanses because I don't believe they work. It's about treating your body right, giving your digestive system a rest for a couple of days a week – I do it on a Monday and Thursday – and then eating normally and well the rest of the time. And also allowing yourself indulgences, I think that's really important because you don't want to have disordered eating by being too restrictive, which isn't a good thing either. That's my philosophy.

You live by the 80/20 rule, so what is an indulgence for you? I guess we're not talking chocolate mousse cake?

Well, occasionally yes. I think it's really healthy to not have clean food all of the time, I think it's really important to have a balance. I do love a good gelato, especially a hazelnut gelato.

There is actually a third eating disorder called orthorexia, it's where people say I can't eat that because it's got sugar in it or gluten and they become so hung up on being health conscious that it starts to take over their lives. So my way of eating is very balanced. Don't you think it's important?

I mean, what's the point of living if you can't have a hazelnut gelato here and there...

SUNFLOWER SEED FALAFEL BALLS WITH TAHINI DIPPING SAUCE

WF DF GF SF VEG VG
Makes 4-5

Unfortunately, the kebab-shop versions of these popular little plant-based pleasures are full of refined wheat and fried in cheap seed oils. Cook them at home to ensure an array of healthy ingredients in every bite with these sunflower seed and cashew-based delights.



- 75 g (2 1/2 oz/1/2 cup) sunflower seeds
- 80 g (2 3/4 oz/1/2 cup) cashews
- 1 tablespoon organic nut butter, softened
- 2 tablespoons basil leaves, chopped
- 1/2 teaspoon ground cumin
- 2 tablespoons freshly squeezed lemon juice
- 1 teaspoon chopped coriander (cilantro) leaves
- 2 tablespoons chopped red capsicum (pepper)
- 1 garlic clove, minced
- 1/4 shallot, chopped
- pinch of Celtic sea salt
- 40 g (1 1/2 oz/1/4 cup) toasted sesame seeds, for coating
- lettuce leaf, to serve

TAHINI DIPPING SAUCE

- 3 tablespoons tahini
- 6 drops stevia liquid
- 2 tablespoons freshly squeezed lemon juice
- pinch of Celtic sea salt

Preheat the oven to 220°C (425°F/Gas 7) and line a baking tray with baking paper.

To make the tahini dipping sauce, place all the ingredients in a food processor with 2 tablespoons of filtered water and blend until smooth and creamy.

Place all the falafel ingredients, except the sesame seeds and lettuce, in a food processor and pulse until thoroughly blended.

Use an ice-cream scoop to form round balls. Roll in the sesame seeds, transfer to the baking tray and bake for 20 minutes, or until crispy.

Serve in a lettuce leaf and dress with the tahini dipping sauce.

BOOKS FOR COOKS, TRAVELLERS AND LIFESTYLE LOVERS...

MY ABUELO'S MEXICAN FEAST

DANIELLA GERMAIN

Hardie Grant | RRP 34.95

I'm a visual person when it comes to food, most of us are; I like photographs but with this book they just don't matter! I love the illustrations throughout, they are so much more than enough. Daniella's fun and flavourful book celebrates her abuelo's life and love of food and, it's a feast I will delve into for Mexican inspiration regularly.



AMINA'S HOME COOKING

AMINA ELSHAFEI

Penguin Lantern | RRP 35.00

Does that smiling, happy face look familiar? Yes? Well, the success of *Masterchef* continues to inspire! And thankfully, so does Middle Eastern cuisine, although this time it's fused with a Korean influence from Amina's mother. After proving her love of food in season four of *Masterchef*, Amina has put together a history of her family table in *Amina's Home Cooking*, combining her love of Egyptian and Korean flavours. You'll find bright bold, bold dishes and delicate desserts with flaky pastries.



5:2 LIFESTYLE

DELPHINE DE MONTALIER AND CHARLOTTE DEBEUGNY

Murdoch | RRP 35.00

What happens when you pair-up a French food stylist and a British nutritionist? You get the 5:2 Lifestyle - with the benefits of improved health, and claims of fighting ageing and weight-loss. This book is packed full of advice on just about everything to do with food and health, all the while consuming great looking food with a subtle French twist! And I love that they encourage a Mediterranean way of eating. It also includes a section on fasting - real fasting, not a liquid juice fast but a real, healthy, body cleansing fast that includes eating nutrient rich whole foods on fasting days.





MADE IN ITALY WITH SILVIA COLLOCA

Penguin Lantern | RRP 49.99



Silvia takes us into the homes and the countryside of real Italians, the authentic ones that you dream of dining with, the ones who cook and share their food history and traditions with passion and love. I just love reading in her introduction about the day she lands in Italy and finds herself walking with her head held a little higher, strutting even, as we expect a real Italian to do. Her mission, to travel, discover, taste, love and share is done deliciously and it's easy to be lost in the countryside photographs by award winning photographer, Carla Coulsons, along the way. Her recipes are as pleasurable as her stories on Italy's regions, people and traditions. Shared with love – make sure you catch the accompanying SBS series.

ANATOLIA

SOMER SIVRIOGLU AND DAVID DALE

Murdoch | RRP 79.99

This is everything a food, lifestyle and culture book should be. *Anatolia – Adventures in Turkish Cooking* is a book to get lost in. Together, Istanbul born chef Somer and food scholar David, take us on a cultural food journey through Turkish cuisine with delicious, breath-taking



photography of people happily consuming and cooking their daily fare and special occasion banquets. Not only does it teach us to cook things like pistachio pancakes, pide with spicy lamb, and traditional baklava (with pages of tips and tricks), but it's an entire beginner's lesson into real Turkish food teaching, us terminology, techniques, flavours and the histories of Turkey that have led it to the cuisine and country it is today. Even adding a linguistic crash course in the Turkish language via pronunciation and delving into the history of the Ottoman Empire.

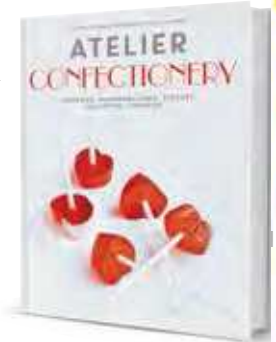


ATELIER CONFECTIONARY

YASMIN OTHMAN

Hardie Grant | RRP 40.00

Clean and contemporary, Yasmin's *Atelier Confectionery* is a delight for the confectionary lover. Think old fashion boiled lollies, soft yielding jellies, cotton candy and marshmallow, caramel and toffee and Turkish delight with flavours from honeycomb to tangerine, and even an espresso candy for the Vanilla coffee lovers.



Yasmin walks us through the necessary equipment and techniques, and I just love the little illustrations that pleasingly and quickly inform you of the tools you'll require on every recipe, all with clean lines and stunning colours. Those of you off sugar, be prepared to be tempted to the highest levels...



A Dark Indulgence

By Joanna Psarakis

.....

Everybody loves chocolate!

Well, most people I know enjoy the experience of eating chocolate delights. Chocolate can be so deliciously satisfying and visually stimulating after all.



I recall many years ago a lavish restaurant called 'Death By Chocolate', which was devoted to the pleasure of all things chocolate. Their decadent menu consisted of lavish boutique chocolate treats for entree, main and dessert, and the venue was decorated like the inside of a chocolate box. But alas, this wonderful place is no longer.


Thankfully, chocolate has not lost its popularity, in fact dark chocolate is now hailed as a superfood.

Chocolate continues to blossom with so many varieties and combinations to choose from including hand-crafted chocolates to appease all senses. It's used to make a myriad of products from drinks to cakes and even ice-cream. These days we are truly spoilt for choice.

Chocolate connoisseurs can even experience a chocoholic walking tour right here in Melbourne where you can discover the history of chocolate and the art of making chocolate from the chocolatier's perspective, all whilst tasting a myriad of chocolate delights along the way.

So where does chocolate come from?

