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SPRING  
2015

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**BREE LAUGHLIN**

*Spring  
Racewear*

**KAREN McCARTNEY**

*White Rooms*

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Vanilla Upstairs  
Vanilla Magazine



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## EDITOR'S LETTER

Welcome to the 16th issue of Vanilla Magazine. As Melbourne gets all abuzz with its massive spring calendar of events, we focus on the DELPHI BANK 22nd Greek Film Festival. Vanilla is proud to sponsor this great event which brings us the latest storytelling from the land that gave birth to drama.



A Greece in deep crisis, yet resilient as ever, continues to produce art including high quality films. This year's opening night, however, is reserved for Greek-Australian production *Alex and Eve*. A feel-good comedy about a Greek man falling in love with a Lebanese Muslim woman. Tony Nikolakopoulos, who plays the role of the outraged father, talks about the movie and its themes.

This spring we also have *The Principal*, a new drama by SBS which daringly explores multicultural issues in today's Australia. The star of the mini-series 'heartbreak kid' Alex Dimitriades, returns to the schoolyard, only this time as the principal. He shares with us his views on the subject and explains why he remains a kid at heart.

Starting with the amazing Jane Meredith, we introduce you to a new series of articles on Power Women and their inspiring stories. Like martial arts expert, author, journalist and television personality, Tiffany Hall, who offers us great advice on health and wellness plus tips on how to bully-proof our children. Nutritionist and wellness blogger, Jessica Sepel, adds some liberating and empowering advice in her frank interview.

Omid Jaffari makes a convincing case for the benefits of raw food, and Mat Pember points out how the humble veggie patch can inspire our kids to eat their greens and reds. Lest we be accused of turning into vegan health-freaks (not that there is anything wrong with that as Seinfeld would say), Naomi Hart rushed to our defence with her famous fried chicken, which is best enjoyed with friends. It's all about balance ;)

Oh, I nearly forgot, we also have the races coming up! Fear not ladies, our fashion writer Bree Laughlin has got you covered there, while interiors expert Karen McCartney has a simple solution for lightening up your home - the power of white. And of course, all our regular contributors add to the mix of Vanilla Magazine for you to enjoy!

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# LEE HOLMES

This spring Vanilla welcomed back Aussie health and wellness expert and writer Lee Holmes for lunch upstairs, and we shared a quick chat about her latest tour and topic of passion, gut health – a passion she’s dedicated her latest book to.

This time around it’s a national tour including Melbourne, Brisbane, Adelaide and Newcastle, full of free events and talks hosted by Lee. Topics include the importance of gut health and how to achieve it, what to eat and cook, lots of tips and tricks, and great advice on setting yourself up for a good day.

Her talks focus on the four phases of gut health, which are; elemental diet, cleanse and detox, repopulating with probiotics, and healing your life.

‘The gut is the epicentre to the body. Research is out there and is currently being done that proves that if your gut flora is out of balance it will cause problems,’ Lee explained over lunch.

**‘Once I looked at the gut and started treating the gut, that’s when all of my symptoms really started to disappear.’**

Lee has also created a new online program that compliments her new book *Heal Your Gut*. It supports her philosophies and helps you learn to listen to your body and recognise the signs it’s sending you.

Stress, she says, is another factor that really ruins your gut health, along with eating processed food, and consuming too much alcohol and sugar. This new book and supporting program really sends home the importance of how much gut health influences your whole life.



## LEE’S QUICK-START TIPS TO GUT HEALTH:

Cut down on processed foods, gluten, coffee, and of course smoking. Antibiotics are another thing we really need to reduce our intake of to achieve great gut health.

Lee Holmes is the creator of Supercharged Food and the author of many fantastic health and wellness books including *Supercharged Food*, *Eat Yourself Beautiful* and *Eat Clean Green and Vegetarian*. Follow her on FB at [superchargedfood](https://www.facebook.com/superchargedfood), Twitter @leesupercharged or check out her new program and her collection of ebooks online at [www.superchargedfood.com](http://www.superchargedfood.com)

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# STRONG GREEK HEARTS

## *in Miniature*



This spring I had the pleasure of introducing **Margaret Moor** to Melbourne on my show *The KK Factor*. A woman without Greek background, she fell in love with our mother country during her first visit to Greece in the 80s while she worked on Paxos near Corfu for two years, becoming a great admirer of our heritage and culture.

After returning home to Australia, a program on the ABC introduced her to our Skyrian horses and her fight to save these endangered animals soon began.

To commence this breeding program, Margaret needs to import a minimum of two stallions and four mares. The mares could be brought into Australia in foal to different stallions, ensuring that the initial breeding stock would have

the largest gene pool possible. The estimated cost of this initial breeding pool sits at around \$150,000.00.

Skyrians are particularly well humanised. They are currently used on Corfu to work with children who are emotionally or physically challenged; assisting children with disability or who may have experienced trauma heal and recover faster. Margaret also intends to set up a program for children to ride and work with these horses in Victoria.

Their gentle temperament and the fact that they are easy to look after make them ideal pets and they keep paddocks well manicured; because they have small hooves they don't churn up the turf in wet weather.

A child could not wish for a better pony to begin the unrivalled experience of horsemanship.

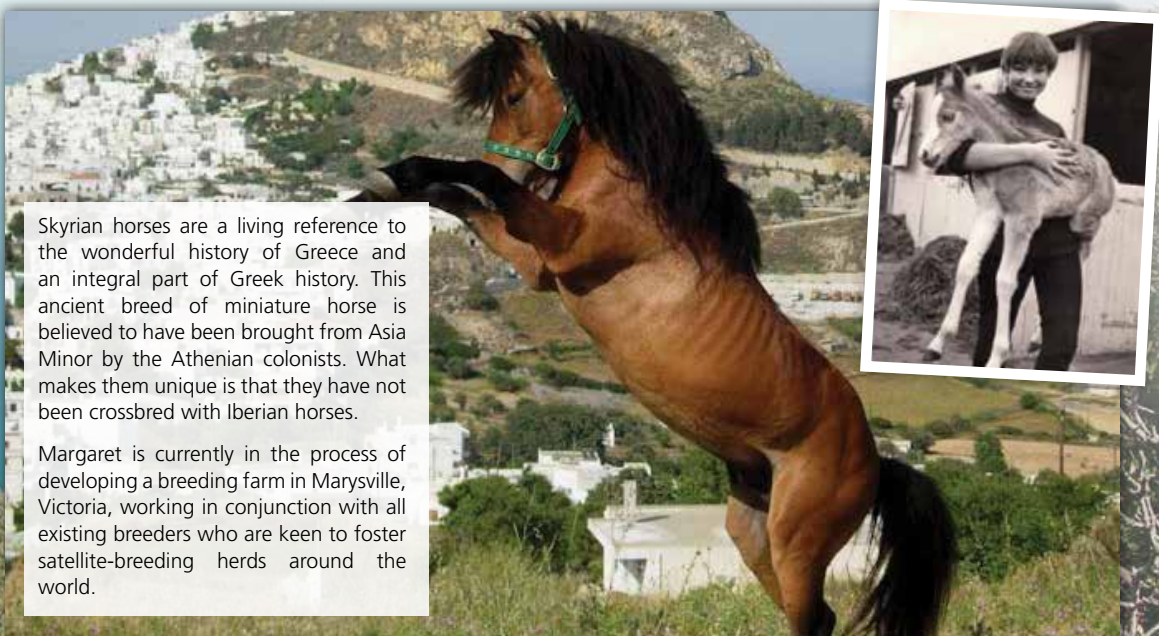
Skyrians have been a rare treasure since 4th century BC and a relic of Greek history remaining untouched by modern crossbreeding. Tests carried out on six animals from a Corfu herd have shown that the importation of the Skyrian horses to Australia is possible and these miniatures would meet our importation laws regarding disease.

Margaret's love for horses goes way back to the 60s and she is seeking support from horse lovers in our community to further this project. A trust or charitable foundation will be set up to manage the project.

### **MARGARET MOORE**

Moore House Country Retreat  
[www.moorehouse.com.au](http://www.moorehouse.com.au)

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



Skyrian horses are a living reference to the wonderful history of Greece and an integral part of Greek history. This ancient breed of miniature horse is believed to have been brought from Asia Minor by the Athenian colonists. What makes them unique is that they have not been crossbred with Iberian horses.

Margaret is currently in the process of developing a breeding farm in Marysville, Victoria, working in conjunction with all existing breeders who are keen to foster satellite-breeding herds around the world.



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# EVAN PANAGIOTOU



A soccer ball in one hand, a chocolate milkshake in the other - catching up with **EVAN PANAGIOTOU** was a lot of fun at his favourite café, Vanilla. This 16 year old is NOW living his DREAM in GREECE!

His favourite subject is science, yet this Year 10 student was recently identified from a Football Star Academy Master Class as a talented U16 player. After a three day camp and a private session with European coach Francesco, Evan was invited to train with the elite team Panathinaikos Football Club in Greece!

I asked Evan what he thought was going to happen once he is in Greece.

“I will be training very hard with them and having fun. It will be a great experience and hopefully they will select me. If I’m selected I will have to sign a contract and start with the youth team. I will also attend American school to finish my academic years of schooling. My family and girlfriend fully support me and are excited! My team is also very excited for me. After our last game, which we won 5-2, they all clapped for me and we all chanted in the team room together”

“There have been some funny moments I will never forget; like when I forgot to wear my underwear and the coach asked me to remove my skins and I was only wearing shorts. After I scored, the referee noticed and I was then asked to put the skins back on!”

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# Living the Dream


Football Star Founder and Director Peter Nikolakopoulos said, "We are excited about this international opportunity. It provides Evan with such an incredible insight as to what it takes to be considered at an international level. Evan is an extremely talented player and we hope it's a positive outcome".

Since the age of four Evan has trained in parks with his father, a former soccer player. Joining the Oakleigh CANNONS U5s after a minor head injury whilst trying out Australian Rules Football, Evan has never looked back. He is currently playing in their U16 National Premier League team.

Football Star Academy has provided grassroots and youth players across Melbourne with the opportunity to develop their soccer skills, have fun with friends and pave their way to becoming football stars.

Their summer programs at Oakleigh run from October. Further information is available on their website at [www.footballstaracademy.com.au](http://www.footballstaracademy.com.au)

You can follow Evan on  : EVAN PANAGIOTOU

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



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# Personalised banking in the heart of “Little Athens.”

Andy Kalogeropoulos, Senior Relationship Manager at Delphi Bank’s prominent Oakleigh branch takes a moment to look back on his banking journey and reflect on the vibrant Hellenic-Australian community that has made the Bank what it is today.

“When you have an equally strong passion for banking and the Hellenic community, the best place to work in the heart of ‘Little Athens’ where you can have the best of both worlds and call it work” says Andy.

Following his passion for finance from a young age, Andy immediately started working in the banking and finance sector after completing his studies in Commerce and Economics. His drive, commitment and strong personal values eventually led him to Delphi Bank, a relationship-based boutique bank of Hellenic-Australian heritage which is built upon three fundamental pillars – family, business and community.

Delphi Bank offers a wide range of banking solutions and products to 14 branches across Victoria, New South Wales and South Australia. As part of Bendigo and Adelaide Bank, the Bank operates under the strict regulations and monitoring processes set by the Australian Prudential Regulatory Authority and the Australian Securities and Investments Commission.

Since joining Delphi Bank six years ago, Andy has been fortunate to see the branch in Oakleigh grow and evolve since it first opened its doors on Atherton Road in 2000. To accommodate the emerging needs of their expanding client base, a necessary addition to the branch was the establishment of the Oakleigh Business Centre in 2011. The centre now operates with a full complement of staff ranging from a dedicated Business Banking team, an International Services expert and a hard working Customer Service Team who are overlooked by Delphi Bank Area Manager for the South-East region, Bill Anevlavis.

The staff at Oakleigh are very proud of their longstanding involvement with the Hellenic-Australian community. They continuously offer sponsorship assistance and support for local sports teams, schools, early learning centres and various aged care providers in addition to local small and medium enterprise businesses which form the backbone of the Bank’s operations.

**“We are incredibly pleased to show our support to the Hellenic-Australian community who have been with us at every step. Our assistance will only continue to grow as we constantly give back to those that support our bank”.**

As the Senior Relationship Manager at Oakleigh branch, Andy’s banking experience adds immense value by providing the best possible solutions to help his clients achieve their financial goals. “Every customer’s banking needs differ and I make it my priority to understand each and every financial situation to ensure that a package is tailored specifically for that customer. Whether it is consumer, commercial or development finance, we have the scope and expertise to cater for all banking requirements”.

The motivation that drives Andy is meeting new customers and seeing their business and projects prosper through the banking solutions that he has helped make possible. This creates a wonderful sense of satisfaction for Andy, as he frequently sees early-stage business development through to fruition as a result of his involvement.



Above: Andy Kalogeropoulos  
Senior Relationship Manager, Delphi Bank Oakleigh

An overarching career highlight for Andy is leading the Business Banking and Customer Service teams at Oakleigh. His commitment and ability to maintain key relationships with a range of clients is well-recognised across the business, and when combined with the support of a great team, it only further fuels Andy's ambitious streak to achieve business and personal goals.

"A standout moment was providing financial assistance to one of my customers to make a sizeable purchase of a commercial property in the Melbourne CBD at the eleventh hour. Another memorable highlight was tailoring a package to a reputable financial planning organisation to invest a large amount of their customers' funds with Delphi Bank. This was a significant milestone not just for me, but for the Bank as a whole".

Similar to Andy's straightforward, tailored approach to customer needs, Delphi Bank adopts a similar no-frills attached method when it comes to product offerings. The Midas Account recently won the Gold Award for Best Savings Account – Bank category in *Money Magazines'* 2015 *Best of the Best Awards*; a high interest earning account at a competitive rate, with no account keeping fees and funds available at call. Among the most recent award, the Midas Account was also a Silver Award winner in *Money Magazines'* 2014 *Best of the Best Awards*.

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

When asking Andy to describe Delphi Bank in a few words his response was put very simply - "personalised banking".

Andy has successfully built a vast network of clients over the years and everyday he continues to maintain the true essence of Delphi Bank's values and integrity. Andy is proud to have paired with an organisation that shares the same level of standards for personal service and community contribution that he does.

"Giving back to the community has always been important to me and something I hold close to my heart. It's a good feeling to be able to be part of an organisation that has community needs placed firmly at the core of their operations. Delphi Bank is more than just a bank; its' family".

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# Jane Meredith

## DOUGHNUTS TO DIAMONDS



This **spring** we introduce you to a new series of articles on **POWER WOMEN**; women who we feel have made astounding headway in the industries they work in and in their own personal lives – women who inspire us to do better and be better, in all aspects of our life. And to kick us off we meet the insightful **JANE MEREDITH** of **SECRETS**, boasting stores throughout Australia. Secrets is an upmarket jewellery store featuring high quality simulated diamonds set into exquisite designs.



After jumping into a Donut King franchise with her former partner, Jane soon discovered that life didn't always end as you had first thought it would. Separated from her life and business partner only four months into their new franchise, Jane learnt the hard way that not all relationships are easy to maintain once trust has been broken.

After finally selling their franchise Jane moved herself to the UK and spent a few years establishing new Donut King's abroad, and then she moved back to Australia on a mission to find herself and her purpose in life.

And find it she eventually did, in the world of glitter and glam that is simulated diamonds.

Her success in business stems from her innate ability to discover what a customer really wants, but it also comes from caring about what her client is searching for.

'My parents brought me up to always strive to be my best and care about people, almost like a pay-it-forward attitude, and because that's how I've always operated within my life, it just transferred over to my business career,' she said.



*We make woman feel good about themselves and empower them to feel great*



#### **So Jane, how did Secrets Shhh come about?**

A friend of mine came to me in 1998 with the concept of simulated diamonds and I said to him, look, I don't think Australia's ready for this. Deitmar is a jeweller and had been watching the European and US markets, he was very forward thinking and visionary. However I just couldn't see it here in Australia.

Then I saw what diamonds are used for – most of the time it's for sharing moments and caring, and creating that really beautiful piece of jewellery that forms that bond between two people. I also noticed that it was used for superiority and some women felt that they were less because they couldn't afford high-end diamonds. Over a period of time I had a few little moments like these.

At that time, I was working for a very high-end jewellery store in Sanctuary Cove on the Gold Coast. One day, the owner told me that they only sell to 9% of women around the world. I went home and I thought to myself

*'I'm the remaining 91% and it's not fair. It's not fair that we feel like that, that we can't have these beautiful pieces.'*

Then one Sunday a woman was walking past when I was putting the jewellery in the window. I looked up and she looked at me, then looked down at her baby, had a really sad look, and kept walking.

I had a serious electric lightbulb moment, it felt like lightning had come through the window and hit me – I had this incredible vision of this journey.

I realised that this is what I was here to do – to create a beautiful shop where any woman, no matter who she was, no matter how much money she earned, could walk in and feel like she could buy a beautiful piece of jewellery and she could feel valued. We would make her feel so good about herself and empower her to feel great.

*So that's what Secrets Shhh is about and that's how the journey started.*



Jane with Secrets other Co-Founder, Dietmar Gorlich



### **So it was an emotional decision really?**

For me it definitely was and it has been all the way through. I had no money, and a really old car. The only thing I could offer Dietmar was my commitment and my passion.

So Dietmar and I settled on Noosa, and you know Noosa's a really scary place to come to when you've got nothing. They say if you want to earn a million come with two.

I had to really fake it until I made it. I had to walk down the street, shoulders back and basically not buy into who I have to be and who I should be. Instead I looked and found solace in myself and just believed in what we were doing.

*It was a very reflective time and we kept to ourselves and didn't involve ourselves in any groups of people. We didn't know anyone here which was really great because we could just concentrate on what we were doing 100%.*

### **Have you noticed a big difference for women in business over the last 15 years?**

Absolutely! I think women have found their voice, they've found their ability to be taken seriously.

And this is just my view on the topic, but I feel like for years and years women had to go in to compete in the male arena. It was all about how we could assimilate ourselves into that and the changes that we had to make.

Instead of trying to stand on the male platform, women have almost created a new platform and they've created business from opportunities that they've seen.

There's a much more serious look at the necessity for any board to have women on it now and it is no longer that male domain that it was for years.

And I think women no longer feel that they necessarily have to prove themselves in this arena, they go into it with passion like I did and it just flows for them.

It's interesting – if I'm in a meeting I'm treated very differently to how I was treated even 10 years ago by men, I think there's a lot more equality.

### **And the jewellery design industry was always very male dominated wasn't it? All of the most famous ones are men.**

It still is, and yes they are. You know, if you go to the jewellery fairs in Hong Kong the ratio would be 80% men and 20% women.

Behind the scene, the owners of the businesses, in whatever category it may be, are probably still 90% men. The jewellery industry is very male driven, which I find extraordinary because it's such a female product.



Jane with iStyle TV Host, Tam Wrigley





**What advice do you have for women in business or women wanting to get into business?**

*My advice is to find what you're passionate about. If it's something that's eating away at you and you can't put it down, you'll succeed.*

Always remember that's the driver. But do seek financial advice, do get a business plan together and look for people who will do things better than you.

Remember what your skill is and don't try to be everything in the business. That's the biggest downfall I think for all of us, whether we're men or women.

Don't go out there thinking you're going to find someone with as much passion and commitment because you won't. Instead, find someone who is a great accountant that you can trust, find someone who's a great product manager who can help you steer the product in the right direction, find someone who has amazing retail skills. Get people involved who can do these things better than you. That's where I went wrong in the early days.

