

VANILLA CAKES & LOUNGE MAGAZINE – SERVED FREE

ISSUE 15



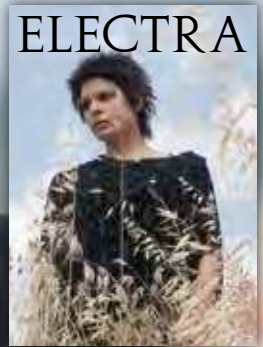
# VANILLA

WINTER  
2015

*One Night*  
IN ATHENS

+

IRON MIKE  
ZAMBIDIS



ELECTRA

GIANNIS VOGLIS

*Ancient Drama*

# ELENA KOUNTOURA

*Greece All Year Round!*

GENNARO CONTALDO | RACHEL KHOO | NAPOLEON PERDIS



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## VANILLA MAGAZINE

Free magazine of Vanilla Cakes & Lounge

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Vanilla Upstairs  
Vanilla Magazine



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## EDITOR'S LETTER

Welcome to Vanilla Magazine!

In our winter issue we have the answer to surviving the cold nights of Melbourne – escape to Greece! Join the record number of tourists spending this season abroad and enjoy the glorious Greek sun, which contrary to all the media beat ups about the



economic crisis, shines as bright as ever in the clear blue sky. Greece's minister of tourism, **Elena Kountoura**, talks to us about her plans to extend the tourism season and market Greece as an 'all year round' destination and gives her tips on what's hot on the menu for visitors. Culture is a favourite of mine. If you happen to be in Athens this Greek summer don't miss out on ELECTRA at the Badminton Theatre, and if you need a crash course on ancient drama, read our exclusive interview with Gianni Voglis.

While in Athens we also met up with Sotiris Skouloudis from Greece's biggest online news portal zoogla.gr and together with the team from Athens Insiders scouted the hottest bars around Acropolis. And Iron Mike Zambidis reveals his secrets of success, giving valuable tips on what it takes to be a champion in every endeavour.

On the beauty front Napoleon shares his tricks and techniques for the sexiest beauty looks for the coming seasons in our very first Vanilla Beauty Feature and we welcome natural beauty therapist Belinda Hughes to our beauty pages who walks us through the importance of natural skin care.

Food is also a favourite topic in winter and we caught up with the UK's Rachel Khoo who spoke to us about all things food, fashion and graphic design when she visited Melbourne to film her new television series. While the great Italian foodie, Gennaro Contaldo shares his stories on family, food, Jamie Oliver and his love of Melbourne.

Then we head out to Central NSW to catch up on the third season of River Cottage Australia with Paul West.

And for those of you who couldn't escape to Greece this winter, forego the sun and embrace the cold – we give you the run-down on what to see and do at Mt Buller.

Stay in touch with us on social media as our presence grows with our new Instagram account @vanillaokleigh and with our official Facebook pages for Vanilla, Vanilla Upstairs and Vanilla Magazine ☺

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# CONTENTS

- 06 Vanilla News
- 14 Gennaro Contaldo – From Gennaro with Love
- 16 Rachel Khoo – The Little Paris Kitchen goes Cosmopolitan
- 21 Paul West – River Cottage Australia
- 24 Phoebe Panaretos – Is Strictly Ballroom
- 26 Elena Kountoura – Greece All Year Round!
- 32 One Night in Athens
- 36 Euripides Electra
- 39 Giannis Voglis
- 42 Iron Mike Zambidis – Secrets of a World Champion
- 46 Kiri Tsitouridis – Cyrus
- 62 My Mexican Table
- 63 On My Plate – By Giuliano Colossimo
- 64 Books For Cooks Travellers and Lifestyle Lovers
- 66 Health – Honey – Liquid Gold
- 68 Fitness – Get the Facts!
- 70 Health – Your Healthy Pregnancy
- 72 Health – Antioxidants – Fighting Age and Keeping Healthy
- 74 Napoleon Perdis – Get the Look
- 78 Beauty – Mousturise Me
- 79 Beauty – Cleansers – Morning and Night!
- 80 Beauty – Dramatic Lashes – Mascara
- 82 Beauty – Natural Skin Care
- 84 Hair – Tease Me Right
- 86 Fashion – Trending Without Spending
- 88 Culture – Oh My God Parenting
- 90 On top of the World at Mt Buller



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# DENNIS & CHANTAL

On April 18 Vanilla owners Thanasis and Eleni Spanos celebrated the wedding of their son Dennis to beautiful Chantal. The cheerful sound of clarina and bagpipes that filled the air early in the morning at the Spanos house was only the warm up to the glendi that followed at Vanilla Upstairs till the next morning.

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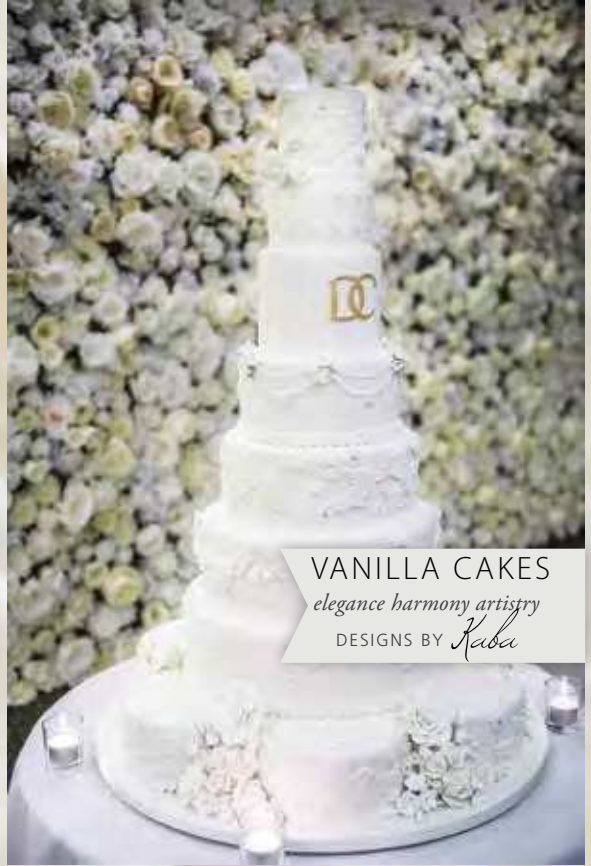
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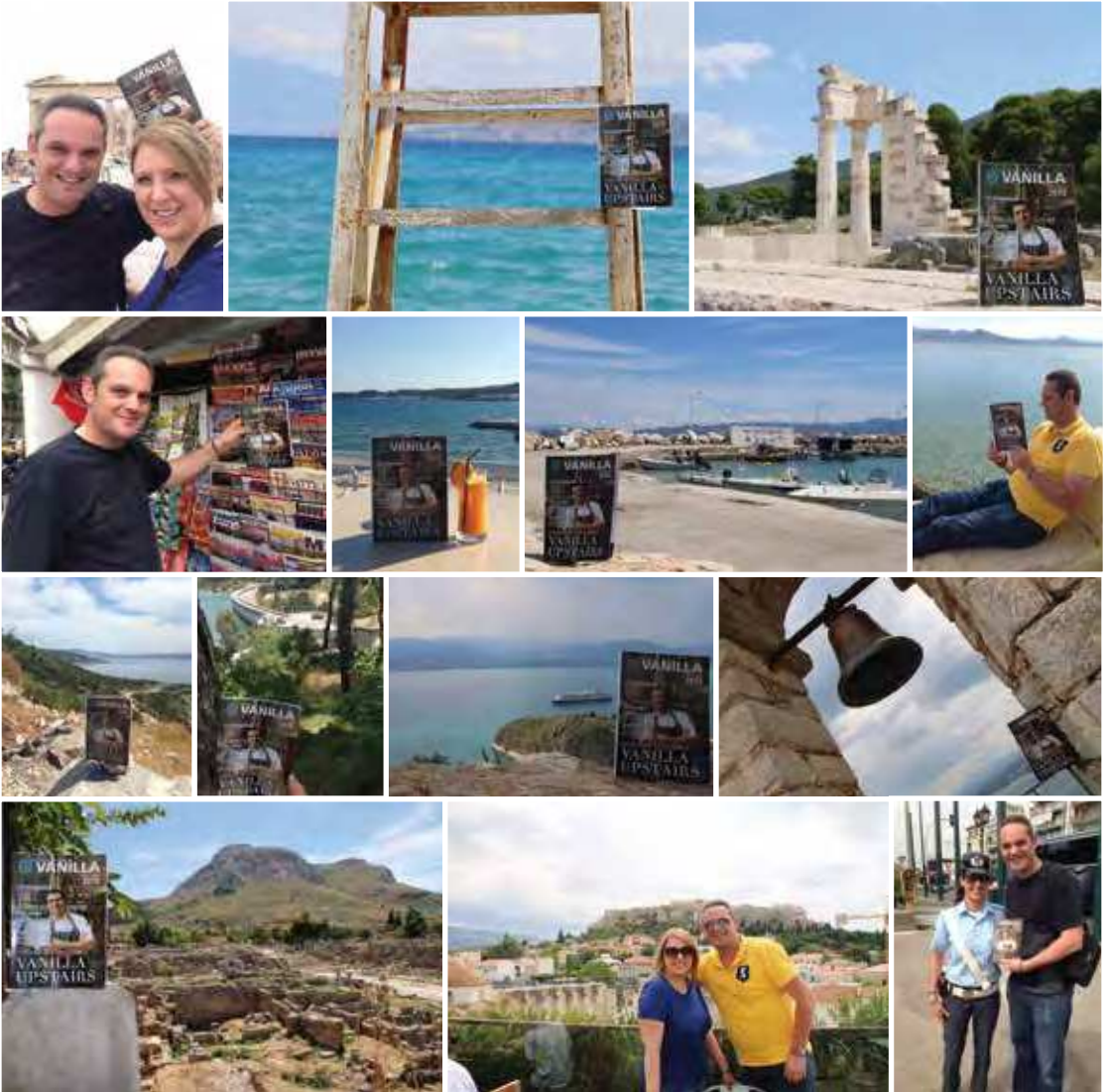
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# TONY & VIV'S HOLIDAY IN GREECE

Vanilla's favourite couple couldn't go to Greece without a copy of the magazine. It's a long flight you know... After Tony posted a few VANILLA MAGAZINE selfies on Facebook it went totally viral. Now that's what you call a happy patron!



# MANASIS DANCE GROUP



Preparations at Vanilla before travelling to the Shrine.



Commemoration of the Greek National Day, 25th March 1821, at the Melbourne Shrine of Remembrance.



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# GREEK SPIRIT - ARTIST TINA ALESI

*Local artist, Tina Alesi, knows exactly what it's like to feel the pressures of growing up in a traditional Greek household, constantly urged to follow the traditional, corporate career paths. But finally, after three children, she's found her footing and is proud to call herself an artist.*



Tina's work has been showcased at New Hope Gallery in New York, Albert Park Art Show, 100 Gallery Melbourne, the Art Fair Kingston Gallery and the Collingwood Gallery. But her real passion lies in nurturing and educating the next generation of artists, offering them the encouragement, enthusiasm and the tools to succeed in the art world.

## TINA ALESI

I've had a very long journey and sometimes it's been fraught with obstacles, but I am now very comfortable and feel excited to say that I am TINA ALESI and I am an artist!

Born to Greek parents in Moorabbin, I was encouraged to pursue practical career paths like a doctor, lawyer or an accountant; and being a 'good' and obedient daughter I followed my parent's subtle and not so subtle encouragement and pursued a career in accounting.

However, ever since I could remember, I liked to paint and make things. I looked forward to receiving a new packet of texas more than almost anything else – I couldn't wait to use them and express my joy of colour!

I got married quite young, at 23, and started my family. I had three under three! When my youngest son started prep I decided to start my own journey to see where my passion for art would lead me. I enrolled at TAFE, an environment where I felt the artist in me began to emerge. They bought some of my pieces and I was asked to enter many art shows. It was a great time.

Then I undertook fine art / painting at RMIT and graduated with distinction. Afterwards I struggled with the decision to either undertake a Masters at RMIT or complete a Graduate Diploma of Education at Monash. My love of art and teaching won out and I completed my Diploma of Education, specialising in art teaching.



I'm proud to have been an Artist in Residence at Box Hill Community Arts Centre. There I created a project called "The Wishing Tree". People from all walks of life expressed their inner wishes and dreams on handmade prayer flags, making it a truly inspirational exhibition. I worked with Yooralla, Burke and Beyond and many others to create this project.

Currently I teach in schools and am trying to start my own art classes.

My works are bright and colourful; I swap from hard edged to soft over layered abstract works.

My journey has been a long one – along the way I've had a few hurdles, but I've also had tremendous support and encouragement from my husband and three children. I encourage everyone to be strong and be who you want to be. We only have one life so we may as well live it!!

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





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This winter **Roula Krikellis** introduces us to two strong and vibrant teenagers, each facing the difficulties of illness in their daily lives – illnesses that they won't let hold them down for long. These kids are fighters, and we are proud to share their stories in the pages of *Vanilla Magazine*.

## EMILY – A BEACON OF HOPE

*Not everyone who looks healthy is well. Emily Karakatsanis and her family know first hand that living a life with a disease that's invisible to the human eye has its challenges and difficulties. Roula Krikellis shared Emily's story with Radio Rythmos earlier this month.*

A smile warms up the room as Emily enters the studios of Rythmos for her first live radio interview on my show THE KK FACTOR. I was expecting a young girl in a wheelchair, but instead I encountered a strong-willed 15 year old wanting to live life as a normal teenager.

Emily Boardman Karakatsanis had been diagnosed with two very rare diseases called Behçet's Disease and Hypereosinophilia. She has also been diagnosed with Mast Cell Activation – there is no cure and without treatment these diseases can be fatal.

One of the biggest hurdles Emily and her family face everyday is that the signs of her illness are invisible. But just because it's invisible, doesn't mean it is not capable of destruction.

"That's one of the worst parts of Emily's illness," Emily's mum Lauren tells me. "The countless people who think she doesn't look sick. It's not their fault. They just don't understand what an invisible disease is."

For those people who are around Emily often, they can see with their own eyes that she has deteriorated dramatically. She can't walk long distances, she is pasty white and finds movement painful and exhausting. Her walk is different, her demeanour is different, and she is not the vibrant, energetic and playful Emily that she was two and half years ago.

Strangers, family and friends who don't meet Emily regularly can't see it, but it is there. Her bone marrow and blood depict a nasty tale of war. Her body is attacking itself! Bad cells have taken over and are winning the war against her immune system.

Outside she is a gorgeous young lady, but Emily's body is fighting a battle that can't be stopped. Her family endures comments like "oh, but she doesn't look sick," to the extremes Emily's dad John has recently come face to face



with in a car park – "A horrific person yelled out amongst a crowd of people, demanding to know if we were a bunch of retards for parking in a disabled park."

In my hands were pages of medical reports and medical bills. I couldn't believe what I was reading from Australia and America; two countries who have yet to determine what treatments are going to save Emily's life.

When Emily came to Vanilla for her photoshoot, she had just undergone a bone marrow aspiration and biopsy. Later her mother told me that although heavily drugged and walking at a snail's pace she still managed a smile. "Even when given more than enough reasons to back out, she didn't want to let anyone down," Lauren said.

The family needs financial help for the ongoing and accumulated medical expenses. Events have been set up to raise funds. The next one is a dinner dance on the 27th June. Follow Emily's story and updates on Facebook: Emily's Journey - Fighting The Unknown.

You can also donate to:

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**Roula Krikellis** - KkRock Chic is the host of Radio Rythmos The KK Factor Show.

# LIFE IS A BATTLEFIELD – ULI KAPLAN'S STORY

*Meet Uli Kaplan, a mischievous 19-year-old suffering with the daily trials of chronic lung disease.*

Someone's son, someone's adopted son, and another woman's foster child; He represents so many who live life differently to us. A life many of us take for granted. We fear death and loss, but chronic kids face this every day. I don't know if tomorrow I will hear Uli's voice and he doesn't know if tomorrow he'll hear mine. It's not cruelty; it's reality for so many. He is my angel that teaches me about life in ways I will never understand.

Uli Kaplan has non-cystic fibrosis bronchiectasis – a chronic lung disease that severely reduces his lung capacity and sees him constantly battling to keep his lungs clear.

I have spent time with Uli at The Royal Children's Hospital (RCH) and now at The Alfred Hospital. Together with some of his friends we have caused havoc and mischief – the hospitals turn a blind eye and smile.

When I met this special young person, he had three wishes.

The first to host a radio show, the second to meet a director, and the third, to have his life documented. We achieved the first two wishes on the day I had him on The KK Factor show at Radio Rythmos.

As for his third wish, together with the late Shaun Miller's father, Mr Cameron Miller, your help, and the backing of the RCH, we are making it happen.

Uli was a regular patient at the RCH since birth, and remains a committed member of the RCH chronic illness peer support program. He has developed great friendships with young people who have a range of illnesses, some of whom have sadly passed away. These experiences have inspired



him to make a documentary; in the hope of empowering and giving a voice to those with chronic illness and to shed light on their experiences.

Uli has titled the project *Life is a Battlefield*, reflecting the realities of life-long illness.

"Chronically ill people have so much happening in their day-to-day lives." But Uli says he wouldn't change himself or his experiences. "I have scars, I don't like them but they are part of who I am today. My illness gives me the courage to make the most of every day, and the discipline, drive and professionalism to do things like this documentary."

"I do get upset and depressed about my illness sometimes, but then I think – my doctors and clinicians spent hundreds of hours and dedicated so much energy and effort on me to keep me here, I won't throw that away."

Cameron and Uli have also recruited Pride of Australia medallist Coen Ashton, a teen living with diabetes and cystic fibrosis, to produce the documentary.

He is currently crowd funding and seeking major sponsorship and donations to bring ([Facebook](https://www.facebook.com/lifeisabattlefield)) **LIFE IS A BATTLEFIELD** to life. You can help him here: [www.indiegogo.com/projects/life-is-a-battlefield-documentary](http://www.indiegogo.com/projects/life-is-a-battlefield-documentary)

Uli's medical information excerpts are courtesy of the Royal Children's Hospital.



Photos: Laura Edwards

# GENNARO CONTALDO

By Raquel Neofit

From Gennaro *with Love*



There are a few chefs in the world who can lay claim to the title of the Godfather of Italian Cuisine, but in my book, **Gennaro Contaldo** is a top contender.

With 12 year old twin girls, a new book on the market, a new restaurant in Parramatta Sydney with his business partner and practically adopted son, Jamie Oliver, television filming, and a food tube channel in full swing, life is still as busy as ever for the great Gennaro Contaldo, and he's loving every minute of it...

We caught up with Gennaro all the way from the UK recently to talk slow cooking, fussy eaters, foraging, terracotta and of course, Jamie Oliver.



**Gennaro, you started cooking in the late sixties, that's over fifty years ago! Fifty years in food. That's massive!**

Yes, that's massive, yes! I've been in the kitchen since the age of ten, and now I'm sixty-five, or something like that, it must be more than fifty odd years ago. YES!

You know, thinking back to the way we used to cook and the way we cook today, it was not just the food, it was the technique of the cooking, it was incredible.

But as a cook you grow up and you learn more, and more and more because you're cooking every day. But as you grow up, all of these lovely gadgets and new ways of cooking come out and it becomes a part of you and you think okay let's try this; high flame, that's beautiful, low flame, that's beautiful, fast cooking, fantastic. But I don't know, slow cooking – yes, let's do it!

**What is it about Italian food that inspires so many people – why it's so greatly loved all over the world?**

Simplicity. Good ingredients, seasonable ingredients, what you see, this is what you eat. You know, if we have beans, we want to taste the beans. If we have fish, we want to taste the fish.

I hate when people say to me, 'oh I've got this lovely fresh fish and I'm gonna do this and I'm gonna do that and I'll make a sauce', and I ask them, 'What do you want to eat?'