Chocolate is simply ground up cacao beans, and cacao beans are the seeds of the cocoa tree known as 'Theobroma Cacao'. Theobroma literally means 'food of the gods'. Chocolate can be made from 100% cacao beans or mixed with other ingredients such as milk, sugar, nuts and dried fruit.



Ingenious chocolate creators are making dark chocolate more desirable by added healthy kicks like chilli and Himalayan pink salt – upping the flavour and the health benefits!



YOU SAY **COCOA** I SAY **CACAO**

SO WHAT'S THE DIFFERENCE?

“Cacao” refers to the bean from the cacao tree, which is the source of raw chocolate. “Cocoa” refers to the cacao beans after they have been roasted and processed. They lose some of their nutritional value in this form due to high temperatures during production. Most cocoa powders also contain additives.

THE FACTS

There are three main types of chocolate: dark, milk, and white chocolate, and they all have distinct tastes. Some with much higher health benefits than others.

Dark chocolate has a higher percentage of cacao, which means it has a higher proportion of cocoa bean than other chocolates making it the super healthy choice.

Milk chocolate is basically the same as dark chocolate with milk solids and sugar added.

White chocolate commonly consists of cocoa butter, sugar and milk solids.

Cacao percentage refers to the amount of cocoa bean used to make the chocolate. A higher percentage reflects a more intense chocolate flavour and tastes semi-sweet or bittersweet because it contains less sugar. Milk chocolate has a sweeter and milkier taste as it contains a smaller percentage of cacao blended with milk solids and sugar.

Dark chocolate or raw chocolate should be a part of a healthy diet as it is now considered a superfood. The secret behind dark chocolate is the powerful cacao bean, which is packed with flavanoids and contains high concentrations of vitamins and minerals that can greatly benefit our health and wellbeing.

Chocolate naturally contains copper, magnesium and potassium, which are vital for good health. Dark chocolate has been known to reduce bad cholesterol and contains natural caffeine and other goodies which can improve our energy levels and encourage a positive outlook on life.

SOME OF THE HEALTH PERKS OF **DARK CHOCOLATE**:

- Good for your heart
- Improves brain function
- Improves mood and reduces stress
- Helps control blood sugar by regulating insulin
- Boosts your energy
- Anti-ageing
- Assists in weight loss by satisfying food cravings.

In our beloved little metropolis of Melbourne, which, might I add, has been hailed the chocolate capital of Australia, I discovered Origin Chocolate by Daintree Estates. Daintree Estates chocolate



is the first commercially produced chocolate to be made from 'single origin', Australian grown cocoa beans, organically grown near the Daintree Rainforest of Northern Australia. Their chocolate is 100% natural, hand-crafted and Australian owned, grown and produced. Their unique chocolate making process brings forth a more unique flavour and aroma using the least amount of ingredients, much like the way a fine winery grows, harvests and produces its own wine from its own vineyard. Origins by Daintree Estates has become a favourite chocolate and is available in selected health food, specialty stores and online at www.daintreeestates.com

SIMPLE PLEASURES TO ENJOY WITH DARK CHOCOLATE:

- Add it to your favourite smoothie
- Sprinkle it over yoghurt or ice-cream
- Use it to make hot chocolate
- Dip strawberries or blueberries in dark chocolate
- Drizzle dark chocolate over your favourite nuts, e.g. almonds or walnuts
- Enjoy dark chocolate with your favourite red wine or white chocolate with your favourite bubbly

Look for good quality chocolate containing natural or organic wholefood ingredients without any nasties, and brands that support fairtrade. It may cost more but it is worth the extra money for the benefits it contains.

The taste and mouth feel of dark chocolate can differ greatly between brands, if you haven't been fond of dark chocolate in the past, give it another try. Every brand and bar differs unbelievably depending on the way the cacao trees are grown, where they are grown, and how the beans have been processed.

It's now time to *'come to the dark side'* and enjoy a little **DARK CHOCOLATE**, it just might help your health.



BOOST IMMUNITY WITH SUPERFOODS

Winter is nearing and along with this comes a whole host of coughs and sniffles for families to deal with. Is there anything we can do to help our kids catch fewer colds this winter and are we able to get rid of the symptoms quickly when they do? The purpose of this article is to give our children the edge to combat the winter cold.

What is immunity? Well, it's when you're protected from something. Nutrition is the key to increasing our child's immunity from colds and flu...it is the core of a strong immune system! Children with a weak immune system are much more likely to pick up every little bug going around at school and in the playground, and when sick they will tend to be unwell for longer than healthier kids.

Apart from the absent days from school, and the effect on our children's concentration and learning, it also impacts the parents and grandparents who may catch these dreaded colds. Let's say we all benefit from improving our nutrition... but let's get back to kids' immunity!

What key nutrients do we need? Help protect your family against infection and boost your immunity by adding these nutrients to your daily eating plan. We need to enhance the intake of vitamin A, vitamin C, zinc, vitamin E and calcium to name just a few.

THE GOOD NEWS IS THAT WE CAN DO MORE THAN ADD AN ORANGE TO THEIR LUNCH BOX.





TOP 10 IMMUNE BOOSTER TIPS:

- 1.** Vitamin A – helps protect from infection by keeping skin and tissue healthy. Carrots are one of the richest sources of beta-carotene, an antioxidant, which provides us with vitamin A. Try adding carrot sticks to your child's lunchbox. Grate, chop or even puree carrot into pasta sauce, soup or meatballs. Other sources of vitamin A are sweet potato, kale, spinach, capsicum, liver and eggs.
- 2.** Vitamin C – I think this is a vitamin we all know fights infection. Any berries are a rich source of vitamin C, try frozen local berries in the winter as they can break the budget, or kiwi fruit, oranges and mandarins; broccoli is also a good source of vitamin C and can be hidden in the winter stew.
- 3.** Dark leafy greens – including spinach, silverbeet and cabbage. I know it seems hopeless but keep at it; generally older children will start to like these greens. In the meantime, puree them or shred into sauces or juices. Call it the super drink or even the 'hulk'. Add flavour and keep it crunchy, as olive coloured broccoli isn't so appealing. Or be adventurous with a green pasta sauce.
- 4.** Vitamin E – a true antioxidant, neutralising free radicals and improving immune function. Add some almond meal to baked goods like muffins, sprinkle some seeds or almonds onto their breakfast; or provide peanut butter on their crackers for an after school snack. Nuts and seeds are serious nutritional powerhouses.
- 5.** Cauliflower – underestimated and often forgotten because of its pale colour, has a certain phytochemical that powers up immune function. Try cauliflower mash, you'll be surprised...
- 6.** Zinc – plays a role in immune function and wound healing... Rich sources include seafood, eggs, lean meat, dairy, beans, and nuts. Nothing beats an egg for brekkie...
- 7.** The old wives myth – onions, leeks and garlic - there is surely truth to this with properties to fight colds. Luckily we can hide these in most cooking rather than expect our children to chew them raw...
- 8.** Dairy – holding true for its probiotic properties. Add yoghurt to your child's lunch box daily. Evidence tells us that good digestive health helps fight infection. Or try a good probiotic supplement added to your child's smoothie.
- 9.** Protein – naturally an important part of our kids' immune strength. Ensure that we add lean protein to every meal. Add lean meat to their sandwich, eggs for breakfast or main meal, lentils or beans in soups or even lasagna, and once again nuts and seeds.
- 10.** Lastly – sleep and rest go hand in hand with nutrition to keep our children fighting the winter bugs.

SUPER FOODS MAKE SUPER KIDS!!



VICKY GOMEZ

Nutrition & Dietetic Consultant
 APD, MND, Bsc Science,
 Certificate Sports & Paediatric Nutrition,
 FODMAP Certificate



10 WAYS TO SMASH ANY FITNESS GOAL

Many of us will have kicked off the New Year with a pledge to improve our health, fitness, happiness or overall lifestyle. Perhaps you're going on a holiday, or have a special event coming up that you want to get into shape for – whatever the reason, you may be taking on a health or fitness challenge at some point through the year. To get you on the right track, we've put together ten simple strategies to ensure you smash your health and fitness goals in 2015.