I read Richard Branson's book *Losing My Virginity*, and he got me going when I was having a lot of doubts.

It was about four or five days before opening the store and I was walking around Noosa like a little lost soul. I always parked my car a really long way away because it had a really big dent in the side and it was really embarrassing.



I remember looking over at the newsagent, I was just so attracted to his book that I went over and I bought it. I had fifteen dollars left in my wallet and I went to Aromas and bought two glasses of wine and over a period of the day, I just read the book, and it changed my life. It really did.

One of the things I didn't do was take that one piece of advice that he gives, which is one of the most important; look for people who can do things better than you.

I didn't do that – my ego, my low self-esteem, needing to prove myself and feeling like I had to do everything; that was a real trap I think.

**And how did you eventually get past that?**

I have my mentors, people who I can go and sit down with to talk things through – they look at it from an outsider's perspective. By doing self-work and looking at myself I realised what I was actually doing.

*I still jump into it sometimes but very rarely now because I just love watching people do things who are so much better than me; I love it. I think it's the most wonderful thing.*

Anything that's going on in your business stems from you. That's one of the greatest things I was ever told through my self-development. It doesn't mean that you're responsible for every tiny little moment but energetically, what you sit with will filter down into the business.

Ladies and gentlemen,

take heart, in her newest health and fitness book, **TIFFINY HALL** teaches us the tricks and tips to changing your lifestyle for the better in the easiest and most enjoyable ways by sharing her years of martial arts and FITSPO. And, importantly, that even 10 minutes of sporadic movement is actually helping you on the path to your fitness goals!



Hardie Grant Books  
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# TIFFINY HALL

# You Beauty

BY RAQUEL NEOFIT



### Tell us about *You Beauty Tiffany*.

Well, *You Beauty* is the best of all my tips and all my experience. I've been working personally with people for over 15 years, teaching many, many, classes in taekwondo, one-on-one personal training, working with different bodies and different mind sets. This is all the fitspo you need; all the tips on nutrition and effective exercise. .

I know that people are time-poor, I'm time-poor, so it's about fitting healthy choices into your life, and making it a lifestyle that's attractive and fun.

I think there's a lot of fitness out there at the moment that isn't very fun and it's quite intimidating, demanding on your time, and really hard work. You have kids, families and careers to look after and then life just gets in the way. So this is really a manual to creating a better self, but it's incredibly effective and very sensible.

### And it really is a book for everybody, isn't it?

It is, I've had teenagers buy it, and they're on Instagram loving fitspo and wanting to make the juices and the bliss balls and do some of the exercises, and then I've had mums buy it as well. All of my friends are having babies and they're trying to get their pre-baby bodies back.

And, you know, I'm 31 and I'm right in that phase at the moment, so it's also great for women going through pregnancies or who have just had babies. I've even had guys buy it and say, I know it's a really pretty book but it works a treat for men as well. I'm so rapt with the reception of *You Beauty*, and I'm so flattered that I have so many fans and supporters out there.

What I really try to do is break down the information to be digestible because there's so much information around – it's overwhelming the amount of health and fitness info, even I get confused sometimes.

And it's definitely not extreme – I'm not paleo or fully anti-sugar or fod-map or anything like that – I eat balanced and I have days where I treat myself as well. But the thing to understand is that the treat won't make the difference, but a binge will.

### So if you came to Vanilla you'd enjoy a cake?

For sure, because it doesn't make a difference, honestly. If you're healthy eighty percent of the time and you do have a little treat once or twice a week it isn't going to make a difference.

**CELL REGENERATION** In 12 weeks you can completely reverse your biological age. You have a chronological age, I'm 31, but biologically, because of my lifestyle practices I'm about 10 years younger. I believe that our cells regenerating every three months is the greatest motivation to be younger and to preserve youth and longevity.

### And you believe it takes 21 days to form a new habit, what advice do you have to get through that time?

I think small changes; you've got to start really small and achievable – make your goals tiny so you can achieve them and then build them up.



Of course I would treat myself, my husband and I go out for croissants and coffee. We really do try to have a balanced lifestyle because what is the point of being healthy if there's no rewards.

### How did you arrange your thoughts and info for this book?

It was quite consistent, I think because I'm a martial artist, and it comes from growing up in my parent's martial arts school and having done taekwondo for twenty years.

### So when people say even 10 minutes here and there is better than nothing, is that actually helping you?

Absolutely because in 10 minutes you can burn up to 100 – 150 calories, so that could be half a muffin that you've had at morning tea with a coffee, so that's worth it.

But most importantly, it spikes your metabolism to burn the food and energy more efficiently throughout the day. So it's more of a hormone response throughout your whole body, it's chemical, and it's going to improve your mind and give you endorphins that make you feel better.

Sometimes I don't exercise for calorie burn or to tone anything, sometimes I just exercise because it makes me feel good and in that positive mindset I'll make better food choices.

### And your 'three hour start the day over' theory, I love that, what's that all about?

So, say you've set yourself a goal of eating really clean or doing certain exercises and you want to be really good, but then you might have a Tim Tam with coffee and you think the whole day's ruined. So you're just gonna eat whatever you want for dinner and not bother exercising, and you blow off the day.

I wanted to stop that all-or-nothing mentality, so if you have one little slip-up you go, right, that's okay, I'm back on track at the next meal. Every meal is a separate event, you don't lose days because of that all-or-nothing mentality and I think it works.



# Tiffany Hall

## Maxi and the Magical Money Tree



### Tiffany, how did you get into writing and television?

I always wanted to be an author but it's very difficult to support yourself as a writer.

I grew up in a family of black belts, my dad was an Olympic coach for martial arts taekwondo and my mum was one of the first females to earn a black belt in Australia. They run taekwondo schools all over Melbourne, so I naturally gravitated towards teaching health and fitness, and it was a great way to support my writing.



I fell into television through a fitness test Channel Seven held for a show called *Gladiators* and I actually won. I just went down because I had a boyfriend at the time who used to say, 'I'm fitter than you,' and I was like, back up, we're going down there together and we're going to see who's fitter! He was knocked out in the early stages and I went all the way through. I didn't even know what you won or what it was!

They told me I was going to compete on TV and there was a little bit of money and I thought, wow, this is going to support my writing for a whole year. So I started working in television and the fitness thing sort of rolled on from there. I quickly learnt that I could work in television and fitness whilst I was working on my writing.

### So the first kids' book, did you write that before the TV stints?

Yes, yes absolutely. And I had written many other books that had not yet been picked up. Harper Collins picked me up for a four-book deal just before I joined *The Biggest Loser* for the first time.

*Maxi and the Magical Money Tree* is my fourth novel, stand alone, and I am so proud of it. It took me two years to write it.



We all know **TIFFANY HALL** from her time on *The Biggest Loser*, but did you know that she's also a successful health writer and author of children's fiction?

Harbouring a desire to become a writer from childhood, Tiffany tells *Vanilla Magazine* she feels extremely blessed to have had prolific Australian writer John Marsden as her English teacher in primary school, and he instilled a passion for writing and creativity in her from a young age.

Luckily for us as readers and health seekers, she was dedicated in her pursuit of the written word through *thick* and *thin*...

Her health and fitness writing is an inspiring, to the point, fun, no bull method that really gets results, while her children's books subliminally address the issues of self-esteem, confidence and the daunting world of bullying entwined in a great story.



### Where do you draw the inspiration from for your characters?

Well, obviously for the Ninja series, growing up in a martial arts school around the philosophies of taekwondo and the ancient martial arts legends, I was really inspired and I had so many students in my martial arts school, so many kids with vibrant personalities that sort of meshed into my characters.

We get a lot of kids who have been bullied who come to us to learn confidence, and that *inspired* me too.

*Maxi and the Magic Money Tree*, the inspiration for those characters came I guess from myself, having worried about the financial pressures of being a writer for two years and I guess being nervous about that. Then planning a wedding and just wishing I had a money tree – I'd say to my husband, I need a money tree to pay for the styling and the caterer, and I just can't handle this!

And I have a brother that was, and still is, a very active lizard breeder - he's seventeen. So I was around lizards a lot, and I knew a lot about bearded dragons and just thought it was cool.

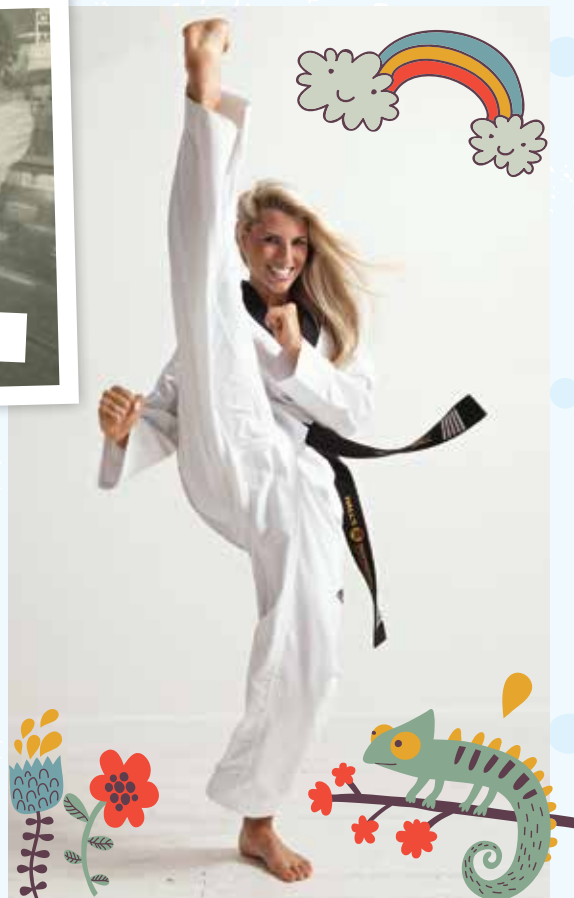
I don't like writing for boys or for girls. Girls can be interested in lizards and reptiles and martial arts and all that cool stuff as well as boys, so it was very important for me to write characters that are neither for girls or boys.

### So you address bullying in your martial arts classes?

Absolutely. Our whole syllabus is designed to build confidence and to deal with bullying. We have family safety days and family safety programs, which are a family approach to bullying and dealing with bullying. So mum and dad come along with the kid and we talk about it.

I guess the most important thing for kids to learn is to use their voice, and martial arts is fantastic. Yes, we scream and we punch things, but the meaning of the ki-hup is finding your voice, using that strength and speaking up. A lot of kids keep it to themselves.

We teach them to tell their teacher, tell your taekwondo instructor, tell your parents. We're trying to make bullying not something that you're ashamed of or that you deal with on your own.



For myself, I was into full contact sports. As a child I went to a very prissy, private school and all of the girls were into gymnastics and aerobics, and I was into full contact sports and, you know, I was ashamed of that.

They said you should be proud of that, you should be confident in what you love to do and, you know, be proud to *stand out*.

### And what do you want kids to take away from your books?

I just want them to enjoy reading. Oh my gosh, I see so many kids on ipads in cafés and I just want to engage them in a good story, and encourage them to read books and use their imagination.

So really, I just want kids to be old school, to love reading and to engage their imaginations. I still remember curling up with Roald Dahl and I could not believe the places that he took me.

Harper Collins  
RRP 14.99





# TIFFINY HALL'S TIPS TO BULLY-PROOF YOUR CHILD

- **TEACH THEM TO USE THEIR VOICE.**  
Teach your child to speak up, communicate, express themselves. I love teaching taekwondo because it encourages kids to use their voice and builds confidence. Using their voice is about sharing their problems with teachers, parents and friends so they don't isolate themselves.
- **APPLY THE ARM PRINCIPLE: AVOID, RESOLVE, MANAGE.**  
Teach your child ways to avoid bullying situations, how to resolve the situation if it escalates and then how to manage the situation if it turns physical.
- **DON'T BE A BYSTANDER, BE AN INTERVENER.**  
If you witness someone else being bullied don't watch, intervene. This will help the bully to feel outnumbered and isolate their behaviour. If the bully feels isolated by their bullying it is a good incentive to stop.
- **ENCOURAGE** FAMILY DISCUSSIONS ABOUT DIFFERENCE AND DIVERSITY.
- **DISCUSS** YOUR CHILDREN'S FRIENDSHIPS, WHO THEY ARE REGULARLY ENGAGING WITH.
- **PRACTICE CONFIDENCE.**  
I always say confidence is like bread, it needs to be baked fresh every day. A great way to build their

confidence is to help your child follow their passions and to grow their talents. When they feel that they are good at something, it builds self-esteem.

## FOSTER YOUR CHILD'S FRIENDSHIPS AND HELP THEM TO GROW A SUPPORTIVE FRIENDSHIP GROUP.

- **TEACH YOUR CHILD HOW TO CONTROL THE CONTROLLABLES.**  
You can't control other people's behaviour but you can control your own attitude, mindset and focus. Building up your child's emotional resources will help bullying to have less impact. Building your child's resilience will help them to combat bullying.
- **TAKE A FAMILY APPROACH TO BULLYING.**  
Talk to the school, teachers and other parents so the child feels supported and protected. The goal is to make the support and love in the child's life stick out more than the fears and traumas of bullying.
- **DISCUSS CYBER-SAFETY**  
Make sure your child knows how to protect their profile and the dangers of posting private information. Nothing online is temporary.



# WHAT CAN YOU DO IF YOUR CHILD IS THE BULLY?

I've found that bullies lack just as much confidence as their victims. They need to be taught anger management and self-control by strong, positive role models. I think martial arts is so positive because it is holistic, working on building a positive mindset along with emotional resilience and discipline. Martial arts is also very social as it is conducted in a class environment and you always have a partner to work with. The principles of martial arts helps a child to control their emotions and channel them in more positive ways. I really recommend taekwondo for helping kids that are bullies, and at Hall's Taekwondo we run specific programs to help reform kids with anger management problems.

- Some children bully because they themselves have been bullied. Listen to your child for clues that she might be a victim of bullying. Sometimes children join in a group that uses bullying behaviour to avoid being bullied themselves. If your child is bullying so they can fit in, talk to the school or organisation about strategies they can learn to resist joining in.

## BUILD **SELF-ESTEEM**. WORK ON WAYS TO REWARD YOUR CHILD'S GOOD BEHAVIOUR AND TO GROW THEIR TALENTS.

- The bullies' peers need to learn about their own behaviours that support and enable bullying. If a bully finds himself or herself isolated for bullying, that is a powerful incentive to stop.
- If your child is having trouble being empathetic it might be good to seek professional advice from a child psychologist.



- Explain to your child what bullying is and how it can hurt others. Your child may not know it's wrong or be aware that they are hurting other people's feelings.
- Anger management. Help your child to channel their frustrations and anger in a positive way through a physical outlet such as sport, which builds confidence, self-esteem and helps the child to develop teamwork and leadership qualities.
- Teach empathy, respect and compassion. Try to help your child understand they are hurting other people's feelings. Bullies often lack awareness of how others feel.
- Create clear boundaries. Bullying is not okay. Implement consequences for bullying and follow up immediately.
- Talk to the school (or organisation where the bullying is happening) about its approach to bullying. Ask what you can do from home to support the approach. Call back regularly to check how your child is behaving.

# MATTHEW BATE

## 365 Days of Wholeness

After living his childhood dream playing eight years of professional football at the Melbourne FC, Matt found a passion for **health and wellness**.

*He realised that maybe the diet recommended to elite footballers isn't the best thing for their overall health and performance.*

So he set out on a quest to discover why he wasn't feeling as good as he should every day. Following his his passion Matt now follows a predominately plant based diet and a belief that carbohydrates are the most important component for the body, and not those empty carbs saturating the food industry, real wholefood carbohydrates that nourish, and allow our bodies and minds to thrive.



So while playing football in Norwood Eastern Football League and spending three years achieving a degree in nutrition, Matt teamed up with Tegan Steele to create *365 Days of Wholeness*.

A brilliant guide book to living a healthy, chemical free life that takes you by the hand and walks you through topics including the complex way our digestion works, how foods are transformed into sugars and how to satiate your body and get the most nutrients from food. They also address the very important topic of high welfare meat, and the devastating impact the meat industry is having on the planet and our bodies, the importance of knowing true hunger over programmed hunger, sun protection through the foods you eat, and an alkaline diet – all with a lead by example attitude.



**When did you come to the realisation that the diet you were following as a professional footballer wasn't right for you?**

It started when my body started breaking down and I just wasn't feeling good. I was about twenty-five and starting to get aches and pains everywhere, arthritis-like signs, always tired and not really feeling that good on a daily basis; that was the signal for me.

At twenty-five I should be feeling really good, and here I was popping all these painkillers and anti-inflammatories. I used to get sick a lot so there were lots of antibiotics and then I'd need a lot of stimulants to build myself up for games. It's very exhausting living like that and it takes a lot of emotional energy too.

So I started doing a little bit of reading and research, and found athletes around the world who were thriving on a





much more natural, whole food diet and it really opened up my eyes. I started to realise that all these refined foods I was eating - the pasta, grains, cereal, refined foods - didn't have many nutrients in them, they're what I now call empty carbohydrates. Your body needs nutrients, minerals, antioxidants, fibre, etc. and the foods I was eating just didn't contain these essential nutrients, they are also very acid forming on the body.

*What I started finding was really mind blowing and made a lot of sense in terms of what I was feeling.*

**It can be daunting looking at a super-healthy diet and thinking about all the changes we need to make, what's the best way to go about it?**

I started with small shifts and that's what I always recommend people do. It's been over three years since I've started this change and I'm still not perfect.

But the exciting thing I've found is that if you're good eighty or ninety percent of the time you'll actually get amazing results. So you can still enjoy a coffee or a wine and it doesn't actually have a negative effect on your body.

Definitely start with a step-by-step progression; I started just by changing my breakfast to a green smoothie every morning and after a few weeks I start to feel incredible.

**Was it a smooth transition to wholefoods for you?**

I think I did it quite intelligently because I did it step-by-step, so I didn't have any dramatic detoxes in my body. But I think I was so ready for a change and so sick of how I was feeling, and I was so excited about this new information I was finding and what it would do for my body that I just really wanted it.

I've always been somebody who has thought that it isn't normal the way everyone is living, what we're putting into our body - I wanted to go in the other direction to that. I could see the results everybody was getting and knew I wanted a change; just look at disease and obesity rates, eating disorders and cancer rates, it's ridiculous.

But every day people are suffering like I was with aches and pains, tiredness and colds and flu, and we see that as normal. But I don't think that is normal, so for me all this stuff I was learning really resonated, and I was excited to implement it.

**What's the best advice you have for people to help them choose the right foods everyday?**

Look to nature, nature's designed everything for this perfect balance; Mother Nature gives us everything we need, she provides tons of carbohydrates, abundant fruits and vegetables, and very minimal fats, it's very hard to find fats in nature. The nuts take forever to grow, avocado take nine months to grow and the trees take about five years to even start producing the fruit, seeds are generally eaten by birds - oils don't even exist in nature.

So I look at that and think that she's being pretty obvious within what she wants us to eat.

To purchase Matt's book please visit [www.365daysofwholeness.com](http://www.365daysofwholeness.com)

For more info on Matt & Tegan's upcoming January Bali retreat email [info@365daysofwholeness.com](mailto:info@365daysofwholeness.com)





# Jessica Sepel

By RAQUEL NEOFIT

**JESSICA SEPEL** has bared her heart and soul through her blog for all the world to read and learn from.

As a woman who struggled with food throughout her teenage years, Jessica hopes that by sharing her struggles with food she'll help other women and girls find solace, and the right relationship with food, exercise and health. It's a topic not openly spoken about, especially by industry specialists who have endured eating disorders and the yo-yo world of dieting and punishment through food themselves.