And they say, 'I want to eat the fish.'

'Then why do you want to cover it with a hundred ingredients? It's beautiful.'

**So that's what we should look for, just a few good ingredients over quantity?**

Oh yes, exactly. Definitely. This is what I'm doing everyday, the best, freshest ingredients everyday. Make sure when you eat, you try to taste every different ingredient and you'll see, it makes a difference. And it's very healthy.

**In the book you talk about growing up in Italy cooking in terracotta pots. Do you think it's a good thing for people to embrace returning to cooking in them? Should we learn to cook with natural earthenware again?**

That was a good time. If you cook at home, I think, it's worth it to invest in terracotta; I was brought up to cook with terracotta.

It is nice, because remember, it's earth, you touch the mother earth. The word terra means the earth, the word cotta means cooked. Because the earth-ware is baked, the flavour and everything is combined together, and this mother earth will give you a fantastic flavour.

**Do you find that some people are scared of getting the flavours right in the pot?**

No, don't be. The pot cooks everything, it's the pot. There is an old Italian saying – if you want to see where the trouble is, be a spoon in the pot' haha...



What happens, when you put things in a pot, all of the flavours start to come out and mix with the other flavours, it mixes with this one, mixes with that one, and in the end they say, okay, we've done it.

Slow cooking is actually very quick, but also it's not just about the slow cooking, it's also not just about the meat, it's also the bread and many, many vegetarian dishes and many variations.

You know, in the old days we used to put everything in the oven and off we'd go. There's so many incredible different dishes in the book that you can do in the oven, I'm flicking through the book and oh my god, I just wanna eat it all.

Oh there's the summer vegetable stew, but you can do exactly the same with winter vegetables, don't forget. Don't forget in winter time there's a lot of vegetables as well. Let's do with chicken, and with rabbit – do you like rabbit?

#### I've never tried rabbit!

Oh you must eat the rabbit – Australia is covered with rabbits. Rabbits everywhere! So much rabbits!

#### What are you eating at home Gennaro?

Ahh, so at home there are four of us okay, and believe me, sometimes, there can be four different cuisines!

Now the girls, Chloe, who is nearly 12 years old, and also Olivia, which I named after Jamie Oliver, and is a twin with Chloe.

Olivia, she is a little bit fussy and she wants only the best of it! Well, we only cook the best, but she wants the very best, she's picky. Chloe's the other way around, she eats almost everything.

Then there's me, hallelujah, I can be pretty fussy as well, but in a different way. I might say, 'well you could have put a little bit more of this in it or cooked it a little bit less.' My wife, every time she cooks a sausage she cooks it so slow it becomes a mummy! Haha! I say, 'are you sure this is a cooked? It's not a sausage anymore, it's salami!' Haha.

So what we had yesterday, we had a fantastic risotto with wild mushrooms – I went out and I found these really incredible St George mushrooms. It's May, so they're the first mushrooms, we all went out and collected them ourselves.

#### You're foraging!

Yes! We got this fantastic wild rocket as well and I had just come back from Italy and I brought some fantastic lemon and olive oil and beautiful, beautiful tomatoes. And there was this fresh celery in Italy and a friend of mine said, 'take it, take it'. So we had fresh tomato, with celery and broad bean, with wild mushroom risotto, and we mixed wild rocket and balsamic vinegar and off we go... We enjoyed it! It's really, really good.

#### And are you spending a lot of time in the restaurant?

I do indeed! Me and Jamie spent lots and lots of time in the restaurant. I was supposed to come to Australia with him last week (early May) but I couldn't make it.

I'm the cook in the restaurant, and we are opening a new restaurant now in Sydney in Parramatta. And I hope to come to Melbourne too.

And also so we spend a lot of time cooking on TV and we have our own food tube channel – Gennaro Contaldo Food Tube.

I work a lot. Actually this morning after I finish talking to you, I'm going down to the restaurant and then about 1 o'clock they gonna pick me up and we go and do a new food show.





## A Message from Gennaro with Love

'Raquel don't forget to include Toby, tell him Gennaro hasn't forgot you big boy, he loves you. Okay?'  
 'And big, big love to everyone in Australia and Gennaro will be there soon.'

### We're in Melbourne, are you a fan of Melbourne?

Ahhh what a city - Melbourne, my god! We filmed in Melbourne a few years ago, all about the fifteen foundation.

I've got a fantastic chef there, he is my godson, because he always wanted to have a godfather, and now he's my godson. He's got a lovely child now, a new baby, only three weeks old. He'll probably be annoyed with me if I tell you his name but oh well - it's Toby, Toby Puttock. Please send my love to Toby for me when you write this down Raquel. **I will Gennaro, we love Toby in Australia!**

### Over here you're so well known as the man who inspires Jamie Oliver, how does that make you feel, to know that someone's who's so well received throughout the world attributes so much of his skill to you?

Very, very proud, VERY proud, but let's remember, yes, I taught him a few things of Italian cuisine, but most of it was his talent. Most was his intelligence; I was just the first man he met when he wanted to learn about Italian cuisine.

I remember he'd go to do something in the kitchen and I'd say, no you do it like this, this is my way, when you can do it better, then you do it your way.

And he used to do it better! It was incredible, so when there was nothing else to teach him I told him to go, because he had to go and learn more different ways. I said, 'come on, you walk like me, you talk like me, you take the piss out of

people like me, what else is there to learn?' Anyway at the end, off he went, but I remember when he went we were always in touch, every single day, it was like he never left.

Then he got this fantastic job, and then he start to film, he came to me and said, 'boy I'm doing this, this, and this,' and I said, 'okay let's do it,' and I helped him. Then I opened Passione restaurant, the most famous restaurant in those times in London. We both did lots of work, we got lots of awards, then Jamie became famous - but he was always my Jamie, still is, my young boy.

If you look at the end of my book, there is a dedication to him on the last page. It says 'To Jamie Oliver, who once learned from me and now I learn from him.'

### Why? Because he won more awards than me, he's completed more dishes, he learnt more than me!

So I sent him to my hometown in the Amalfi Coast to learn more about Italian cuisine, and before he left Neal Street restaurant he said to me, 'big boy, one of these days I'm going to become very famous.'

He said, 'I might make a bit of money as well and I'll open up a restaurant' and I said to him 'oh lets open up two or three or four, or five restaurants. Let's open up all over the world,' I said, 'oh yeah, let's do it!'

I'm saying to him at the time 'come on and hurry up and finish, I want to go home. 'But why you wanna do that?' I said to him. 'Because', he said, 'I want you to be with me ALWAYS'. I said 'why? I'm always with you, why?' 'I don't want you to work so hard, the way you are working now', he said.

WHAT A LIAR! What a liar. I worked harder. We're working very hard, in a pleasant way.

Gennaro: Slow Cook Italian Pavilion  
**RRP 39.99**



A photograph of Rachel Khoo, a woman with dark hair in a braid and bangs, wearing a purple top and a colorful patterned skirt. She is smiling and holding a round cake on a white pedestal stand. The cake is covered in red berries. The background is a bright, slightly blurred outdoor setting with greenery.

Well known for her Little Paris Kitchen fame, Rachel Khoo has opened the cover of the notebooks she carries with her everywhere she goes and shares an insight into her thoughts and things that captivate her.

# Rachel Khoo

*The Little Paris Kitchen  
goes Cosmopolitan*

By Raquel Neofit

After growing up in the UK then living in France for eight years, Rachel has settled back into London life once again, but finds herself constantly travelling the world, indulging in some of her most passionate addictions – travel and food!

*Vanilla Magazine* caught up with Rachel while she was here in Melbourne filming for a new television series – set to hit our screens later this year.



**Rachel, you have an Austrian mum and a Malaysian dad, how does that combination of cultures influence your food?**

I guess because I grew up with a really mixed and diverse food heritage I'm very open to mixing things up, and with this new cookbook, it definitely came with that approach. I'm kind of a magpie, I'm not one to follow rules, so I'll pinch a flavour here and a technique there and mix it all up and if it tastes good, then why not.

That's the fun of it, being creative and experimenting in the kitchen. Sometimes it's a disaster but then you're like, ok well, what am I going to take out of this situation and what can I learn.

**You talk about your failures in the kitchen ultimately turning into success in your book, have you got a memory of a huge failure that you laugh about now?**

Well, just a month ago I was developing this recipe, I was trying to crisp up the pork skin from a ham hock and I burnt it completely. It just would not work. I actually took a picture and put it on Instagram and said, see, even chefs fail. It was not caramelised - it was black!

Then I realised that ham hocks are just too wet to crisp up, there's no way it can work, so I thought, okay I'm going to re-look at this recipe and make something else out of it.

*I don't know, it's like with anything in life, you've gotta fail to succeed I think.*

**Why did you choose to study art and graphics when you were younger?**

Because that was what I enjoyed, that's what got me excited, and I did get accepted to one of the best art colleges in the world – Central Saint Martins – it's like the Oxford of art colleges in terms of the pedigree of people who get accepted there; Alexandra McQueen studied there, Stella McCartney, and a huge amount of very successful artists and designers.



For me it's all about being creative, whether it's food or illustrations or photography or whatever, I just love being creative and that's the most important thing for me and my work.

I feel like if I can't express my ideas through food, then I'll do something else. But it will always be creative.

I do carry a notebook around and that is how I get my ideas going. I do a little doodle and I stick stuff in, I take photos, and that really was the start of the cookbook and the TV show. I do want to push myself in terms of what I create, for me food is all about being creative and that's what I enjoy about writing recipes.

**Going back to your heritage, you talk a lot about your mum cooking, did you cook with her a lot growing up?**

I did a lot of baking with my mum, I wasn't so much into the cooking and that's probably why I ended up doing a patisserie course and not a cooking course when I went to Le Cordon Bleu. That was my biggest interest. But when I was a kid I loved to bake, I liked to do painting and drawing and I played musical instruments, so like I said, for me it all comes down to being creative and finding different ways of doing that.

**And when or where did you find your passion for food, was there a catalyst?**

No, I don't think there was a catalyst, I think it grew over time. I grew up in a family where, like in Malaysia, you could go and visit your relatives and they don't ask you how you are, they ask you if you've eaten yet, so food was such a big thing there.

And then there was my grandma in Austria who was always baking and making strudels and all those delicious things, so that was kind of my childhood, and then when I went to uni I just really liked having my friends around for dinner. I liked cooking for them and also, because you're a student, it was cheaper to eat at home than go out to a restaurant.

So I liked that entertaining. For me food is all about being social and sharing and that's what's so enjoyable about eating or cooking. You can share a moment together and it brings people together, and that's part of the pleasure of cooking.

And then from uni that kind of grew and I got some work experience on food shoots and with a food stylist and it grew from there. Then I just got to a point where I just embraced it. It was a gradual thing I think rather than a light bulb moment really.

### From Austria, to Malaysia, to France and the UK, you've done so much travelling...

Yeah I can't believe it myself sometimes – laughing.

### That's a book in itself, you must be like a world encyclopaedia.

Yeah I know, and for this book in particular I wanted to show people the diverse background and culture I grew up with as a kid, and also, to show people that I love so many different kinds of food.

Everybody thinks I'm just this French woman, I'm not French, I'm British, and also that I have this really diverse heritage, so this book was really about saying, 'Hi, my name's Rachel, and I love multicultural food and there's more to me than French food.'

### And how did you find being British, living in France?

Oh my goodness, you're always fighting against roast beef (rosbif), you know, it's a cliché, 'Oh all you can cook is roast beef and Yorkshire pudding.' That was a bit tough and you always had to come with a good piece of cake or something to prove them wrong.

### Flavours – are you attracted to any particular flavours or cuisines at the moment?

I love chillies, and I have so many different chilli sauces in my fridge and also some pickled chilli, like sweet and sour pickled chilli.

Actually I have a recipe of mine on YouTube, and that's a classic of mine, I think it's my Malaysian heritage, even if I have cheese on toast I always stick a few chillies on top. I can't get away from them.

### Last one, who do you look up to?

You know it's really interesting that question, and I get asked it often and you know where I find my biggest inspiration is from some of the home cooks I've met - you know through my travels - going to a French grandmas house and eating her biscuits or some guy who only makes this one dish, but he's got some fantastic tips.

Often the inspiration can be found in the small, unlikely places and I think it's just keeping that open mind to always look for that, and it's great that I have a job where I can find those people and hang out with those people.



## Slow-roasted pork belly with sloe gin

- 1kg piece boneless pork belly, skin scored and patted dry
- 1 tbsp sea salt flakes
- 4 red onions
- 1 head of iceberg lettuce
- 1 unwaxed lemon
- 200g thick Greek yoghurt
- a pinch each of sugar and sea salt
- For the marinade
- 150ml sloe gin
- 80g runny honey
- 2 tsp white pepper
- 1 tbsp red wine vinegar
- 200g redcurrants or mixed berries (frozen is fine), plus a handful to garnish

Mix the marinade ingredients in a shallow glass or ceramic dish.

Place the pork in it carefully, making sure that the marinade doesn't touch the skin. Leave uncovered and place in the fridge for 4 hours or overnight.

When the marinating time is up, preheat the oven to 220°C (fan).

Pat the skin of the pork dry with kitchen towel. Place on a tray, setting the marinade to one side, and use a blow-dryer for 2–3 minutes to remove all the excess moisture from the skin. Rub the skin thoroughly with salt flakes, getting into the scoring.

Peel the red onions, cut into quarters and place at the bottom of a roasting tin, then pour over the marinade and lay the pork belly skin side up on top. Roast for 30 minutes, then turn the heat down to 150°C and roast for 2½–3 hours, or until very tender.

Remove the pork from the oven. Take the onions out and set aside.

Crank up the heat again to 220°C and place the pork back in the oven for about 10 minutes, or until the skin is crispy.



Remove the pork from the oven. When cool enough to handle, separate the skin from the flesh. Slice the pork belly into slivers and chop the skin into small crouton-sized pieces. Cut the lettuce into thick slices, then wash and dry (keeping them whole).

Finely zest the lemon and mix into the Greek yoghurt with the sugar and salt. Add a squeeze of lemon juice.

To serve, place a large wedge of iceberg on a plate and top with the pork, onions, skin and berries. Drizzle with the yoghurt dressing.

**Tip:** If you can't get hold of sloe gin, use cassis or a light fruity red wine like Grenache.

**Get ahead:** Marinate the pork belly up to 2 days in advance.

**Serves:** 4–6

**Preparation time:** 30 minutes

**Cooking time:** 3½–4 hours

**Marinating time:** 4 hours or overnight

PAUL WEST, host of *River Cottage Australia* on Foxtel's The LifeStyle Channel

# River Cottage

AUSTRALIA By Raquel Neofit

## PAUL WEST



Photos: Mark Chew

**PAUL WEST** had some huge shoes to fill when he took on the first *River Cottage* franchise outside of the UK. And he seems to be the perfect fit! Although far from the lower aristocracy of Hugh Fearnley-Whittingstall, this chef come farmer has taken the reins, the horse and the cart and turned the Aussie franchise into an instant hit in Australia and abroad. Telling *Vanilla Magazine* he's just an average Aussie bloke from the country, he comes across personable, friendly, knowledgeable, and has a knack for telling a great story.

We caught up with Paul right in the middle of a whirlwind month; he's entering the third television series of *River Cottage Australia* while promoting his first book – all with a brand new baby under his wing. As we chat he's engaged in the difficult task of trying to secure 10 week old baby Otto Noah into a Baby Bjorn for the very first time – no easy feat, even for a hands-on farmer! Here's what Paul had to say about writing his first book and taking on the role of a television icon.

**You had some massive shoes to fill taking on *River Cottage* – did you find a lot of people expected the show to be a similar vein to Hugh’s UK version?**

There was that level of intimidation and expectation, not intentional intimidation, but personal intimidation, from the legions of *River Cottage* fans world-wide that nearly made me not apply for the role, and I counted myself as amongst that legion of fans.

I thought, well, Hugh is so iconic and he’s such a powerful voice in the field, and still is to this day. If I’m going to be the very first person to be a franchisee of the *River Cottage* title then there’s going to be an inevitable juxtaposition between Hugh and myself, and considering I counted him as one of my idols I had to ask myself if I was ready for that?

I didn’t think in a thousand lifetimes I could be compared to **Hugh Fearnley-Whittingstall** and so I just knew that inevitably I was going to come off worse for wear in the comparison. So I got to the point where I decided I just wasn’t going to apply – but obviously I had a last minute change of heart.

In the end, when it came out, I was pleasantly surprised by the amount of support.

But, you know, the message is the same when you take that personality comparison out of it – we both come from a similar place in our approach to food and farming and community.

And we’re both culturally different. He’s upper-middle-class, lower aristocracy in the UK and I’m just lower-class, working Australian. So we’ve definitely got different sensibilities, but a very strong and similar ethics and I’m just so glad that I’ve been able to communicate them in the first three seasons of *River Cottage Australia* and that people have begun to trust me to speak about those things; which is incredible humbling.

**Talking about that side of the role, you didn’t have a media background, or even a horticulture background – you were a chef. How did you settle into speaking about the farming side of things?**

I definitely didn’t have formal training, it was all sort of through osmosis, things like woofing and volunteering for community gardens, working for a horticulture company in Newcastle and just talking and reading and talking and reading and doing, which is how, fortunately, I’ve taught myself to do most things in life.



I didn’t really have any formalised education, but it doesn’t seem to have affected me thus far. It’s real and tangible. I enjoy learning the hands on things, hands on. Cooking and gardening are two things that you can read as many books as you want, but until you start doing it, you’re never really going to get a grasp on it.





[www.bloomsbury.com/au](http://www.bloomsbury.com/au)  
RRP: \$45

### So do you get many drop-ins at the farm?

Yeah we do, especially around the tourist seasons. Well not so many drop-ins, more that there's a main road that runs past the farm, Tilba Punkella road, and you can clearly see the farm from that road. So a lot of people stop on the road and look across with binoculars or take photos. Actually I've got a pair of high-powered binoculars I keep in the house so when I see someone out there with binoculars I get mine out and look back, I give them a wave, and they kind of give me a sheepish wave and get back in their car and drive off.

### Writing the book, how was that experience? Was it a difficult thing to get your head around?

Initially yeah. It was like a repetition of being asked to host the show all over again because that opens up a whole new body of work that Hugh is internationally renowned for and celebrated for.

His books are huge, incredibly literary heavy cookbooks and the publishers that produce Hugh's books said, well, we produce *River Cottage* cookbooks in a particular style: they'll be hard cover, matte paper, and beautiful photographs, but you also need to have those prose heavy chapter intros like Hugh's. It's not all photos and recipes; we need you to explain the philosophy, and explain your philosophy as well.

I was adamant that I didn't want ghost-writers or recipe developers, I wanted to make sure it was a genuine reflection of my own work. Obviously I had an editor, but I was personally quite surprised with how little editing she had to do. I thought they were going to throw it back at me and say start again but they said it was great.

### As a chef were you one to record your recipes anyway?

Actually I was pretty bad at keeping records in my time as a chef. You know, all of the places I've worked and recipes I've developed, that's something I might have a little regret about actually.

But I've definitely found my own cuisine style now through *River Cottage* – recipe and content wise. It's not totally unique, but I know my own style now; I know what works for me and what doesn't.

I may not have recorded the recipes from when I was a chef, but those techniques and the understanding stays with you. I'd say an understanding of the techniques of how to prepare food is more important than a database of recipes, because if you don't have that understanding then you're always going to have to follow a recipe to the dot point.

### So what's the biggest lesson you've learnt so far in your three years on River Cottage?

I guess the biggest lesson I've learnt so far is that people underestimate the amount of work, love, care, blood, sweat and tears that go into producing food for the table. That if you're not out there, physically involved with it yourself, you don't really have an appreciation for just how much work goes into it.