1. MAKE A PLAN

Whether it's a healthy meal plan or a fitness program, we can't say loudly enough how important having a plan is. You'll know exactly what you need to do each day in order to achieve your goals, which will keep you on track. Chat to a Jetts personal trainer to get your fitness plan for 2015.

2. SET REALISTIC GOALS

If you've never run further than a kilometre before, don't expect to be running a marathon by February. Trying to achieve an unrealistic goal in a short timeframe can be very overwhelming and will often leave you feeling like you've failed. Make sure you set long-term, achievable goals that can be maintained. Setting short term goals to keep you motivated is also important! Remember when goal-setting that a safe decrease in body fat is around 500g-1kg per week.

3. KEEP UP THE H2O

Don't let dehydration hold you back from smashing your goals. Keep hydrated throughout the day by always having a water bottle handy. When working out, you should aim to drink approximately 200ml of water for every 15 minutes of intense exercise.

4. WORK OUT FIRST THING IN THE MORNING

Smashing out your workout first thing in the morning ensures you'll never let a big day get in the way of achieving your goals. Plus the post-workout endorphin rush will leave you feeling pumped for the day ahead. If you're not an early morning person or can't commit to exercise before work, plan your weekly routine to include at least three 30-minute workouts on days when you have time available.

5. MAKE IT QUICK

If you're short on time, there's no need to skip your workout! Why not try a shorter workout such as Tabata or high intensity interval training (HIIT). You'll still get a great workout in and save on time. For a fun introduction to this style of exercise, seeing a personal trainer for some one-on-one tuition can really help you get the most out of your workout.



And remember - a **cheat** meal is exactly that - a meal, not an entire day.

8. FIND A SUPPORT NETWORK

Surround yourself with people who have similar goals and mindsets when it comes to healthy eating and fitness. Having a friend or family member who is there to not only support you but also join you on your journey can make a massive difference. Not only will you have that extra bit of encouragement, you'll have someone to hold you accountable on those days when you feel like giving up.

6. KEEP TRACK

Logging your workouts and meals is a great way to keep track of what you've done. You'll be able to identify areas that may need a little improvement and celebrate milestones as you achieve them. Equally important as writing a plan is knowing where you're at!

7. MODERATE BUT DON'T ELIMINATE

If you're trying to make a healthy lifestyle change, you don't always need to go cold turkey. Try sticking to the 80:20 method - 80% of the food you eat should be clean and nutritious, and use the other 20% to treat yourself. This means if you eat three meals a day, approximately 17 meals a week should be healthy, with four meals left to indulge.

9. LAUGH MORE!

We've all heard the saying, "Laughter is the best medicine", but did you know having a good giggle also provides us with many other incredible health benefits? It can make you more open minded, improve memory, sleep quality and insomnia, boost your immune system and help reduce depression and anxiety, protect against heart attacks, relieve tension in muscles, raise pain tolerance and more!

10. BOUNCE BACK FROM SLIP UPS

No one is perfect so try not to let a lapse in willpower get you down. Try to identify what it was that caused you to deviate from your original plan, so you can be better prepared next time. Remember, tomorrow is a new day!

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A WORLD OF WELLNESS TRADITIONS



ADOPTED THROUGH THE AGES...

This issue, doctor of traditional Chinese medicine, **NATALIE KRINGOUDIS**, takes a look at the ancient healing traditions passed between cultures and societies...



Perhaps you remember as a child your mother or grandmother having weird yet wonderful ways of treating your ailments. Maybe at the time they didn't seem out of the ordinary, but as you grew older you realised they certainly weren't mainstream medicine. Fact remains, they worked, as if somebody a lifetime ago worked out that aloe juice soothed burns or that using hot cups on your back was the best remedy for your common cold – somebody somewhere knew exactly what they were doing. As this knowledge became known throughout the world, other cultures adopted these practices and claimed them as their own.

I remember as a child, my mother chasing me around the house with hot comfrey leaves to soothe my fresh burn. A remedy reportedly used by the Chinese for over 2000 years. I had sat fair square on a bar heater and had the radiator lines imprinted across my backside. As if the pain from that wasn't enough already, she insisted that the boiled up comfrey leaves would help. And that was my last memory – so of course I can only assume they did what they should and soothed my burns. She knew what she was doing – innately or otherwise - because most certainly somebody had shown her the benefits and as a mother she wanted to do whatever was best for me.

As a doctor of traditional Chinese medicine, many wellness traditions have stood the test of time. Cupping (venduzha) is a fine example and one that many cultures have used to help treat sore muscles, coughs, colds, flus and more (including fertility and digestive issues).

Greeks utilised **cupping**, bathing and teas to treat ailments, Indians (through ayurvedic medicine) Koreans and Japanese with their own form of acupuncture; all drew on the principles and traditions of Chinese Medicine. In more recent years many in the west have utilised the principles of acupuncture for musculoskeletal treatments known as dry needling.



Hydrotherapy and bathing are widely utilised to treat conditions ranging from insomnia and, detoxification through to fevers and sterilisation. Whilst there is a range of ways to treat these conditions, the ability of our natural surroundings to treat health conditions is still equally relevant.

Modern medicine continues to save people's lives every day, but drawing on the benefits of nature for less serious conditions provides us with many wonderful treatment solutions without nasty side effects. Antibiotics, steroids and painkillers can only go so far, there are two things these medicines can't do - they can't help set up the body for wellness (as they treat illness) and they can't prevent conditions from returning.

When we start to get in touch with our surroundings and draw on the ancient wisdom of loved ones gone by, we aren't necessarily utilizing methods that aren't effective – in fact, these very methods can be our first point of call. So rather than reaching for a painkiller next time you aren't well, consider exactly what your body is doing and why.

For example, fever is a normal body response in a time of illness – whilst unpleasant, it sets off a chain of events within the body to successfully deal with the ailment. If we stop this from happening, we slow down the healing processes – so whilst it's nice to get some relief, sometimes we are dragging out the actual process of recovery.

Many of our ancient treatments help the body to move through its natural processes quickly – and whilst they won't take the immediate discomfort away, they won't slow the body down, and will always lead toward supporting and treating the root cause of the symptoms.

DR. NAT'S **HOME REMEDY** LIST:

1

Sore throat

Lemon, honey, ginger and mint tea. Place all fresh ingredients in a cup and let steep for 5 minutes before drinking to soothe a sore throat.

2

Upset stomach

Rice congee. Place rice and water with 1 – 2 dates and leave to simmer. Reduce to a porridge-like consistency to settle digestion.



3

Pain (menstrual pain, muscular cramping, bloating)

Castor oil packs. If using to relieve period pain then these must be used outside the period time, a couple of times a week. There's lots of info on how to use these online (visit www.natkringoudis.com.au).

4

Tight bowels

Olive oil! Combine 1 tablespoon of olive oil and 1 teaspoon of lemon juice. Consume upon rising (empty stomach) to relieve slow bowels.



5

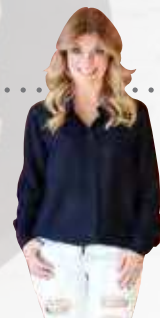
Sunburn

Black tea! Simply prepare a cup of black tea and, once cool, use a cotton pad to apply to sunburn. The tannins in tea help to reduce the redness and clear the heat.



There are many ancient remedies that have been passed between cultures that are wonderful fixes to a variety of ailments.

Next time you're in need of some relief, you may not need to look any further than your kitchen cupboard or front yard! Of course, for more serious matters, always consult your health care professional.





THE RISE OF A CHINESE EMPIRE

By **RAQUEL NEOFIT**

So I have a confession, it's a confession of a little addiction.

A little addiction so deep-seated that it's almost like a dirty little secret! Something I could easily indulge in every day. Just to offer you some real insight, I am a card carrier, I rarely carry cash, but when it comes to this, I will make sure I have some stashed away somewhere just in case I stumble across one that doesn't take eftpos! It's also reassuring to not have paper-trail proof on my joint bank statement too!