On her blog, [www.jessicasepel.com](http://www.jessicasepel.com) and through her first book *The Healthy Life* she shares information that's usable and lifestyle friendly, and a must for anyone dealing with the trials of a difficult relationship with food and eating.



**Your blog is currently one of the most popular in the wellness arena, had you ever had an interest in writing before? How did it all begin?**

No, not really. To be honest, my blog happened as a result of a very personal journey. I actually began writing my blog in my fourth year of study and it was basically an emotional outlet for me. I'd say it was a therapy where I was able to express how I was feeling. Then I started adding recipes that I discovered; it was a very personal thing and I didn't actually want to make it live.

Then my fiancé, boyfriend at the time, took a look at it and said, you have to let this go live because I think that you're going to help a lot of people, they will relate to it.

At the time I was very insecure and my self-esteem was so low that I was very afraid to share my story with the world. I can still remember the feelings when I put it live, I'd been writing it for five months and I felt so insecure and scared about how people would respond to my story. I'm so grateful that the response has only been positive.

**And how did you deal with that fear? Emotionally it's a big deal to send those thoughts out into the world, especially since you'd been so low in the past.**

I'd been in therapy for a while so I'd come to terms with my story and I would say that I've always been good at expressing myself.

Honestly, I was quite anxious about it but it also felt like a relief, and the positive response I was getting was starting to motivate me more. If I had received a negative response I don't think I would have kept going, but the response was so incredible.

People were commenting saying thank you so much for writing this, I've been through the same story and I've had the same struggles.

You know, I'm one of the few nutritionists out there who's willing to talk about the emotional aspect of food. I think a lot of nutritionists and practitioners struggle with it themselves, I know of many; it's just a really shameful topic to talk about what I talk about.



Nutritionist and wellness blogger





**And you speak so candidly about your history – how important was that to you in the beginning, to be so honest?**

It was very important to me! I know for sure that is probably the reason for the success of the blog. Every single time I write a post about a topic that's very honest the response is better.

I realised quickly with my blog, and I've known this my whole life, that being **honest** is the **best** way to be.

It was healing me to be vulnerable and I didn't want to bottle up all those topics and thoughts, I wanted to share them and I wanted to see if other people were feeling the way that I was. I felt so alone on my journey and then I started to realise that I wasn't so alone, most women were going through what I was going through.

**And you're getting married in December, your fiancé, does he live a similar lifestyle to you?**

He is actually very, very health conscious. It's funny, sometimes I say to people that he's healthier than I am in the fact that he's got so much balance.

He's actually an inspiration for me because he's such a natural eater and that's something I talk a lot about in the book.

**Tell us about the theory behind being a natural eater?**

I'm quite fascinated by this theory and it's definitely something I want to touch on in my second book. If you look at children, they have a natural relationship with food; up until a certain stage we all have this natural relationship with food. But then, if you start dieting, as I did, you end up with a very complicated relationship with food.

**Were you actually overweight when you developed your problems with food?**

Well, I did actually put on quite a bit of weight, and I lost quite a bit of weight. Then at the age of 15 I started dieting and I lost quite a lot of weight to the point where I was underweight; but then I put all the weight back on and more.

I can really show people how dieting just does not work.

If it was going to work for anyone it would work for me because I'm a perfectionist. I studied health and fitness, and I grew up in a very healthy family.

I just stressed out my body, and what's fascinating to me is that beforehand I came from a healthy family where food was a very healthy part of our lives. I ate food in a very healthy way - then I became a dieter and I was no longer a natural eater, I was a complicated eater - I was a dieter.

I have friends, and I'm sure you do too, who focus on food as a source of fuel and nourishment, and there's nothing beyond that. They eat food to energise themselves and they don't think beyond that. They don't feel anxiety, fear and guilt, and all those crazy things around food.

So my purpose and my journey, and it's still going, is to get myself back to being a natural eater because that's when I think your body and your weight responds the best.

**I wanted to touch on emotional eating, you write about how you needed to understand how you became your own biggest burden and how it brought tears to your eyes, how was that journey of discovery for you?**

It was emotional, sometimes I just can't believe how bad my relationship with food was and how I really was my own biggest burden. Food was my enemy and every time I sat down to eat I was thinking, 'Will this make me thin or fat?' There was no other focus, like 'Will this make me healthy? Will this make me well? Will this make my skin glow?' and it really scares me.

I'm definitely not perfect, I have moments of fear and anxiety, especially when I'm travelling, I find that when I'm not in my usual routine that's when the old thoughts creep up, but now I have the tools in my box to deal with them.

But writing about it was actually nice, it was freeing because I had gone through so much and I had healed myself so much by going through those old emotions. I was proud that I'd come so far and healed so much.

I say in my book that I do still have moments of weight and fear, and I'm still passionate about writing about my journey and how I'm still getting through it all.



**And you also touch on stress and adrenal exhaustion, it sounds like it's more common than what we think it is.**

A typical sign of adrenal exhaustion is when you get a second wave of energy at about 9:00 pm, you're waking up tired and often you crave salt. If any of my patients are craving salt I immediately run adrenal tests. Waking up tired is a really good indication of whether your adrenal bank is in good shape or not. Also, if you're falling asleep quickly or not.

**Is it similar to chronic fatigue?**

Chronic fatigue is a more extreme version of adrenal fatigue, adrenal fatigue is probably what we all have as Australian women working so hard and that's why I really harp on about it.

I think the most important thing in that book is the stress chapter and the emotional eating chapter because stress is, for me as a practitioner, the number one health killer. I think if we, especially as Australian women, get control of our stress and allow ourselves to rest more and stress less, we would be in a much better, healthier condition.

We're trying to be the perfect wife, the perfect career women, the perfect mother, and it's all just *too much* pressure.

I encourage you to take some tiny part of your day, whether it's five minutes or ten minutes, to do something for yourself everyday. Whether it's yoga or just putting your legs up against the wall, or reading a book, just do one little thing for yourself everyday.

**And the recipes, you've got some great recipes in there, do you enjoy that side of it now that you've healed your relationship with food? Do you enjoy getting in the kitchen?**

I love creating healthy food, but I don't want to spend all day in the kitchen, either. That's why my recipes are really quick and simple. My mum has taught me this. When I cook, I try and keep my preparation time down to under 45 minutes. I still love discovering new recipes and I still get so excited about alternative food. What motivates me is to see how excited my community gets. I still love it and I would say I'm more passionate and excited about creating healthy recipes than actually cooking them. I love to cook them, but it's very natural for me to sit down and create recipes, it just pours out of me, it's a very natural thing. I love when people say to me, 'but I love pizza, I love pasta,' and then I can help them discover the healthy alternative to those things, it makes me very excited. In my new book *The Healthy Life*, I've tried to incorporate as many of these healthy swaps as possible - that's a big part of what I believe in: finding delicious, simple and wholesome ways to enjoy the foods we love.





# Raw Cuisine

## Omid Jaffari

'Imbued with passion for health and humanity, my goal is to inspire others to work towards a better, cleaner, animal-cruelty-free world'.

— Omid.

From years of learning to cook in the kitchens of some of the greatest restaurants throughout the world, Omid has settled on Melbourne as the place to call home and set up his unique food business, Botanical Cuisine. A range of high quality gourmet dairy, gluten and preservative-free food for those with allergies and intolerance.

After discovering his dairy intolerance many years ago Omid set about creating a range of cashew nut milk and cheese products.

Growing up in Iran, Omid recalls his earliest food memories of stealing cherries and pomegranates from his grandmother's trees in Tehran; a world away from where he spent his adolescent years in New Zealand from 1992.

After many years he learnt the ins and outs of the chef's trade, then spent many more years travelling throughout Asia, the Middle East, Africa, Europe, South America and the UK before calling Australia home in 2010.

His first book came to life with his partner, photographer and stylist Natasha Blankfield, who not only shot all of his gorgeous images, but the book is also embellished with her grandmother's botanical illustrations, drawn when she was just 18.

### What were your reasons for going raw?

The challenge; I was a chef and I thought the challenge was exciting. Then after I embarked on the raw food journey I realised a lot of things about my body and how it behaves towards the food that I was eating, and then I realised that I was actually dairy intolerant.

### You've travelled and worked in so many different countries, how much do those cultures influence your food now?

I think it has influenced me in many different ways. Having experienced so many different cultures, from working in

New Zealand, Japan and Canada, there are just so many different variations of flavours, chefs and cultures. No matter where you live, food is the focus, and whatever the palette of that environment is, it really does influence you. And then of course there is my upbringing – I'm Iranian; Middle Eastern food is really part of my everyday routine.

I remember arriving in New Zealand at the age of twelve and going to my new friend's house and it was quite depressing. Everything was canned, the can-opener and the microwave were the biggest objects in their kitchen. Their mother would warm up chicken nuggets and chips; frozen food was becoming really popular at that time.

### What were you eating at home, what did the kids think when they ate at your house?

They thought we were weird and strange. My mum would have what's called a sofrah; we'd put all the food on the floor to eat. We'd have big bowls of salad, herbs, pickles and homemade yogurt, then there would be saffron rice and all these different Iranian dishes – there was lots of beautiful flavours and that was our happiness in our house.

Natasha and the way she eats also has a big influence on how I eat. Western food has such a vast range of culture mixes which can be traced back to our heritages. Our grandparents were eating certain types of food that were suitable to their environments, which then in turn influences you and your body type. However, we now live in a place where every food item is readily available for you. We have to realise that what our ancestors ate influences us and that is why there is no one set diet that's perfect for everybody. You know most Iranians are dairy intolerant because our ancestors had no milk. We had dairy items such as yoghurt, but there was no milk. Also, fermentation was very important growing up - my family used to eat a lot of pickles and fermented foods.



I eat a lot of food that add fats, proteins and other good properties to my diet. I don't eat completely raw – I'll eat a beautiful soup if it's there. I eat what makes me feel good.

**And the gluten / dairy free movement?**

I think so many people are going gluten and dairy free now, and that's great. We've been eating so many processed foods over the years that now we're finally starting to go back to the way we used to eat. It's really our grandparent's fault because of that whole generation of canned, processed and GMO food.

I think that's what it's about, eating real food like we used to. I think the whole era of WWII brought about the change where it was all about canned food – people were working so hard supporting the family, raising children and being a man and a mother and looking for comfort food. Back then, the fact that we even had food was a good thing.

But that's changed now – everyone is becoming aware of what food is.

There's a long way to go but that's where we're heading.

**And will the recipes still work if you cook them normally.**

Yes definitely. You see, we are born with a bank of enzymes. However, once we come to the age of forty-five we start to come to the end of this bank. So by eating raw, we are putting live enzymes back into our bodies to replenish our bank. What happens when you cook the food is that the enzymes will wear out - however, the enzyme cannot be completely eradicated.

If you want to heat things up I always recommend heating at a lower temperature.

**Any advice on swapping to a raw vegan diet?**

I think if you are going to go down this path there are going to be times when you are going to fall off the wagon and you're going to feel really terrible about it.

If you are going to embark on this journey you have think about being happy and the health benefits to your body. If you pressure yourself to be perfect then you take away that happiness because you will make lots of mistakes.

It is just a matter of being versatile, because that's what this is, a versatile cuisine. As long as you've got lovely produce and you know where it's coming from you'll be okay.

# BOTANICAL ACADEMY



You can head out to Botanical Cuisine's kitchen some weekends and learn how to make your own versions of their unique cuisine. Classes include cheese, chocolate and desserts. [www.botanicalcuisine.com](http://www.botanicalcuisine.com)

Omid's tips on transitioning to a new way of eating – don't think of it as cutting things out, think of it as adding beautiful things into your diet.

Gently make your way into a raw food diet if that's your desire. So your body doesn't go into shock, start adding more salad and veggies.

This book is a must for those with a dairy intolerance looking for an alternative source of milk, cheese, yogurt and ice cream. All of the recipes are raw and vegan but Omid and Natasha say they don't strictly need to be this way. 'Add some beautiful trout to the tart, it will be delicious.'



Don't be afraid to experiment with his recipes.



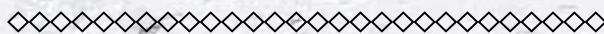
Buy these gourmet staples from Botanical Cuisine or make your own from Omid's book. The range includes cashew cheeses, milk, yogurt, cream, mascarpone and mayonnaise.



# FRIED CHICKEN & FRIENDS

**NAOMI HART**

BY RAQUEL NEOFIT



With all the talk of health and fitness this spring, we just couldn't resist the title of this new book, *Fried Chicken & Friends, The Hartsyard Family Cookbook*. After all, we all need a little balance, right? And some fried chicken!

So the Hartsyard restaurant in Sydney, most famous for their fried chicken, we think, are the best people to talk to. We had a chat with one half of the team who makes this fried chicken so famous, Gregory's wife, **NAOMI HART**...



**You've gone from theatre to restaurant to a brilliant cookbook, how does that happen?**

Well, most theatre performers have a job in hospitality that sustains them while they're auditioning for the next gig. The industry suits us - late nights, high intensity, face-to-face with people. They can be very similar experiences actually - in theatre, you perform exactly the same show eight times a week to a different audience each time.

**With restaurants it's the same food, often the same crew, same drinks list, and yet, just like theatre, every single night can be a totally different performance.**

**You're a talented story-teller on paper, is writing something you've tried before, and did you enjoy the experience?**

Ah, thanks lady, very much. I have a little. While I was living in the US (for eight years) I used to send big group emails home to friends and family talking about what I was up to. Had I been savvy enough to do so, I would have just started a blog. Did they even exist in 2002? I didn't even own a computer - I used to go down to Times Square and use one at the internet café. Anyway, when we moved to LA in 2008 I started to rework those emails into short stories and when I flew home one time I recorded some for ABC Radio National, and a couple were published in various magazines and journals. I did/do enjoy the experience - you have to be disciplined but thankfully I am, and I treated it with the same seriousness as I did performing, which is a lot of work on your own accord. I can't do it for six hours straight though, I've got to break it up with a run, and people, and talking. I love all three almost in equal parts!

**Tell us about building such a successful business in the Hartsyard.**

We came out of the gates hard and fast, but on a rookie horse with inadequate training and support - particularly me! We learned an awful lot in that first year of business - Gregory knew the business of being a chef, and budgets, and running a kitchen, and so on, but there was so much we didn't know and weren't prepared or equipped for. I think we've built the business from the second year on - the first year was about survival. The second year we were able to hire more staff, get an automatic reservation system, start to look at data, strategy and staff development and so on.



The restaurant world requires hard work, innovation, the ability to come out of the curve before others have gone into it, growth, change, consistency, social media strategies... There are so many parts to a business that rests to a great degree on the whim and fancy of its guests. You never stop trying to improve, to evolve, to train, to learn. I think those would likely be necessary for any successful business.

**Talk to us about your food philosophies within the business, what's at the heart of it all?**

The Hartsyard mission statement is this - Good food makes good memories. They should be shared and savoured in fine company. We hope that's exactly what you do at Hartsyard.

**What can we Melbournians expect of night out at Hartsyard if we pay you a visit?**

A great vibe, relaxed but attentive service, tasty cocktails, a wine list that holds up to the robust flavours of Gregory's cooking, and a menu that's diverse and interesting with a great range of favourites; from the day we opened po' boys, lamb ribs and fried chicken were on the menu and newbies include carrot with kale powder, puffed quinoa and cashew nut butter.





**And at home, does it differ much? Food seems like so much more than a necessity to survive for you guys, it sound like it's your true life force.**

Well, yes, it does keep us alive, but I'm afraid that's really all I do when I cook! I do not enjoy cooking. Particularly for an intense four-and-a-half year old and a feisty stubborn two year old. Honestly, can't they eat cereal every night?!?!? Every night I try, try, try, but really, I don't expect things will improve much for about five years. Ha ha. When Gregory is home - usually a Monday - we typically have a kids' night with my brothers and their wives (sometimes we invite our parents, ha!), and Gregory cooks a feast of delicious, comforting, share style food. He also makes a mean condiment sandwich.

**Very often there is nothing in our fridge but condiments and somehow Gregory turns them into a post-service snack of utter brilliance.**

**How different is the food culture of eating and restaurants between here and the US? Do you both miss the way people engage with food in the US or have you found similarities?**

We both miss a dodgy New York diner with a greasy omelette and bad but bottomless percolated coffee - there is something so wrong but so right about them. And who doesn't love a cobb salad with enough blue cheese dressing to kill a mouse. We think Sydney-siders eat out a fair bit, I imagine they do in Melbs too. That is fairly similar to our experience in NYC and LA, where we had regulars at least once every two weeks as we do at HY. Sydney still doesn't have the late night dining culture quite like NYC, but then again, Sydney doesn't have the people or the 24 hour services - which meant that people like Gregory and me could have dinner out at 10pm on a Wednesday after work - we do miss that. That late night culture is done so well in NYC in particular. To be fair though, we now own two small humans so how much late night dining are we going to do anyway!

**You talk about needing a personal kitchen expeditor and how you're 'frequently in the shit' in the kitchen at home, how do you feel watching the organised chaos that's a commercial kitchen everyday?**

I find the rhythm so impressive. I have no idea how Gregory (and Nikki who runs the pass now when G isn't there) make it all happen. And watching the chefs time their dishes to hit the pass at the time they were told is really something to watch. It's like a dance. It's also a great example of why 'prior planning and preparation prevents poor performance' - if you haven't prepped adequately you'll really screw the pooch, and we can't exactly tell a guest their carrot is missing the cashew nut butter because the chef didn't make enough!

**You and Gregory have such different tastes in food, how do you deal with that every day?**

It's true we do. He likes fast food, too much takeaway, fried eggs and a lot of meat. I grew up with apples and cheese for afternoon tea with a dried apricot thrown in for a bit of a treat. I am of the opinion that the latter is the better way to raise our children, so they have a similar diet to my childhood albeit with more treats thrown in by their dad who just can't help himself! But we both love cheese, full fat milk in our coffees, sourdough with butter and vegemite... We probably have a higher fat diet, but I like to hope it's all healthy fats!!

**And last but not least, why the hell is fried chicken so damn good?!!!**

While I don't eat it very often at all, I do agree, it's delicious. I think it's because it's also approachable. It's something you associate with your favourite meal - it's the meal Gregory and his siblings used to pick for their birthday meal.

**Food equals memories...**





**POP UP  
.....  
PATCH**

# ON THE RISE

The best way to inspire our kids to eat their greens, golds and reds is by getting out into the garden and getting their little hands involved in the growing.

This isn't always an easy task but the crew at the Little Veggie Patch Co have come to the rescue once again sharing their inspiring ideas, even for those with black thumbs amongst us, so that we can grow with great success!

We caught up with Mat Pember to chat about his new book, and what's happening at the Federation Square pop-up rooftop patch.

**You have an ingenious space on top of Federation Square where you've constructed a pop-up patch, how did that come about?**

We did an event with Fed Square in collaboration with Dan's Fine Foods called Cut Your Lunch.

We set up the veggie gardens with mature herbs and plants and Dan's Fine Foods organised the catering. We then encouraged members of the public to come along for a free lunch so they could harvest herbs and salad and put it in a wrap.

Obviously giving free food away in the city went really well and they saw an opportunity to maybe do something like that long term.



**MAT  
PEMBER**





So we met with Michael Whitehead who showed us a spot which used to be a carpark. He said it could be filled with about twenty plots and that he wanted us to maintain it so that each local café and restaurant had a plot they could incorporate into their menus and marketing.