# STRICTLY *Phoebe* IS STRICTLY BALLROOM

This winter we head to Her Majesty's Theatre to catch up with Greek Australian triple threat actress, **PHOEBE PANARETOS**, fulfilling the daunting role of Fran, the plain wallflower turned sexy ballroom star in the hit film and musical, *Strictly Ballroom*.



Photo: Baz Luhrmann







**Fran's character is your first major lead role and you've got quite a few shows under your belt now – how are you finding it?**

Fran has been a huge break for me and I am very grateful. The experience has been extremely rewarding and has opened my eyes to many opportunities I hope to pursue in the future.

**How did you prepare to play Fran and how much work goes into the makeup side of her character every show, with two such different sides of a person to portray?**

I start the show with very minimal make-up – it's a process of layering. I also have two wigs; an un-kept frizzy one and a sculptured, beautiful one. Grooming takes place and more make-up is added. I have a wonderful team that makes this all happen.

**How do you prepare and maintain yourself physically for such a demanding role?**

Timing meals is important, and physically warming up my body an hour before the show, I combine with scales and vocal exercise too.

**Eight shows a week is massive, how do you cope?**

Lots and lots of sleep! Eating well and keeping good company in my time away from the show, and I also have the odd massage and physio appointment.

**What's the most exciting thing about performing for you?**

Live theatre is thrilling! Anything could happen and it's never the same. Each audience brings a new energy that's different and exciting – that relationship between the actor and the audience – I find it intriguing and inspiring.

**Are you surprised at the audiences Strictly Ballroom is attracting?**

It's a fun show with heart, you can't go wrong! It's Romeo and Juliet meets Ballroom with a Spanish influence. Audiences at large can relate to the story and that's a *joy to see*.

**Your father ran a disco dancing school before you were born in the seventies, did he dance with you as a child? What influence did he have on your career choice?**

My father and mother are both huge influences. My dad always loved to dance and encouraged my sister and I to follow our passion for it. I owe everything to my parents – they never said no – no matter how many classes I wanted to take or shows I wanted to see. They are incredibly supportive and I am forever grateful.

**And this was originally Baz Luhrmann's first foray into theatre that made him stand out from the crowd all those years ago. What's it like being a part of the come back of this play?**

I'm proud to be a part of something 100% Aussie made. It doesn't happen enough here and to be a part of something from the ground up has been a rewarding experience

*I will never forget.*



# ELENA KOUNTOURA

## GREECE ALL YEAR ROUND!

BY Nikita Ballas

Greek tourism minister **ELENI KOUNTOURA** talks to *VANILLA MAGAZINE* about her campaign to promote Greece as an *all year round* tourist destination.



## **BIG** summer ahead?

A big year actually! Greece is an authentic tourist destination with loyal friends from around the world, who visit frequently and are quickly becoming the greatest ambassadors of Greece in their own countries.

According to the Bank of Greece, in the first quarter we have had an impressive increase by 45.6% in arrivals with a 12.8% boost in travel proceeds. Furthermore the May stats from E. Venizelos airport show a 22.3% increase in arrivals compared to the same month last year.

Rockclimbing, Kalymnos

**Your campaign promotes Greece as more than a summer destination. What's on the menu for the other seasons?**

'Sun and Beach' remains of course our classic tourism product, but our country has so much more to offer. Our goal is to showcase Greece as an all-year-round destination and we will achieve this by further developing multi-themed and alternative tourism such as: Marine, Health, Religious, Cultural, Culinary, Rural, Ecological and Nature Lovers Tourism. We will also develop other forms of tourism such as Sports, Training and Recreation Tourism which will include annual big international sporting events like the Athens Classic Marathon. Also we have Big Exhibitions and Conferences Tourism, and of course Winter Tourism.



All these niche forms of tourism can considerably expand the scope of what Greece has to offer throughout the year. At the same time we are seeking to upgrade the infrastructure and quality of the tourism experience by way of modern cruise ports, marinas, airports, hotels, resorts and serviced apartments, snow resorts, health and spa resorts, etc. It is all about the unique experience of Greece, with visitors being able to enjoy this wonderful country that harmoniously combines mountain and sea all year round.

**It shouldn't be too hard to promote Greece as the ultimate culinary destination...**

Without a doubt! Greek cuisine stands out as one of the big advantages in our tourism package and it touches a wide circle of primary sector professionals and businesses. We are working hard to establish Greece as the centre of the Mediterranean diet by familiarising tourists with the Greek cuisine, its high nutritional value and the variety of our products. It is our aim for tourists to not only visit our country for its natural beauties and culture but also for our quality produce, a sector that can make Greece competitive while strengthening its regional and rural economy.



**You have a brand to promote, a priceless 'product', GREECE! A land offering experiences with infinite possibilities in every direction. In other words you have a huge portfolio to manage. What's the plan?**

We are carving out a national strategy in tourism aiming to develop a truly attractive package, to increase our income and to create more employment opportunities. The strategy includes: always putting human beings and their quality of life at the epicentre; having 'Tourism for Everyone' as the core philosophy and; operating closely with all parties involved, including local and regional authorities.



By developing all of these niche areas of tourism we can further establish the season extension and benefit those parts of Greece that aren't considered destinations of international interest. At the same time we will apply sound principles to help us safeguard the even distribution of tourism and the associated benefits to local communities and markets. As an example of our efforts towards this direction I can mention that we are already collaborating with our international partners who develop 'all inclusive' products of high quality. This leads to the development of sound principles in our communities, both in terms of product supply and in utilising human potential while the local communities reap the benefits.

Metsovo



More specifically our national strategy aims to extend the tourism season by taking solid steps. Already this year, leading international tour operators have extended their season in Greece from 180 to 215 days. We want to attract tourism 12 months of the year. It is therefore imperative that we co-operate with all the regions, cities and municipalities, and the local associations and chambers, in order to ensure that the local communities will be engaged, so tourists visiting Greece throughout the year will leave satisfied and will return.

Our big goal is to penetrate new markets like China, Korea, Brazil, Canada and the Middle East. We are constantly creating new tourism products, connecting multi-themed tourism to our culture and history. It is all about building trust with local and international tour operators as we prepare to face the unique challenges presented by these new markets in order to reap the rewards.

Changes are necessary. We are codifying tourism laws and implementing new, clear cut, comprehensive policies that will cover operational and administrative gaps that were identified when our government came into office. We are working with the regions, local governments and all relevant bodies to implement a unified tourism plan and a unified promotion of tourism in Greece and overseas. This will create a unified national tourism brand.

Also, our key priority is to draw investors. Greece presents great investment opportunities in the tourism sector.

Come together in cosmopolitan Athens



**Athens is abuzz with cultural events this summer. Perhaps as a born and bred Athenian you would agree that the capital of Greece is worth more than a few days stop over for tourists?**

Athens is a popular 'City Break' tourism choice. This is an improving trend every year, confirmed by the airport stats. We are investing in this success and are working towards building a new strategic plan involving tourism, infrastructure and media that utilises new technology and digital culture. All of this is in collaboration with regional and local government, with the relevant chambers, and with private enterprise. Our aim is for Athens to be established internationally as a major 'City Break' tourism destination.

Let's not forget that Athens is a point of reference for Greece; an epicentre of world cultural inheritance and democracy. It harmoniously connects the past with the present and the future. The Ministry already has a strategic plan to upgrade the historical centre of the capital, aiming at strengthening its image, while supporting enterprise and commerce with state-of-the-art infrastructure. This will further boost alternative tourism through the showcasing of archaeological treasures and modern expressions of art, culture and sports. To name a few, we have the Athens Festival, the various events by the Music Hall and the Acropolis Museum, and the Athens Classic Marathon which alone draws annually over 20 thousand visitors.

**Travel advisories, including the Australian government, ask holiday goers to exercise 'normal security precautions' but advise travellers to steer clear from demonstrations and to have extra cash in case of a bank run...**

Greece is a safe and hospitable major holiday destination for all Australian citizens and for all Diaspora Greeks desiring to keep the ties alive with our motherland and language. Our Australian friends love Greece. And they prove this not only by travelling a large distance but also by spending more than any of our other foreign visitors holidaying in Greece.

There has never been any reason for tourists to feel concerned or uncertain about safety and economy in Greece. So I invite all Australian citizens to visit Greece, the land that gave birth to democracy, so they can experience the traditional Greek hospitality (filoxenia) and to discover every known and unknown corner of Greece which can satisfy even the most demanding visitor.

**The ageing Greek-Australians as pensioners with less income cannot visit Greece frequently. The same applies to students. How could they be encouraged to do so individually or as groups with their clubs and organisations?**

One of our main goals is to open up new markets and to increase the number of 'direct' flights. The airline industry plays a crucial role in growth for tourism in Greece. We are co-ordinating our efforts to shape a solid airline policy to boost visits from Australia with more available seats and new 'direct' flights. We will endeavour to have more airline companies connect with Greece and adjust their flights accordingly. We are looking at creating more attractive tourism packages with travel agencies from both ends, especially for younger travellers and pensioners during the off season and throughout the year.

15th ATHENS JAZZ FESTIVAL - TECHNOLIS





In order for Greece to attract wealthy tourists we are investing in state-of-the-art facilities. We are a safe tourism destination enjoying political stability, high level tourist services and a diverse tourism product.



**Foreign investment opportunities in the tourism sector always remain attractive. What is your strategic plan on that front, particularly on the luxury tourism market?**

There is a lot of potential for further growth in the luxury tourism sector. According to the stats that we have, the market share achieved by 4 and 5 star hotels has reached 40% and there is even more room for growth in the next decade. This will be facilitated by a number of incentives, like more direct flights and new modernisation investments for hotels.

All the necessary institutional and developmental tools are in place together with a friendly environment which encourages new investments such as big resort complexes, new luxury golf facilities, sea therapy centres, health and day spas, marinas, convention centres and luxury holiday houses.

Theme based tourism, cruises and yachting, the experience of wineries and farms, and a host of other niche tourism sectors have enriched our tourism product and are aimed at boosting luxury tourism. Greece enjoys international acclaim for its products and services and has all the potential to enter dynamically into the global luxury tourism market so we will consistently promote the Greek Experience policy. A targeted marketing policy together with across-the-board co-ordination and communication, making us confident that we will achieve our goals.

**Any plans to seek a stronger presence online including in travel blogs and social media portals?**

As part of our media strategy we continually utilise the internet and all social media portals while in the process of further upgrading the Greece tourism official website, visitgreece.gr. All this in conjunction with our participation

at international travel trade fairs, exhibitions and conferences.

We are also acting ad hoc during this season, as part of our strategic plan to penetrate new markets, and next year we will be ready to launch an even better promotion and exposure of our country as the unique tourism destination that it is. But may I point out that tourism is not just the logos and the ads on TV, radio and the internet. Tourism is people. It is the work of Greeks. It is the unique Greek experience to live in and enjoy this most beautiful country, which combines, in harmony, the mountain and the sea, all four seasons in the year. No matter what campaign we can create it cannot match the greatness of our land.



**A brief message to Greek-Australians?**

I want to say a big EFHARISTO, a big thank you for everything they have offered and continue to offer to the motherland.

For keeping alive the traditions, the language, the values and customs of our nation. For always standing by Greece, influencing favourable decisions for the future of our country. The Greek Diaspora plays an integral role in the promotion of Greece overseas and Greek-Australians are a living part of Ecumenical Hellenism. The success in the growth of tourism in Greece has resulted from everyone's efforts, all the Greeks in all parts of the world have contributed to the fact that our country belongs in the highest world tourism ranks.

**In this continuing effort we want you all by our side.**



# One Night IN ATHENS...



athens  
insiders



Photos by Nikos Christophakis  
By Nikita Ballas

Vanilla Magazine joins Athens Insiders and zoogla.gr for a bar hopping exercise. We invited Melbourne tourists Tony and Vivienne and their friend Kelly to tag along and discover the hottest night spots in the streets just below the Acropolis.



Anthia and Alex from Athens Insiders. These guys know Athens ;)

Starting our stroll from Phyx Hill we descended on the bustling paved alleys of Theision and had our first beer at ROOT ARTSPACE.



Root Artspace is a dynamic art and entertainment venue located at 10 Herakleidon St. This restaurant bar hosts performances, festivals and exhibitions and is even an authentic vinyl record store. Located right under the Acropolis and built in 1845 to host King Otto's stables, what is now Root Artspace is one of the oldest and most historic buildings of modern Athens.







We were soon joined by Katerina and Kanelos, two new friends I'd made in Athens a couple of nights ago, and we were ready to make plans for the night ahead. From the never-ending supply of bars in the heart of Athens we wanted to single out the most interesting ones – places that oozed character and culture. After debating over another round of beers we made our list of 'must see' bars, allowing of course for random detours. We left Root Artspace just as the velvet sunset skyline was giving way to the ambient street lights of Theision. The night was still young!

We passed a street band on our way to Monastiraki and the bouzouki tunes triggered the pleasure centres of my brain while the smell of the charcoal grill from nearby taverns activated other primal impulses. Reading my thoughts, Sotiris suggested we grab a bite to eat because 'in Greece you don't go out drinking on an empty stomach, it's a rule'. Anthia chuckled, 'What do you fancy?' The 14 year old Athenian boy in me just blurted out, 'I miss my mum's food!' 'I know the right place,' Alex replied. So off to MANA'S (Mum's food) we went!



After paying tribute to our childhood culinary memories, we continued our walk through Monastiraki, where we came across the filming of a low budget indie zombie movie.

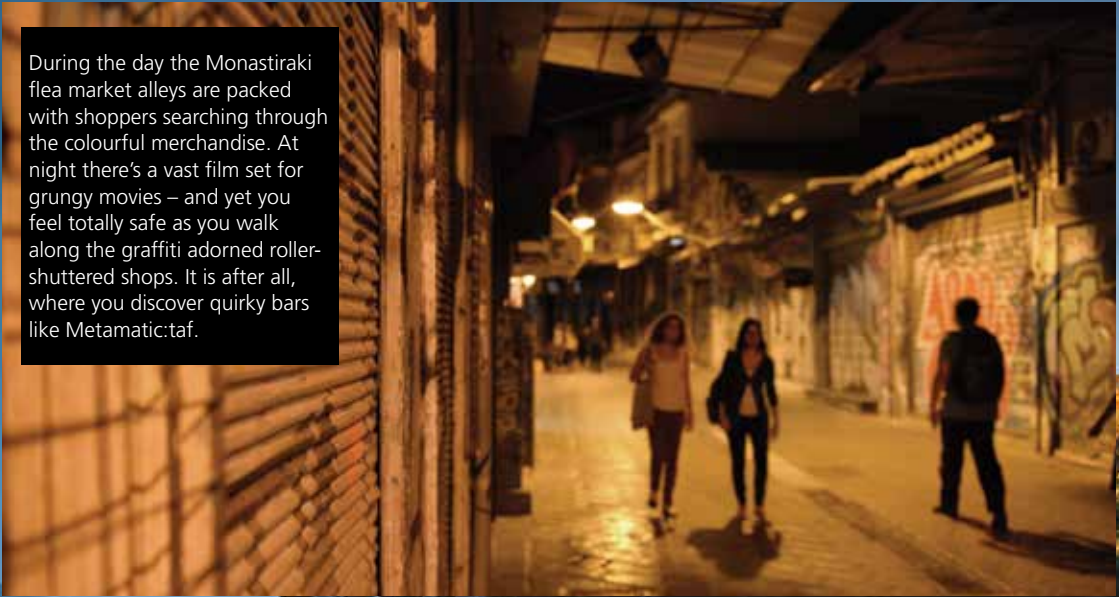
As the wild-eyed director was frantically setting up lighting he told us that the zombies wouldn't come out for another hour, so we gave it a miss and moved on.



Zombie movie film set on Pittaki St. Monastiraki.



During the day the Monastiraki flea market alleys are packed with shoppers searching through the colourful merchandise. At night there's a vast film set for grungy movies – and yet you feel totally safe as you walk along the graffiti adorned roller-shuttered shops. It is after all, where you discover quirky bars like Metamatic:taf.



From the outside all you see is a rundown building, but as you enter through the old wrought iron doors you find this:




Metamatic:taf (formerly called TAF: The Art Foundation) is far more than a café bar. Behind the deceptively gritty doors it hosts a gallery and performance art spaces making it a sought after meeting place. As you stop outside 5 Normanou Street in Monastiraki, it is hard to imagine that this inconspicuous 'abandoned' building is visited by more than 200,000 people every year and has been featured in several international publications including the New York Times Magazine.

This is the beauty of old Athens. Art and culture always find a way to breathe new life to forsaken places.

Then we find ourselves at Six Dogs. Here the arty owners went a step further and laid beach sand on the floor of this cosy bar they created in the rear courtyard.





Street art is lurking everywhere, like here in Agias Eirinis on our way to another local bar precinct.



All of a sudden we find ourselves with only one venue left on our list, fittingly named DRUNK SINATRA (Thiseos 16). The default meeting place of bar goers in Athens.



I can't put my finger on what it is exactly, call it the best climate in the world, the good company, the vibe, who knows, but when in Athens you feel 10 years younger! So as we're farewelling our group at 4 am in the morning I turn to Sotiris Kanelos and Katerina and say, 'are you guys up to one more stop? I've heard of this late night spot behind Syntagma called Joker or something'. 'The Seven Jokers,' Kanelos corrected. It wasn't hard to convince them...



On our way to The Seven Jokers, we passed a bar named after the Greek currency, which makes me raise my eyebrows suggestively. Sotiris turns around and replies while smirking, 'we better not go in there – we'll be talking politics for weeks.'

And so, we settled on discussing the meaning of life at 'Jokers'.

By 6am we came to the most profound conclusion, which at the time made perfect sense as we stared at the joker above the bar. But on the way home, in the cab, my memory was too hazy to record it on my phone. The universe doesn't like selfies apparently.

# EURIPIDES ELECTRA

Edited by: Nikolas Aronis  
zoogla.gr

This summer in Greece, Badminton Theatre opens the 'Ancient Drama Cycle' and presents centre stage, *Electra* by Euripides - directed by the distinguished Greek director Spyros Evangelatos.

Marina Aslanoglou



*Electra* premiered on 12 June and performances will continue until 26 September. It is a major production which meets international standards and aspires to present the best face of modern Greek theatre, not only to the national audience, but also to foreigners visiting Athens. The play will be in Greek, with subtitles in foreign languages, thus giving the opportunity for theatre lovers from all over the world to experience a unique 'blend' of ancient and modern Greek civilisation, as well as opening the way for Greek theatre to win the hearts of international audiences.

The play is directed by the distinguished Greek director, university teacher and academic, Spyros A. Evangelatos – who has also written the script. The translation was carried out by K. H. Myris, while the scenery is the work of Giorgos Patsas. *Electra*'s role is played by one of the most talented young actresses of this generation who has won the 'Melina Merkouri' award, Marina Aslanoglou. The audience will also enjoy the performances of two major Greek actors, namely Reni Pittaki and Giannis Voglis.



Giannis Voglis



Staging *Electra* is an **important milestone** for the Badminton Theatre, which - after having proven in practice its love for all forms of traditional and avant-garde theatre - now embraces ancient Greek dramaturgy and paves the way for a fertile encounter between our great heritage and the dynamic Greek theatre of today.

Euripides's *Electra* is the first play in Badminton Theatre's 'Ancient Drama Cycle'; a new annual event for ancient drama in Greece that will take place during the summer months. The theatre will present high-level productions, with the cooperation of the most distinguished Greek directors and top theatre professionals. This event aims at introducing the numerous theatre lovers who are visiting the city to modern Greek dramaturgy, as well as to the myths, history, ideals and spirit of Ancient Greece.

Badminton Theatre's 'Ancient Drama Cycle' leverages Badminton's long history with major productions and adds to its repertoire ancient drama, thus offering a new home to plays belonging to the ancient genre, as well as a valuable opportunity for modern Greek theatre to reach international audiences.