What is this terrible, shameful addiction you ask? Ahhh, well its **traditional Chinese massage.**

Yes, those Chinese massage shops you see popping up in shopping centres throughout the country!



I just can't get enough of them! Apart from easing my tension at a moment's notice, I am so much more productive throughout the day if I visit a one in the morning (It's my reasoning and I'm sticking to it!). They are brilliant for rubbing out a crinkle from a bad night's sleep, a long day on your feet or for clearing a fuzzy overworked brain.

Now, let's get serious here for a minute. I'm not telling you to head into one of these shops for a miracle cure to an injury you've sustained. They are NOT physios and never will be.

They are, however, a great option for a little remedial relaxation. They're affordable; generally one dollar a minute over clothes (dry massage), and better yet you don't need an appointment! Just rock up when the urge takes hold. It's a brilliant concept really.

Now I'm also not going to sit here and tell you that every location is as good as another or than any one masseur is trained better or, for that matter, as interested in giving you a great massage as another.

The trick, as Yin from *East West massage at Parkmore Shopping Centre* explains, is finding someone who can give you what you want in a massage.

Everyone's hands are different and everyone's bodies are different. How one masseuse interacts with your body is very different to how someone else interacts with your body. Finding someone who has a grasp on the English language can help here too.

Some Chinese masseuses have gentle, nimble fingers, while others are strong and firm, some will stretch your muscles as they massage and others won't (personally I love a stretch part way through). And when it comes down to it, everyone will have a slightly different technique. Only you can decide if their technique is right for you.

A Chinese massage can include the use of their elbows, forearms, palms and fingers, all resulting in a different feel, technique and outcome. I think the real secret to a good massage in these shops is to not be shy to speak up and communicate what you want. Whether it's more or less pressure, or if you don't like the feel of them using their elbows, speak up and let it be known. And if you do have someone who doesn't understand, ask someone who does to translate for you, especially if you have an injury or a sore spot.

Generally speaking you'll find someone in every location to suit your body and your needs. In many places I have a couple of favourites (you thought I was exaggerating the obsession didn't you?), one for when I'm in the mood for loosening up my muscles and relaxing, and one for a kick-ass, deep tissue, knuckle whitening knot-releasing one.

I think it also depend on the owner of the business, if you find a massage shop owned by someone who cares about offering a great service, the people they employ and train will also care about offering you a great service.



So there you have it, my escape from the real world for twenty minutes at a cost of twenty dollars.

You know, I am so curiously addicted to these massage places (come on, admit it, that's what we all really call them, right? Those massages places in the shopping centre), that I almost can't resist the urge to enter a new one, my inner addiction to the senses of massage starts wondering what music are they playing? Are they strong? Is it comfortable? Will I hear the noise of the shoppers around me or will I be transported to a remote Chinese alleyway where I feel like I'm surrounded by lanterns and tiny little Chinese women offering me ginger tea and Tiger Balm...

BENEFITS OF CHINESE TRADITIONAL MASSAGE

For over two thousand years, the Chinese have practiced traditional Chinese massage for health benefits, not just as a relaxation method, but to ease ailments and prevent illness.

- Relief from tight muscles and tension
- Stimulates circulation and the nervous system
- Provide relief from pain
- Stimulate the immune system
- Relax and re-energise
- Provide relief from everyday stress and anxiety.

A COUPLE OF MY FAVOURITES

I guess it's only fair that since I've entrusted you with my little secret that I share a few of my favourite locations. I can't leave *Parkmore Shopping Centre* in Keysborough without a visit to my friends at *East West Massage* – run by a traditional Chinese doctor, the service here is wonderful and Yin can always find and eliminate any knot that's hiding in my tightest muscles.

I make special trips to *Thirft Park Shopping Centre* on Nepean Hwy for the crew at *Green Bamboo Massage*, the thirty minute hot stone massage has always held a special place in my heart and Danni runs her crew to the highest standards, she know exactly which massage will suit exactly what you need.





ALL ABOUT THE BASE...

THE WONDERFUL WORLD OF FOUNDATION

This **autumn** we turn our attention to foundation and the products available that even out our skin tone, improve our complexions and make us feel like we can face the world with our blemishes hidden from sight, feeling fresh and streak-free.

The different formulas and concoctions marketed as foundation by beauty companies are just too many to count, but we've rounded up a few of the most common along with a few of our **favourites...**



SHEER TO MEDIUM COVERAGE

A great all-rounder, the light to medium foundation is an everyday go-to, offering coverage to gently even out skin tone. They generally build from a sheer finish to a medium cover effortlessly. *Smashbox Liquid Halo* is a perfect example, a high definition foundation with light definition technology and gel-covered pigments that blur imperfections; it blends effortlessly and offers a radiant finish.

LONG LASTING COVERAGE

Then we come to the heavier-duty bases – the formulas that cover everything and stay put all day, generally with a thicker consistency. Check out *L'Oréal Infallible*, it's easy to apply with a dense foundation brush and gives a flawless finish without shine. No need for concealer here, just increase the coverage where you need it!

SKIN REPAIR AND SUPER HYDRATING

There's some brilliantly clever foundations on the market now that promote healthy skin and are based on quality moisturisers and serums, offering hydration, skin repair and colour all in one. Some even claim to help reduce the appearance of fine lines. These foundations generally feel hydrating on your skin and leave you with a soft, natural, dewy look. **Bare Minerals** have released *Bareskin* (RRP \$38 mecca.com.au), a serum based, brightening mineral foundation that leaves skin feeling soft and subtle. *Laura Mercier* has launched *Moisture Supreme*, the name says it all – it's light, dewy and blends beautifully with a great natural colour. Then we have *Maybelline Better Skin*, a vitamin-rich cover-all.



OUR FAVOURITES



- A: Smashbox Liquid Halo RRP 55.00, B: L'Oréal Paris Infallible Liquid Foundation RRP 31.95,
- C: Bare Minerals Bareskin RRP 38.00, D: Laura Mercier Moisture Supreme RRP 48.00,
- E: Maybelline Better Skin RRP 23.95, F: Maybelline Dream Fresh RRP 15.95, G: The Body Shop All in One RRP 19.95,
- H: Napoleon Perdis Auto Pilot BBB Cream SPF 30 RRP 55.00, I: Laura Mercier's tinted moisturiser RRP 44.00,
- J: Napoleon Perdis Off Duty Tinted Moisturiser RRP 39.00, K: Napoleon Perdis Boudior Mist Spray Foundation RRP 69.00,
- L: Bare Minerals READY RRP \$38.00, M: Maybelline's Fit Me stick RRP 15.95

BB'S

Beauty Balm, Blemish Balm, regardless of what the B's stand for, these guys are generally a lightweight daily base used to even out skin tone and blur blemishes while offering super hydration and protection from the sun. They do, however, have many different textures. *Maybelline Dream Fresh* offers a gorgeous light-weight natural glow, *The Body Shop* offers a rich, mid-weight vitamin E rich, cooling cream, and then we hit *Napoleon* who offers us a BBB hybrid, high definition cream for super brightening and hydration.

CC'S

Colour control or complexion correctors even out undesired skin colouring and lightens dark spots, particular great for those of us with naturally reddish cheeks. Conceal imperfections with a semi-sheer coverage. They are generally hydrating and offer SPF protection.

TINTED MOISTURISERS

Everyday lightness, a moisturiser with a hint of colour that's perfect for those days when you want a natural feel and dewy glow. *Laura Mercier's* tinted moisturiser is light weigh, super easy to blend and apply, hydrating, and leaves skin alluringly dewy. Then *Napoleon* comes to the party once again with a gorgeous, mousey, super-hydrating, natural glowing TM – best applied with a brush for even coverage.

PRESSED FOUNDATION

Common in the mineral make-up markets pressed foundations are slightly heavier with better coverage than a pressed powder. Not as common as liquid foundation but they offer great coverage benefits. Apart from easily building to the coverage you desire, they are versatile, cover blemishes, and for a hint of natural colour use it as a blush or eye shadow - the possibilities are endless.