But when we saw the space they had picked out we noticed that it was just one part of a much bigger area. So we asked 'why couldn't we use the entire space?'

Basically it had never been operated as a car park. It had been rejected on the terms of visual pollution from the river. All fifteen hundred metres was available, so we suggested a much broader concept.

We knew that there were inner city residents that had no space to grow and that there would be a great demand for it.

Now we have about 120 to 140 plots and we're at about 80% capacity at the moment.

### And local restaurants are using plots up there too?

The Press Club and Pei Modern use their plot quite a lot. Andrew Douglas from Eau-de-Vie de is definitely the most engaged member, he comes everyday and gets a whole heap out of their patches. Taxi and Beer Deluxe from Fed Square also have a plot. However, unfortunately most of the places don't have time to allocate staff to come out and tend the gardens.

### And is there a community space?

All of the front patches, which are technically the Fed Square patches, are used free-range by our members; most of the things that we have there need to be picked so they regenerate, so it actually helps everyone if things get used.

When the general public come through we like to **encourage** them to take some herbs home as well.

### And what's the plan with the new Marquee and the patch this year?

A catering company called Tommy Collins that does wedding and corporate events are coming in – there's been a real demand for events that we want to explore.

We'll do our workshops and we are going to be doing yoga this year once this horrible weather clears up. We are really trying to invite people who have synergies with the space to come in and add new opportunities for our members and the general public.

And we're setting up a café here too. We feel like the space has had so much potential for so long and we really hope to realise that potential this spring and summer.

### Talk to us about your new DIY book with Dillon?

Dillon and I worked together many years ago in my old landscaping job. We met when I was about 19, and then about three years ago he started working for me after he'd returned from living in the US.





It turns out he has a great talent for making videos and writing so we started making our Little Veggie Patch videos together; they were all about working on really quick, easy skills that anyone could apply. We also worked on the last book together too.

So when Fab (Fabian Capomolla) left the business about a year ago, Dillon and I decided to do this book - *Little Veggie Patch Co, The: DIY Garden Projects*. It just seemed like the next logical step for us – a project-based book for people who really want to sink their teeth more deeply into what we do.

We went to a really **great** spot in Tasmania and we wrote the book together in a week and had a lot of fun doing it.

### In a week?

Haha, well it was five days actually! We were in this really great house around the Huon Valley with a lookout over the bay to Bruny Island. We didn't get to experience it much – we'd start work at 7 in the morning and we wouldn't leave our respective beds until 6 in the evening, by which stage we would then go out in the kayak and try to catch some fish or go exploring.

We just got into a really great zone and just had a lot of fun writing it.

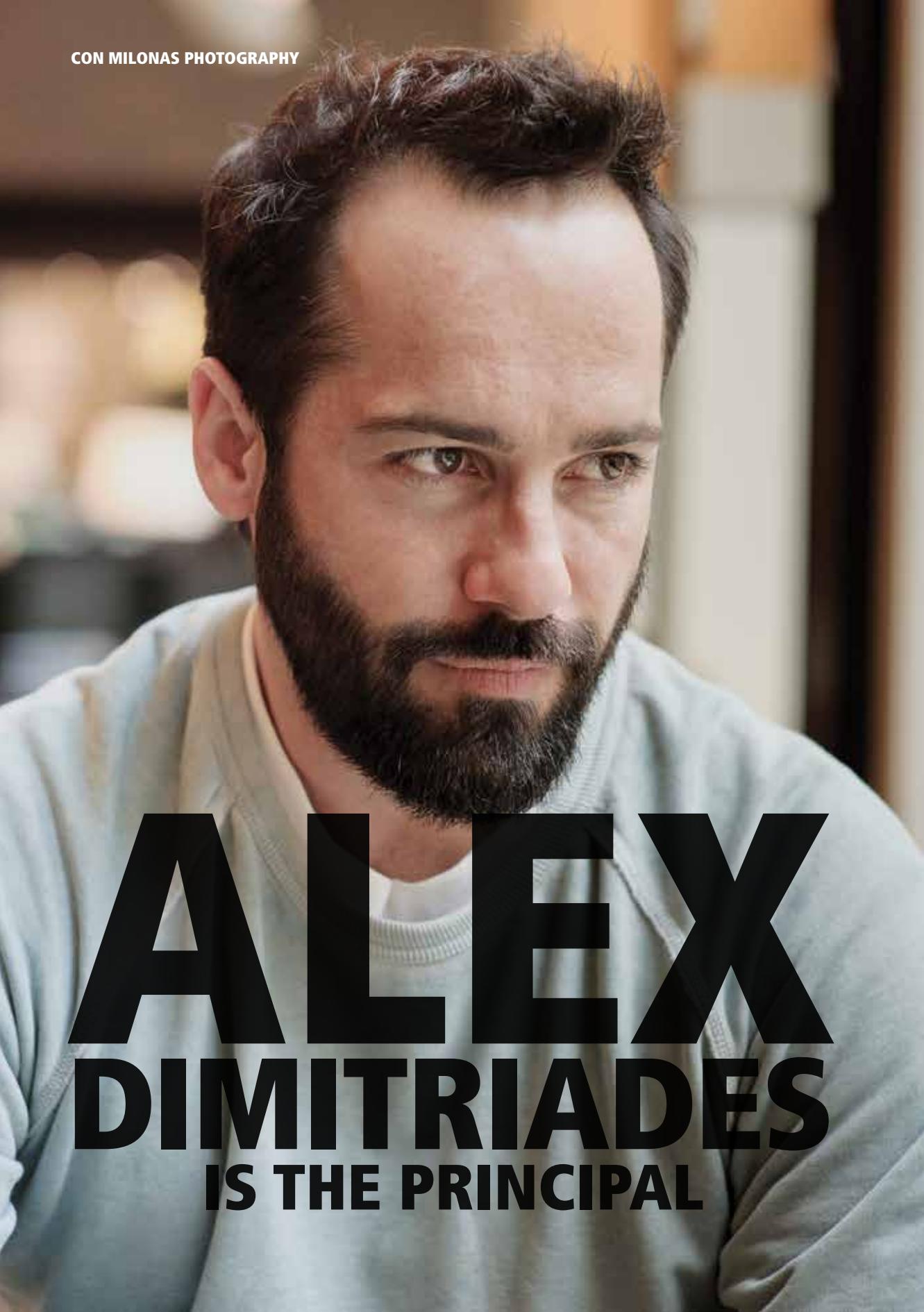
The Fed Square pop-up patch is open to the public six days a week with a LVPC shop and a little café.

Make sure you sign up for their newsletter at

[www.littleveggiepatchco.com.au](http://www.littleveggiepatchco.com.au) Hardie Grant RRP 45.00



CON MILONAS PHOTOGRAPHY

A close-up portrait of a man with dark hair and a full beard, looking slightly to the right. He is wearing a light-colored sweater. The background is blurred, showing what appears to be an indoor setting with warm lighting.

# ALEX DIMITRIADES IS THE PRINCIPAL

The 'Heartbreak Kid' is back at high school, but not as a student this time. **ALEX DIMITRIADES** talks to *Vanilla Magazine* about his lead role as Principal Matt Bashir in the upcoming SBS mini-series *The Principal*, a compelling crime-drama set in a boys' high school that daringly explores cultural, economic and social issues in Australia.



### Was it easy to accept the role?

When I read the script I could easily visualise myself playing this part. Sometimes it's good to take a step back. It is a difficult thing to do, to step back and look at something objectively, but when you know this is the part you have to play you're in his shoes before you even start.

It is very important that you like the character. I can relate to his way of thinking, a person who thinks outside the square, a revolutionary in his approach to the challenges of education.

### Tell us more about the character.

He is a problem solver and very ambitious. He has admirable qualities, which are worth exploring. He has ideals and views about the way the system is currently run.

### Inspiring teachers fighting for the marginalised youth; it always feels current as a topic...

It is a very good topic to focus on, it never gets old. Education is everything. When I was growing up, I don't know if it was just me but those teachers as authority figures often came across as the enemy. There were only a very few teachers that I got on with. You're meant to be able to have a laugh with your teacher. There were only a few that I found cool and

inspiring. So I believe it is very important to develop such an environment in schools, especially in areas with marginalised kids. These kids are just searching for an identity; they don't really have much hope. So they should be made to feel comfortable, valued and accepted. They need to feel part of something. After all, every individual has great potential.

To quote my character, 'If you expect the worst from a kid, that's what you're gonna get'. So when you read these words in the script and when you see them on the screen, the powerful message rings home. People, especially young people, deserve a chance. Regardless of their background and circumstances they have the right to hope for the future.

People should invest more in people. Every school is the core of its community. That's where its youth are shaped as well as in the homes. A good education system would focus on empowering these kids by instilling confidence and values in their young impressionable minds.

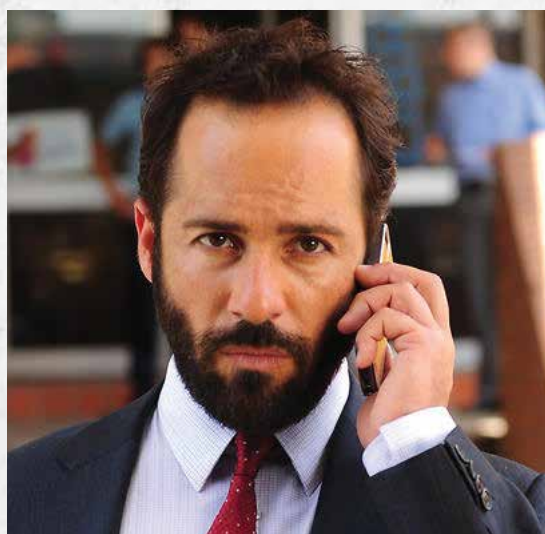
It is a great story with a strong message in positivity. There are great aspirations but they are challenged by serious problems as the plot reveals a dark side.

### How did you research the role?

I spent some time with the principal at the school where we shot the mini-series. Not too long, just enough to get a sense of what his everyday life is like.

When you are in that position they automatically look up to you, so it was interesting to watch the dynamics and chemistry of the interactions. I guess it's the temperament of the person in that position and how they relate to a large group of young people that stands out. The kids really love this guy, he is very casual, a very likeable character, and that made me feel more comfortable instantly because I don't remember people like that when I was at school.

When you go back to your old school it looks tiny, but when you are young they look massive. So kids see things on a larger scale than what they are in reality, and as adults we tend to forget that.



**THEIR PERSPECTIVE OF THE WORLD IS DIFFERENT, THEY SEE THEIR TEACHERS AND ADULTS LIKE GODS.**



**‘THE PRINCIPAL OFFERS AN HONEST REPRESENTATION OF HOW WE LIVE HERE IN THE BIG MULTICULTURAL CITIES LIKE SYDNEY AND MELBOURNE.**



**It looks like we need more quality drama TV shows...**

Absolutely. This is why people in my industry have a thing towards reality TV and what it does to our culture. It is entertaining but it's more like a gossip mag, it doesn't have any substance or depth, or deliver any messages. That's why we call it mindless entertainment, which has its place of course, but when it floods the market it creates an imbalance. We also need good TV shows like *The Principal*. The great writers of this world are held in such high regard because of the messages in their words. I believe it is our responsibility as artists to produce works of a profound nature that comment on society and prompt discussion and debate.

I really value this insight. I still feel like a kid at heart. I can relate to the students, I feel like one of them. Because I happen to be in the public eye, kids tend to look up to me and that gives me a sense of responsibility. I care about them a lot.

And even in my industry I can relate to all these young actors and how they are interested, eager and full of dreams, which is a beautiful thing to see as they remind me of my early days as an actor.

**Has there been any interest overseas for *The Principal*?**

We took *The Principal* to a film market festival in Paris. It sparked a lot of controversy especially about the depth of racial diversity, which came as a surprise to me because the French have always been great fans of *Heartbreak High*. In fact, they were the biggest market in the world for *Heartbreak High*, which was a very multicultural program, but it didn't really delve deep into the topic of religion, which *The Principal* does. So they were shocked to see that we face the same issues here. *The Principal* offers an honest representation of how we live here in the big multicultural cities like Sydney and Melbourne.

It is good to see a high quality drama series like *The Principal* exploring these issues in a realistic way, which will encourage people to discuss and debate these issues.

**Do you believe Australia can have a stronger presence in the international market?**

We have a wealth of talent in this country and it would be great to see more and more quality content produced locally and exported, but it is hard to compete with the bigger markets overseas. They have bigger budgets and massive advertising that floods the consciousness of the general public. I think it's got to come from the bottom up.

**Did you have any flashbacks from your heartbreak kid days?**

Yes of course! Cameras in the school - all of a sudden it's like wow, here we are again. It's amazing.

**IT'S OVER TWENTY YEARS BUT FEELS LIKE YESTERDAY, ONLY THIS TIME THE ROLES HAVE BEEN REVERSED AND INSTEAD OF BEING A STUDENT I AM IN A SUIT AND IN CONTROL OF THE WHOLE SCHOOL.**





*The Principal* – Photo by Tony Mott

**Your new movie, *Ruben Guthrie*, is a comedy where your character tempts his mate to get back on the booze. Do you find comedy tempting?**

I lean toward good stories. *Ruben Guthrie* for me was a good story. My character in that is a device; it's not just entertainment. This story also has a strong message, which gives it an edge, otherwise comedy is just really kind of pointless. All the great comedy writers through time have used comedy as a device to tell the truth. You can say things that you can get away with because of the humour. I really like comedy as a genre, especially dark comedy. And it's fun!

**YOU HAVE THE OPPORTUNITY TO GET A BIT CRAZY AND HAVE A LAUGH.**

**What about performing live on stage?**

Funny you mention that because I played in *Glen Gareth/Glen Ross* for the Theatre Company this time last year and from that I went straight to filming *Ruben Guthrie*, which is also very big, loud and outrageous, and then all of a sudden I find myself doing *The Principal*, who is very reserved. Despite all his ambition and sense of responsibility for the community, the principal is a very mysterious character, and it was very difficult making that transition including from the big screen to the small screen. You also have to take that into account with your performance.



That's why I love the stage, because it allows you to fill the space and draw energy from the audience. When you get on stage you walk in rewed up, it's like a spring, you know where you start and when you finish, all in the space of two hours. With film or TV it's a totally different process, more like a puzzle. It's constant stop-start, the days are long, you need to be able to flip that ON button and that's where a good director can help you by rewinding you up before your turn. Again, you need to be aware of the space, if the frame is wide you enlarge your performance and in the close-ups you need to condense it, so you need to be able to switch it on just like that. It becomes second nature I guess.



*The Principal* screens over two weeks, starting 8.30pm, Wednesday, 7 October and continuing 8.30pm, Thursday, 8 October on SBS.

# 22nd GREEK FILM FESTIVAL

## ALEX & EVE

DIR. PETER ANDRIKIDIS

A hit Australian stage play turns big screen sensation in this World Premiere event.

This year's Opening Night film will have your hearts dancing in an up-swell of romance and comedy. A feelgood Australian story about dating in a multicultural landscape, *Alex & Eve* brings us a little closer to home – Sydney's inner west – where a relationship blooms of an unwanted nature.

Alex (Richard Brancatisano) is a handsome Greek Orthodox man in his mid-thirties whose parents want him to marry a good Greek girl. But Alex has fallen in love with Eve (Andrea Demetriades), a Lebanese Muslim woman. Like oil and water, the two should never mix – but how can they stop themselves from falling in love?

Written by Alex Lykos (who also appears in the film as Alex's older brother) and based on his play of the same name, *Alex & Eve* delivers all the warmth and humour of *My Big Fat Greek Wedding*, and then takes it to the next level.



Uproarious performances by Tony Nikolakopoulos and Zoe Carides as Alex's indignant parents are the icing on this delicious cinematic cake.

English  
Australia/2015/92mins/DCP  
Written by Alex Lykos  
Produced by Murray Fahey  
Cast: Richard Brancatisano, Andrea Demetriades, Ryan O'Kane, Tony Nikolakopoulos, Zoe Carides

**Tickets to the opening night film and party at the Astor Theatre are now on sale.**

**Price:** Full \$55.00, Greek Community Premium Member / Palace Movie Club \$50.00

**Tickets:** [www.greekcentre.com.au/gff/](http://www.greekcentre.com.au/gff/) or **call** 9827 7533  
Wednesday 14 October, 7pm  
Astor Theatre, Corner Chapel Street & Dandenong Road, St Kilda

## RIVERBANKS (OHTHES)

DIR. PANOS KARKANEVATOS

A gripping tale of love and survival that will have you on tenterhooks until its final, suspenseful moments.

A river acts as the border between Greece and Turkey but – more pointedly – as a deadly minefield. One sapper, Yannis (Andreas Constantinou from GFF14's opening night feature, *Little England*) holds a reputation for rooting out mines in a way machines cannot replicate. He is a lone kamikaze with no loved ones to hold him back.

Chryssa (Elena Mavridou) is a single mother, also caring for a father and brother, who helps the children of illegal immigrants cross the river, sometimes successfully. In Yannis, she finds a kindred spirit – challenging death – and, for him, he gains an instant family. But is their world doomed to destruction when Chryssa's thug boss, also the father of her child, tries to track the couple on the run?



In *Riverbanks*, actor Andreas Constantinou consolidates his position as one of Greece's most exciting new stars. His chemistry with Mavridou ensures the screen sizzles, aided and abetted by a plot that builds momentum in a riveting slow burn.

Greek with English subtitles  
Greece/Turkey/Germany/France/2015/96mins/DCP  
Written by Panos Karkanevatos & Isidoros Zourgos  
Produced by Panos Karkanevatos  
Cast: Andreas Constantinou, Elena Mavridou, Levent Uzumco

# MAGIC MEN

DIR. GUY NATTIV & EREZ TADMOR

“You won’t be able to shake the feeling that someone really made an effort to better understand the basic core of what makes us humans.”

*Telavivian*

In this cross-cultural pilgrimage, a 78 year-old Greek Holocaust survivor (Makram Khoury) and his Hasidic rapper son (Zohar Shtrauss) embark on a road trip from Israel to Greece in search of a magician who saved the father’s life during World War II.

Both father and son have been estranged for many years so the journey is fraught with tension, opening old wounds and seeing them in all manner of absurd situations. Oddly enough, a Greek prostitute (Ariane Laped) proves instrumental in bridging the seemingly gargantuan gap in their relationship.

As its title suggests, *Magic Men* is full of magic moments, both heartfelt and comedic. Throughout it all, the notion of ‘returning to the homeland’ and the beautiful Thessaloniki landscape will resonate thematically for many who see it.

*Magic Men* has been nominated for four Israeli Academy Awards, including a much-deserved win of Best Actor for Makram Khoury.



Hebrew/Greek with English subtitles  
Greece/Israel/2014/100mins/DCP

Written by Erez Tadmor, Guy Nattiv and Sharon Maymon  
Produced by Amitan Menelzon and Shemi Shoenfeld  
Cast: Ariane Laped, Makram Khoury, Zohar Shtrauss, Marina Tsigonaki, Vangelis Mourikis

## About the Directors:

Guy Nattiv is an accomplished television commercial director from Tel Aviv, Israel. He co-directed his first feature film, *Strangers* (2008), with his *Magic Men* co-director, Erez Tadmor, based on their award-winning short film of the same name. He is currently developing his first US feature, *SKIN*, as well as numerous American TV projects.

Erez Tadmor is also from Tel Aviv, Israel. As well as working with Guy Nattiv, he co-directed the film *A Matter of Size* (2009) with *Magic Men* co-writer Sharon Maymon.