## *Electra*: a captivating journey into the human soul

*Electra* by Euripides is an in-depth study of the concepts of revenge, guilt, repentance and justice. *Electra* and her brother, Orestes, decide to kill their mother, to take revenge because she killed their father. The play presents the two children's unethical plan, focusing on their psychological fluctuations. The tragedy was first staged in 413 B.C. introducing an innovative and interesting narrative. What makes the play so special is, above all, the exceptional subtlety with which the writer describes his characters' psychological state, making their ethical dilemmas appear, even today, twenty-five centuries later, as relevant and pressing.





## SUMMARY OF THE PLOT

After murdering Agamemnon, the two lovers Clytemnestra and Aegisthus try to also murder Agamemnon's two children, Orestes and Electra, but fail, leaving Orestes to live in exile and wander homeless with a price on his head. Electra is left excluded from her royal rights and is married off to a humble farmer from Argos,.

The play begins with Orestes, along with his friend Pylades, arriving in the town of Argos and ask for shelter at Electra's humble house. They claim, to have news regarding her exiled brother, and at this point Electra does not recognise them.

In order to be nice to the strangers, Electra's husband asks an old man to help him with the food. Coincidentally, this old man was Orestes's educator, back in the time when

Agamemnon was alive. The old man recognises Orestes and his identity is revealed. After Electra's initial shock, she and her brother plan the murder of their mother and her lover.

Cunningly, Electra asks their mother, Clytemnestra, to come and help her swaddle the child she allegedly gave birth to. When she arrives justice prevails as her two children seek revenge and kill her.

**K. H. Myris** -**Electra** - By Euripides

**Performances:** From 12 June to 26 September 2015

**Badminton Theatre**

Alsos Stratou, 15773 Goudi | **Tel:** 210 8840600

[www.abcd.gr](http://www.abcd.gr)

Euripides' Electra





# GIANNIS VOGLIS

Photos by Christos Tzimas

By Nikita Ballas

Only days before the premiere of *ELECTRA* in Badminton Theatre, Athens, we visited legendary actor and living national treasure Giannis Voglis at his tranquil apartment in Pallini, Attica and asked him to share with *Vanilla Magazine* his thoughts about the play. Two hours later we left his home enriched with knowledge and with a sense of awe about the legacy and power of ancient drama and its relevance today.

**Ancient Greek drama. What does it mean to you?**

For me, ancient drama is the cornerstone of theatre. It is the blueprint for all theatre writing, from Shakespeare and Ibsen to modern times. In other words, ancient drama taught us how to write good theatre. Yet, it is far more than that. You know, Epidaurus was a place of healing and Asclepius was worshipped there. In its essence, ancient theatre is intricately linked to psychological and spiritual balance.

**Please, tell us more...**

You see, theatre, and especially ancient drama, is the point where the arts converge with the basic dramaturgic elements – poetry, music and visual arts. It has three major aspects: the teaching through entertainment (psychagogia); political critique and; the careful dissemination of scientific cosmic knowledge – this last aspect is lesser known, because not many people read the ancient texts in depth.

**So we can still draw knowledge from these ancient texts...**

Unfortunately, only a few ancient texts have survived, but there is still plenty to learn from them. Knowledge in the ancient times was not easily accessible – it was protected from the uninitiated because those that held the knowledge didn't want it to fall into the wrong hands.

Scientific knowledge, as history has taught us, can be dangerous when misapplied.

**That's an understatement.**

The ancient playwrights understood this well. Ideally, what we need to do is return to these ancient sources and dig deep for the hidden treasures of knowledge. Even a single

Oedipus at Colonus



Prometheus Bound



word can teach new things when we explore its meaning. Unfortunately, in Greece, education has been downgraded and language has been stripped. Only a small fraction of the unique words in the Greek vocabulary are being used. It is sad how we have abandoned such a legacy, such a richness in knowledge. In my opinion, the woes of Greece begun with the abandonment of knowledge and education. It's the worst thing that can happen to a people.

**How does ancient drama teach us through psychagogia?**

All the heroes in ancient drama are larger than life. They have stature. And their conflicts are on a higher scale than those of the so called common mortals. The gods set the rules but they themselves are subject to necessity. So in order for the audience to be shocked, it is important that the hero is elevated before they then fall. This then prepares

the audience to be fulfilled by the drama, making it a cathartic experience.

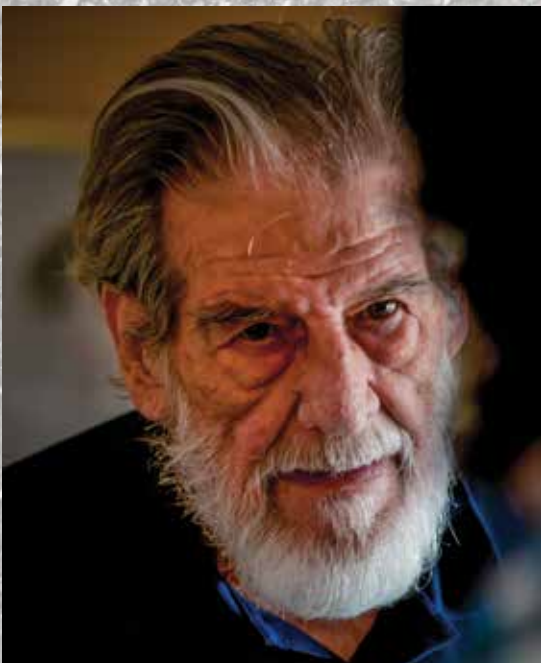
**And then we have, as you mentioned before, the political critique...**

Theatre is political by nature. Good theatre sheds light on problems, it criticises without offering solutions. It stimulates thought and reflection in the audience with an elegant and respectful critique of the powers that be – human or divine. Ancient drama explores the thirst for power/authority and the succession of power among those who seek it at any cost. Then it targets the use of power and how it affects the people. What is interesting to note is that the people are represented by the chorus and the chorus only acts as a commentator, it never acts or intervenes.

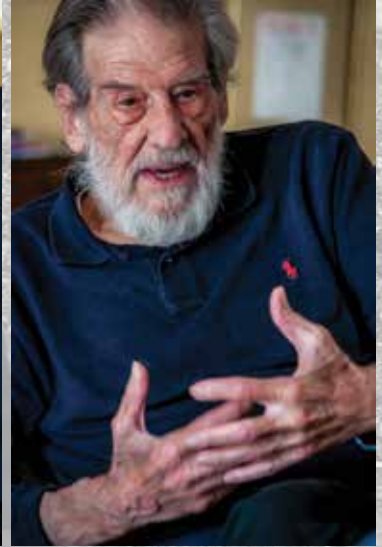
You could actually say that the same thing happens today. Although we elect our leaders, when they abuse their power, or misapply it, we 'the people', merely complain and make endless comments without acting or intervening. And the more concentrated it becomes, the less willing we are to challenge power. And here lies the paradox; although we have progressed in every other area, authorities and powers have hardly improved, they have remained vertical and sometimes even threatening towards the weak. Ancient drama is definitely relevant today.

**What about Euripides' Electra? He was quite subversive...**

Let's not forget Euripides wrote during a period after the Peloponnesian wars where democracy had collapsed and the state was in decline. The leadership was questioned. In short he was a heretic. His heroes, Electra and Orestes were portrayed as more human, more down to earth characters. Orestes especially, has a lot of questions and doubts about the act he is about to commit. So the tragedy starts the other way around. It doesn't start off with a happy initial situation that descends into a tragedy. Instead, it starts from the tragedy and when the act happens it finishes with a note of optimism. It is a totally different structure than Sophocles' Electra or Aeschylus' Choephoroi. Euripides was advanced...







**What light does *Electra* shed on Greece today, where the people are angry with the politicians that dragged the country into the crisis?**

Those responsible sense this anger and that's why they fear the people. They wouldn't be afraid if they had done the right thing. However, the punishment of an unjust act, although necessary, doesn't bring catharsis because, like Orestes and Electra, you are left feeling empty with guilt. On the other hand, things need to change and this is not easy. Sometimes I wonder if the anger in this generation will reach critical mass and we will witness 'the big revolution'. The optimistic message in *Electra* is that in the end the heroes deal with their guilt and are able to move on.

**Finally, you got the chance to work with your old friend Spiros Evangelatos.**

I have always respected Spiros' work. In the past we had made some attempts to collaborate, but it never eventuated. And the interesting thing is, now that we finally got our chance to collaborate, we don't need to say a lot to each other. We simply read each other's thoughts. Working together is effortless and relaxed – I am truly happy for this.

**How does he approach Euripides' *Electra*?**

He is faithful to the text. He does not innovate and that is a conscious decision. We should not innovate with ancient drama – or with all great works for that matter. We must remain faithful to the text and stay focused on its meaning. You should never impose foreign elements. By this I do not mean whether the costumes look traditional or modern; it is not the external appearance that matters as such. The essential question to ask is, have you grasped the meaning of the play? Have you discovered the depth in the relationships of the characters and their conflicts? If you achieve that, then you produce good theatre. Otherwise you are just producing cheap effects.

**What's your advice to actors?**

I know I may be labelled anachronistic, but I am not. Theatre means being faithful to the text. The current trend is with expressive body movement. Body movement is very important of course, but it is only a tool, just like your voice. You develop your tools in order to use them the correct way to approach your role. Good theatre aims to illuminate the intentions of the playwright. What is the playwright trying to say? Why was this written? With what purpose?

The actors must fully understand the meaning of the text otherwise the audience will pick up on the fact that they do not mean the words they speak. You cannot pretend to be the hero. You must become the hero you portray. In order to do this you must meticulously study the written word and understand the hero's complex thoughts and alternating psychological states. You see, the audience first reads the actor's thoughts and then hears the spoken word. If the actors don't mean what they say they will be caught out.

To become the hero on stage you must rise to portray the hero's larger-than-life stature. Where can the actor find the required inner-energy to achieve this? During the sacred time of the performance, the actor must open up to the waves of cosmic energy emanating from the centre of the stage and become a dynamic conduit so they can share this energy with the audience. This is the secret not just for ancient drama, but for all good theatre. All the creatives involved must seek its mystical power and be transformed. Only then can the creators of a play become mystics of a truly ceremonial theatre.

It's about time **ancient drama** is restored to its deserved glory, so Dionysus can smile as, I believe, he sits among the audience...

# IRON MIKE

## Secrets of a World Champion

By Nikita Ballas

Kick-boxing legend **MIKE ZAMBIDIS** talks to *Vanilla Magazine* about his last match against Aussie champion Steve Moxon, about the secrets of a successful career and about his future plans.





**Perhaps the hardest decision a champion faces is when to call it a day.**

I have had the honour and blessing to enjoy my career without suffering any serious injuries. And after 24 years and 178 matches the moment has come for me to complete this journey and move on to other challenges. This hasn't been an easy decision for me to make, but I just know deep within myself that the time has come.

**Competing in top level for so many years is a gruelling experience...**

Kick-boxing is a very demanding sport. The pressure is immense and you are constantly called to overcome your limits. In essence it is like being a gladiator. You need to think about your long-term wellbeing – and thank goodness that after 178 matches I am still healthy and only carrying a few souvenirs from injuries.

On the other hand my career has also made me stronger and more mentally equipped for the new kind of fights ahead.

**You chose Aussie champion Steve Moxon as your last opponent, a very big challenge. But then again, you are not the type of person that looks for the easy way out.**

We have had some great offers for my final match from countries all over the world, but I couldn't refuse this challenge. Australia has been my second home; over two decades I have had such great experiences and collected so many fond memories. I learnt a lot of things about what it means to be Greek in Australia, thanks to the vibrant and tight Greek Community. This beautiful country has a special place in my heart so I wanted my last match to have a real Aussie flavour about it. Steve Moxon has challenged me a few times and I am glad I can finally go up against him. He is a very strong opponent with a very high international ranking. However, we do have the same attacking style so it is shaping up to be a very thrilling match.

**Apart from the same attacking style you share the same body type and your main strength is in punches. Are we to expect a boxing style match?**

When you fight in kick-boxing you must utilise all your arsenal. It would be a mistake to think otherwise. I don't know about Moxon, but I will be ready to deploy all of my weapons at 100%.

**After this match is over, how will your everyday life change, other than being able to enjoy eating souvlaki any day you want?**

My whole worldview will change. My whole life has revolved around championship competitions 24 hours a day, 7 days a week and there has always been a tight program in everything I do. I endure a strict regime, from when and what to eat through to when and how long to sleep. After the match I look forward to getting to know myself, as Michalis, better. All these years I have been living as IRON MIKE, a very demanding persona where there is no room for error. Obviously I will continue to be an athlete – I want to train every day because that brings a holistic balance, but beyond that I really am just looking forward to the new challenges ahead.

**But surely you will take it down a notch, being able to enjoy more of life's simple pleasures.**

Definitely. I will be kinder to my body for sure. I will be able to enjoy those things most people take for granted, which is something you cannot do when competing at championship level. Don't get me wrong – when competing in championships you gain a lot, but it always seems to be at such a great cost. It means that your carefree attitude is lost. It becomes harder to enjoy moments of pleasure, be it food, entertainment or even just hanging out with your friends. I cannot wait to experience the many things that I deprived myself of from a young age.

**All great champions have one thing in common. Duration. How did you last for over 20 years in such a high level? It's not just the discipline, I mean, this is not an easy thing to contemplate...**

You have no idea how hard it is!





### How did you pull it off?

You make a lot of sacrifices, more than you can count, as you are constantly exceeding your limits. My motivation has always been high. When I began in 1992, there was no kick-boxing in Greece and there were only about four schools. Everyone kept telling me to quit kick-boxing, that there was no future in it. But I never listened to them and eventually I started competing. I started in a gym in Athens and then competed in other Greek cities. I made sure that I worked hard and kept improving myself which paved the way for me to go overseas and achieve world titles.

My big experiences started in Australia of course, and after some time, I had achieved goals that I thought I would only ever dream about. It was at this point that I realised I had three options. I could settle for mediocracy, I could quit because I had obtained my goals, or I could redefine my goals, setting new, bigger challenges. I chose the third option.

This happened for me in Australia, where after experiencing the love and support from my Greek-Australian fans I found a new motivation; to fight for my country, my religion and for all my values. It was a magical moment. It renewed my motivation, making me more stubborn and wanting to achieve even greater titles and world recognition. So on the international arena, it was no longer Michalis Zambidis stepping forward, but me as the Greek – and every time I stepped forward, I would hear the national anthem, I would stare at the Greek flag and I would give my best, so that everyone can say good things about the Greek.

### So you learnt to draw new strength from your values.

Yes, definitely. If anyone reads about the things we Greeks stand for, our history, our creativity, the greatness we have produced, it is overwhelming. I firmly believe this greatness is ingrained into our DNA, which emerges during our battles. So that is why I cannot be complacent and stay at home relaxing and eating souvlaki. Instead I taught myself to train hard and prepare physically and mentally so that I was able to give my best in the ring.



### You pray before each fight...

A few years ago, before each fight I instinctively felt the need to pray when I felt I was losing my strength. I remember I was at a large stadium in front of thousands of spectators, with cameras everywhere. Just before the fight, I closed my eyes and connected with up high. I asked for strength and for a good match. I drew as much energy as I could and then I threw myself into the fight, right through to the end. Even though I was surrounded by thousands of people, when I shut my eyes I felt like I was able to disappear for a few seconds... I don't know how, but when I opened my eyes I felt energised and ready to fight – it was such a great fight and I won. Since then I instinctively do the same before every fight. It is not for show. It is a need I have, a deep personal need.

### We see a lot of talent going to waste in all kinds of sports, mainly due to lack of self-discipline. Especially during youth, the temptations are many... How did you deal with that?

In this day and age, the so called lifestyle is very demanding and time consuming. Going out, coffees, clubbing, Facebook and so on. I believe that it is very important how you distribute your energy. If you spend all 100% of your energy on a championship you will see results. If you are only able to spend what is leftover, then you will go nowhere. I see a lot of young people with great talent and abilities remaining stagnant. They are never able to transcend their limits and actualise their potential. Maybe part of the reason is a lack of what I call the 'raw survival and faith instincts', which are crucial for the motivation required in championship.

### Could it also be misguided motivations like thirst for fame?

Unfortunately yes.

### Even after success comes, and the first recognition and fame, the sirens become worse... How did you manage those sirens?

Many years ago there weren't any famous kick-boxing role models. I remember only having a tape with Mike Tyson, watching it day and night, stealing whatever techniques I could. But I never cared about becoming famous or rich by it. But definitely with success comes fame and all that goes with it. You get dizzy. I lost my bearings for a brief period, but luckily I pulled myself together again with new higher goals, so it didn't go to waste. I was also lucky to have a good team, which helped me get better organised and stay



focused. But it is sad to see so much talent go to waste, not only in kick-boxing but in all sports; it seems that it is only soon after some fame is achieved that people can get lost in the pleasures of glamour. I believe that championship requires solitude and loneliness. This sounds...

### It sounds harsh.

It is... But you must be comfortable with loneliness because especially in non-team sports you have to spend a lot of time alone, facing your own limitations, constantly trying to transcend them which requires hard focus and solitude.

### What's your golden rule?

Two rules. Number One: No pain no gain. Second rule: Reprogram yourself so that you have no limits. Never say 'I cannot do this' and do not fear big dreams.

### Everyone praises your fair-play and ethos.

Ethos is very important to me. As an athlete it protects you from all sorts of negative distractions and influences. As we say in kick-boxing, look high while keeping your chin down. It's all got to do with emotional intelligence and maintaining emotional control, regardless of circumstances. I remember an extreme example while in Australia when provoked at a pre-match press conference by Gurkan Ozkan. It was imperative for me to control my emotions, especially when provoked, in order to maintain my focus and to achieve my goals. This enabled me to give a good fight and win that match. I drew strength from my fans who came to see me and managed to beat a heavier opponent. It wasn't revenge for me or even teaching him a lesson, it was simply staying committed to my values and goals and giving my best. I believe in the law of attraction; if you avoid toxic emotions like anger, hate and revenge, you remain the master of yourself and draw only good things in your life. This is our purpose in life, to be agents of good. And lest I be misunderstood, being a good person doesn't mean you have to be a doormat or a punching bag.

### Let me get this straight, you are a nice guy who demolishes his opponents in the ring without hating them.

It is a bit outrageous, isn't it?

### More like an oxymoron...

Look, the ring is like a theatrical stage. You play a role. So over the years you learn to distinguish between the role you

play on stage and real life. In the ring you flick that switch on, unleashing instincts that have no place in the civilised world, and you go beyond your limitations. Then after the match you become Mr. Nice Guy again... You resume your civilian self.

### Unbelievable...

You get used to it!

### You have mentioned your passion about helping kids as you move on from championship competitions. The big talk these days is bullying. How can martial arts fortify children against that?

I believe that sports, regardless of level, can fortify a child, within a healthy framework of course, which incorporates elements like self-discipline, healthy eating, self-respect, emotional control and ethos. Through training, children can release all pressures and feel more confident. When you feel good about yourself you don't draw negative things into your life. So when you stand tall you are less likely to be harassed by bullies. In the same way, bullies can learn to channel their energy in more positive directions and lose the need to project their power in inappropriate ways. This is very important. Children that are now five to ten years old are the future of our country so it is wise for society to invest in their proper development.

### A message to your fans in Australia?

There is so much I want to say! Thank you! In Australia I experienced amazing things! I now have such fond memories deeply ingrained in my heart, my mind and my whole being. Your love and support over the years has been overwhelming, which has helped me give my best. I always prepared hard because whenever I stepped into the ring it was so more than a match for me...





# KIRI TSITOURIDIS

By Nikita Ballas

Local author **KIRI TSITOURIDIS** talks to *Vanilla Magazine* about his debut novel *CYRUS* – A raw account of what the great Homeric hero Achilles might have actually been like during the Trojan War, further brought to life by a parallel story inspired by true events right here in Oakleigh, Melbourne, in the mid-80s.