SPRAY / AIRBRUSH / MIST FOUNDATIONS

Airbrush foundations give a gorgeous result, but they can become an expensive addiction. A good one like *Napoleons Boudior Foundation Mist* will set you back \$69 but you'll be addicted from the first spray. Rather than using these mists as a full-cover base, many make-up artists use them to set a lighter based foundation. This gives you the look, while preserving the product.

MINERAL MAKE-UP FOUNDATION

You either love it or you hate it, but you can't deny the coverage. Applied properly, a loose, pressed or liquid mineral foundation will cover just about anything! Ground-up natural minerals were used in ancient times to add colour to the skin, just look at Cleopatra. Generally natural or organic, mineral make-up offers natural benefits by combining ground minerals including iron oxides, titanium dioxide and zinc oxides. *Bare Minerals READY* blends smoothly into the skin and leaves you with a natural, glowing tan all with an SPF 20.

STICK FOUNDATIONS

Cover, cover, cover, those are the three words to remember when thinking about a stick foundation! No need to layer or build coverage, just glide it on, blend, and watch your skin inconsistencies fade-away. *Maybelline's Fit Me* stick foundation glides on smoothly due to its gel foundation base and blends superbly, leaving you with a flawless base ready to take on anything.

BRUSHES – a good foundation brush is a must for certain foundations. They range depending on the firmness and fibres of the bristles.



SLEEK AND SMOOTH



With straight hair still a major desire amongst many women, we thought it was time we looked at the best methods for straightening and at the best way to protect hair against the damage straightening causes.

After a lot research, thanks to the L'Oréal laboratories, it's been estimated that over a two year period hair suffers continuous damage from over 1,500 brushes, 350 blow dries and 150 straightening session, not to mention the damage caused by our extreme climate here in Australia.

So, how do we protect our hair against damage in the pursuit of a sleek straight edge? I hit up a few experts to discover their **tricks of the trade...**

PRO TIPS FOR STRAIGHTENING EVEN THE CURLIEST OF HAIR...



BY **PETER THOMSEN** –
L'ORÉAL PROFESSIONNEL
TECNI.ART
AMBASSADOR

1. PREP: THE IMPORTANCE OF A GOOD SHAMPOO AND CONDITIONER

Prepping the hair with a professional shampoo and conditioner duo is the first step in preparing to create smooth, healthy looking hair. The key to prolonging straightening results is to inject moisture into the hair, and it's the coarseness of your hair that indicates how much moisture you need. For coloured hair, I recommend prepping with L'Oréal Professionnel Absolut Repair Lipidium Instant Resurfacing Shampoo and Conditioner. The concentrated replenishing formula leaves dry, compromised hair reconstructed, soft and resilient.

Ensure that as much water is drained from the hair shaft as possible before applying conditioner or mask treatments for maximum moisture benefits. Many people tend to make the mistake at home of applying conditioner when the hair is still really wet and in doing so, block the conditioning agents from penetrating through the hair.



2. AMP UP THE MOISTURE AND PROTECTION: LEAVE-IN PROTECTORS

Regardless of the type of heat tool you're using, heat protection is essential. Look for a heat protectant with the highest protection possible when using dry hot tools. Not only should it add a protective veil to the hair, but it can also add extra nourishment to the hair before styling. The key is in using the right moisture content for the texture of your hair... higher moisture content for hair that is dry, and lighter for hair that is well nourished as is.

3. 100% GUILT-FREE HEAT STYLING: L'ORÉAL PROFESSIONNEL STEAMPOND

If you straighten your hair every day, I recommend investing in the Steampond by L'Oréal Professionnel – there is nothing else on the market like it. The breakthrough technology in the Steampond enables you to straighten your hair using just water and the continuous flow of pressurised steam. It's a great alternative to traditional dry straightening irons for people who really care about protecting their hair against heat damage and still want long-lasting smoothing results.

4. STYLING TIPS FROM THE PRO

Invest in quality products to maintain smoothness and replace the moisture that is lost when you stretch and pull the hair with brushes and heat styling tools.

A common mistake that many women make when straightening their hair is running the iron through their hair too quickly. Ultimately, the key to good straightening is to take smaller sections of hair and allow the blades to move through the hair once or twice at a slower pace... the slower you move, the shinier, smoother and longer lasting your results!



JOEY SCANDIZZO

SCANDIZZO SALON
www.joeyscandizzo.com.au

Make sure you do a treatment on your hair at least once a week if you straighten your hair regularly, and we believe the best one is Eleven Australia 3 min repair. Its quick but really nourishing for dry hair and it adds loads of moisture without leaving hair heavy.

Make sure your irons are hot enough so you don't have to keep going over and over the same section to make it smooth, and that you have dried your hair completely before putting the irons on it to avoid damaging your hair.



ALEXANDRA

MODEL LOOK HAIR & BEAUTY
www.modellookhairandbeauty.com.au

The very first thing you need when using a heat appliance is a heat protector to shield your hair from damage and to prevent split ends and dryness.

There are different sizes of irons depending on your hair type and uses will determine the appropriate size for you. Another important tip that we all forget is the temperature of the iron, a higher setting for thicker hair and a lower setting for finer hair.

I love Cloud nine flat irons, they have ceramic plates so they're less likely to cause damage to your hair and give you a better finish with more shine, less frizz as well as locking in more moisture.

Keep in mind irons that are ceramic coated will not give you the same effect or care as ceramic plates.



L'Oréal Professionnel Absolut Repair Lipidium Sealing Repair – My new must-have that will take pride of place after every wash is another new dual product featuring a serum and a cream for a super smooth, soft finish that re-seals and re-constructs. Get me a lifetime supply! **RRP 26.00**

L'Oréal Professionnel Absolut Repair Lipidium Masque—a gem in the L'Oréal crown that brilliantly smooths dry, freaked-out hair leaving it soft and more manageable. **RRP 31.00**

L'Oréal Professionnel Steampod – This is the hair straightener of the century! The steam combined with the built-in comb (you may think it won't make it through your hair but I tried it on the thickest hair I could find and it glided through effortlessly) produces the closest result to a blow wave I have ever seen.

Move aside GHD, your days are numbered! It doesn't flatten the hair as it straightens, but smooths it, leaving your hair soft and subtle.

The Steampod's on the top of my wish-list for mother's day!

Family, do not show up without one!! **RRP 300.00**

Redken Smooth Lock Stay Sleek – Smooth Lock is a brilliantly clever protector for your hair against heat styling that not only protects but also moisturises to tame frizzy hair. **RRP 22.95**

PRODUCT REVIEWS

Kérastase Paris Discipline Shampoo and Conditioner – This is a serious control combination – This is a serious control combination, super hydrating, your hair feels instantly revived from the first wash, and the scent is divine! Worth every cent when it comes to controlling crazy, flyaway, frizz-prone hair. And you only need a drop! **RRP 42.00 / 48.00**

L'Oréal Professionnel Tecni.ART Dual Stylers Sleek & Swing – Sleekness and movability is the claim here and that's the exact result I got after my first blow wave. I felt like I'd just left the salon. **RRP 33.00**

YOUR AUTUMN WINTER WARDROBE...

By BREE LAUGHLIN

WHILE THE SS15 COLLECTIONS ARE HITTING THE RUNWAYS ON THE OPPOSITE SIDE OF THE GLOBE, WE ARE PREPARING FOR OUR AUTUMN WINTER SHOP! SO WHAT DO WE EXPECT TO SEE GRACING THE RACKS THIS SEASON?

LET'S BREAK IT DOWN:

COLOUR: RICH AND FULL-BODIED

This year the PANTONE Colour Institute named 'Marsala' as its Colour of the Year. This hearty tone is quite a contrast to the 'Radiant Orchid' and 'Emerald' of recent years. Considering this, expect deep, rich colours come autumn winter. To contrast and balance the burnished undertones, the likes of navy and other blues, grey, as well as golden yellows and greens, will also be readily available.