# AMORE MIO

DIR. CHRISTOS DIMAS



The greatest war of all =  
The War of the Sexes

Italian box office smash *Men Vs Women* (2010) gets some Greek seasoning in this equally hilarious – and cheeky – remake.

A tapestry of four gender-dominated stories intertwine: the extramarital shenanigans of a volleyball coach, two best friends falling in love with the same gorgeous girl, a powerful

yet totally mismatched coupling of two vastly different people, and the post-divorce quest for a second chance at love and life.

Wounded hearts, unfulfilled dreams, unexpected casualties... anything goes when romance is the order of the day. What you can expect, though, are lots of laughs, lots of love, lots of sexiness and lots of fun.

Greek (no subtitles)  
Greece/2015/95mins/DCP

Written by Elena Solomou and Kostis Papadopoulos  
Produced by Manos Krezias, Yorgos Kiriakos & Yorgos Kouloukountis

Cast: Fanis Mouratidis, Ioanna Triantafyllidou, Natalia Tsaliki, Myrto Alikaki, Christos Chatzipanagiotis, Takis Spiridakis, Panos Mouzourakis, Athina Oikonomakou

## About the Director:

Christos Dimas was born in Elefsina in 1969. He studied Political Sciences in Athens. His career has involved working as an assistant director in the USA, as well as on many feature films for well-known Greek directors, and authoring three books. He is currently shooting the first 3D Greek film.

14 OCTOBER – 1 NOVEMBER 2015

Palace Cinema Como • 299 Toorak Road, South Yarra

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



# TONY vs ALEX & EVE

As the big premiere night for *Alex and Eve* at the Delphi Bank 22nd Greek Film Festival approaches, we tracked down Tony Nikolakopoulos in East Brunswick – Melbourne’s answer to Sydney’s multicultural Lakemba, where the movie was mostly filmed.

Tony is best known for his iconic roles in both film and TV: *Head On*, *The Wog Boy*, *Scooter*, *Secret Agent*, *Pirate Island*, *Pacific*, *Underbelly*, *Fat Tony & Co*, *Wentworth* and the soon to be released *The Legend Maker*, just to name a few. In *Alex and Eve* Tony plays the role of George, who faces the challenge of his good Greek son Alex (Richard Brancatisano) marrying, God forbid, a Muslim girl, Eve (Andrea Demetriades).

## **Tell us more about the movie and your role.**

The movie is a romantic comedy, and at times a drama – I think you call it a dramedy. It originated from the live stage production of the same name which was then adapted for screen. Writer Alex Lykos and director Peter Andrikidis, along with all cast and crew, had a fun time making this film and hopefully that is evident in the final product.



The story is about Greek boy Alex, a high school teacher still living with his parents, who meets and falls in love with Eve, a lawyer of Lebanese background, and a non-practicing Muslim who also still lives with her parents. They fall in love and in time decide to introduce their parents in the hope of cementing the relationship further and announce that they want to move in together. Let’s just say it doesn’t go as they had planned and hoped.

It’s an exploration of the multicultural world we live in today, yet set in the west of Sydney which is a melting pot of all ethnic types, in particular Greeks and Lebanese.

So in *Alex and Eve*’s story we see what might happen when one’s culture and religion is confronted with a totally different one, and all those involved are asked to accept each other’s belief and customs. Above all it is a love story full of hope, full of challenges and very, very funny.





## A couple of your favourite lines?

“We marry our **kind**, they marry their kind and everyone is happy.”

“When you marry you may be **miserable** but at least you are married.”



### How did you relate to the story?

I could relate to the story more from what my parents and older relatives were like when I was much younger in regards to anyone that was not Greek. It is something that still happens in some communities and families, and the story is somewhat an exaggeration of this; as was *My Big Fat Greek Wedding*. Yet underneath the moments that we laugh at, there is a lot of truth.



I create my character from a whole lot of the loud Greek men that I remember from my youth. They were always very opinionated and borderline rude in social situations. We never believed that they were being overbearing or controlling, it was just their personality and there is a certain charm about the way they are with people and their world, so you almost excuse it.

“It’s like the kefi, the Greek spirit. The **enthusiasm**, the passion to really celebrate life and family. Like when a Greek hears Greek music, it does something to your soul. It affects something deep inside you. It compels you to get up and **celebrate** that dance...not just dance it.”

### The movie is directed by Peter Andrikidis. Have you worked together before?

I have been lucky enough to work with Peter on several productions now including: *Underbelly*, *Killing Time*, *Kings of Mykonos* and *Fat Tony and Co*. He is wonderful to work with and the amount of freedom he gives you as an actor is refreshing.

### Comedic exaggeration aside, do you think Greek-Australian parents still have strong expectations about their kids marrying Greeks?

I think most parents have an expectation or hope of who their child should marry, and the younger the child, the more the parent will try to influence their child. However as people look to marry at such an older age these days, there is not much a parent can say to a 40 year old to change their mind – but they will still try. Greeks, like many of what we call the ethnic culture which is heavily influenced by religion, are experts of making one feel a certain guilt for their choices if they are not in agreement.

“I was born in Melbourne but both my parents are from the southern part of Greece. The Greeks we portray in the film are the sorts of people that left Greece as children in the 1950s and 60s, so their understanding of the way of the world came from their parents on the hop. They are loud, animated, passionate, controlling and guilt plays a great part. They love to use guilt whenever it is useful.”



**Ethnic comedies have a strong audience, should more be made?**

Look I think people will always love a good fresh comedy and if they happen to be about ethnicity and are new, innovative and fresh then there will always be an audience for it, and a healthy one. There is a new breed of young second and third generation, with varying ethnic backgrounds, whose humour is different again, and yet has many similarities to the style of *Wogs out of Work*. The Internet is a new format for showing your work and has many young and new comedy pieces that are quite popular with the younger generation and the not so young. They have an ethnic focus and are reaching global audiences.

**Do you believe Greek-Australians are making a stronger presence in the Australian Film and TV industry?**

The only time I feel that Greek-Australian actors can be considered as a strong presence in the Film and TV industry is when they are treated as a norm in our Australian society and not highlighted for their ethnic background. I'm still waiting.

**How did you get into acting?**

Well I went to Rusden College (now Deakin University) for 5 years. The year after I graduated, I was asked back. There I lectured in drama, and directed several productions for 6 years – so essentially my passion lay more in directing. Then the film *Head On* came along and my passion for acting was reignited, so now I do both, as well as write, produce and teach.



**Share with us your fondest memory throughout your acting career.**

Going to Cannes for the feature film *Head On* – and everything about that film. It was my first feature film at the age of 31 playing the 55 year old father of Alex Dimitriades. I went to its opening in Cannes, and to the Melbourne International Festival.

**You also run a drama school. How do you nurture a talent?**

I'm currently Head of Drama at Stage School Australia and occasionally run adult acting classes. I focus on several techniques but essentially allow the actor to work naturally from their own instincts and storytelling. It is all about empowering the actors so they're not too reliant on one particular method. I also teach the VCA's Film and TV Directors Course on directing and auditioning actors.



**What else is on the pipeline?**

I currently have some TV and film commitments, a *Wentworth* return being one of them. I also have two stage shows in development, one being a new comedy with George Kapiniaris, and I'm also working on two feature films.

# Athens and the Acropolis

## Homeland, Strength and Resilience



On my first and most memorable trip to Greece in 2012, I clearly recall a café conversation as my mother and I were having our morning coffee. When we were asked by the waitress about our plans for the day, my mother quickly replied, while looking into the distance, *"we will be visiting my grandmother"*. The waitress looked at us and asked us how old she was, and expressed her excitement for us. My mother smiled and with a tear rolling from her eye pointed to the beauty of the Acropolis. In amazement the waitress asked if we were referring to the Acropolis and my mother answered, *"She is my grandmother as Greece is my mother, my homeland"*. A common sentiment echoed by the diaspora of Greece is that sites such as the Acropolis are symbols of strength. There is a feeling of family and love expressed towards them. However, this strength, and even resilience, is also expressed by the Greek people in Greece in relation to this magnificent ruin. During a recent trip to Greece an elderly Greek man said to me, *"As long as she is standing we will be okay"* – referring to the crisis facing the Greek people today.







One may wonder; what is it about Athens, the sentiment of homeland and this classical ruin that crowds have been visiting from ancient times to today?

It all started BC with the naming of this beautiful city. The competition of naming the city was between Poseidon (the God of sea) and Athena (the Goddess of wisdom). The God Zeus ordered this competition and to avoid violence he suggested that they each make an offering to the new city and the city would be given the name of the one who won. The first offering was made by Poseidon. He struck a rock off the Acropolis and water sprung, thus offering the city success in both war and at sea. Athena was next, offering the city the olive tree as she placed a seed in the ground, offering the city fruits of peace and wisdom. Athena won the competition and the city was named Athens.

The Goddess Athena symbolises wisdom, courage, mathematics, defence, strategic warfare, law and justice – all these are attributes of the Greek people from ancient times to today, of Greeks living in Greece and those abroad. Could these be the seeds of strength and resilience?

The Acropolis, this ancient ruin that has withstood the test of time in the face of battle, was even a temple, and in modern times represents the challenge associated with England, Lord Elgin and the famous Parthenon Marbles. This history has again given strength and the ability to face challenges, and this strength has been transferred from ancient times to today. Another element of strength is the purity, beauty and aroma found in the chamomile plant that too has withstood time, and can be found in the grounds of the Acropolis. Legend has it that as the Acropolis was built workmen were injured and their injuries were healed by this pure plant. Its healing powers have been carried into the modern day as tea that cures a headache, stomach pain and even giving hair a natural glow.

The city of Athens is filled with ancient ruins as well as modern architecture - all that hold their own story, symbolism, importance and strength for Greek people. Some of these include The Ancient Agora of Athens, The Arch of Hadrian, The Temple of Zeus, Byzantine Athens, The Greek Parliament in Constitution Square (Syntagma), Evzones (Presidential Guard) at the monument of the Unknown Soldier, The Panathenaic Stadium, The New Acropolis Museum and Plaka.

This city has a lot to offer – Athena indeed gave Athens a gift that has become a marker of Greek identity across the globe, the olive tree.

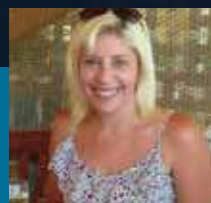
The Goddess Athena has an interesting and fascinating story; this Goddess was born after Zeus, her father, experienced a headache after he swallowed her mother. Zeus' skull split open and Athena was born, all grown and in battle armour.

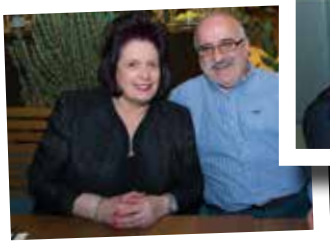
Greek people have been described to me as resilient, and face every battle with their heads held high, and not in fear. Is this because of their culture and way of life or does it have something to do with the Greek homeland, Athens and the Acropolis; referred to often as the beauty of Greece, a symbol of pride and solidarity?

By **MARIA IIRINI AVGOULAS**

PhD Candidate – Deakin University

Associate Lecturer – La Trobe University





OVANILLA





# VANILLA

CAKES AND LOUNGE



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*Karidoppita*

VANILLA BAKEHOUSE

# Lemon Tart whole cake



# Black Forest





Korma

# Small Yogurt





VANILLA

*On the go*



BREAKFAST UPSTAIRS

# Bruschetta





# UPSTAIRS



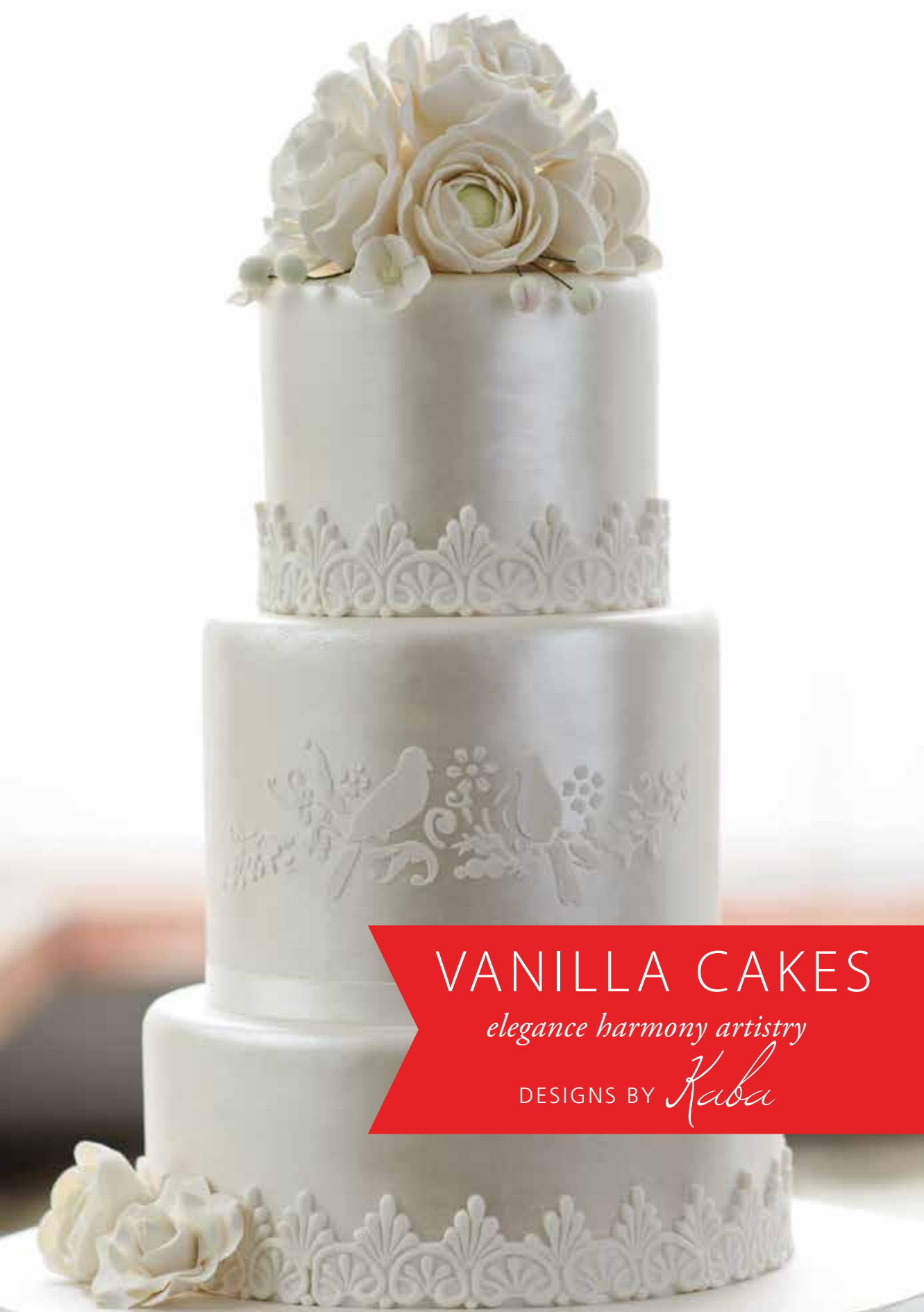


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# VANILLA CAKES

*elegance harmony artistry*

DESIGNS BY *Kaba*







# WHAT'S IN A

# coffee

By JOANNA PSARAKIS



"Not the coffee, nor the coffeehouse is the longing of the soul. A friend is what the soul longs for, coffee is just the excuse."

ANONYMOUS POET

Drinking coffee is a centuries old ritual. Many cultures embraced this ritual by visiting friends or coffee houses. This ritual has been and continues to be an important personal and social activity.

Whether you enjoy yours with milk, sugar, cream, straight up or decaffeinated, coffee has so much more to offer. We often say "let's meet for coffee" but we don't always meet people to have coffee. It's more of a figurative statement to arrange a civilised get together at a café or at ones home for conversation. What is certain is that coffee has become a significant part of our Melbournian culture and lifestyle.

COFFEE IS **MANY THINGS** TO MANY PEOPLE:

- Great catch ups with friends
- Ten minutes out of your day to relax
- A way to perk up!!!
- How you get your work done
- A date
- A morning companion.



So what's in a coffee? For some, coffee is everything: a friend, a lover, or regular catch up with friends. Not everyone who goes out for coffee necessarily consumes coffee, and cafés are about so much more than coffee. They are a social event and a place where people can find a sense of belonging.

Coffee *culture* has become a trend for many Melbournians.

You only have to spend a few minutes in Eaton Mall on a weekend to feel the buzz and excitement and observe the admirers of the café/coffee ritual!

I have to admit I am a lover of excellent coffee. I love the smell and taste, and all the creative and social benefits that come with enjoying my coffee.



In fact, many good ideas started out with coffee, even the idea for this article came while I was having coffee at Vanilla upstairs with a friend. For me, 'coffee' is about connecting and spending quality time with yourself or with family and friends. The café lifestyle that surrounds the enjoyment of this hot beverage is more than just a buzz; it's personal.

## COFFEE AS AN ART!

This humble hot beverage is pleasing to the senses in every way. It's all about the quality of the coffee beans, flavour, the colour, the crema, the body, the heat and the aroma!

It has reached a new level of sophistication thanks to some very dedicated and passionate baristas. Baristas are by definition people who are specially trained and highly experienced in making and serving great coffee, and they can even manage to turn milk into art, or latte art to be precise. Latte art is created by pouring steamed milk into a shot of espresso whilst creating a pattern or design. It can be as simplistic as a heart shape or as elegant as a butterfly. Magic in a cup!

It shouldn't come as a total surprise to Melbournians, but Melbourne is considered the café capital of Australia. We even hosted the Melbourne International Coffee Expo earlier this year, the largest and most dynamic coffee event for the coffee industry in the Australasian region.

## LONG LIVE COFFEE!

Today coffee drinkers are spoiled for choice. There are many ways to enjoy coffee and there is a style, strength and flavour to suit everyone. If you like your coffee strong then you will enjoy the short/long black espresso. If these are too intense try the macchiato, which softens the flavour of a strong coffee, unless you prefer smoother options like cappuccino or latte, and then there is the classic flat white considered to be the Aussie icon!



## IF YOU ARE GOING TO DRINK COFFEE THEN DRINK REAL COFFEE.

Here's a guide to keep you up-to-date with the ever-popular coffee scene.

**Flat White** – A shot of espresso and milk with a dash of froth.

**Cappuccino** – A combination of equal parts espresso, steamed milk and milk froth sprinkled with cacao.

**Latte** – A single shot of espresso to three parts steamed milk and milk froth.

**Café au lait** – Equal parts of espresso and milk.

**Macchiato** – An espresso base with a small dollop of textured milk on top.

**Short Black** – A single or double espresso shot.

**Long Black** – A single or double espresso shot with added hot water.

**Affogato** – A scoop of vanilla ice-cream or gelato with a shot of hot espresso.

**Frappe** – Instant coffee blended with water and ice (milk, cream, ice-cream optional).

**Freddo Espresso or Freddo Cappuccino** – Best way to enjoy your espresso cold!

**Piccolo Latte** – A small latte glass with a coffee to milk ratio of 1:3. A half latte.

**Mocha Latte** – A shot of espresso, three parts milk plus cocoa/chocolate.

**Chai Latte** – Espresso and milk that has been infused with spiced tea.



Coffee is more than just coffee it is about venturing out and enjoying life! The café lifestyle brings joy and excitement, the pleasure of enjoying good food and great friends. So, let's meet for coffee...