## What inspired you to write *Cyrus*?

Often, while reading about the Trojan War, I found I wanted to share with others my appreciation of this ancient text, which is one of the most important accomplishments of western literature. Initially my aim was to write a story as historical fiction. However, later I developed a modern story as a parallel account to the ancient timeline.

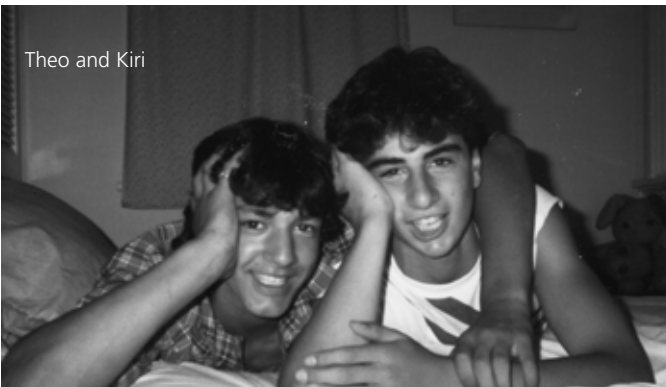
## Why did you decide to incorporate the modern storyline?

As I was writing the historical fiction, I felt the need to also tell another story, a more personal story. In some way I found that the struggles, the adventures and the relationships I experienced in my youth right here in Oakleigh could be seen in a new light if narrated in parallel to the ancient story of the Trojan War.

## How so?

Life is a battlefield. The locations, the form, the scale and the historical circumstances may change, but there are always struggles, conflicts and challenges. Growing up and entering adulthood, I experienced life as a constant struggle, both internally and externally. As a result many aspects of my life changed but I never stopped looking back and reflecting on the knowledge I gained along the way. I felt that the ancient storyline wasn't enough for me and I should also share in a dramatized form some of those experiences. This was cemented by the death of my closest childhood friend which inspired me and gave the story a deeper, more satisfying, personal purpose.

The character Ross is based on this friend. A friend from earlier years and from different and difficult times. It's during difficult times and hostile environments that people forge strong friendships. The loss of someone very close to you is like closing a door in your life; we leave a world behind that can no longer exist, because that world only existed with that person. In my own way I wanted to somehow document this old world.



Theo and Kiri



### What did you use to research the novel and especially the Achilles backstory?

Other than the Iliad and The Odyssey I also consulted the surviving lines from a collection of poems known as The Epic Cycle. The Epic Cycle includes: the poem Cypria which covers the events leading up to the Trojan War and Aethiopis which covers the period after the Iliad and the arrival of Penthesilea the Amazon. I also studied the archaeological evidence from that period of history.

### Your angle on Achilles?

I wanted to make him more human. A number of passages in the Iliad hint at his real personality and this was enough for me to begin developing his fictionalised character and to portray him in the way I did. To me Achilles seems to be a character of deep anger and troubled emotions. I myself have realised after many years of reflection that with rage comes a number of other emotions. This insight helped my attempt to devise a relatable portrayal of Achilles with flaws just like the rest of us; a man that was easily angered but one with tremendous physical abilities. A man that was clearly and without a doubt unrivalled in combat. I wanted to show that although no one could match him in strength or warfare, he was his own worst enemy and that his own emotional inner suffering would be his punishment. The plan Achilles has for his life is made clear to us from the very start. He disregards how his actions affected others and pursues his one and only intention, to be remembered as the greatest warrior that ever lived. It is this that consumes him, even though he knew it would lead him to an early death.

### What about the character Steen?

Steen is living in modern times in the suburb of Oakleigh, so at first the warrior Achilles might seem quite unrelated. However, in reality there are many parallels between the two. They come from a different time and setting but they both struggle to prove themselves in a difficult environment. Steen, like Achilles, has the mental and physical abilities to succeed and accomplish his aims, and like Achilles he was

easily angered and was indifferent with how his actions affected the people around him. Steen was a fighter, as were many others in his time and he craved a reputation. He believed he was different and he wanted to prove it. He had a bone to pick with life and a chip on his shoulder. He felt he deserved more and wanted what wasn't his. He consciously began to sculpt his reputation as he wanted to be the best.

### How do you remember Oakleigh?

I wanted to paint an authentic picture of Oakleigh 25-30 years ago. This is how I saw the past through my eyes and how I lived it. Oakleigh is where I grew up and I have been living here since the mid-1970s. Since then much has changed. Back then, when my generation was growing up, many of us lacked parental guidance. This was particularly the case for the children of migrant families whose economic situation often forced the parents to spend little time with their children. As the principle breadwinners the fathers would work long hours, putting aside their own personal dreams and ambitions. This frequently led to frustration, relationship problems and often domestic violence.

Oakleigh in my teenage years was one of congregating with my friends on street corners and outside one of the many local pinball parlours which would always be full of older men playing cards. It was a time of pool tables, video and pin-ball machines. The place was alive for us and life had few restrictions. It was also a time when many of us had no real direction in our lives and we were always bored and getting into trouble. I wouldn't use the word gangs, but if there was trouble there were always plenty of us to join in.

As I grew into adulthood Oakleigh wasn't a place many wanted to stay in. Most wanted to leave and move on to a more respectable area where their children wouldn't have to deal with the same issues they had to live through.

Now looking at Oakleigh I'm still surprised by how much it has changed; it's alive, cosmopolitan and full of cafes and restaurants and it's a suburb I am proud and happy to call home.

## CYRUS

Kiri Tsitouridis

*A Place where gritty reality  
and mythic dreams collide*

Sid Harta Publishers



Vanilla





# Upstairs





# VANILLA





# VANILLA

CAKES AND LOUNGE



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VANILLA **BAKEHOUSE**

# Berry Heart Yogurt Mousse Pastes



A close-up photograph of a dark chocolate mud cake. The cake is covered in a thick, glossy layer of dark chocolate. It is garnished with a single white chocolate ball and several thin, dark chocolate shavings. The cake sits on a bed of dark chocolate shavings. The background is softly blurred, showing other similar cakes and a warm, golden light.

*Dark Chocolate  
Mud Cake*



Vinitou



Bougatsa



Sticky Date  
Pudding



VANILLA

*On the go*






Coconut  
Raffaello





## *Broccoli Salad*

SMOKED ALMONDS,  
RAISINS, SPANISH ONION,  
CREAMY DRESSING



*Halloumi Saganaki*

TOASTED SESAME SEEDS,  
HONEY & BABY HERBS

Join Us @

*Harvey Bay Scallops*

GRILLED WITH A HOT TOMATO,  
DILL & HALLOUMI SALSA



# Vanilla Upstairs



# Mexican My Table

By RAQUEL NEOFIT

This issue we enter into the feisty world of Mexican cuisine through the food culture of **PRISCILLA RODRIGUEZ** and her mum **TESS**. Luckily Tess was here visiting from her hometown of Juchipila in Zacatecas in Mexico when I caught up with Priscilla. Here's what they told me when we caught up at Vanilla Upstairs last month.

Mexican food is famous around the world for its incredible flavours and diversity – it's full of attitude, freshness and contrast. Crunchy, soft, slow-cooked, flash-fried, pickled and zesty - there's a flavour and texture for everything and everyone.

'Mexican cuisine has managed to conquer the world,' Tess told me passionately. Because apart from its deliciousness, Mexican cuisine really offers people an insight into Mexico's history and culture. This is why, she believes, Mexican people put such a tremendous effort into maintaining the traditions of their ancient cuisine.

Just like the food in Italy or Spain, Mexican cuisine has regional influences. The flavours and dishes vary between the regions and are influenced by climate, geography and ethnicity. But what's at the heart of authentic Mexican food?

When we think of Mexico we think about bright colours

## YOU WILL NEED;

- 2 large or 3 medium avocados mashed
- 1 small finely chopped onion
- The juice of a lime
- 2 cloves garlic, finely chopped then mashed
- 1 firm red tomato finely diced
- Coriander half a bunch, roughly chopped
- ½ jalapeño finely chopped

## METHOD

Squeeze the juice of the lime over the finely diced onions and set aside.

The lime juice will slightly cook the onions and mellow the flavour a little.

Place the mashed avocado, garlic, tomato, chilli, and coriander in a bowl, add the onions and combine with a spoon.

Season with salt and adjust to your liking.

and bold flavours, possibly quite spicy, easy to prepare food, but real Mexican food holds a subtleness and depth of flavour that's combined with freshness - it can actually be quite elaborate and complex.

Think chilli, peppers, coriander, lime, avocado, tomatoes, onions, beans, oregano, spices, garlic, cinnamon, beef, cocoa, cinnamon, tortillas and corn.

Mexican hot chocolate is a popular drink, always of the dark variety and quite bitter, often combined with cloves and cinnamon to produce an aromatic, frothy hot drink.

Priscilla fondly remembers some her favourite homemade soups from her grandma's kitchen including sopa de fideo, posole and caldo de pollo.

There are some great recipes floating around for dishes like tamales (little corn-based pockets, stuffed with sweet or savoury fillings, great for a snack on the go), mole (a rich sauce smothered over meat), chilaquiles (a breakfast of quartered fried tortillas served with salsa, chicken, eggs, cheese and beans), and tostadas (the Mexican answer to a toasted sandwich! Tortillas filled with pretty much whatever you desire and toasted until crisp).

## Tessa's Traditional Mexican Guacamole



### Accredited Acclaim

Mexican cuisine was added to the UNESCO Intangible Cultural Heritage of Humanity List (a program instated by UNESCO to ensure the safeguard of intangible cultural heritages around the world), and has also been honoured with a prestigious International Star Diamond Award in 2012.

# ON MY PLATE

BY GIULIANO COLOSSIMO – HEAD CHEF VANILLA UPSTAIRS

## What's your favourite ingredient?

It's a commonly asked question when making small talk in the kitchen during the more relaxed prep time. I certainly do have one, not to be bias towards other wonderful foods; however, this one has the edge in many ways.

Think about this; wonderful ice creams, creamy mayonnaises, rich hand-made pastas, many baked goods including, pastries, fillings and brioches, hot emulsion sauces, light meringues, thick sabayons and biscuits all contain this item, and that's just to name a few.

Breakfast would be lost with out them; lunches and dinners only benefit, and are made more luxurious from their existence. They embody creation. From a blank, lifeless, inanimate object erupts life.

That's right, they are eggs, nutritious and full of good stuff, so many dishes revolve around eggs.

## PROTEIN BOMBS

Eggs are nature's little protein bombs. In fact one egg offers almost half of your daily recommended protein intake, and are packed with vitamins A, E, B2, B12, and iron, zinc and phosphorus.

I love them as a quick snack when you only feel like spending a few moments in the kitchen. And one of my favourite ways to have them is in an awesome breakfast 'bowl'. My brekky bowl consists of free range, soft boiled eggs (the yolks become a kind of sauce), toasted mixed whole grain bread, some ripe avocado, mixed grilled mushrooms, wilted spinach and some grated grana padano.

Drizzle with some good olive oil and literally smash with the back of the fork you will later use to devour that bowl of breakfast goodness. You can add whatever you like to your breakfast bowl, for example some toasted pepitas, smoked or cured fish you made for last night's dinner party, good quality apple-smoked bacon or ham, go crazy!

### My perfect bowl for 2!

4 free range, organic eggs  
1 ripe avocado, diced  
2 cups of chopped mixed mushrooms, sliced  
1 sprig of thyme, leaves only  
1 clove of garlic crushed  
4 slices of mixed grain bread  
2 cups of baby spinach, washed  
Olive oil  
A small nob of butter  
Salt and pepper

Ok start by getting the water going for your eggs, you want enough in there to submerge them completely. Bring this pot to the boil.

While you're waiting for the water, put a pan on the heat.

Once it is hot, add a few tablespoons of olive oil and the butter. As the butter hits the pan it should sizzle and start to foam: at this point add the sliced mushrooms and sauté them over a moderate to high heat till they have browned well. Add the crushed garlic and thyme leaves to them and season with salt and pepper.

Add your baby spinach to the pan and let it wilt through the mushrooms.

Your water will be boiling by this stage so you can gently lower in your eggs and boil them for three and a half minutes for a nice soft yolk.

Meanwhile drizzle some olive oil on your bread and toast it. Cut the bread in cubes and divide it evenly between your bowls.

Peel the eggs and add them along with the avocado, mushroom and spinach mix.

Smash them all together and let the yolks coat everything.

Finish by grating some grana padano over the top and eat!



# BOOKS FOR COOKS, TRAVELLERS AND LIFESTYLE LOVERS...

## DELICIOUS – BAKE, SIMPLE, SIZZLE MINI BOOKS

VALLI LITTLE

ABC Books | RRP 19.95 each.

These bite-sized delights by Delicious Magazine's Valli Little have hit the spot again! Full of vibrant photos, sheer greed and yumminess, they will have you wanting to cook everything – now!



*Each book contains 60 easy to follow and execute recipes for everyday eating.*

## TAKING YOU HOME

HELENA AND VIKKI MOURSELLAS

Hachette | RRP 39.99

Remember these gorgeous Greek girls from MKR? Last time Vanilla spoke to them their cookbook was a dream in the pipeline – and here it is. Taking You Home shares the twin's passion for the food they grew up with from their very Greek table, so you can share their table with your friends and family in your own home.



## THE BEST OF GRETTA ANNA

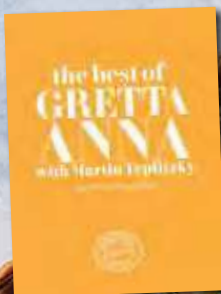
WITH MARTIN TEPLITZKY

Penguin Lantern | RRP 49.99

In The Best of Gretta Anna, her son Martin Teplitzky, a chef and now, just like his mother before him, a cookery school teacher, shares an insight into the life of one of Australia's greatest food writers, through the eyes of his life with her.

It's a memoir of her food, her passion and her life, and a collection of some of her greatest recipes, along with a collection of 60 new recipes that Gretta was testing for a new book before she passed away.

To top it all off, Martin has included a selection of his own recipes and thoughts throughout this great cookbook dedicated to an Aussie food icon.







# THE ZUMBO FILES

**ADRIANO ZUMBO**  
Murdoch | RRP 49.999

*Into the rabbit-hole*

Colourful, contemporary and sweet-like-sugar, *The Zumbo Files* takes you into the secret world of Adriano's wonderful world of desserts and all things sweet. It's a sensory journey into what makes his creations work.



# LET'S EAT

**MARGARET POMERANZ AND PHILIPPA WHITFIELD POMERANZ**  
ABC Books | RRP 39.99

Film - Food - Family - Friends – these are the four words that describe this book, and it's a brilliant adventure into the life of this iconic Australian film review star. Her memories of interviewing some of the world's top movie stars is intriguing and she talks about her determination to avoid star-struck tendencies when faced with some of her favourite actors. Along the way, she reveals the food she has shared with her family throughout her life, as well as some definitive tips on being a mother-in-law, learned from and through her beloved daughter-in-law, Pip.



# THE FRENCH BAKER

**JEAN MICHEL REYNAUD**  
Murdoch | RRP \$49.99

The thought of mastering classic French-style baking can be a little daunting, but this book will open your mind and your kitchen to the delicious world of French baking at home. Now don't get me wrong, not all of them are simple and easy, but who would expect them to be? Each recipe, as Jean tells us in his intro, holds special meaning in his heart. So to help you succeed, he's offered a technical understanding of why something works the way it does, if he feels it will help the process.

*I'm hooked!*



# SHARING PUGLIA

**LUCA LORUSSO AND VIVIANNE POLAK**  
Hardie Grant | RRP \$49.95

Down in the heel of Italy lies Puglia, thought of as Italy's undiscovered coast. Puglia's cooking is famous throughout Italy as peasant food, and in this new book Luca and Vivienne bring us the simple techniques and the philosophies of sourcing local produce that makes Puglia's food so good. Luca shares the love of his town through a delicious range of recipes including antipasti, zuppe (soups), pasta, pesce e frutti di mare (fish and seafood), carne (meat), insalate (salads), verdure (vegetables), pane (bread), and dolci e bevande (desserts and drinks).





*"Life is the flower for which love is the honey".*

VICTOR HUGO



Mother nature provides us with many healing herbs, spices, food and water.

**Honey** is a powerful source of food and medicine that can nourish the body and promote health and wellness.

Honey is a beautiful, sweet tasting, rich, golden liquid made by the honeybees. It is made from flower nectar, which the bees collect and carry back to their hives when they deposit it into their hives walls.

There are many varieties of honey. The variety of honey relies entirely on the type of plant that a bee collects pollen and nectar from. In some parts of the world, honey is infused with herbs and spices, such as thyme and cinnamon.



#### TYPES OF HONEY

**Honeycomb** – the purest, rawest form of honey. The beeswax is edible.

**Raw unfiltered honey** – unpasteurized, unheated, and often contains wax, pollen and other bee parts. Raw honey is not recommended for infants under 12 months.

**Liquid honey** – often pasteurized, heated and the beeswax has been filtered out.

**Organic honey** – produced without certain pesticides, insecticides and herbicides.

**Manuka Honey** – an extremely popular, mono-floral honey produced in New Zealand and Australia from the nectar of the Manuka tree, which has great health giving properties.

#### THE HEALING PROPERTIES OF HONEY

Honey has been used as medicine for centuries. As far back as Ancient Greece or Assyria, honey was used in battle to treat the injuries of warriors. Through the ages, honey has been used to remedy stress, weakness, fatigue, insomnia, coughs, colds and flu, and sore throats.

Honey has strong probiotic properties making it the perfect remedy for cold and flu prevention and treatment. Individuals who suffer from upper respiratory ailments can greatly benefit from consuming honey. In such cases, honey works its magic by drying up mucus and reducing the severity of colds and flu. It soothes sore throats and coughs whilst providing the body with energy to fight through the cold or flu.

More recently, honey is being used in the medical industry to sterilize wounds, speed up the healing process of wounds, prevent infection and minimise scarring. Furthermore, the anti-microbial and anti-fungal properties in honey also makes it an effective skincare product. When choosing honey for its healing properties or therapeutic benefits, the darker the honey the better.

Honey has a harmonizing or calming effect on the body. If you have trouble sleeping honey may be able to help due to its sleep-inducing, sedative and tranquilizing properties.

### Winter remedies:

**Immune booster:** Add 1-2 teaspoons of honey to a glass of warm water with some lemon juice and consume daily to boost immune system.

**Cough and sore throat remedy:** Add honey and lemon on a teaspoon and consume to soothe sore throat. Repeat as needed.

### HONEY & LEMON THE PERFECT COMBINATION

Lemons are packed with antioxidants and are rich in vitamin C, which can help revitalise the body and mind, detoxify the liver and promote health overall. Lemons have an alkalising effect on the body, which can help reduce inflammation and the onset of disease. When lemons are combined with honey, they make an effective remedy to fight infections, soothe coughs and sore throats and promote immunity.

All honey is not created equal. Just because the label says honey does not mean it is 100% honey. It may contain additives, preservatives or even artificial colours.

### Beauty tip:

Apply small amount of raw honey directly onto blemish before bed. Leave on overnight and wash off the next morning. Repeat the process until blemish is gone!

There are good reasons to purchase certified organic or homemade honey that's pesticide free. Not only do you reduce the risk of ingesting harmful pesticides and herbicides, but you're maximizing the nutritional health benefits. Personally speaking, organic honey is the healthier choice and I believe it has a superior taste to conventional honey.

Honey can be purchased from natural health food stores, farmers markets and grocery stores, or from beekeepers. Whether you enjoy drizzling it over toast, your favourite cereal, yoghurt or smoothie, or adding it to your favourite cup of tea, cake or muffin recipe, or whether you simply enjoy it on its own, honey truly is a useful staple to have in any pantry.