Now, I know what you're thinking... why?! These colours can be very challenging to work with so why would you bother with trusty ebony (got any blacker) in the wardrobe? The key to mixing and matching with the above mentioned hues is texture! Tweeds, tartans, bulky knits and fur all add interest and, when they are cleverly clashed, look divine. Below are some examples of how you can make this season's colours work for you.



PRINTS: TRANSIENT AND LINES

This year we have what is called a transient print – think of a parallel print with the occasional collision or an "out of space" feel! Their simplicity means they are appropriate for any occasion and not as memorable, so you will be able to wear pieces time and time again! They are also relatively classic and it would be wise when shopping to think of pieces as investments as opposed to an on trend, one season wonder.

Not surprisingly, florals don't feature as prominently over these seasons, there are the occasional hints of flower pop but it is far outweighed by the more enigmatic prints. Florals that do feature generally have a twist on the traditional to create that earthy autumn winter connection.

Also, still very prevalent, is the animal print and this year mainly snake and a carry over of leopard print. These are more so seen in accessories and add dimension to any look.

Invest in Classic Parallel prints



Animal print is still a big trend this Autumn Winter season



Incorporate new season patterns into your wardrobe by featuring them with classic black



90s
Fashion is
BACK

SILHOUETTE: LONG AND LONG

It has been some time since we have seen this 90s look – long or even long over long – but it featured prominently on the most recent AW runways. Undoubtedly it favours the tall with their elongated physiques but it ultimately comes down to balancing the lengths and shapes.

Shown are some examples of how, when executed well, this look works. Why I love it - it is super comfortable and low maintenance. You can throw it on and there is no tucking, adjusting, pulling or puckering, just ease. I would recommend this look for the global nomad, casual to travel in and smart for impromptu dining.

MUST HAVE: A LEATHER LOVE

Your handbag is truly put to the test in the cooler months with the addition of umbrellas, layering options, gloves, scarves – the list goes on. To house all these weighty extras a sturdy leather lugger is a must – and yes, I mean genuine leather! After purchasing a genuine leather bag you will not look back. Not only does it protect your belongings more so than the “leather look”, it is more durable and far more fashionable. A couple of tips when purchasing your leather bag:

- * Consider the timelessness of the design - it is likely to live a very long life!
- * Don't look at the price tag first! So often shoppers do this and purchase something that was not their first choice. If it is out of your price range, wait for mid season sales.
- * Consider the colours in your wardrobe and select a handbag that goes with the most. Don't automatically opt for black, you will be surprised how versatile an alternative like grey or a pattern can be.
- * Finally, if you can't find what you want you can design your own through the likes of www.sterlingandhydecustom.com



A beautiful coat is essential for the cooler months

MUST HAVE: STATEMENT OUTERWEAR

This season is all about statement outerwear so start your hunt... and saving, I'm afraid. Each year I add a nice piece of outerwear to my wardrobe and it usually sets me back a pretty penny! But I justify it knowing I am going to wear it most days over the autumn winter months. This year will be no different but the options available will be bold, big, beautiful coats in a range of colours and textures as opposed to the understated, essential simplicity of the past.

The positive - a forever piece, one that you will likely hold on to and pass down to another generation. The negative - others will identify with the piece which, I know, is a big con. But you can't have all boring, indistinct, muted, dull jackets and coats in your life! Time to live a little!



Bree Laughlin has long been involved in the Melbourne Fashion Scene. A Chadwick Model, Bree was the Host of Melbourne Spring Fashion Week in 2012 and recently took on the role as Country Racing's Stylist and Fashion Blogger. With a keen eye for detail, she is now sharing her top style tips with Vanilla Magazine readers! breeaughlin.com

METALLIC HUES OF AUTUMN

ALEXANDRA LAMBADARIDIS OF STYLE GRAMMAR

THIS ISSUE **ALEX LAMBADARIDIS** OF STYLE GRAMMAR TAKES A LOOK AT WHAT'S TRENDING IN THE JEWELLERY WORLD FOR THE COMING SEASONS...

With international colour house, Pantone, drawing inspiration from nature that's driven by appreciation of warmth and security, we'll find most of this seasons colours are rustic or earthy, therefore, the base metals used in current jewellery designs are gold and rose gold. With the rich, earthy, reddish brown colour of Marsala as the colour of 2015, we'll find our current trend jewellery will feature a lot of these inlaid colours, and in fact, many have already been seen on stars gracing the red carpet.

During the recent fashion weeks in both London and New York, it was made clear that there is a revival of the 60s and 70s style and fashion for the coming season. The jewellery has also been inspired by these decades but with a modernist twist, featuring geometric shapes and forms, and lots of bling. Gold and rose gold (also known as pink gold) are the dominant hues, although silver remains as a staple.

Turning our attention to gem stones and crystals, this season the likes of Swarovski and Thomas Sabo are featuring hues from the pink and blue colour spectrum along with oranges, yellows and clear stones set into warm rose gold with a classic silver making a statement too.



Rose Gold Accents



Links and golden/gilded metals are big this season, whether they be in the form of dainty pieces, chunky, or embellished pieces.

Elongated chains were a prominent feature of the *Vivienne Westwood* and *Roberto Cavalli* runway shows, and pendants are also proving to be a megatrend this season, as seen, for example in the new *Louis Vuitton*, *Chanel* and *Lanvin* collections.

Lanvin Luxuries



The choker, which is a 90s favourite, has made a comeback in a big way! Very unique styles of choker featuring metallic details, plastic or enamel elements, or bright, sparkling jewels have all been spotted on the latest runway collections of Versace, Giambattista Valli and Christian Dior, just to name a few.



www.swarovski.com | stockist number 1300 791 599



Stacked rings and stacked bangles have also featured heavily in the runway shows of many fashion houses, along with chandelier earrings that graze the shoulder.

Fringing and tassels, which were big in the 70s, have made a comeback in not only clothing but jewellery too! Fashion house Chloe featured a bright, fluid gold thread cuff, a design which is sure to be replicated by many other designers and jewellery brands.

Given that the latest jewellery pieces are quite bold, they can often make an outfit. Therefore, the key to wearing these pieces successfully is to keep your outfit, hair and makeup very simple. Let the jewels do the talking!



Images courtesy of polyvore.com



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Why I Santa Margherita Ligure

By RAQUEL NEOFIT

In the essence of all things Mediterranean this issue we take you on a vicarious armchair foray into the heart of the Italian Riviera to Italy's Liguria region, into the province of Genoa. It's a seaside village that stirs memories of relaxation, great food, the Mediterranean Sea and wonderful Italian people.

And nothing tells a story better than photos so your **photographic journey** through my favourite Italian seaside village starts here...



Accommodation

Santa Margherita covers just over nine kilometres of beachfront and boasts 38 properties ranging from picturesque villas to apartments, lofts and chain hotels – there's something to suit every taste and budget. Many boasting private beaches and underground caverns to access to the beach so heavily laden families needn't fight the traffic to cross the road.



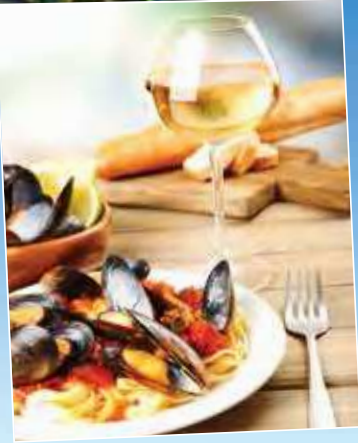
Kids Club

Thankfully, Santa Margherita is the fun loving cousin of Portofino, and they not only love kids, but well and truly accommodate them! From a glorious hole-in-wall gelateria to very non-traditional carousel, to carnival rides in the street and platoons dotted across the Mediterranean for playful and boisterous fun, don't ever hesitate to take the kids!