"Coffee is to wake up, coffee is to work with, coffee is to live with, coffee is *Life*." Tim Parsons

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



**TURKISH FIRE**  
SEVTAP YÜCE  
Hardie Grant | RRP 55.00

Once again Turkish chef Sevtap Yüce has brought together the best of Turkish cuisine, mingled with a great story, in her newest book, Turkish Fire. The subtitle says it all really – ‘street food and barbeque from the wild heart of Turkey’. Broken down into morning, noon, night and after dark Turkish fire will feed your soul as well as your belly.

## MY STREET FOOD KITCHEN

JENNIFER JOYCE  
Murdoch | RRP 39.99

Street food feasters of the world rejoice, your new bible has arrived! Drawing on her travels throughout the world Jennifer has brought together a world of interesting and delicious food including the Middle East, the Mediterranean, Mexico and South America, Japan and Korea, India, South-East Asia, and New American Cuisine.

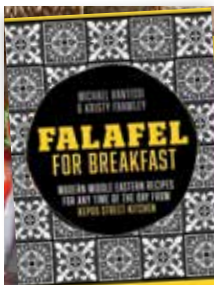


OMG Yum!

## THE ULTIMATE SANDWICH

JONAS CRAMBY  
Pavilion Books | RRP 34.99

*The Ultimate Sandwich* not only gives you some of the best recipes for some of the best sandwiches (no we're not talking ham and cheese here), it also offers up some interesting histories on them. Jonas also gives us his ultimate sandwich bread recipes like Pain de mie, ready for you to load up in fashions like the French Croque Madame or the Reuben. There are biscuits and scones for the taking too. You'll never look at the sandwich the same way again.

**FALAFEL FOR BREAKFAST**  
MICHAEL RANTISSI AND KRISTY FRAWLEY  
Murdoch | RRP 49.99

The ultimate Middle Eastern share table awaits you in this divine book full of everything you want to be eating. The colours in the photographs are as enticing as the recipes themselves with everything from the classic falafel to a smoked salmon potato salad and even a recipe to make your own pomegranate molasses.



**SPRING HARVEST**  
MAGGIE BEER  
Penguin | RRP 29.99

These great little volumes are broken down into seasons from the classic tomb of a book *Maggies Harvest*. Practical, inspiring and easy to use, *Spring Harvest* will have you excited to get out in the garden or the farmers market and harvest up a great spring bounty.

## KITCHEN MOJO

PAUL MERCURIO  
Murdoch | RRP 39.99

Paul Mercurio is back in the kitchen cooking up a storm and encouraging us to 'get your kitchen mojo on.'

Light and bright this book is full of easy, inspiring recipes you'll want to cook everyday for every occasion.



## THE SUGAR HIT

SARAH COATES

Hardie Grant | RRP 29.95

The ultimate sugar aficionados ultimate spring offering! Forget pork sliders and wrap your lips around a chocolate hazelnut ice-cream one instead! This book is all sugar, all of the time, catering to breakfast and dessert and everything in between. The books fun and quirky colours and layout make it an ideas spring treat, wrapped up in a big sugar hit!



## VANILLA TABLE

NATASHA MACALLER

Jacqui Small | RRP 39.99



Nope, it's not ours! But I love it just as much as if it was. Who'd of thought the vanilla bean was so versatile – don't think this is just another book about sweets because it's not! Think trout, pork chops and potpies! The desserts look delicious too...

## SUPER LEGUMES

– EAT YOUR WAY TO GREAT HEALTH

CHRISSY FREER

Murdoch | RRP 29.99

It's that time of year again when we all want to introduce health inducing food into our diets and Chrissy's book offers great inspiration to do so. Featuring simple recipes for everyone, Chrissy makes it easy to incorporate things like lentils, kidney beans, chickpeas and so many more health giving baubles into your everyday diet.



## A LOMBARDIAN COOKBOOK

ALESSANDRO PAVONI AND ROBERTA MUIR

Penguin | RRP 59.99

Renowned Sydney chef, Alessandro Pavoni from Ormeeggio at The Spit has teamed up with Sydney Seafood School's Roberta Muir to bring you his first book on the treasures of Lombardian food – 'from the alps to the lakes of Northern Italy'. It's chocked full of delicious and beautifully photographed Lombardian food.

## JAMIE OLIVERS

FOOD TUBE PRESENTS

THE PASTA BOOK BY

GENNARO CONTALDO

Penguin | RRP 19.99

Packed full of fantastic pasta dishes this little pasta book is a must if you're seeking some fresh flavours and tried and true recipes! Make sure you check out their food tube channel too.



## ADAM LIAW'S ASIAN COOKERY SCHOOL

Hachette | RRP 49.99

Asian food is so ingrained in Australian life, but do you know the tricks to creating fantastic Asian food at home? Well you will if you buy this book! Adam walks us easily through the classics with simple instructions and nifty notes and tips for each recipe.



## MEATBALLS – THE ULTIMATE GUIDE

MATTEO BRUNO

Murdoch | RRP 35.00

An entire book dedicated to minced meat – and with a hard cover to boot! Matteo's meat, mincing and balling advice will make you the master of the meatball in no time! Yes, it is definitely worth giving a whole book of meatballs room on your bookshelf! From teaching about the tools of the trade and ultimate mincing techniques (yes it really matters how you mince) to the different ways of cooking your balls, you'll be rolling in no time!



## RIJANA GRAY – JETTS

In this issue we introduce you to the newest member of Jetts Oakleigh, Rijana Gray, who's taken over Mariah's role of club manager.

Rijana's been in the Jett's family for nearly three years, starting out as a personal trainer and quickly moving into management through her passion for helping people improve and manage their health and fitness.

As a fourteen year old she watched her mother suffer a heart attack and that really brought home how important it is to have a well-balanced and healthy lifestyle. This is when her passion for helping others gain control over their lives began, leading her to study at the Australian Institute of Fitness.

Every day Rijana hears the cry of 'I just don't have time to exercise,' this spring, she shares an article written by Jetts personal trainer Heath, and his tips to solving one of the biggest problems we all face in today's society - finding more time in your day for exercise.



# 10 WAYS TO MAKE TIME TO EXERCISE!

One of the most common excuses I hear daily is 'I don't have time to exercise'. I understand that life gets busy, everything from work commitments, family, kids – that doesn't leave much time right?

**I'm here to help.** Below you will find my top 10 tips for fitting exercise into your life:

### 1. DO SOMETHING YOU ENJOY!

Everyone enjoys some form of physical activity. This could include walking the dog, team sports, running, weight training, yoga. Chose something you love as studies prove that you're more likely to stick to it.



### 3. TV TIME

Who doesn't sit down a watch a little bit of TV at night? Why not bust out some moves during the add breaks! Squats, push-ups, crunches and star jumps are just a few great exercises that don't need equipment.

### 2. MAKE A PLAN

If it's scheduled into your week, it will happen. Trying to fit a workout in without planning it into your week often leads to no workout at all.



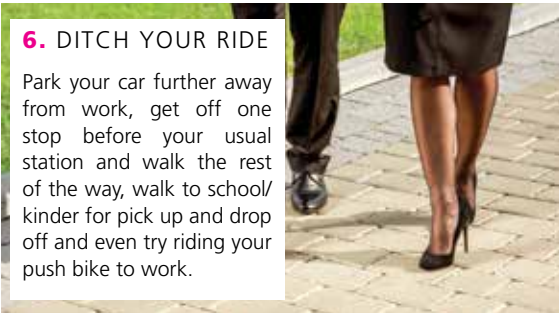


#### 4. FAMILY TIME

Instead of getting the family together for a meal, try to include something active for a change. This could include going for a walk or bike ride or playing a game of soccer.

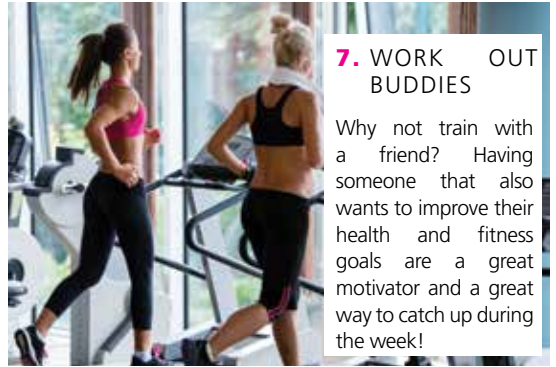
#### 5. BE ACCOUNTABLE

Working with a personal trainer and having sessions booked in advance means you have automatically designated that time to improve your health.



#### 6. DITCH YOUR RIDE

Park your car further away from work, get off one stop before your usual station and walk the rest of the way, walk to school/kinder for pick up and drop off and even try riding your push bike to work.



#### 7. WORK OUT BUDDIES

Why not train with a friend? Having someone that also wants to improve their health and fitness goals are a great motivator and a great way to catch up during the week!

#### 8. WHAT TIME WORKS FOR YOU BEST?

If you're not a morning person, you're less likely to stick to those early 6am sessions. Decide what time of day exercise works best for you.

#### 9. WORK OUT AT WORK

Why not swap your chair for your swiss ball? This will help improve your posture and core strength if you happen to sit at a desk all day. Store some dumbbells or a foam roller under your desk so you can perform some exercises on your lunch break!

#### 10. MAKE ALLOWANCES FOR MISSED SESSIONS AND SET BACKS

Sometimes everything doesn't go according to plan... don't stress, have a plan B! If you are unable to make the gym or exercise that day, plan to exercise on a day you generally wouldn't to make up for lost time.

**GET STARTED...**

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*workout on your terms.*

# LOVE YOUR THYROID

Weight gain, fatigue, cold hands and feet, and the feeling of being out of control are all little *whispers* that maybe your **thyroid** is in need of some love.



With around 850,000 Australians suffering from a thyroid condition (according to the Australian Thyroid Organisation), it's a good time to understand it a little better. When it comes to your thyroid, a large portion of its management isn't necessarily what you do in your doctor's office, but what you do each and everyday to build your wellbeing. It's important we get savvy about how we can best support our metabolism and wellbeing.

Don't get me wrong; your doctor is certainly an important part of your community when it comes to managing health and your thyroid. But like all health conditions, it's about

what you do every day that can be the difference between great health and barely surviving.

Each and every day we wake up with a choice, a choice to tackle the day head on or stay in bed. If you're a tackle-the-day kind of person, it can be difficult to understand the contrary, but for so many people fighting thyroid issues this is their reality. Each and every day for them is a scale of struggle, and waking up is just the beginning of the downward spiral between foggy head, fatigue, constant weight issues and a host of other problems.



# Low thyroid *function symptoms:*

- + Weight gain that's impossible to shift
- + Fatigue (especially in the morning) and lethargy
- + Brain fog or feeling like wading through mud
- + Poor concentration
- + Tingling or cold hands and feet
- + Sensitivity to cold
- + Low libido
- + Hoarse voice
- + Slow bowels
- + Headaches and/or an achy body
- + Depression
- + Hair loss - especially the outer third of your eyebrows and lashes
- + Dry hair, skin and/or brittle nails
- + Fluid retention
- + Menstrual irregularities/amenorrhea/heavy periods
- + Fertility issues
- + Miscarriage (recurrent)



Whilst we must treat our bodies according to presenting pathologies or illness, I'd also encourage you to find out why. Why is this happening? What was the trigger? Our thyroid issues very often stem from stress, be it an illness, increased personal stress or a poor digestive system. All of these things place an unnecessary load on you and your adrenals.

Whether you have a diagnosed thyroid issue or if it is part of your ongoing health issues, there are some simple diet and lifestyle changes you can make. Simply by switching things up you can hope for a new outcome. I have a swag of tricks I pull out when it comes to thyroid health, but here are a few you might like to try.

1. **AVOID GLUTEN.** There is a strong link between sensitivities and your thyroid health. Most of us don't go too well on gluten. Take it out of the diet for four weeks and see if your symptoms settle. This goes for any foods you know you are sensitive to.



2. **LOVE YOUR LIVER!** Your liver's ability to detoxify can be what is standing between you and your greater self. Add some things to your day to support your liver – warm lemon water in the morning, increasing wild greens and using dandelion tea are some great dietary examples.



3. **SUPPORT YOUR GUT HEALTH.** Adding probiotics to restore precious gut bacteria can allow your digestive system to thrive. If we can't assimilate nutrients adequately, we can't expect our bodies to thrive. With this in mind, be sure to be eating a range of foods to deliver the nutrients your body needs.



Nat has created a new e-course to really help you understand your thyroid on a personal level – *Debunking Your Thyroid*. You can find more information at [www.debunkingyourthyroid.com](http://www.debunkingyourthyroid.com)



**DR NAT KRINGOUDIS**  
[www.natkringoudis.com.au](http://www.natkringoudis.com.au)



# Saffron

the gold of  
Greek land

Greek saffron, or **Krokos**, (botanical name: *Crocus sativus*), are the red-golden stigma strands or stamen of the Krokos, an Ancient Greek flower that is small and purple in colour, resembling an iris. Each bulb produces small flowers with three red-golden stigma strands in each Krokos blossom or flower. Saffron is the spice made from these dried stigmata strands.

Saffron dates as far back as the Minoan Civilisation in Greece-Crete. From the earliest of times, saffron has been admired for its perfume and medicinal properties.

It's known as "the gold of Greek land" and is one of the most beloved and precious spices of ancient cultures because of its aroma, colour, flavouring, medicinal and even aphrodisiac properties. In Ancient Greece, saffron was once a symbol of supremacy and wealth. It was often depicted in Ancient Minoan pottery and in their murals.

Saffron was often used by the wealthy as a perfume or potpourri due to its intense aroma. It is believed that Cleopatra would bathe in saffron-infused water, and she would also use saffron for colouring her cosmetics and to enhance love-making. Other ancient cultures also used saffron to dye their robes and as ritual incense - as an offering to their gods of worship.

Today Krokos continues to grow and thrive on the Aegean Islands and mainland Greece. It is also cultivated in many other parts of the world including Spain, Italy, India and

Western Asia. There are at least eighteen different species of Krokos growing in Greece. Its main use is as a spice and since each flower only has three stigmas of tiny crocuses, saffron is the most expensive spice in the world.

## DID YOU KNOW:

It takes about 50,000 stigmas to obtain 100gr of red saffron. Greek saffron is among the best saffron in the world, quality-wise.



## SAFFRON AND GREEK MYTHOLOGY

Like most herbs and flowers in Ancient Greece, saffron is also part of Greek mythology. Krokos in Ancient Greece was a mortal youth and was said to be a dear friend and companion of the god Mercury (Hermes). During a friendly game of discus throwing, Mercury accidentally hit Krokos on the head causing a fatal wound. Krokos died and Mercury was so distraught by his actions that he transformed Krokos' body into a flower and named it after him. It is believed that the three stigmata of the flower were made from Krokos' blood.

## HEALTH PROMOTING BENEFITS OF SAFFRON:

Saffron is rich in many essential vitamins, including vitamin A, folic acid, vitamin C, riboflavin and niacin, making it a potent antioxidant essential for optimum health and preventing disease.

- Boosts immunity
- Treats coughs, colds, flu and asthma
- Antidepressant
- Antispasmodic
- Aphrodisiac
- Reduces cholesterol
- Helps regulate blood sugar
- Helps remove kidney stones
- Helps reduce cramps and premenstrual syndrome
- Supports the liver
- Aids in loss of appetite and assists in the digestion of protein
- Heals bruises and sores
- May reverse age-related macular degeneration
- Relieves insomnia
- Anti-carcinogenic properties



Steep three strands of saffron stigma in a cup of hot water for about 20 minutes. Add cinnamon or other spices of your choosing to enhance the health benefits. **Enjoy!**  
(Recipe from [www.speedyremedies.com](http://www.speedyremedies.com))

## SAFFRON AS A SPICE

In cooking, saffron is renowned for the aroma it provides as well as the vibrant colour it brings to any recipe, thus making it a very useful condiment. Used sparingly, it adds rich colour, flavour and aroma to your favourite food or dessert. It can be used with chicken or meat, with soups, pasta, rice dishes such as paella and desserts such as rice pudding.

Saffron can be bought in two forms, in threads and as a powder. The Greek Saffron or Krokos is by far the best quality saffron on the market today. Harness the beautiful flavour, aroma and magical healing power of this precious spice!

## Cooking with Saffron



## Saffron Rice:

**Ratio** – use double the amount of stock or water to rice. So if you use two cups of rice, add 4 cups of liquid. Just remember to up the quantity of saffron too.

- 1 cup of well washed rice
- 2 cups of chicken stock
- A small pinch of saffron
- Freshly ground pepper and sea salt
- Olive oil

Heat a non-stick frypan with lid over medium heat.

Add your saffron threads to a small amount of recently boiled water

Add a good drizzle of olive oil to the pan and add the rice.

Toss the rice in the oil for a few minutes, lightly toasting it

Add the stock, saffron and season with salt and pepper, stir to combine.

Pop on the lid, turn the heat down to low, and allow to cook until the stock has absorbed. You can stir it a couple of times throughout to check how it's cooking.

Once the rice is cooked through fluff and serve.

This saffron rice is a great base for many other flavours whether it's a slow-cooked lamb shoulder or a fragrant curry.

Yields about 2 cups of cooked rice.

Recipe from [www.myfoodstory.com.au](http://www.myfoodstory.com.au)



# Sublime Serums

This issue we look at why these light, fast absorbing elixirs are a must in everyone's daily beauty routine...

Serums contain highly concentrated levels of nourishing ingredients that offer ultimate results, quickly. The job of a serum is to restore moisture and elasticity, increase hydration, strengthen skin cells and brighten your skin.

Generally, serums are developed to address specific skin conditions, including reducing fine lines and dark spots, smooth wrinkles and smooth skin, reduce pores, or reduce the appearance of redness.

The reason serums work so effectively is due to the concentrated ingredients, and it's also why they can be much more expensive than an everyday moisturiser. Serums can contain up to seventy percent of active ingredients, where a moisturiser might only contain ten percent. Also, because the molecules in a serum are smaller than those in a moisturiser the product is absorbed deeper into your skin.

While a moisturiser can lock moisture in, it can also lock other active ingredients out, so it's important to apply the serum before you apply your moisturiser.

Apply your serum gently with your fingers and avoid rubbing it in, smooth over the skin and allow it to absorb for the best results. If you want to apply a moisturiser over your serum, wait a few minutes between applications; the same goes with your daily makeup.

Serums are best applied **after** cleansing and **before** moisturising, so the product can absorb into your skin.





### Estee Lauder – Idealist

**RRP** 148.00  
[esteelauder.com.au](http://esteelauder.com.au)

This is the ultimate product when it comes to reducing the appearance of pores and is a brilliant product for fixing uneven skin tone.



### Lancôme – Advanced Genifique

**RRP** 97.00  
[lancome.com.au](http://lancome.com.au)

This youth activating serum leaves skin looking radiant, ultra hydrated and with a beautiful even texture. It absorbs beautifully and leaves your skin feeling fresh and renewed.

### The Body Shop – Pomegranate Firming Serum

**RRP** 34.95  
[thebodyshop.com.au](http://thebodyshop.com.au)

This beautiful, light textured serum is super hydrating and reduces the signs of dryness very quickly. It smells divine and has a beautiful uplifting effect.



### Napoleon – Auto Pilot Complex Skin Renewal Serum

**RRP** 85.00 | [napoleonperdis.com](http://napoleonperdis.com)

This serum offers a brilliant hit of hydration and smells so good you could almost eat it! It must be the mix of anti-oxidant rich Australian berries and botanicals! It absorbs wonderfully and leaves your skin feeling soft, fresh and rejuvenated.