### Benefits of Honey

- Boosts the immune system
- Lessens the severity of colds and flu
- Is a natural cough suppressant
- Supports cardiovascular health
- Soothes indigestion
- Can treat wounds
- Provides quick energy boost pre and post workouts
- Is a natural sweetener for foods and drinks

## The story of Archibald Honey



In the humble suburb of Dingley Village lives an authentic bee keeping, honey-making family operated business that's now in its 4th generation.

It all began back in 1920 when Mr. James Archibald bought a farm in the Mallee that came fully equipped with its own beehives, and as a result, his son Robert developed a keen, lifelong interest in bees and honey. Honey is often brought and sold on colour alone, and although he was a commercial beekeeper, he did not agree with this practice. He was so adamant, that honey should be sold on flavour, that he started packing and selling his own honey varieties based solely on flavour, discovering and bottling flavours like Orange Blossom, Stringy Bark, Yellow Box and Banksia. This was the beginning of the Archibald Honey family business.

I met with the lovely Rosalie and her son Stuart recently and their passion and knowledge on bee keeping and honey making is truly impressive.

I learned some interesting facts about honey and bee keeping. For example did you know that all the worker bees in a hive are actually female? There are a few males which are called drones whose sole purpose is to service the queen bee. The queen also has the ability to choose the sex of the bees she will lay throughout her lifetime depending on what she requires. Bees are most productive in the warmer seasons and quieter in the cooler months. They can produce up to 15-20kg of honey a week!

Rosalie believes that "honey is a matter of taste, not colour", and her families commitment is to continue producing high quality and full flavoured honey which is 100% Australian owned and made from natural Australian flora. How you ask? By making sure their bees are all born and bred in Australia, and that the bee colonies are maintained out in the pristine bush of Regional Victoria and lower parts of New South Wales.

Visiting Archibald Honey has certainly broadened my horizons on bees, honey quality and flavour. They have a taste to suit everyone's palate.

The Archibald family welcome visitors to try and buy on Tuesdays, Wednesdays and Thursdays and are located at 369 Spring Road Dingley Village. You can also visit their website on [www.archibaldhoney.com.au](http://www.archibaldhoney.com.au).

# GET THE FACTS!



This winter we look at the cold hard facts of getting in shape and staying that way with personal trainer **Vince Armiento.**

We hear about so many different ways to lose weight, tone up, bulk up and develop strength, but how many of these latest fads have you tried and not followed through successfully?

I believe it's because we are living in a generation where we are demanding and wanting it NOW.

Look around you. How many people are on their phones, constantly keeping their brains active and stimulated because we cannot sit still? This issue, I want to share with you some of the facts about fat, time management and why good things DO take time, regardless of the generational category you fall into.

**Fact #1:** You were not born with fat; it takes time for body fat to develop so you shouldn't expect it to come off quickly. Our skeletons are developed and look the same. Feeding your body the nutrients that it requires rather than feeding it something your mind and taste buds desire will help minimise unnecessary body fat. Be patient with yourself and allow yourself to be treated, but don't forget to soak up all that goodness that you find in nutritious food. Balance is the key.

**Fact #2:** You will want to give up; most people do not like exercise, but they will attempt to give it a go because they know it will help them achieve what they desire. If you think

you may be one of these people, be aware of this – the more conscious you are, then the more likely you will be able to acknowledge that your lack of love for exercise will put barriers in your way. You need to have goals and be realistic with these goals; make them simple, accountable and achievable.

**Fact #3:** You will fall in love with weight training when you discover the benefits; lifting weights not only helps burn fat and build lean muscle but it has many more benefits too. Did you know? It's not just aerobic exercise that causes the brain to release feel-good endorphins. Strength training has also been shown to reduce stress levels, releasing antidepressant chemicals in the brain such as dopamine, serotonin and norepinephrine. Did you know? While exercise in general has been shown to help with a good night's sleep, studies show that weight lifting in particular can lead to an even better night's sleep. Did you know? Resistance training is known to increase testosterone, a hormone linked to boosting sex drive.



**Fact #4:** Don't look at giving up as failing; a simple sentence with a whole lot of meaning. Just because you've tried working out at a gym, working out with a personal trainer, the newest diet or the meal replacement shakes, it doesn't mean that you should give up entirely. You need to find something that works for you, and with so many options out there, it's no wonder so many people begin and stop so often.

Remember each time you **"fail"** you're actually get stronger, therefore you last longer the next round and you begin to build knowledge of what works for your body; the do's and don'ts.

**Fact #5:** It takes TIME; it takes at least three months for the average person to see changes in the body after training and nutritional change. After 40 years of age, this can take even longer because your metabolism has slowed

down – and gentlemen your testosterone is at a low level. Unfortunately many people give up before the three months. This is due to people not having the correct training program and not understanding all the facets of training in general. Whilst some people may think they are doing the right thing towards their goal, a lot of people have a deceived perception due to incorrect training techniques. Not only can this make the entire exercise a slow process, but it can also cause serious muscle and bone issues. Personal training helps prevent incorrect technique and offers you a wealth of experience of the different types of training (aerobic and anaerobic).

Jetts Personal Trainer Vince Armiento has over 10 years of experience with training in a gym environment and group training. Everything from gaining muscle to losing body fat, Vince also specialises in the area of heart disease and high blood pressure due his previous own experience with a heart attack back in 2007.

"The one thing I can guarantee if you train, is that you **WILL** feel better"

For a consultation with **Vince** please book an appointment via our landline number **03 9530 9217**.



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# YOUR HEALTHY PREGNANCY

Set yourself up to  
*Win*



No matter what the situation, it is always imperative that you put that right foot in front of the left and tune into getting your best **wellness** shoes on leading into conception. Of course, babies are conceived in all kinds of scenarios, sometimes without **'planning'** or warning!

What counts most is that at the time of you consciously knowing, be it pre-conception or pregnancy, that's the best time to focus on wellness and fertility. We're not living in the same world our parents did. Food quality is different, stress is much higher, couples are having babies later and there are a lot of influences on our health that come at a cost to our wellness. It is however, important to appreciate the bottom line; that is, our bodies do need a certain level of care if we are going to conceive with ease, and this extends from natural fertility right through to IVF and assisted conception.

Setting yourself up for a healthy pregnancy isn't too dissimilar to setting yourself up to thrive on a day to day basis, although our motives tend to shift as we move into the time of conception. There are many factors that are important to really give yourself the best chance of a stress-free pregnancy. I'm here to share a few of my secrets when it comes to supporting your body and allowing your beautiful baby to grow without leaving yourself depleted.



1

## Eating small and regularly

We've perhaps heard this one before, but it is what you do before you feel the effects of your hormones changing and morning sickness setting in, that counts. This means beginning to eat small and frequently from the time you know you're pregnant (or even before), helping to steer your body and digestive system to a happy place. I've found by observation in my clinic that those who have an irregular diet before conception very often experience quite strong symptoms of nausea and morning sickness. Feed your body what it needs frequently and feel better for it.

## 2 Stay hydrated

Water is your friend, both inside and out. Hydrating yourself to ensure you are well nourished and flushing through the nasties is key. But equally, baths are your best friend in helping to ease the tiredness and soreness that pregnancy may bring with it. Baths also help to release the feel good hormone serotonin. Enjoy a regular dip and feel your pregnancy woes melt away.



## 3 Fish Oil

Chock full of omega 3's and 6's, fish oil is essential for the brain development of the child, and equally, to support your own emotional wellbeing, skin nourishment (healing stretch-marks) and all round wellness. Research suggests that babies and infants who have adequate levels of Omega fats are more intelligent (up to three times more actually) than those who don't.



## 4 Broth

One of the most nourishing and healing recipes around is bone broth or stock. Because of the bone, meat and slow cooking process, it's full of vitamins and minerals to replenish, nourish and support good gut health. Our babies inherit the same digestive health of the mother at conception. A sure way to ensure your baby's little digestive system is well supported is to pay adequate attention to your own.



In my years as a practitioner I've found that healthy mothers create an optimum path for a healthy baby. Be sure to set yourself up as you approach pregnancy, to really allow yourself to glow and enjoy this special time in your life.



**DR NAT KRINGOUDIS**

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

# ANTIOXIDANTS

## FIGHTING AGE AND KEEPING HEALTHY

Antioxidants are, without a doubt, an essential part of optimal health.

But do you really know how antioxidants function in your body and what types you need?

Here are some facts about antioxidants to help you appreciate their importance in keeping you youthful and healthy. **Yes youthful!**

### WHAT ARE ANTIOXIDANTS?

An antioxidant is a chemical compound or substance that helps protect the body's cells from potentially destructive free radicals. Free radicals may play a role in some serious health conditions such as cancer and heart disease. Antioxidants are powerful substances found in many foods in the forms of beta-carotene, lutein, lycopene, selenium, vitamin A, vitamin C and vitamin E.

### HOW DO ANTIOXIDANTS WORK?

Antioxidants work to protect the body and stabilise free radicals before they become rampant, which cause certain body cells to perform poorly. This can lead to accelerated tissue and organ damage and put you at risk of diseases.

This is where antioxidants come in. Antioxidants are nature's way of providing your cells with adequate defence against free radicals. The body produces antioxidants to stabilize and neutralize them. Foods contain a wide array of antioxidants and serve to effectively combat these free radicals.







## ANTI-AGING BENEFITS OF ANTIOXIDANTS

Antioxidants not only help improve our health but may also help *slow down* the aging process.

An adequate supply of antioxidants can have immense effects on your skin health and help protect it from everyday exposure to the pollutants that have negative effects on our skin, causing premature ageing.

### WHERE CAN WE FIND ANTIOXIDANTS?

Generally, the more colourful the fruit or vegetable, the more nutrients it contains, and the more the antioxidants it will hold.

### HIGHEST ANTIOXIDANT FOODS

Blueberries, blackberries, raspberries, strawberries, cranberries, apples, avocados, cherries, pears, plums, pineapples, kiwis, artichokes, spinach, red cabbage and red, white and sweet potatoes.



### GOOD NEWS ANTIOXIDANTS

Green tea, coffee, red wine, many deep in colour fruit juices and deep green juices are the beverages with the highest level of antioxidants.



### THE MOORISH FOOD!

Nuts such as walnuts, pistachios, pecans, hazelnuts and almonds are also high in antioxidants.

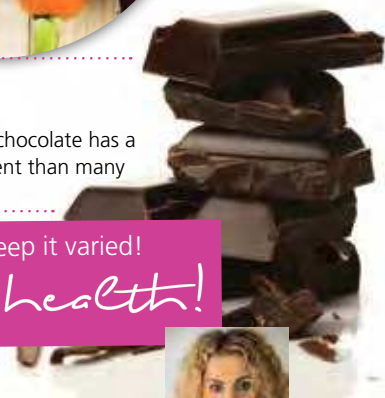


### THE SPICES

Spices high in antioxidants include ground cloves, cinnamon, ginger, dried oregano leaf and turmeric powder.

### IT GETS BETTER!

Studies show that dark chocolate has a higher antioxidant content than many other foods.



Keep it coloured, keep it varied!

*In good health!*

### VICKY GOMEZ

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





# NAPOLEON PERDIS

Although Australian beauty legend, **NAPOLEON PERDIS** has made the move to Greece, he is still an integral part of the beauty scene in Australia and regularly returns to this wonderful country where he was raised.

From his home-away-from-home in Greece, *Vanilla Magazine* caught up with Napoleon this winter to discover what he had to say on his brand philosophy, his favourite new looks for the coming seasons, and what's **hot** in the not to distant future...

**You talk about your brand as 'runway and reality', tell us about this philosophy?**

I have consistently grounded my philosophy on three strong principles that are the DNA of my brand; 'The Glamour Principle', 'Runway and Reality' and 'The Harvard of Makeup'. Runway and Reality centres on my key influences that include music, art, design, fashion and architecture. While my eye is focused on trends and pop culture, I am committed to a trans-generational aspect, where trends can be customised to a look that's wearable and relatable for my customers. It's not about dictating to her, I want to know who she is and what mood she wants to set, then my translation is influenced by what's trending.

**What are the hot colours we can look forward to for winter?**

I'm forecasting warm shades of apricot, coral, mandarin and bronze, as well as rich shades of mulberry, plum and even black. My newest eye and lip collections have been influenced by these hues, the shades are to die for, so stay tuned!



**What are your favourite looks for the next couple of seasons?**

For winter, I'm loving how 'bronze' is the new black! Skin is most definitely in, and it's all about a radiant complexion with underlying warmth. Illuminate your skin and add just a touch of a subtle bronzer to the high points of the face.

For autumn, it will be all about a bold lip and defined brow! There's something about a beautifully sculpted brow paired with a rich colourful pout that creates the perfect balance of sophistication and style.

For summer we'll see smoke, smoke and more smoke. Worn subtle or smouldering, the smoky eye will have a cooler touch than what's typical in summer. Mix warm and cool shades together for a unique look.



# GET THE LOOK...

Napoleon walks us through some of the hottest new looks gracing the runways this season.

'We couldn't resist the urge to get the low-down on the perfect winged eye while we had Napoleons attention – made famous by the Taylor Swift's of the world, the winged eye is definitely a look that carries over into the new season.



## *the winged eye*



### PERFECT THE WINGED EYELINER LOOK?

For greater control, apply your liner with your eyes looking down into a mirror and use short dabbing or feathered motions. Start strong at the outer corner of the top lash line, graduating thinner towards the inner corner of the eye. Once the length of the eye is lined, look straight ahead into a mirror and create your flick. If your crease fold hides a little skin, look back down into a mirror and perfect the connection of your wing and line.

My favourite product to achieve this look is my **Matte Eye Ink**.

### A WHOLESOMELY RADIANT COMPLEXION?

Start with a quality cleansing product to purify, refine and soften the skin; wet your face and work **Balm Voyage Moisture Complex Cleanser and Makeup Remover** into a rich lather then massage over the face. Rinse with water to finish. Boost radiance with a light reflecting primer like Auto Pilot Radiance-Boosting Primer; apply to the high points of the face, top of the cheek bones, bridge of the nose and chin.



Choose a foundation with a creamy finish like **Stroke of Genius Liquid Cashmere Foundation** and apply to the feature focus area of the face (triangle of features – eyes, nose & chin) to prevent a mask-like application. Then blend out to nothing on the forehead and cheeks.

### KOHL ON THE WATERLINE WAS NOTED TO BE BIG ON THE RUNWAY THIS SEASON, HOW DO WE ACHIEVE THE NEW SMOKEY EYE?

Think about wear time and intensity; to softly smoulder, choose a kohl pencil that remains emollient and for a hard smoke that outlasts the night use a gel liner that sets and stays. Work your pencil or gel along your lower water line and then squeeze your eyes together to transfer product to your upper water line, then repeat until you're happy with the intensity. If your eyes can take it, run a black pencil along the upper water line by looking down, and then work the pencil from the inner to outer corner of the eye. When you're happy with the intensity, grab a clean brush and smudge around the lash lines to fuse the liner a little. Finally if needed, smoke it out a little more with a taupe shadow or simply set with your face powder (like **Camera Finish Powder Foundation**) for longevity without the extra smoke.



# NAPOLEON'S ULTIMATE EYE GUIDE FOR WINTER...

**Start off the following looks with your eyebrows and lashes...**

**BROWS** – Evaluate where the brow needs definition by combing them into place using the Browtox Grooming Brush Spooly. Then, starting at the arch of the brow, feather the gel through to the tail using the Browtox Grooming Brush Angled Brush. Finish by combing the brows into place.

**MASCARA FIRST!** –Curl the lashes and apply your first coat of Peep Show Mascara Madame Curl Curl, ensuring to thoroughly coat the lashes from root to tip. Comb the lashes at the outer corner of the eye in an outward direction, work the lashes in the centre forwards and work the lashes at the inner corner of the eye toward the start of the brow. This will help you to achieve a natural, fan like effect.

## LOOK #1 *Plum Haze*

- Sculpt the eyes using Sateen Eyes Sculpting Eye Color. Using Eye Priming Brush g10, blend the crème over the mobile lid and up towards the socket, focusing on the inner bridge of the eyes. Continue to blend the crème along the lower lash line.
- Create a metallic plum eye by sweeping Color Disc All That Shiraz over the mobile lid, socket and lower lash line using Sculpting Brush 10r.
- Define the eyes further by lining the lower water line with Eye Pencil Brown Sugar.
- Pat Loose Eye Dust Copper Element over the centre of the mobile lid using Sculpting Brush 10r.
- Highlight the brow bone with a subtle wash of Metallic Multi-Purpose Illuminator. Use Contour Brush 16b for a soft result.
- To finish, apply two coats of Peep Show Mascara Madame Curl Curl to the top lashes. Apply Metallic Multi-Purpose Illuminator with Contour Brush 16b in a stippling motion to the top of the cheekbone and Cupid's bow.



## LOOK #2 *Gunmetal Gossip*

- Sculpt the eyes using Sateen Eyes Sculpting Eye Color. Using Sculpting Brush 10r, blend the crème through the socket and over the lower lash line.
- Blend Radiant Reflections Eye Color over the mobile lid and lower lash line using Eye Priming Brush G10.
- Set the crème application with Color Disc Gunmetal Glam using Sculpting Brush 10r. Blend the shadow over the mobile lid, socket and lower lash line to create a smouldering eye.
- Highlight the eye with Loose Eye Dust Million Dollar Mermaid. Dampen Flat Shader Brush 10b with a drop of Cake Eyeliner Sealer for a strong result, then pat over the centre of the mobile lid.
- Define the eyes further by lining the lower water line with China Doll Gel Eyeliner Forbidden City. Use Smudging and Sculpting Brush 7r for a generous application. Continue to strengthen the crease of the eye using the remainder of the gel on the brush.
- Define the eye using Matte Eye Ink. Begin at the inner corner of the eye, gradually building the liner at the outer corner of the eye. Use Angled Chisel Brush 9a to blend the application for a smudged effect.
- Highlight the brow bone with a subtle wash of Metallic Multi-Purpose Illuminator. Use Contour Brush 16b for a subtle result.
- To finish, apply two coats of Peep Show Mascara Madame Curl Curl to the top lashes.



# MOISTURISE

# Me!

## THE IMPORTANCE OF KEEPING SKIN MOISTURIZED

Change of seasons, especially as we head into winter, can wreck havoc on your skin. The sudden change from mild to freezing, going in and out of heating, and exposure to wild winds all rob skin of essential hydration!

There are two things you need to know about your skin first to truly understand hydration. Are you lipid dry or water dry?

Lipid dry means your skin doesn't make enough oil, your oil glands have retreated into the skin, leaving little evidence behind, and you always need to use a heavier moisturizer. This skin type is more common in older women with fine skin, and is harder to keep hydrated in these cold seasonal conditions.

Water dry is dehydration, or lack of moisture in the skin. Most people experience some level of dehydration, which is exacerbated by air conditioning, heating and winds. This skin simply needs a little extra support this time of year through use of a more hydrating serum under your moisturizer.

Now is the time of year to change your moisturiser to something more nourishing. Regularly mixing it up and using appropriate skin care at the right time of year keeps the skin on its toes so you really reap the benefits of your skin care.

If you've been using the same moisturiser for five years, your skin's plateaued and the product would have stopped being completely effective about four and a half years ago. True story!

Before you speed dial your local salon, here are a few tips on what to look for:

- Use a serum! A serum penetrates the skin deeper than your moisturiser to deliver active hydrating ingredients like hyaluronic acid to attract and hold moisture in the skin, an essential for this time of year!



- Switch to a slightly more nourishing moisturizer. Look for ingredients like shea butter, coconut and oils to support the skin and create a bit of a barrier against it and the elements.
- Seriously think about changing your cleanser. That gel wash that gave you the squeaky clean feeling through sweaty summer isn't so appealing anymore – change to a more hydrating cleanser like a milk or even an oil if you are really feeling dry.

Support your skin through winter and you'll keep that glow all year round!

Don't want to lose that summer glow just yet? Keep using that mineral bronzer all through winter!