The turquoise paradise that is the Mediterranean Sea – what can I say – when the Mediterranean calls who am I not to answer! The pebbled lined beach isn't something we're accustomed to here in Oz, but you'll find the bottom of the sea a welcomed reviving source.



Food, glorious Italian food...

No one in the world has a better cuisine than the Italians when it comes to holiday, seaside dining, and the cafes and restaurants that dot Santa Marg are the perfect fit. Make sure you brave a walk up the winding hills to discover some truly delicious finds. It's easy to get a little lost, but keep your eye out for a glimpse of the shimmering Med and all roads will eventually lead back to the sea...



Shopping for the rich and famous

Santa Marg may be Portofino's fun cousin but she still has some goodies on offer for the discerning shopper – think Gucci and Dior and you're on the right path.

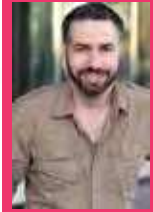


The Sights

Old world meets seaside sleepiness with the Basilica of St Margaret of Antiochia (constructed in 1658), The Old port-side Castle (1550), and the Abbazia della Cervara, a roadside abbey on the way to Portofino.



LIVE APPILY EVER AFTER



BEN SORENSEN
hosts *REAL
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nationally.

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

Let me first just say, I don't have a university degree in relationships or many years of happy marriage, just an exceedingly long list of thought provoking failed partnerships that have pushed me to grow and learn what not to do!

When we talk about old school dating we need to don a David Attenborough tone; Some of the classic techniques involved in meeting are; going to a bar and buying a girl a drink, attempting to court over the water cooler at work, or even attempting to groove with someone at a festival. They are all likened to pulling teeth or cold calling. The odds are stacked against you.

So let's look at the complexity of one human meeting another human out in the world, after you have spotted a potential partner:



1. Are they single?

2. Do they want to meet someone?

3. Are they attracted to my gender?



Three big questions that are hard to answer just by looking at someone in a dimly lit bar after you have had a few pints, and three questions that require a YES before the other party is even involved!

Then comes the big one;

4. Are they attracted to me?

All tough questions that could lead to embarrassing rejection at any moment, plus you can waste a heap of time (and cash!) attempting to court a potential date that could be spoken for or not interested. And as a side note here, you might think alcohol helps but it doesn't. As the Bobby Bare song goes, 'I never went to bed with an ugly woman, but I sure woke up with a few'. Be warned fellow travellers.

The human race has always been good at evolution, and that includes dating. So the next step in the evolutionary process was social media.

We took to **Facebook** scouring our friend lists, or friends of friends looking for 'Single' in profiles, or even 'It's Complicated' at a pinch. Then following it up with a random, socially awkward message like, 'Hey, I noticed you're friends with my mum's friend's uncle's ex-wife's, son in-law and we are both single! Want to catch up for a coffee?' Or even worse, striking up a conversation with someone only to notice that the one friend you have in common is your ex!

This offers a marginally smaller probability of rejection. Also, not being face to face which, courtesy of the human condition, enables us to be more forward for some reason while making rejection less uncomfortable.

Those that are more superficial have attempted to use **Instagram** as a tool to 'pick-up', scouring hash tags and photos to find an aesthetically pleasing person before propositioning them in a public comment on a photo. Personally, I think trying to pick up on Instagram says more about you than anything else. It's fair to say when looking for a life partner we want someone that's a little deeper than a kid's inflatable wading pool.

While we are on the topic of social media, 'let's take a look at **LinkedIn**. Primarily for business use, a small percentage among us have attempted to use it for picking up... Like Instagram and the shallow nature of the hunters it attracts, LinkedIn hunters aren't attracted by physical beauty but to power and money. Gold digger central, beware!

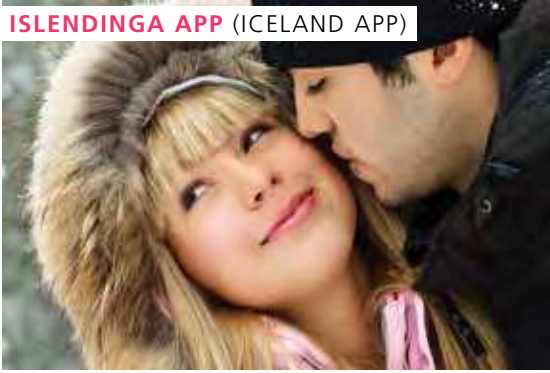
Social media was but an intermediate step in the evolution of a dating process for the digital age... It's like comparing an 80s brick phone to the iPhone 6.

And the here and now is, well, here and now. **Apps**. Not only have we got apps to train our brain, to count our calories, to do our shopping, but now also to find a suitable mate – hopefully with a higher success rate and less rejection.

With a dedicated app, of the four questions posed earlier, three have guaranteed answers, courtesy of profile information and search options. But which **app** is for you? Let's explore some of your options:



ISLENDINGA APP (ICELAND APP)



Hold that thought!

Ever walked into a bar and started mentally undressing the hot blonde from across the room only to find you're related? Not since I got my glasses.... But it is a real issue in Iceland. With a small population and a thriving bar scene, this app is a popular lifesaver. You both insert your names (before anything else) and it tells you how closely related you are. Developers are looking into creating a Tasmanian version of the app soon. (Kidding!)

Not really a dating app but worth a mention...



ASHLEY MADISON

Did you know that 35% of all personal ads are placed by married people and 70% of all readers believe random statistics in print? We live in a very tricky world indeed. As James Goldsmith said, "When a man marries his mistress, he creates a vacancy." Ashley Madison is one app for those looking for a discreet liaison – apparently there are 27 million people registered globally and every four seconds someone new joins. Just be careful not to become a different kind of statistic yourself:



RSVP, EHARMONY

- Both free apps offering in app purchases aimed at people looking for a genuine relationship rather than a meaningful one night relationship. Great layouts and functionality, and its linked firmly to the full website that provides even more functionality.
- Lots of questionnaires and matching algorithms, which is good if you're keen to actually meet someone that you get on with. RSVP is my pick of the two only because they have a delightfully funny TV ad, and the eHarmony ones annoy me. How's that for honesty?

How was your business trip honey?

TINDER

An interesting app once you get past the millions of gym shots and photos with tigers. When I'm looking for a life partner, nothing jumps you to the front of the queue faster than being brave enough to have your photo taken with a drugged or chained up 'wild' animal. Tinder used to be FREE, but it now has a paid option. To be real; not much in life is free, especially when it comes to dating!

You upload a few photos and a blurb about yourself, and hey presto, you're up and running. You then have an array of local members that you can either swipe left or right on. Left, I don't want to chat, and Right, I'm keen to chat. Only when you both swipe right (I want to chat) are you considered a match.

As it is quite popular, be prepared for the ethical dilemma that arises when you have to swipe left or right on friends, workmates, friends of friends, and relatives – however it is more disturbing if you both swipe right and you're a match. Awkward! If you are from Iceland, please refer to the first app reviewed for your own safety.



PLENTY OF FISH

Despite its name, witty as it is, there is nothing fishy about it. POF, as the cool kids call it, might have a more basic design but was also one of the first in the realm of free online dating. It has some street cred but also a wide mix of profiles, so if you're after something more serious you might have to clarify intent when going out for 'coffee'. There's nothing worse than a flat white ending up with a surprise double shot.

Thankfully for those calculated, shy, insecure, and lonely, we have a wonderful array of digital options and alternatives to actually braving the wilds of real life in which to hopefully meet another human we can cohabitate with.

So whether you're after friends, friends with benefits, adultery, activity partners, a swinging couple, or even just a normal old school date, there are many options, but just remember, app dating isn't any more or less safe or scary than old school dating. The only issue is, we think old school dating is safer than it is.

Be safe, be careful, communicate clearly, believe in love, have common sense and don't let the dopamine get the better of you!



A decorative graphic consisting of a grid of colored dots in shades of red, orange, and grey, arranged in a pattern that tapers to the right.

Rythmos

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Horoscope!