### L'Oreal – Revitalift Filler [HA] Serum

**RRP** 49.95  
[lorealparis.com.au](http://lorealparis.com.au)

L'Oreal's newest serum is sweetly scented, moisture-rich and chock full of the latest trend in skin care, hyaluronic acid to plump and tone you skin.

### Li'tya Dihlbi Age Defying Serum

**RRP** 79.00 | [litya.com](http://litya.com)

This serum is a divine elixir full of bio active botanical extracts and vitamins that offers super fast results. My skin not only looked more hydrated but it felt softer and looked smoother after only a few application. It's light yet rich and absorbs deeply into the skin.



**YOTA** All About Beauty's aim is to provide you with treatments which will make you look and feel beautiful.

The salon offers a wide range of Dermalogica products and treatments including:

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- Waxing
- Treatment Facials
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- Body Treatments
- Manicures/Pedicures/Shellac
- Spray Tan
- Eyelash Extensions
- Relaxation Massage
- Makeup
- Elos Laser Skin Rejuvenation & Tightening
- Elos Laser Hair Reduction



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 (To be used on any full price beauty treatment)

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



# EXFOLIATING TIPS TO REMOVE YOUR OLD *Winter Skin*



With winter behind us you've probably noticed your skin is a little dry and lacklustre, so we headed out to the Victorian experts in skin management, Peninsula Hot Springs, to share their Spa Development Co-ordinator **AMY GOURLAY'S** top secrets to the ultimate exfoliation at home!

Exfoliating is a major part of maintaining good skin health. During the winter months we tend to neglect our skin, which is why it can feel tight, dry and have a crepey texture. Every twenty-eight days we shed skin cells, and by exfoliating it helps to renew the skin.

There are many ways to *improve* skin texture, here are our most popular.

## **OIL AND SALT COMBINATION**

Use a dry mineral salt and combine it with oil. Mineral salt brings vibrancy to the skin and assists with boosting the circulatory system. When combined with oil it is much easier to massage into the skin, which also assists sluggish circulation. When the skin turns a little pink it means that blood is coming to the surface of the skin. This process is called rubefacient, which ultimately energises the skin and heals from within.

Try our Yanko or Mala Mayi Treatment for the ultimate exfoliation experience.

## **LOOFAH HAND MITT (KESE)**

The humble loofah mitt is easy to use. The best time to use the mitt is first thing in the morning to wake yourself up. It gets the lymphatic and circulatory systems kick-started and is an easy way to remove dead skin. Simply start from your feet working your way up and moving the glove briskly in a vertical or circular motion. Use either dry or in the shower.

Try our Moroccan Face and Body Treatment for a full skin rejuvenation.

Once you try these exfoliating methods you'll be feeling your *smooth*, soft skin *all day!*



# PRODUCT REVIEWS...

## THE BODY SHOP

### Spa of the World Dead Sea Salt Scrub RRP 42.95

Your skin feels rejuvenated and renewed by the high mineral content and coarse crystals, and the scent is intoxicating!

### Fuji Green Tea Body Scrub RRP 29.95

The invigorating scent and gel-like consistency is super refreshing. Combine it with the Body Shop Green Tea Bath (24.95) and your relaxation levels shoot through the roof! [thebodyshop.com.au](http://thebodyshop.com.au)



## SANCTUARY SPA

### Four Day Moisture Oil Scrub RRP 17.75

Enriched with Gold of Pleasure oil (from the Camalina plant) this scrub offers long-lasting moisture. Skin feels nourished and refreshed. [sanctuaryaustralia.com.au](http://sanctuaryaustralia.com.au)

## JAR Body Scrub RRP 16.95

These clever flat-packed, gorgeously scented scrubs are something you want to get your hands on. The salts cling to your skin and you can really feel them going to work. The fragrance combinations are intoxicating, I'd even say delicious! [jarbody.com.au](http://jarbody.com.au)



## LI'TYA Lemon Myrtle Desert Salt Body Polish RRP 32.00

### Li'tya Body Oil Trio RRP 35.00

Li'tya, an organic, all-natural Australian botanicals range, have produced the ultimate in luxury exfoliation. Combine their desert salt scrub with a tailored scented oil for true spa exfoliation experience and result! You'll feel cleaned and purified, and the fine salt blended with lemon myrtle clings to your body so you only need a minimal amount.

### Li'tya - Mother of Pearl Body Polish RRP 81.00

This divine natural scrub gently buffs away dead skin. The mother of pearl and pumice stone powder leaves skin supple while the essential oils hydrate and smooth. [litya.com](http://litya.com)



## GLOVES AND BRUSHES

DRY BRUSHING - is still one of the most popular methods of exfoliation today, but it's important to use a quality, natural brush or glove.

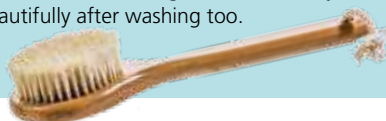
Dry brushing increases circulation and blood supply, clears pores and detoxifies the lymphatic system, which is important, not just for impeccable looking skin but your overall health.

### HOW TO DRY BODY BRUSH BY MEEKA

Always ensure your skin and brush are dry before body brushing. Stroke the brush in an upward movement using light strokes towards the major lymph nodes in the body, such as the groin, armpits and base of neck. It's best to start at your legs and work your way up the body, adjusting pressure accordingly. Follow with a bath or shower.

### Meeka Sisal Body Brush \$ 26.95

Firm enough for a great dry body brush Meeka is also produced under fair trade conditions - love it! My skin was refreshed and rejuvenated with no sign of left-over dry skin. The brush dries beautifully after washing too.



### Meeka Sisal Glove \$ 22.95

100% organic and extracted from the fleshy leaves of the agave cactus plant, this impressive glove buffs your skin to a beautiful, soft, subtle sheen. Use it wet or dry! [meekaseasponges.com.au](http://meekaseasponges.com.au)



### The Body Shop - Cactus Brush \$ 19.95

Alright, let's be honest, sometimes the long handle of a body brush is a god-send for reaching the middle of your back! And this brush certainly has that, along with a large, natural brush head.



## EXFOLIATING WITH OR WITHOUT PRODUCT

There are different views on whether or not a mitt or glove makes a difference to the end results of your exfoliation if you're using an exfoliation product. Some therapists believe you'll use less product if you apply it with a glove. Try it out and see what you prefer.



# Spring Skin Care Tips

With the *changing of seasons* it is essential to also change your skin care to suit the new weather. Important factors that you need to keep in mind include increased humidity, stronger sun, longer days and less need for warming heavy food.

The body works as a whole and as your skin is the largest detoxifying organ of the body, everything happening on the inside shows on the outside! When your skin is freaking out remember to look at important things like diet and stress levels.



Spring is a time to come out of *hibernation*, reveal fresh skin and start to peel back the layers to let the sunlight in! My top recommendations for spring skin care are:

**1** Book that professional treatment! It's a great opportunity at the change of season to get a professional treatment done.

I would recommend an intense exfoliation to give the skin a good clean and to reap the benefits of the warmer weather. It will allow the skin to absorb more vitamins from your skincare routine as well as the sun for that natural glow.



**2** Detox program. Great skin starts from good health.

Now that we are through the intense cold and the need for warming treatments it is the perfect time to do a short five day detox program through your local health practitioner.

This will clear any sluggishness from the body and make your skin glow from the inside out. It is also a great opportunity to start drinking those green smoothies again.



**3** Change your moisturiser! Warmer weather brings more humidity so I recommend switching to a slightly lighter cream. A day cream with an SPF for sun protection is also now highly recommended with longer days ahead and more intense sun. It is going to be your skin's biggest anti ageing product for the coming warmer seasons!

At Belinda Hughes Skin we provide professional treatments and advice to assist you to make the easy transition into spring with your skin. For full treatment information go to [www.belindahughes.com.au](http://www.belindahughes.com.au).

For further great articles on how to look after your skin and health naturally go to [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.



**NAPOLEON SPRING COLOUR GUIDE**

The beautiful thing about this spring is that the colour palette is so feminine, but the variance in depth of colour is quite strong so you can really customise your look.

Colours like deep rose gold, pink and citrus shades like tangerine and lemon are huge for the eyes; smoke them out with deep chocolates then use rose gold, citrus and pink to fuse out the shades for a modern finish that introduces a little colour into your life.

Mulberry and lilac are winning the trend race for spring and purple has been up and coming but women are now feeling more confident to wear this non-typical lip hue, giving your look edge.

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



Minimalips Simplicity

Miss Pink Mist BoudoirBlush

Wild Roses



# Roland Semaarn



This spring we have the pleasure of introducing you to Vanilla Magazine's newest contributor **Roland Semaarn** of Semaarn Salons.

Apart from his effervescent attitude, Roland was a finalist for Hairdresser of the Year, a Sydney and Melbourne Fashion Week Stylist, has five Consecutive Industry Colour Awards and also won a Consumer Affairs Victoria Business Excellence Award.

His interests have also led him into the world of reality television. This year Roland created his own online reality salon TV Programme showing the world his vibrancy and finesse. You can check it out on his facebook page [facebook.com/semaarnhairsalon](https://www.facebook.com/semaarnhairsalon). Soon to be airing in 2016.

We think you're in pretty safe hands with the years of experience and advice he has to offer.

**Roland, what are the most important things to consider when we want to freshen up our image with a new style?**

Your haircut must compliment your bone structure.

And remember that the right colour tone will give you a fresher, healthier look.

You should be able to work with your hair's natural texture, with minimum styling required.

Always treat your hair with prescribed products.

*And remember  
- You Are Beautiful!*



### With the weather warming up, what's the best way to protect our hair from the damage of salt and chlorinated water?

- Don't leave your hair exposed to the sun too long, especially if you are swimming in salt or chlorinated water. If you do leave your hair exposed too long to sun and water, then apply a hair sunscreen.
- To avoid 'green tinges' to your hair, always use a cleansing shampoo after swimming and regular conditioning treatments for your hair – treating your hair once a week for at least 15 minutes will pay you dividends in years to come.

### Frizz can become such an issue this time of year – what's the best way to combat frizz this season?

The best way to fight the frizz is to use a hydrating conditioner and a leave- in moisturiser – your professional hair stylist will be able to advise you on the best choice for your hair.

### What's your best advice for healthy hair this spring?

- To combat colour fade use a colour care shampoo and conditioner, and refresh your colour regularly. It is always advisable to use a prescribed shampoo as harsh shampoos can dry your hair and lift out your new colour
- Keep hot irons to a minimum and if possible do not blow dry your hair too much especially in the drier weather – seek professional advice before using appliances such as heated rollers or curling tongs on your hair
- Treat your hair like 'silk' – only use pure bristle brushes and use a detangler when combing
- After shampooing do not rub your hair hard – always dry gently and squeeze the ends
- It is also advisable not to shampoo your hair for 24 hours after your colour
- Make sure your own hairdresser understands you fully – choose a stylist who is client focused and not just image



focused, and then together you can both choose a style that suits both you and your hair type, and your facial structure

- Manageability and minimal effort styling your hair at home starts with a great cut which goes with the natural fall of your hair – be careful if your stylist wants to perform a razor cut on your hair – it might not grow out well as a result
- The colour you decide on for your hair should look fresh and streak free – try to avoid murky, brassy tones, especially in summer
- Always protect and nourish your hair – i.e. no oily, greasy, sprayed looks.



## Cup Week Makeover!

This spring Roland is offering one lucky woman a full hair makeover just in time for the Melbourne Cup Spring Racing Carnival at Flemington! Head out to Derby Day, Cup Day, Oakes Day or Emirates Stakes Day feeling and looking like a superstar!

Like our **FB page** for updates and info on how you can win this beautiful package from Roland and Semaarn Salons.

**WHY?** *Because you deserve to be pampered!*

**INTRODUCTORY** 20% off all services only for Vanilla customers this October. Plus+++ Take home our six-week complimentary colour maintenance kit with conditioning treatment with every in-salon colour you have. Eliminates colour fade.

Guaranteed results every time. [www.semaarn.com.au](http://www.semaarn.com.au)

# HAIR TREATMENTS

## *A spa for your hair*

Your hair needs moisture and nutrients to look its best and be at its healthiest, and an everyday conditioner just doesn't cut it all of the time. Dry and damaged hair needs some serious **miracle-working** products to put it on the path to ultimate health and vitality.

Especially if you colour, bleach, straighten, curl, blow dry, love the beach, swim in chlorinated water, and head out into sun on a regular basis – then you need to invest in a good at-home treatment to get you through between salon visits.

There are many on the market to choose from but the thing to remember is that they all achieve different things, and are designed for different hair and different results. The best way to choose a treatment is to consult your hairdresser; they know your hair well and will be able to best advise you. The next step is to chat to the staff at your local hairdresser supply shop or retail outlet.

Think about what you want from your hair treatment; to tame frizz, soften, thicken, or just to give it a lustrous glow and movability. Rejuvenate, repair damage and moisturise, maybe you want to add sleekness, make dull hair shiny, or add volume to thin hair.

Save yourself some time and ask for an expert opinion, there are so many active ingredients on the market now there will definitely be one that fulfils your brief.

Proteins reconstruct your hair and build internal strength while ceramide reinforces from root to tip - including the hair cuticle, numectants renew shine and soften, Argan oil (also known as liquid gold) nourishes, moisturises, and improves elasticity, while jojoba oil adds strength and encourages growth.



L'ORÉAL PROFESSIONNEL





## PRODUCT **REVIEWS**...

CHARLES WORTHINGTON  
**Moisture Seal Mineral Mask RRP 15.99**

The newest find in my world of hair care comes from Charles Worthington and I'm loving it! Apart from a little going a long way, it's affordable, smells of a summer holiday and the results are amazing! Super soft movability.

MUK HAIRCARE **Deep MUK – One-minute ultra soft treatment RRP 24.95**

This is by far the best one-minute treatment I have ever come across – it's definitely made my go-to favourites list. Full of sea kelp extract, protein, and light moisturising agents, it's a super fast acting treatment for busy people who want great hair. The results speak for themselves; get your hands on it!

L'ORÉAL PROFESSIONNEL **Absolut Repair Lipidium Masque RRP 31.00**

This is an excellent resurfacing masque for dry, damaged hair; the phyto-keratin and ceramide rich formula reinforces the hair fibre's foundations, repairs damage and provides intense nourishment.



MUK SPA  
**Argan Oil Repair Mask RRP 26.95**

This rich and thick, intense Moroccan Argan oil treatment instantly moisturises your hair reducing the frizz, and leaving it soft and manageable for days. The scent is divine and truly feels like a spa experience for your hair. It also boasts almond oil and hydrolysed keratin protein to boost your hair's health and vitality. I love that these are natural products rich in vitamins.



Combine with the replenishing **MUK Spa Argan Oil Repair Shampoo (RRP 26.95)** for ultimate results and manageability.



## COMBINATION **LEAVE-INS**...

MATRIX BIOLAGE **Cleansing Conditioner RRP 39.95** and **Defining Gel-Cream RRP 29.95**.

Designed to complement one other, these deliciously pomegranate scented gems are brilliant for curly or dry hair. The cleansing conditioner's bi-action formula gently cleanses and conditions and the leave-in acts as an ongoing treatment to nourish, soften and protect.



REDKEN **Extreme Length Primer RRP 29.99**

Designed to strengthen hair so it resists breakage this candy scented rinse-out treatment utilises Redken's exclusive Interlock Protein Network to create stronger, healthier hair.

Follow with REDKEN **Extreme Length Sealer RRP 29.99**

A leave-in treatment to visibly reduce the appearance of split ends and create ultimate softness and shine.



THIS **SPRING**, OUR FASHION WRITER **BREE LAUGHLIN** TAKES US BY THE HAND AND WALKS US THROUGH THE AGE-OLD QUESTION OF WHAT TO WEAR TO THE RACES...

# SPRING RACEWEAR CHEAP TO CHIC

Spring Racing is my favourite time of year. The roses are in bloom, the birds are chirping, the champagne is flowing and everyone is, well... happy! For some though, the idea of going to a spring carnival raceday, whether it's for work or with friends, can be quite daunting. Questions like, what will I wear? How much will it cost me? Where do I buy a hat? Come to mind.

*Well, take a deep breath because by the end of this article your racewear questions will be answered!*



## RACEDAY: **COUNTRY RACING**

**Flower of the day:** **Leucadendron Safari Sunset**

**Racewear theme:** Generally relaxed

**Total cost of outfit:** \$377



I love country racing and there are a couple of reasons. Firstly, the atmosphere! At the end of a country raceday you almost feel like you have been on a holiday (true story)! Secondly, the fashion! As you can see with the look I have put together here, it is much more relaxed than a metropolitan raceday.

A low heel or flats are a popular choice along with brimmed hats to combat the sun. Maxi dresses are also a terrific option and really comfortable. They also match beautifully with the style of accessories I have chosen here.

**Country racing fashion tip:** Think as much practical as you do fashionable. Often you are contending with a number of different surfaces underfoot and you're out in the elements. A reasonable sized bag or clutch is imperative to carry additional items to get through the day, i.e. umbrella or a change of shoes.



## RACEDAY: CAULFIELD CUP

**Flower of the day:** White Rose

**Racewear theme:** Stylish and fun

**Total cost of outfit:** \$597



I like to have a bit of fun with my racewear for the Caulfield Cup. The feel at Caulfield is again a different experience to its counterparts at Flemington and country racing, and I perhaps experiment a little more with my choices.

The look I have created here is a perfect example but still stylish. I have incorporated the much loved cat ears but as millinery, as opposed to a headband. I have carried the cat theme, quite subtly, into the other accessories. The skirt-top combo also allows you to get more creative, and here you could add the pop of colour that most suits you.

**Caulfield Cup fashion tip:** Have some fun with this and push your own personal fashion boundaries. Pick an item you absolutely love, whether it be millinery or a pair of shoes, and work your outfit around the feeling or theme that piece creates.

*Have fun and push your own personal fashion boundaries*



*Accessorise with a bold red lip*

## RACEDAY: DERBY DAY

**Flower of the day:** Cornflower

**Racewear theme:** Black and white

**Total cost of outfit:** \$791



Derby Day, being the first of the four feature days at Flemington, and on a Saturday, typically attracts the largest crowds of the Carnival, and is of course, the traditional black and white racewear day. Supposedly the tradition was started by a sponsor who held a competition for the best-dressed female wearing black and white! Many moons later, even after the sponsor had moved on, the tradition remained.

Monochrome has been a popular racewear combo over the past two years, whether it be Derby Day or not, so the options when shopping are aplenty.

Here I have kept it simple, selecting items that are welcome additions to most wardrobes. The dress is understated and not as memorable as some pieces, which, if you want more wear out of it, is a plus. The asymmetric tile-like printed clutch adds interest and the beautiful Jill & Jack millinery headpiece is the hero of the look. When buying millinery, a piece like this one is so versatile - a purchase you will not regret!

**Derby Day fashion tip:** Be sure to go through your wardrobe before you shop for this day. Being 'Melbournians' we carry a great deal of black and white in our wardrobes! This might help the budget and enable you to purchase a lovely, much needed piece of millinery.

## RACEDAY: MELBOURNE CUP

**Flower of the day:** Yellow Rose



**Racewear theme:** Bold and chic

**Total cost of outfit:** \$1,411

The Melbourne Cup is of course the most famous of all the spring carnival racedays and it does attract more of a racing focused crowd. I have always thought of racewear for Melbourne Cup day to be bold, simple and with strong lines.