Where the hell do I find amazing products like this? Check out our galleries [www.naturalbeautyexpert.com.au](http://www.naturalbeautyexpert.com.au)

**Belinda Hughes** - Editor of Natural beauty Expert and a professional beauty therapist who is passionate about natural and organic beauty products. Belinda will help her followers navigate their way around what natural beauty is and the best way to get it. Expert advice combined with the hottest trends.



## LOVE MECCA MAXIMA



With all of the best brands under one glamorous roof! – Head in store for expert advice, the best cutting edge products, make-up lessons and masterclasses, all with a dash of glitz of glam – shopping for cosmetics has never been so much fun!

# CLEANSERS – MORNING AND NIGHT!

**Cleansing** is one of the most **important** steps in anti-aging and one of the tricks to keeping your skin soft and hydrated.

Years of research has shown that cleansing is an important step in keeping your skin healthy; removing impurities, dead skin and excess oil.

We know it's important to cleanse at night. Apart from removing daily toxins, it's vital that we remove the day's makeup from our skin.

Makeup left on overnight blocks the skin's natural abilities to exfoliate and detoxify itself by depriving the skin of oxygen required to perform this important task. It's been shown that makeup left on overnight can be absorbed deep into your skin and enlarge pores – and damaged pores don't easily repair themselves once enlarged.

Missing your night-time cleanse, or using an inadequate cleanser, also means your skin won't have the ability to absorb vital nutrients and anti-aging ingredients from any night time moisturisers you apply.

But what's so important about cleansing in the morning you ask?

Over night, our skin changes. It enters a detoxifying mode – a natural process where cells divide to replenish dead ones.

These dead skin cells need to be removed to avoid dull, lustre-lacking skin appearance; and a quick morning cleanse is the way to go.

**Napoleon Perdis** Balm Voyage Moisture Complex Cleanser and Makeup Remover **RRP \$59**

This delicious cleansing balm boasts natural goodies that soothe, moisturize and pamper tired skin.

Enriched with Shea Butter and Jojoba Oil, it leaves your face feeling soft and smooth. Raspberry Leaf Cell Culture helps maintain hydration while antioxidant Grapefruit Extract helps fight free radicals. Love it!



**Napoleon Perdis** Rebirth of Venus Skin Renewal Cleansing Oil **RRP \$39**

This light-weight Japanese oil cleanser is divine, leaving skin feeling super clean but still soft. It uses fermented seeds from the Lotus flower – revered for their astonishing ability to blossom after 2000 years.



**The Body Shop** Chamomile Sumptuous Cleansing Butter **RP \$21.95**

Cleansing butter is on the rise and I can certainly see why. This velvety chamomile butter effortlessly melts away makeup and dirt, leaving your skin feeling luxuriously clean.



**The Body Shop** Aloe Calming Facial Cleanser **RRP \$16.95**

Especially brilliant for young skin or skin prone to young skin problems, the aloe in this cleanser is the perfect battle guard to fight these issues, leaving skin clear, soft and healthy.



**Garnier** Gentle Cleansing Milk – Goodbye Dry! **RRP 7.95**

Another product that is brilliant for young skin. Within days I've seen it transform skin to smooth glowing perfection. Great value for money



**Estee lauder** Perfectly Clean **RRP \$45.00**

The ultimate in 2-in-1 cleansers. Lather and rinse for a squeaky-clean daily cleanse, or for a deep purifying clean it doubles as a mask! Just lather and leave it on for a few minutes.



**Lancôme** Comforting Cleanser **RRP \$50.00**

Super-comforting, this cleanser is a winner all-round. The texture and the scent is divine and it's super gentle on skin. Love it!



**Clarisonic** Mia 2 – For a deeper clean and more polished skin you need to get your hands on a Clarisonic Mia 2 – the results are amazing. It gently, but effectively, removes up to six times more impurities from your skin than cleaning alone (according to Clarisonic). The gentle buffing motion makes skin appear younger, firmer and silkier and it can even reduce the size of enlarged pores with regular use. Love it!





# DRAMATIC LASHES **MASCARA**

**Open** and **enhance** your eyes with a dramatic lashing of mascara. A brilliant **mascara** can instantly thicken and lengthen your lashes adding volume and definition, defining your eye and enhancing its natural colour.



But with so many flooding the beauty counters what exactly should we be looking for?

These days the formulas are seriously advanced. Some are enriched with keratin or vitamins and minerals to condition and strengthen – perfect for weak or brittle lashes.

While a water-resistant mascara is great for super-long days and nights, or in situations where panda-eyes might be hard to avoid, a smudge-resistant mascara is great for everyday wear; they're nourishing, gentle on delicate eye areas and are easy to remove at the end the day.

There are a few simple rules to keep in mind in the pursuit of perfect lashes. And we've turned to a few of the experts to discover some of the tricks of the trade in the wonderful world of mascara...



## **LANCÔME'S** STEP-BY-STEP GUIDE TO Perfect Lashes

- Start by applying mascara to the outer corner lashes on the upper lash line. To do so, hold the wand with the curve facing down and wing-out the lashes.
- Slightly rotate the wand between your fingers a third of the way round: the brush naturally positions itself horizontally over the central third of the eye.
- Work in a slight sideways oscillating movement from left to right, pressing the brush closer to the lash line and lifting up the lash fringe from the very start of application. Lift the lashes up.
- Once again rotate the wand another third of the way round, positioning the brush over the remaining inner third. Naturally tilted, the brush is now pointing towards the nose. Extend the lashes inward.
- Follow these steps in exactly the same way on the lower lid.

Tips courtesy of **Lancôme Australia**.

### **MAYBELLINE NEW YORK** AUSTRALIA MAKEUP DIRECTOR **NIGEL STANISLAUS**

Always apply mascara starting at the base of your lashes and drag upwards in a zigzag motion touching all your lashes.

For maximum impact apply multiple coats, however, for a more feminine doe-eyed look apply the mascara to just the tips!

### **NAPOLEON PERDIS**

Intensify the lashes and maximise length by painting Long Black onto the roots of the lashes with a Precision Angle Brush.

For a maximum lash effect, apply another coat (or two) of Long Black after you have completed your eye look. The beeswax formula allows for the lashes to be built upon without the lashes clumping.





# Old school tricks

## THE BODY SHOP

Add some extra va va voom to your lashes by using an eyelash curler and heat it up slightly with a blast from the hairdryer to make the eyelash curl set better.

For a super natural and even coverage and look, gently wipe excess mascara off the brush with a tissue before applying.



**Lancôme** Grandiose Mascara **RRP** \$54.00

Love this mascara! The arty bottle and swan-neck brush make it enjoyable, fun and easy to use. The formula is divine and so are the results. No wonder it has won beauty awards throughout the world!

**Natio** Dramatic Lashes Mascara **RRP** \$16.95

Adds volume, length and definition and it has an innovative spherical brush. Enriched with keratin and vitamin B5 to help condition and strengthen lashes.

**Maybelline** Pumped Up Cosossal Volume Express **RRP** \$19.95

This has a massive brush with brilliant coverage. Lashes are definitely increased in length and appear fuller.

**NP Set** Pasarella Mascara **RRP** \$20

Pasarella is a great value mascara that's easy to apply and layers well – it even adds a slight curl to your lash! Great for everyday use, but if you want to add a dramatic definition just layer it.

**The Body Shop** – Big and Curvy Mascara **RRP** \$18.95

Easy to apply with a great, even coverage. It doesn't clump or clag and sets into a nice curl. Developed with a blend of plant minerals, marula oil and beeswax, it is smudge, flake and smear-resistant.

**Estee Lauder** – Sumptuous Bold Volume

Lifting Mascara – A long-time go-to in the mascara world. It offers the perfect amount of volume, length and thickness for everyday wear and a luxurious finish. Layers brilliantly and removes easily.

**Napoleon Perdis** Long Black Mascara in Double Black **RRP** \$39

Enriched with allantoin, candelilla wax and beeswax to deliver lash-loving conditioning, it has a bent wand applicator that acts as a built-in lash curler for control over unruly lashes. Love the finish. Napoleon does it again!

**L'Oreal Paris** False Lash Butterfly Wings **RRP** \$25.95

Dramatic lashes and the winged eye look have a new definition with Butterfly Wings mascara – the asymmetrical brush catches every lash and adds crazy volume while adding extra length to outside edges; fanning lashes out like butterfly wings. It is a waterproof formula containing unique cocoon fibers that softly envelop and expand lashes. Love it!

## PRODUCT REVIEWS





Why should we use natural skin care?

The question should be *why not* use natural skin care!

## Natural Skin Care



Natural products contain delicious aromatherapy oils and plant extracts that not only make you look good but also feel good.

The biggest thing I notice with skin care is how it makes me feel. If I don't feel well when I use it, I don't like it. And when you're a seasoned toxic free user you can sure *tell the difference!*

Using the old stock standard products off the supermarket shelf or beauty counter can sometimes leave your skin feeling stripped, dry and irritated. This is because they may contain a cocktail of petroleum-derived ingredients like sodium lauryl sulfate, parabens, propylene glycol and fragrance.

All of these ingredients are common in standard personal care, untested and in just about everything. Ever wonder why some things make you itch and feel hot? These ingredients are key culprits.

**Irritations** and stripping of skin are far less common with natural products.

Without the presence of harsh chemicals your skin is allowed to breathe and function as it should. Using natural oils support the skin while you clean it as well as nourish. But the best news, it's incredibly anti-ageing!

I never understood as a young therapist why our professional strength ingredients contained toxic ingredients as well. How could something be anti-ageing when we knew that the harsh ingredient caused more free radical damage, which makes us age? It makes no sense! So after oh, about nearly 10 years of research, I have slowly discovered the answer.

There are high performance products available that are toxic free; this is the ultimate in skin care. Lots of brands are following suit and ditching the chemicals or formulating without them in the first place.



Toxic free brands formulate their products with more nourishing ingredients and don't have the fillers that traditional cosmetics have. The order of the list of ingredients will tell you how effective they are and where the most active ingredients sit. A typical over the counter product from a department store will characteristically look like this:

Water, Cocamidopropyl Betaine, Coco-glucoside, Sodium Lauroyl Sarcosinate, Citric Acid, Ammonium Lauryl Sulfate, Sodium Chloride, PEG-120 Methyl Glucose Dioleate, Glycerin, Vaccinium Myrtillus Fruit Extract, PEG-150 Pentaerythrityl Tetrastearate, Panthenol, Sugar Cane (Saccharum Officinarum Extract, Sodium Benzoate, PEG-6 Caprylic/Capric Glycerides, Sugar Maple (Acer Saccharum) Extract, Orange (Citrus Aurantium Dulcis) Fruit Extract, Lemon (Citrus Medica Limonum) Fruit Extract, Lavender (Lavandula Angustifolia) Flower Oil, Linalool, Benzoic Acid.

Firstly, what the hell does that mean! Secondly it looks like a science experiment. Where are the 'active ingredients' that would do anything? A third of the way down the list, almost at the bottom – orange, lemon and lavender. If that was a typical counter cosmetic you would be paying around \$60 for it, and unfortunately it's a cocktail of cheap, petro chemical byproducts that are highly perfumed, irritating and ageing!

### Compare this to a toxic free label:

Macadamia ternifolia (Macadamia) nut\*, Simmondsia chinensis (Jojoba)\*, Prunus armeniaca (Apricot)\*, Salvia hispanica (Chia) seed\*, Oenothera biennis (Evening Primrose)\*, Rosa canina (Rosehip)\*, Terminalia ferdinandiana (Kakadu Plum)\*, Davidsonia pruriens (Davidson Plum)\*, Callitris endlicheri (Blue Cypress) seed\*, Mangifera indica (Mango) seed\*, Daucus carota (Carrot) seed\*, Punica granatum (Pomegranate)\*, Calophyllum inophyllum (Tamanu)\* & Centella asiatica (Gotu Kola) oils, tocopherol (Vitamin E), Rosmarinus officinalis (Rosemary) extract. Essential oils of Lavandula angustifolia (Lavender), Santalum album (Sandalwood), Pogostemon cablin (Patchouli) & Calendula officinalis (Calendula) absolute\*.

\*Certified organic by the Organic Food Chain (OFC). Organically produced 98% of product. Naturally occurring in essential oils: geraniol, limonene, linalool.

Here you can understand what the ingredients say and it doesn't look like a science experiment. The nourishing, real ingredients feature from the beginning of the label, supporting your skin and using real herbs, which are packed with anti-ageing antioxidants for healthy glowing skin.

There's no comparison really. Better still, most products like these retail for under \$20, so you're getting more active ingredients that are good for you, make you feel well and look good for less. **Bonus!**

Using natural products over time assist the skin to age well. When your skin is allowed to breath and function as it should, it works better, delaying the signs of ageing. And when you age gracefully it reduces the need of using other cosmetic procedures like injectables or fillers. Ageing gracefully really allows your natural beauty to shine through, so you look like you, instead of a distorted version of your younger self.

One of the barriers in purchasing toxic free skin care has always been not knowing where to purchase them from.

Health food stores stock a great variety now, more so than ever before. Then of course there are more and more online natural skin care stores popping up, which sell gorgeous artisan natural brands from Australia and overseas. I have plenty of resources coming to Natural Beauty Expert to share; there are also product listings available so you can get started right away.

With such information and resources available there really is no reason not to go toxic free for healthy skin, mind and wellbeing.

For more on all things natural beauty join our community at [www.naturalbeautyexpert.com.au](http://www.naturalbeautyexpert.com.au) where you will find engaging articles on natural beauty products and product galleries to simply purchase with one click, as well as lifestyle for that glowing skin from the inside out! Subscribe for weekly content you are going to want to read delivered to your inbox.

## BELINDA HUGHES

Editor of Natural beauty Expert and a professional beauty therapist who is passionate about natural and organic beauty products. Belinda will help her followers navigate their way around what natural beauty is and the best way to get it. Expert advice combined with the hottest trends.





# TEASE ME RIGHT...



**High** hair is **back** and we just love it! Just adding a little height to the top of your ponytail will completely transform your look.

This issue, **UROS MIKIC – CREATIVE DIRECTOR, MATRIX AUSTRALIA**, offers up his ‘how to’ tips on teasing, to get you through winter on a high note.

## Uros, can you tell us how to tease correctly in order to obtain lasting height?

For lasting height, ensure you prep your hair with a volume building mousse like **Matrix Style Link Volume Builder Volume Mousse** before attempting to tease.



To begin, section the hair that you will be teasing at the crown of the head.

Start by over-directing the hair, section-by-section, from the crown towards the forehead, teasing each section using a teasing comb or tail comb. Over-directing the hair in this way will enable you to achieve maximum height. Start by teasing at the scalp and gently continue throughout the hair length.

The most important tip I give my clients is to make sure that they take their **time** teasing; making small, consistent strokes with the comb to achieve the best tease, which will essentially create a good base.

As you finish teasing each section, fix with a finishing hairspray like **Matrix Style Link Style Fixer Finishing Hairspray** to secure and provide lasting hold. Remember to leave the last section un-teased, as this becomes the top smooth layer that will disguise any tease.

## What's the best way to smooth the top layer over teased hair for a flawless finish?

Once you have finished teasing (leaving the last section un-teased), return back to the crown and, using a dressing brush (or a boar bristle cushion brush), start to gently brush out unwanted tease, smoothing the top part of each section.

This allows you to achieve a smooth, consistent look throughout your hairstyle and not just at the very top of the head.

Finish with a light spray of **Matrix Style Link Style Fixer** Finishing Spray to hold.





**How do you recommend we protect our hair when teasing?**

Prepping the hair pre-styling is essential in order to maintain the condition of your hair. Prepping the hair with the right professional styling products means that you won't need to tease the hair as much, since the prepping products will provide additional structure and hold.

Using **Matrix Style Link Volume Builder Volume Mousse** with **Style Link Volume Booster**, apply to the length of your hair and blow-dry before teasing for maximum results.

Using the correct professional **shampoo** and **conditioner** duo is also important to maintain the condition of your hair.

Consult your stylist for their professional recommendation. I recommend the **Matrix Biolage** range, which offers an option for all hair types and concerns.



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## PRODUCT REVIEWS

The secret to maintaining height, texture and volume throughout the day is **product!** You can **tease** all you want but without the right product to keep your hair in place all of that hard styling work will be wasted.

We *love* the new **Matrix STYLE LINK** range for adding texture, height and all day hold.

**Matrix Style Link Volume Booster**  
**RRP \$24.95** – Apart from the divine scent, this volume booster loads of texture. To keep your up-do in place combine it with your favourite holding product.



**Matrix Style Link Over Achiever 3-in-1 cream+paste+wax**  
**RRP \$21.95** – Wax Factor wow, this 3-in-1 has a soft sticky texture that add mountains of texture to your hair.



**Matrix Style Link Volume Builder Mousse**  
**RRP \$21.95** – I love the texture of this Matrix mousse, and it sets soft! Not crunch factor here – totally touchable!



**Matrix Style Link Volume Fixer Finishing Hairspray**  
**RRP \$22.95** – Lock the volume and lift in place with this light-weight volumising hairspray – the perfect finishing touch, it also adds shine!



**Redken Full Body Shampoo**  
**RRP \$22.95** – Love the fresh scent of this shampoo, it's volumising and invigorating.



**Redken Full Body Light Conditioner**  
**RRP \$22.95** – Super conditioning without weighting down hair this Redken conditioner is a great, light product for flat lifeless hair.



# TRENDING WITHOUT SPENDING!

By BREE LAUGHLIN

KEEPING ON TOP OF FASHION TRENDS CAN BE COSTLY, BUT NOT IF YOU ARE SMART ABOUT IT. LET'S TAKE A LOOK AT HOW YOU CAN INCORPORATE THE LATEST LOOKS INTO YOUR EXISTING WARDROBE **ON A BUDGET!**

## WARDROBE REVIEW

Before you even consider shopping for new pieces it is imperative to do a wardrobe review or 'go shopping' in your own wardrobe. With the change of seasons, sometimes we actually forget what we already have! I review my wardrobe twice a year, usually in March and September, and by review I mean sort and cull!

Here are a couple of tips to keep in mind when carrying out your review:

- Ask yourself, when was the last time I wore this item? Do I intend to wear it again? It's important to not be emotionally connected to items, enabling you to part with them – easier said than done sometimes I know!
- Hang items on individual hangers. If you have more than one garment per hanger, pieces are lost and you forget they are in your cupboard.
- Don't just review clothing. It is equally important to revisit your shoes, bags, scarves and jewellery – all items that can be included in your look.

- Think about how items work with one another – how many looks can you create with that item along with existing pieces in your wardrobe?

With unwanted items a great option is to take them to the Salvos, or, for those more expensive pieces, why not place them on eBay? This will provide funds for you to update your winter wardrobe.

Now your review is complete, have a think about what is missing from your wardrobe and make a list of the items you believe you need. Rank them as well, so over time you can work your way down the list when your budget permits

SHOPPING FOR CLOTHING AND ACCESSORIES ISN'T UNLIKE HEADING TO THE SUPERMARKET – YOU ARE BETTER OFF GOING WITH A LIST, BUDGET AND PURPOSE TO ELIMINATE **IMPULSE BUYS.**

## THE BASIC BASE

With winter, particularly in Melbourne, we constantly layer, so it is important to have a basic base in your look. Whether it be black on black, white on black, or all white which is popular this year, this will allow you to be creative with key pieces which will stand out even more on your simple background.

The beauty of a basic base, as well, is it doesn't have to cost you a mint – you may have it in your wardrobe already! A couple of pairs of leggings, some tank tops, long sleeve tops, jeans and white or black shirts will all do the trick! From here you can add jackets, cardigans, scarves, boots, pops of colour and other items. Many won't notice that you only have two pairs of leggings or a couple of white shirts that you rotate constantly, because the focus is on the additions, not the basics.