Autumn 2015

ARIES:

Last year you waited patiently and this autumn you will reap the fruits of your efforts, both in relationships and career. Obstinacy will drive you forward in achieving your goals but don't let success go to your head. Don't be stubborn. You can easily avoid problems by compromising. If you leave unfinished work there is a danger that it will come to naught, stay focused.

TAURUS:

This autumn you'll do well in relationships and, in a peaceful way, you'll be able to overcome old disputes. You'll also help others resolve their own disagreements for which you'll receive recognition, but be careful you don't gain an enemy. You may feel exhausted from work so make sure to take time to pamper yourself with an occasional coffee at Vanilla Lounge.

GEMINI:

This autumn will surprise you with romantic moments with your partner, and great changes in your everyday life. Your career will be stagnant but it's only a momentary phase. There may be a quarrel with family and it will be good to spend some time apart and engage in some self-reflection to work out what is important and what's not.

CANCER:

You can expect positive energy in relationships and there is a good chance you will meet a potential partner. But don't get too carried away as it may turn out that you are idealising this person. Focus your energies on work as it will pay off later. Try not to delay important decisions at work as it could cost you your career.

LEO:

This autumn you'll feel like you're going into hibernation and this is not an appropriate time to initiate new projects at work or to take up a hobby, stick with what you know. Those who are single will make new contacts and those who are in a relationship need to pay more attention to their loved one. Problems at work will be easily overcome.

VIRGO:

This year everything will come easy for you, somehow you'll manage to be great at everything. Show family and friends that you will be there for them and this will make them very happy. When it comes to your career you will also do well. You will gain your employer's trust and in turn you will be entrusted with an important task.

LIBRA:

You start to realise work is taking up too much of your time this autumn and that your efforts are not appreciated. Don't be afraid of change if there is a better offer. Pay attention to family during this time as someone may be hiding their problems. There will be plenty of romance for both the single Libras and those who are already in a relationship.

SCORPIO:

This will be a demanding time at work and someone may try to steal your projects, be alert. Your boss is aware of your hard work and you may even receive a bonus. Don't underestimate minor ailments, go see your doctor if you're not feeling well. You may decide to take a big step in a romantic relationship and this is the right time.

SAGITTARIUS:

This autumn your professional life isn't going to be easy. Things can go wrong and you may find yourself doing lots of overtime yet getting nowhere. Don't give up, spend time with family and friends, they will cheer you up. Your romantic life will be a little tense too, try to solve things calmly and don't do anything you'll regret later.

CAPRICORN:

Cash rewards await you! Try to save but put some money aside and buy something nice for yourself. This autumn you will feel the energy around you and you will shine at work. Someone interesting comes into your life and you'll spend a lot of time in pleasant company. Now is not a good time for sports as you risk injury.

AQUARIUS:

This autumn you won't stop, you'll be swamped with work and have to work hard. Fortunately, true friends will help you and those who are not true friends will be exposed. There is a big decision ahead of you and you will suddenly feel indecisive. Go out and socialise or you may start to feel depressed. Everything will be rosy in your romantic relationships.

PISCES:

You may have problems in relationships but don't let baseless jealousy blind you. Stay with your feet on the ground and think rationally about what you really want, your family will give you sound advice. Don't try to manage everything on your own. At work you will proceed almost unnoticed, almost, but those that are important notice. Watch out for envious colleagues.



VANILLA

UPSTAIRS













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TAXITHI – AN AUSTRALIAN ODYSSEY

Early in March The Hellenic Museum featured the play *Taxithi – An Australian Odyssey*, by Greek singer and writer **HELEN YOTIS**.

This play takes us back to the 60s and 70s and explores the inspiring and moving stories of three Greek women and their migration to Australia in an era where so many Greeks were looking to start a new life abroad in the lucky country.

Roula caught up with HELEN YOTIS in the studios of Rythmos on The KK Factor show where she shared some of the amazing stories that feature in this incredible play based on real women with real stories.



Here's what Helen had to say...

'There were so many stories that I felt needed to be voiced. Heartbreaking stories of women who were sent away to work by their parents when post war Greece was a mess and there was there wasn't any money to be made. So many women shared their stories with me, and I was inspired to recreate their past.

It all began with my grandmother, at ninety-eight years old, just a few days before her death, she began telling stories from her past, she spoke about a a baby she lost from cot death and her life growing up in the many stories she relived in those last few days in Cyprus.

I started thinking about how much change had occurred in her life since she came to Australia in 1951. My grandfather was already here, they'd left poverty to come to Australia in pursuit of a better life.

Then I began speaking to other women, eventually I combined these stories with beautiful, nostalgic music from the era and found musicians to help put it all together.

Here are few of the stories I share in *Taxithi* (the Greek word for journey) and the stories that have inspired my writings.

One woman shared a story about a lady who was the last of her friends to leave Greece because her parents didn't have

any money to offer as a marriage dowry. She had to beg her parents to allow her leave. Finally, when she arrived at the port, they tried to stop her by tearing the travel papers from her hands. She managed to escape her poor life and left Greece, but she took with her the image of her father crying with his arms wide open, hoping she wouldn't leave.

Another woman told me of a day she played jump rope with her friends in the village. 'When I came home my parents told me I was to be married to a man in Australia. I still wore bobby socks and sand shoes. How could they send their child away to a foreign country, into the arms of a stranger I wondered? I boarded the ship two weeks before my sixteenth birthday, struggling to walk in my new high heel shoes. I had my little suitcase, a box with my wedding gain in it, and my very first handbag over my arm. I tried very hard not to cry. I felt afraid as I looked at the picture of the man who I would be spending the rest of my life with.'

HELEN YOTIS is a singer, actor and writer – you can follow her on Facebook and LinkedIn.



VANILLA HOUSE BAND



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VANILLA CHART

AUTUMN 2015

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TOP 30 by DJ BALLA

1. Slow Crime – Your Love (Sasch Deeper Love Remix)
2. Say It Right – Nelly Furtado (Bebo Le Vrai Remix)
3. Wicked Game – Chillion Feat Seren
4. Cruel Summer – Ace Of Base (The Distance & Broken Tapes Remix)
5. Love Too Deep – Ferreck Dawn & Redondo (Original Mix)
6. Sex U – Gabe, Volkoder Feat. Ester Azeredo (Original Mix)
7. Home And Dry – Pet Shop Boys (Max Lyazgin Remix 2015)
8. All I Need – 86Beat (Original Mix)
9. Trouble – Curses & DKDS ft. SYF (Shiba San Remix)
10. Love – Inna (Suprafive Remix)
11. Stereo Love – Edward Maya (Nicky Mars Deep Remix)
12. Prayer In C – Lilly Wood & The Prick (Robin Schulz Remix)
13. Waves – Addal feat. Neenah
14. Shoulder To Cry On – Bluford Duck (Original Mix)
15. Riders On The Storm – Misha Klein & Prohorov feat. The Doors (Deep Remix)
16. Shadows – James Morris ft. Davey
17. Yellow Flicker Beat – Lorde (2nd Room Remix)
18. House Music – Eddie Amador (Robosonic Remix)
19. Awake – Sante feat. J.U.D.G.E. (Original Mix)
20. My House – Purple Disco Machine (Original Mix)
21. Insomnia – Faithless (DANK remix)
22. Candy Shop – 50 Cent (Donkey Dash Edit)
23. Cruel Summer – Ace Of Base (The Distance & Broken Tapes Remix)
24. Losing Sleep – John Newman (Disciples Remix)
25. Summer – Calvin Harris (Filous & Kitty Gorgi Cover)
26. Lovers On The Sun – George Whyman feat. Laura Lebensfroh (Extended Mix)
27. Habits – Tove Lo (Nicko Veaz Edit)
28. Nothing – Holden & Thompson (K'han Rework)
29. Could This Be Love – Brian Laruso Ft. Mila Falls (Billka Remix)
30. When You Call – July Child (Deepend Radio Edit)



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