## INEXPENSIVE TRENDS

Every year brands and designers create collections to entice you to buy and they can be very convincing! But if you are on a strict budget for your winter wardrobe but yearn to be fashionably relevant, here are a couple of cheeky tips:

- Keep reminding yourself what you already have and refer to your list. There is no point purchasing an item with the same purpose as an existing wardrobe item.
- **COATS** are great investments but if this year doesn't permit financially, opt for a long cardigan, coatigan, cape, vest or poncho. Many of the Australian brands like Cue, Country Road, Witchery and Seed have some terrific options this year that won't hurt the hip pocket.



*Coats are great investments*

- **SCARVES** are a great way to add a pop of colour to your look and interest through different textures. In winter, options include snoods, faux fur collars and heavy knits, all of which add winter warmth at a fraction of the price.



- The **STRIPED TEE** is very on trend again this year when talking uber casual. Having a couple of these, even as your basic base, would be a great idea. You could even have a long sleeved option! Paired with your existing jeans, existing boots, a vest and a chunky knit scarf, you'll have a comfortable, fashionable look that won't absorb your next mortgage payment.



*Gym gear is now multipurpose*

- **GYM GEAR** is definitely the latest, hottest, most engaging current trend, and everyone, including fashion brands, are jumping on board! This is good news for consumers because your gym gear is now multipurpose, but it's important to keep in mind that you need your gym gear to be technically capable as well, so be careful to understand the performance of fabrics when buying or you may be disappointed. Also, a pair of Nike Air Max will get you through the winter and then some – mine are coming into season three and I still love them!
- In winter, when heading out, I often opt for black and add **COSTUME JEWELS** as the feature. By doing so I can change the look with different accessories while keeping the same base, which in turn, saves me a great deal financially.

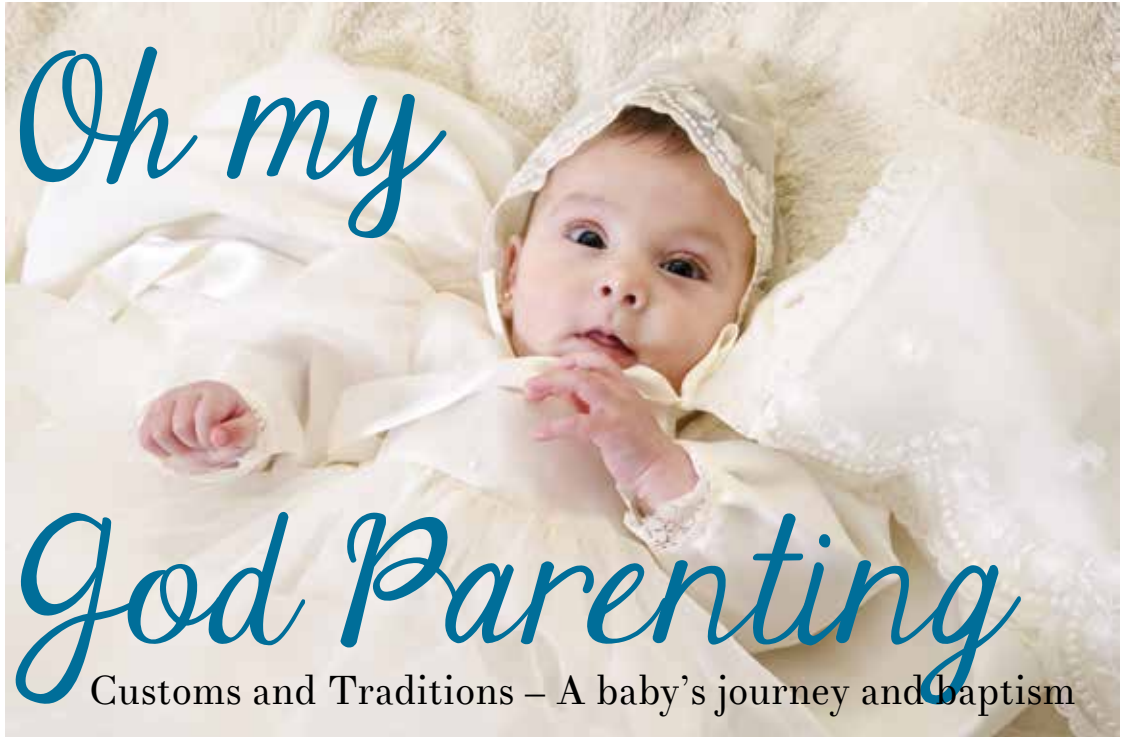
*Add a pop of colour to basic black*



- Finally, **HEADWEAR**. I am very pleased to see that felt hats are back! Not only do they keep your scone warm, they are an inexpensive option to change your look. I also have a pair of fluffy ear muffs, not for everyone I know, but they keep you warm on those days your hair is in a bun or ponytail and a hat isn't feasible.



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! [breeLaughlin.com](http://breeLaughlin.com)



Oh my

# God Parenting

Customs and Traditions – A baby's journey and baptism

This winter, our Greek culture expert [Maria Irini Avgoulas](#) takes a closer look at customs and traditions associated with a baby's journey from birth to baptism, illustrating some customs and traditions known and practiced in the Greek culture.



Have you been asked to be a child's Godparent? Then read on to discover some of your commitments to your new Godchild and traditions the child's parents will follow on the lead up to baptism...

Baptism and the traditions leading up to the baptism of a child are extremely important in Greek (and many other European cultures), cultures and traditions.

In this piece I will only talk about some cultural traditions and religious aspects – however variations do occur among Greek people depending from what part of Greece they are from.

Customs and traditions associated with babies are known and practiced even before the birth of a baby, and gender is not excluded.

## TRADITIONS OF GENDER

Predictions are often made on the gender of the baby by the shape of the mother's belly. For example, an edged belly predicts a boy.

Old village stories often spoke of there being a preference towards boys, as that will mean workmen on fields, no need for a dowry, and the most important of all, the continuation of the family name.



## WHAT'S IN A NAME

Names (both given and surnames) in the Greek culture are of great importance. They have a religious value to them and celebrations are associated – name day being an important marker of identity. In fact Greek elders consider a name day more significant than a birthday celebration.

The cultural significance of a name day follows on from a child's birth, when babies tend to be named after their grandparents, the paternal grandparents being the first considered.

## 40 DAYS AT HOME

Then we move into the tradition of the 40 days after the birth, where the child is not permitted to leave the house.

There are many myths and legends associated to the 40 day period after a baby is born. Some of these are:

- Old wives tales speak of mothers staying indoors and are not to be seen in public for 40 days as they must avoid jealousy and the strong cultural belief of the 'evil eye'
- Another legend speaks of the fates that visit the newborn. The belief held is that on the 3rd day, a babies fate and fortune is determined
- Money is often placed in a baby's cot – a symbol of health, prosperity and strength
- Lucky charms are also placed on babies such as a blue bead, again to protect from the evil eye. (This however is not supported by the Greek Orthodox Church.)
- Before a baptism a baby's hair is not cut – the first time the hair is cut must be at the baptism

Customs are made up of traditions that bind a group of people; they are ways of life, and practices associated to a particular custom that can have a perceived right and wrong way of things.



## THE FIRST OF THE SEVEN SACRAMENTS

A baptism is the first of the seven sacraments in the Greek Orthodox Church and it's of great importance. The service of the baptism has several significant components to it on the day.

It all starts, however, 40 days after a baby is born, when the parents take the child to the church to be blessed by the priest.

Following this, generally when the baby is one year of age, they are baptised. Prior to the day of the baptism a Godparent is chosen, and there are requirements and rules on who is allowed from within the Greek Orthodox Church.

A Godparent has *spiritual responsibility* for the child until they turn 12 years of age.

On the day of the baptism they have many responsibilities and duties at the actual service, and for the three Sundays following the baptism they take their Godchild to church for Holy Communion.

They are also the ones who bathe the baby for the first time after they are baptised. There seems to be a split among the Greek people in how long after the baptism the first bath is allowed; some say there should be a three day wait but there is also a belief that the baby could be bathed on the same day. What is agreed upon, is the water following the first bath of the baptism should be used to water flowers or the garden and not thrown down the drain.

Other customs and traditions associated with the Godparent are:

- Every Easter they buy their Godchild their Easter candle
- They give a gift for their Godchild's name day
- In Greece it is custom that the Godparent buys their Godchild a new pair of shoes for Easter.



Customs and traditions bind a population and are identity markers in many ways – for example traditional clothes, food eaten, greetings and even throwing plates at times of celebrations. Customs and traditions make life more beautiful, they give meaning to an experience and connect people, even at times when there is split perception in how things should be done.

Overall customs and traditions provide a sense of cultural connectedness that has withheld the test of time.

By **MARIA IRINI AVGOULAS**

PhD Candidate – Deakin University

Associate Lecturer – La Trobe University



# ON TOP OF THE WORLD AT **MT BULLER**

Just three hours drive from Melbourne is an alpine resort like no other! With over 300 hectares of skiable terrain, **Mt Buller** has it all and a whole lot more. Skiing, tobogganing, snowboarding, cafes, restaurants, bars, shopping, and world-class snow-making machines, you'll never run out of activities (or snow) to keep everyone entertained.

By Raquel Neofit

Mt Buller kicked off the 2015 snow season on Saturday 6 June with thousands of visitors enjoying fun and free activities and live entertainment across the mountain.

Over in the Village Square, festivities kicked off on Saturday afternoon with free face painting, complimentary glühwein, hot chocolate, the annual Barry Possum Show and a live performance by acclaimed Melbourne rock band, Calling All Cars.

Visitors welcomed a unique memorable meet and greet with the team from Australian Sled Dog tours. Saturday also marked the official opening of the only Asian influenced food court in any Australian ski resort, Popo Kitchen. Celebrations continued well into the evening with a sparkling fireworks display and various opening weekend parties.

## WHAT'S ON – UP THE MOUNTAIN

**SKI UP A STORM** – Mt Buller has 22 lifts, making it the largest lifting system in Victoria, and it's all right at your finger-tips on their website; jump online to plan the ultimate ski trip before you hit the slopes this winter. Beginners can check out Bourke Street and Burnt Hut Spur while the more advanced can head out to the black runs like Chamois and the back of Summit.

**KIDS IN THE SNOW** – Buller is the perfect winter escape for the little ones in your life too, with lessons, toboggan runs, slopes and activities like catching a movie at the cinema, or climbing the indoor rock wall. Don't forget your scarf and carrot to finish of the perfect snowman of 2015!

**THE VILLAGE SQUARE** – visitors will have a number of brand new dining options to visit in 2015. Popo Kitchen,





located on level three of the Mt Buller Chalet Hotel, is the first Asian food court of its kind in any Australian ski resort. Directly accessible from Athlete's Walk, Popo Kitchen will offer Chinese, Malaysian and Vietnamese food served in an open, easy style for breakfast, lunch and dinner.

The iconic ABOM will also be offering a new dining experience with the opening of Spice Room at the ABOM. Located downstairs at ABOM, the cosy venue will specialise in Thai style Indian and South Asian food, to eat in or takeaway.

There's a range of accommodation to suit everyone with the added benefits of ski in, ski out accommodation. And don't forget the Breathtaker on High Alpine Resort for a much needed massage for over-worked muscles before you head home.

**HUSKIE VISION** – visitors looking for a unique way to enjoy the alpine environment this season can enjoy an activity often reserved for those lucky enough to visit the northern hemisphere – sled dog tours. Commencing mid-way through the 2015 snow season, the team from Australian Sled Dog Tours will return to Mt Buller with their

large team of Siberian Huskies to offer a range of new tours and experiences for visitors, from a meet and greet with the dogs to an extended half-day tour.

**EVENTS CALENDAR** – jump online to view the Buller events calendar and participate in a range of activities like the Peak Pics photo competition, the Mark Adams ski and golf day, the Snow Racer GS, Bricks 4 Kids, Frank Freestyle Friday, the Backcountry Film Festival and sled dog demonstrations.

**SNOW GUARANTEE** – Mt Buller's world-class snowmaking system has received a boost to the tune of around \$500,000, with the purchase of a new submersible pump which will increase snowmaking capacity by 30% and allow the resort to pump 800 litres of snow per second during peak periods. Eight additional fully automatic snowmaking guns have also been purchased.

**STAY UP-TO-DATE** – with state-of-the-art technology at your fingers tips you can stay on top of the snow conditions 24-7 via the Buller snow cam, which, along with further information and accommodation bookings, you can find at [www.mtbuller.com.au](http://www.mtbuller.com.au)



# Horoscope!

# Winter 2015

## ARIES:

This winter you'll be filled with positive energy. Your Aries obstinacy will drive you on and see you achieving your goals. But don't become drunk on your success, make sure to finish what you start as this is not the time to leave projects unfinished. Try not to be stubborn as problems can be avoided by making compromises. Make sure to pay attention to your loved one.

## TAURUS:

These next few months you will do well in relationships and be able to overcome old disputes. You'll also help others to resolve their own disagreements and for this you will receive recognition. But now is not a good time to make new acquaintances. Through hard work you'll achieve goals and dreams that you've desired for a long time. Allow yourself some luxuries.

## GEMINI:

This winter there will be romantic moments with lots of sparkle between you and your partner. You'll experience changes and personal development and have great creative potential. There may be some family problems or quarrels with relatives and it may be a good time to spend some time apart for some self-reflection. You will come to realise what's important and what's not.

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## CANCER:

You can expect positive energy in your relationships. Even though winter makes you want to hibernate you need to focus on your job, it will pay off. Be careful of someone close to you who is not what they seem. Keep deadlines as it could damage your career if you don't. A new person in your life may be your soul mate - this person will spice up your life.

## LEO:

This winter you'll keep to yourself, almost like you're in hibernation. It's not a good time to start new projects at work or to take up new hobbies it will be better to stick with what you know. Work will be uneventful yet a nice place to be during the colder months, you won't feel like you're missing out on anything. Yet despite your hibernation, there will be cosy romantic moments.

## VIRGO:

You feel ready to share yourself with others and they will welcome you with open arms. People begin to really see you and enjoy your company. There may be significant changes with parents, children and home life and they will involve both challenges and rewards. There may be problems in your family, check what's in your heart before you take action or speak out.

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## LIBRA:

You'll actively be reshaping your image this winter, presenting a more confident you to the world and you'll learn the benefit of independence and self-assertion. You'll begin to enjoy moments of stillness and become comfortable with being alone, and find satisfaction helping and supporting others. It is a good time to start a new job or health program although it's easy to let things slide in winter.

## SCORPIO:

This winter is a good time for your career, reputation and networking. People are noticing your talents and are taking an interest in what you can do. This is the time for growth in your career and although responsibilities can increase, you'll be willing to take them on. It will be beneficial for you to connect, mingle and exchange ideas for maximum success.

## SAGITTARIUS:

Increased responsibilities are likely this winter and you'll find joy meeting your goals and others' discovery of your talents. There is good energy for your social life and romance has its ups and downs. It is time to get your life in order and you'll need to deal with some problem areas where you may have let things slip. Unfinished projects need your attention, which will contribute to your long-term success.

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## CAPRICORN:

An intimate relationship may take up a lot of your attention and it will often be on your mind this winter. Be careful not to get yourself into debt, now is the time to get your finances on track. Home life is easier and you may clear up some problems with friends or a group connection. A friendship may end at this time but strong connections will endure.

## AQUARIUS:

This winter there will be less pressure on you to perform, easier schedules and fantastic support from others. There is good energy for beginnings and endings that will set you on a new and improved path. There is emphasis on deeper, more meaningful relationships with others and benefits will come from combining your resources with a partner. You will seek and find stimulating educational experiences.

## PISCES:

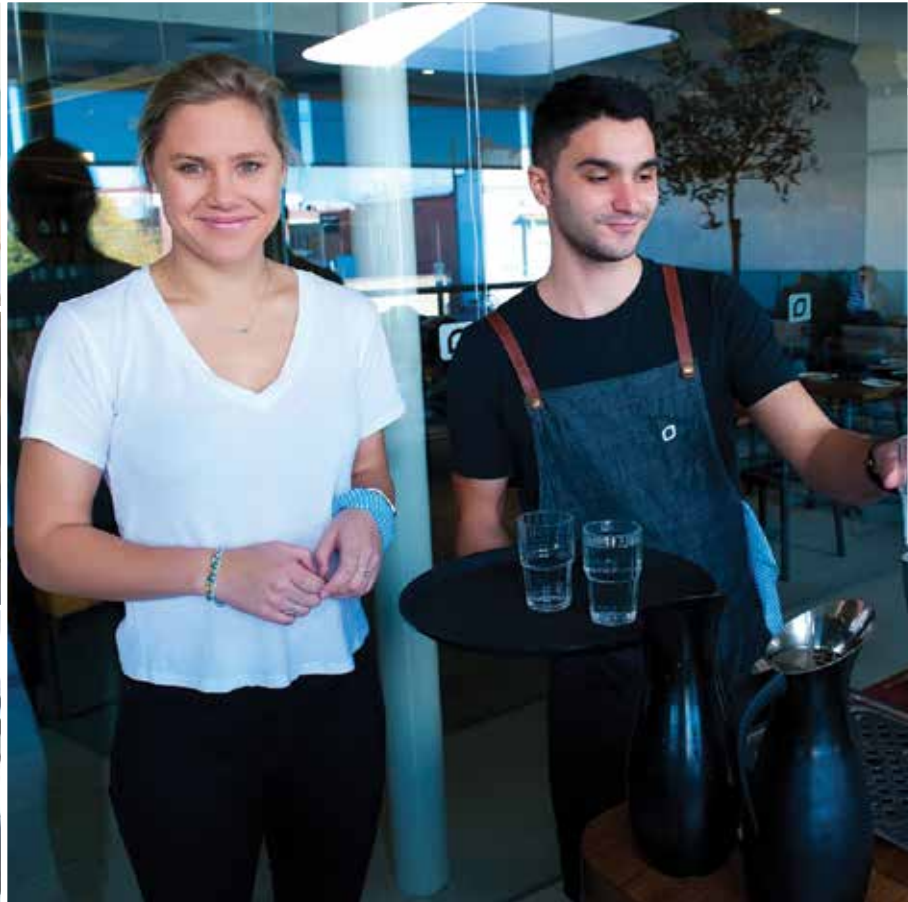
You'll have opportunities to do work you love and to connect with someone special. You'll often be found in a supporting role and this is where you like to be. There will be periods of enjoyment in your work, tasks and duties and others are taking you seriously, which is rewarding but can be stressful. Take care of your health as stress can take its toll.



# VANILLA

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## TOP 20 by GERASIMOS MARKANTONATOS – ECHOES

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2. Anna Naklab & Younotus Ft. Alle Farben - Supergirl (Club Mix)
3. Lost Frequencies - Are You With Me (Mahmut Orhan Remix)
4. Armin van Buuren feat. Sharon Den Adel - In and Out of Love (Lost Frequencies Remix)
5. Paul Oakenfold & Cassandra Fox - Touch Me (Pretty Pink Remix)
6. Cristian Vinci - Plena y Tambor (Original Mix)
7. Anhanguera - Moodywoman
8. Thee Cool Cats, Lika Morgan - Thee Worst (Club Mix)
9. Enzo Siffredi – Sometimes
10. Angus & Julia Stone - Grizzly Bear (Synapson Remix)
11. The Avener - Fade Out Lines (Synapson Remix)
12. Louie-Vega, Jay 'Sinister-Sealee, Julie McKnight - Diamond Life (Nikos Diamantopoulos Remix)
13. Dj Fudge - Asikolo (Hallex M, Loic L Remix)
14. Another Dimension - Sunshine (V\_Old-Skool Edit)
15. Xinobi - Mom And Dad (Extended Mix)
16. The Avener - Panama
17. Gregory Porter - Liquid Spirit (Claptone Remix)
18. Redondo & Bolier Ft. She Keeps Bees - Every Single Piece (Original Mix)
19. Vance Joy - Riptide
20. Dennis Ferrer Ft. Brooks - How Do I Let Go (DJ Able & Matt Bandy Remix)



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