Through this look I also want to encourage you to not underestimate the power of a pair of pants for spring racing. As you can see, these lovely royal blue trousers are the hero of the ensemble and would be incredibly striking, particularly on those of us with long legs! When buying pants be sure the fabric is good quality so when it falls, it flatters. In this look the pants are, by a long way, the most expensive piece.

**Melbourne Cup fashion tip:** Colour blocking - solid colours and asymmetric prints make for great Melbourne Cup racewear! Brands like Camilla & Marc, Cue, and Manning Cartell will more often than not produce the Melbourne Cup racewear goods.

*Don't be afraid to be bold!*



## RACEDAY: OAKS DAY

**Flower of the day:** Pink Rose



**Racewear theme:** Pretty and feminine

**Total cost of outfit:** \$5,601

Oaks Day is known as ladies day, although I think the gents have cottoned on to this and there seems to now be more men than women in attendance!

The racewear theme for Oaks is simple; think floral, pretty and feminine. The look I have selected here is a 'splurge' outfit including beautiful printed fabrics from Dolce & Gabbana. You don't have to spend a great deal though to achieve a stunning look, but you can draw inspiration from these high-end wears. In 2009 the Melbourne Cup Fashions on the Field winner bought her dress online for \$18.00!

I love print on print, particularly with different fabric weights, and many local labels are doing this. Here I have accessorised with red while keeping the rose theme and matching the clutch hardware with the earrings.

**Oaks Day fashion tip:** Labels that create terrific Oaks Day appropriate looks include Alannah Hill, Review and Ted Baker.



All items above are available on polyvore.com with the exception of the millinery in both the Derby and Oaks look, which is the work of Jill Humphries from Jill & Jack Millinery (based in Highett, enquires: jill@jillandjackmillinery.com).



# SPRING/SUMMER RACING FASHION TRENDS

Spring Summer collections in Melbourne are the most anticipated of the year, particularly this year for good reason – it marks the end of the winter chill! The new designs hitting the racks and gracing our desktops are also our spring racewear options,

*so lets break it down:*



**COLOURS:** Strong red, cobalt blue, olive green and nudes - The beauty of these options is there is something for all complexions and hair colours. The nudes have been popular in casual wear and have continued into racewear. Olive green is also coming through but I suggest you stay away from the Tote in this colour. It's a common superstition that green is an unlucky colour on the race track! Strong reds and cobalt blues this season are a welcome pop!

**BLACK & WHITE...** again. Yes, the old 'trusty rusty' monochrome, black alone and white alone is on the spring fashion plate again. It has been a regular fixture over many years now, so much so that I almost hesitate to include it as a 'trend'! Dig into those wardrobes ladies and gents because I know this is in your repertoire - I smell spring racewear savings!



**PRINTS:** Nature and abstract - Many collections this year have prints influenced by nature, be it leaves, flowers, animals or otherwise. I am enjoying the modern twists on florals and the take-up of mirror prints. Abstract is also a popular feature this season.



**EMBELLISHMENTS AND TEXTURE:** Loving this trend because I love intricate detail! But not only are they stand alone, the clashing of embellishments, lace and other textures is taking it next level... I will say though, have your wallet ready!



**HEMLINES:** Minis and midis – that's right, it's either short or long this year, not a great deal of in between! This isn't only the case for dresses though, culottes and short suits are a prominent inclusion. Be aware though, not all of these trends are welcome on track so be sure to check dress regulations prior to purchase, depending on the enclosure in which you are attending.



**TAILORING:** Structure in the Spring Summer collections is an even stronger feature this year which is fantastic news for racewear! Melbourne weather can be unpredictable and having a jacket option that compliments your look is music to racegoer's ears. This is opposed to the complete contrast jacket (I am referring to that black work jacket of yours!).



**OVERLAYS:** We saw glimpses of this in Zimmerman's collection last year but this year sees a greater uptake. Solid fabrics overlaid with beautiful laces and mesh variations dominate.



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



# Karen McCartney

WHITE ROOMS



This spring we talk to interiors expert **KAREN McCARTNEY**, on her new book *White Rooms*.

Karen boasts an astounding career in the field of design, art and architecture; she's currently content manager at Temple and Webster, and her career boasts the title of Founding Editor at interiors magazine *Inside Out*. She also edited the lifestyle pages of *Marie Claire*, and apart from three other books to her name she has written for a host of influential magazines and newspapers.

Here's what Karen had to say on her newest book, a collaboration with her husband David Harrison, on design, trends, and how white can be the basis of something beautiful...

#### Where did the inspiration for this book come from Karen?

I was working on my other book *Superhouse* with the same photographer, Richard Powers in the south of France. I spent some time looking through his archives and I said to him, 'you know what, Richard? I think there's a book here, just in the theme of white.'

The book is broken down into taste-makers; interior designers, fashion designers or people with an interest in homes with a different aesthetic and have white as a context for each of those.

Inspiration came for different rooms from all over the place – from San Paulo to the States to London to the South of France. Then in between there we have inspirational sections for different rooms.

I guess the whole thing about white is that it is actually, decoratively, a broad church and you can have whatever your style is within that context.

So if you're bohemian or mid-century modern, or you like layers and pattern, then white can be used to set up

the object in front of it. It won't fight it, instead it almost becomes a beautiful, ambient neutral that just compliments the space rather than assert itself the way a colour does.

We've done a curated range with Murobond Paints where we've curated **10 whites** that we feel are really strong, good, all purpose whites.

#### And white is so different, whites not just white.

Oh hugely different, yes, the spectrum when you begin to look at it has everything from a touch of grey to a touch of yellow to a touch of pink right through to your pure whites.

It's a topic that seems simple on the surface, but then as you dig further it becomes more complicated, and you can see why people struggle with choosing the right white.



It is also why advice from paint companies is so important because you need to think about your end game, and you cannot decide on this without looking at different paints.

You really need to paint a square metre of each shade of white on different surfaces of your wall and look at it in different times of the daylight because you might have greenery or water that's reflecting in from outside.

Then you need to consider the orientation of your room - all of these things change the way the white will be perceived.

### **So we should take into account the surrounds and main fixtures of the room?**

Yes! Look at the times the sun comes into your room. Is it morning sun or afternoon sun? An afternoon sun is a much warmer with more intense light.

And you need to think about the feeling you want to create in that room – do you have a lot of artwork you want to display or do you want a softer, more complimentary feeling?

I think it is worth analysing what you want to feel and your existing surroundings to get some guidance on the tones of white you need.

Throughout the book there's lots of advice from interior decorators. One said that if you've got a major piece of furniture that has a bit of red or pink in it, then you might want to have the tiniest bit of pink in the mix.

It's almost imperceptible, but it just gives that sort of warmer glow that works back into the furniture. It's almost subliminal, but it's there. It doesn't have to be in your face – it is just taking it a fraction one way or a fraction another way.

### **And will white always be a colour that won't go out of style? Will it always be there in the background, a classic design feature?**

Yes I think so, but like anything it comes in and out of fashion. I have friends at the moment who are renovating. They have painted the floors and an ugly brick-fireplace white. The overall affect makes the eye glide over it all and it sort of disappears – the eye instead goes to the feature on the mantle-piece. It is a way of making a less attractive thing disappear.

You know, in a way, a lot of interior design is creating illusions, tricks as to where your eye travels and to what grabs your attention.

I think that if things can be knocked back and dialled down and other things styled up, people will get the feeling of it feeling great, but they can't quite put their finger on what it is. It is because you've chosen to subdue something and highlight something else.

### **So we've picked our white and we're decorating a room, but we don't really have a set plan, what's next, what are some great decorating tips that you always stand by?**

Part of it I think is that you need to understand what your style is. Having been a magazine editor for years I understand how fast styles can change – suddenly everything has yellow legs and timber tops and then suddenly that's out and coppers are in and what was being promoted one minute is now considered old.

I actually find all of that churn too much. I think that homes should layer and build, but to build successfully you need to have a strong sense of when something doesn't fit as much as when something does.

I always recommend people do their own Pinterest board of what they like. Pinterest is almost subliminal, you sit and you flick and you add. Then when you come back to it you can edit – you can see that the orange piece, whilst it has a great energy and you like it, might not fit in with your greys and whites and tan.

It is a means of self-editing. You can rule out the things that, whilst you may fancy because they are fashionable, they are not really where your style is going.

Everybody thinks that decorating is easy – you just need to buy what you love. But to me that's actually not incredibly helpful, because anything, to be good, requires some energy, thought, care and time. If you put those things into it, I think anybody can have a home that looks great.





When you look at interiors that you would like your home to look like, and then you dissect what they have in it, often they have much less than you imagined.

It is interesting to actually deconstruct an image that you like and then ask yourself ‘what is it about this image that is making it work?’ and ‘how can I apply that to my own life and my own home?’

#### What trends are we seeing for spring/summer 2015

Trends are interesting. I went to the New York Design Week this year for the first time. What we’re seeing out of there is still a lot of geometric shapes and patterns, marble and copper – but also that influence of Memphis is coming through, sometimes in a softened way. The palette you’ll see in a lot of upholstery is in those kinds of dusty pinks and dusty blues and the furniture will often have thinner lines.

There’s also a lot of excitement in lighting design, some of it is quite high-end. The fractured idea of lighting and articulated arms and brass is becoming much more sculptural and impactful; lighting is still an enormous feature of a space.

There is also excitement around beautiful ceramics that hark back to the seventies - especially those rougher ceramics and glazes which aren’t so much about precision, but instead, they’re almost crude, a bit wabby-sabby, and are at the opposite end of the spectrum to precision.

#### And what’s the best design advice you’ve ever received and do you still give that advice now?

Yes I do. It’s about confidence, consistency, knowing yourself, knowing your style and seeing it though, because trends will come and go.

This isn’t about not buying new things – I’m all for buying new things and keeping things interesting and new.

However, I’m very anti-replica furniture – I think it’s a false economy. It’s so wasteful and it is made cheaply, it’s quite toxic and it falls apart. I think you’re better to buy less and buy better.

I know that’s hard because everybody wants to have everything **right now**, but it’s better to save up and buy something local.

There are lots of young designers who are really talented and they’re really struggling because it’s a hard market, but they’ve got items that are good value.

You know, I prefer IKEA because at least they work with good designers, make their own things, and try to keep the prices down. They have their own design integrity, rather than just ripping people off.

Also, mix it with vintage; I’m a big fan of buying vintage – you can still pick up second-hand pieces that are really nice. Some of them need a little bit of work, but the materials used back then were much better than you’ll get today, and at a much better price. That way you’ll have some personality and difference from everybody else that’s gone and got everything kitted out in one weekend.

#### And your last word on trends and decorating?

I think it’s about playing and layering, but not feeling like you have to be on top of every trend. It’s a bit like fashion, it’s impossible to do – you’ll end up chasing your tail all the time.

Instead of letting trends dictate, just find what suits you and your family and what’s **practical** for now and then just grow into that look.

**Karen McCartney**  
*White Rooms*  
 Penguin RRP 59.99



# Daylesford

Just a couple of hours out of Melbourne is a food and wellness hot spot that will reignite your passion for life.

The pleasant journey through Victoria's high country on the way will leave you relaxed and ready to slow down and enjoy life, and you feel it as soon as you leave the car! The air in Daylesford is instantly relaxing and your body knows it's high time to unwind, relax and recover from the everyday stress and business of life.

Full of breathtaking landscapes, heritage gardens, artisan produce, fresh spring waters, and a dining scene that will see you in a food-coma if you let it, Daylesford is the ultimate destination to rejuvenate your mind, body and soul.

Here are my favourite picks for spring fling in Daylesford...

## THE LAKE HOUSE

You can no more visit Daylesford and not visit the Lake House any more than you cannot indulge in a massage or therapy!

Home to the great Alla Wolf-Tasker and her head chef David Green, the ambiance is sublime and you'll struggle to leave her restaurant let alone the property.

Be sure to book yourself in for a treatment and some time in the cooking school for the ultimate treat! [www.lakehouse.com.au](http://www.lakehouse.com.au)



## MINERAL BATHING

Famous for its therapeutic, mineral-rich waters Daylesford has a few hot spots on offer for a relaxing soak.

If you want to truly indulge, a visit to the Hepburn Bathhouse and Spa offers a serene environment for massage, full-body exfoliation, vichy showers and facials. They offer areas with relaxing, therapeutic mineral pools ranging in temperatures and an aromatherapy sauna and salt pool in an idyllic environment to heal your ailments and promote overall health and wellness.

Daylesford mineral waters were discovered over 150 years ago and can even be consumed, if your tastes are inclined. The benefits are said to be amazing and each spring has a slightly different taste. [www.hepburnbathhouse.com](http://www.hepburnbathhouse.com)

## LAKE DAYLESFORD

Just over the bridge is Lake Daylesford. Spend a few hours at lunch gazing at the water and watching the local birdlife, check out the local second hand bookshop for a quirky find while sipping on a coffee in their coffee shop or just wander around the lake enjoying the views and serenity.

## ACCOMMODATION

Hotel and B&B's are aplenty in Daylesford and there are many gorgeous options for retreats that focus on the food trail or relaxation and rejuvenation. Think Peppers or the Lake House for a luxurious getaway.

If you don't have the budget for the hotel side of things, Daylesford Accommodation Escapes have hundreds of gorgeous, first rate villas, apartments and houses on offer and many of them are set in beautiful, natural surrounds. We chose one on Queensberry Street and were very impressed! It boasted serene bush views and being just up the hill was nice and quiet. The views for lunch and breakfast just added to the joy! [www.dabs.com.au](http://www.dabs.com.au)



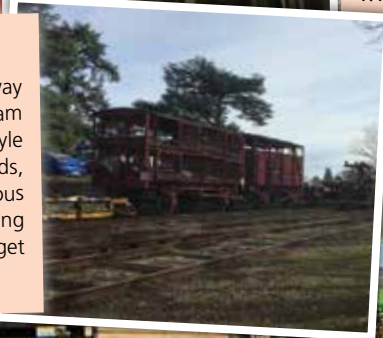
## THE CONVENT

Set in an historic 19th century mansion the Convent Gallery offers an array of gardens to roam, delicious food to devour in it's high ceilinged café, a nun's museum and art gallery. Spend some time enjoying the garden and the light that shines through the glass, you won't be sorry. [www.conventgallery.com.au](http://www.conventgallery.com.au)



## THE MARKET

Head over to the Daylesford Railway Station on Sunday mornings from 8am for the ultimate trash and treasure style morning market full of gourmet foods, fruit and veg, arts and craft and delicious hot food and coffee to get your morning going – oh, and of course, don't forget the trash and treasure!



## MAIN STREET

Daylesford Main Street is a hive of activity on the weekend, and you can certainly see why!

The variety of boutique shopping – food included – is mesmerising and still holds plenty of old country charm.

Glorious local produce and wines line the shelves of boutique shops with people roaming the stores and streets relaxed, happy and on the prowl for something delicious and unique.

You can't go past Bocconcini for deli-goods, flat breads and a delicious coffee. Albert Street butchery was a delightful find for our home-cooked dinner and Tonna keeps a great selection of local fruit and veg.

## HOT FIND

You don't need to mortgage your house for the ultimate massage experience in Daylesford – just call Richard McKeown from Holistic Massage.

You can go to his therapy room or better yet, he'll come to you!

We booked for the entire afternoon for one and half hour massages in our villa and it was the best choice we made all weekend, professional, affordable and he even brings his own salt lamps! 0425 751 293. [www.holisticdaylesford.com.au](http://www.holisticdaylesford.com.au)



# WHAT'S ON THIS SPRING

With the weather warming up, Australia's most liveable city has lots on offer to get you outdoors enjoying the sunshine!

## THE ROYAL MELBOURNE SHOW

19th – 29th Sep

Always a winner with kids of all ages, the Melbourne show might cost a small fortune, but there's always lots of fun to be had by all.

Visit the Masterchef kitchen (you'll be amazed at how small it actually is!), hold your nose as you play with baby animals in the animal nursery, then hold your stomach as you brave the mountainous array of rides on offer, and last but not least, hold your wallet as you enter the show bag arena!

Make sure you check out the events schedule before you go! There's so much going on, you'll need to plan your day before you head off!

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



## MELBOURNE FRINGE FESTIVAL

16th Sep – 4th Oct

This is an open access event across Melbourne featuring over 400 events! There are performances, events, art displays and theatre productions for all ages and tastes.

Jump online at [www.melbournefringe.com.au](http://www.melbournefringe.com.au)



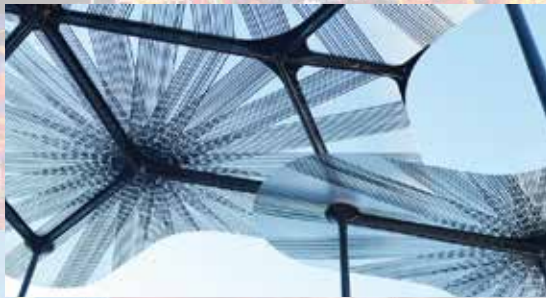
## CIRQUE AFRICA

Oct 16th – Sun 22nd Nov

A two hour high energy production of vibrant talents showcasing the sights and sounds of Africa live to the sounds of an 8 piece live orchestra.

A new millennium circus of delightful acts such as Hand to Hand, Rola-Bola foot juggling, dish spinning, vertical pole, hand balancing on stacked chairs, contortionists who form mind-boggling shapes with their bodies while percussionist beat African rhythms' on drums.

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



## MPAVILION

5th Oct – 7th Feb

MPavilion is a unique, temporary architectural pavilion designed and installed each year in the Queen Victoria Gardens featuring talks, shows and programs for everyone to enjoy free of charge. The pavilions are gifted to the City of Melbourne and are 'becoming a permanent legacy of architectural masterpieces'.

Some of the featured talks and events are women transforming the city, and experimental cinema; it will also be the design hub for the Melbourne Festival. [www.mpavilion.org](http://www.mpavilion.org)

## SPRING RACING CARNIVAL

19th Sep – 21st Nov

This may well be an event everyone already knows about but it's definitely worth a mention!

Do something different this year and join in the fun of country racing – it's one of the best days out you'll have all spring, and the Mornington Peninsula has some wonderful country racedays.





## LEGO EDUCATION CENTRE – DOCKLANDS

For those little Lego lovers amongst you, head into Docklands for the opportunity to explore building and structure, mechanisms, robotics and movie making at the Lego Centre. Open school holidays for workshops, holiday programs and parties.

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



## O'BRIENS GROUP ARENA (FORMERLY MEDIBANK ICEHOUSE) CIRCUS SKATE-A-RAMA

18th Sep – 3rd Oct

These school holidays the ice-skating rink turns into the big top with clowns and circus performers taking over with activities, face painting and games on offer.

Activities are free with an all-day entry ticket.

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

## HIGH TEA ON THE HIGH SEAS

Every Sunday until mid-December

Sail the Bay and indulge in a high tea of sweet and savoury morsels prepared using produce from both the Mornington and Bellarine Peninsulas. Served onboard Searoad Ferries in the intimacy of the Portsea Lounge, the 2 hour return sail offers stunning bay views. High Tea on the High Seas package includes the return ferry crossing, high tea tiered platter and a coffee, tea or glass of sparkling wine.

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



## MORNINGTON TRIATHLON FESTIVAL

28th – 29th Nov

Join the crowd on the MP for an action-packed weekend of sun and sports in the closed off streets, with stage events for all ages.

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

## MELBOURNE GHOST TOURS

With Halloween approaching and the kids excited about trick or treating and scaring the life out everyone around them, why not get in the mood and join one of Melbourne's ghost tours!

Head out to the Old Melbourne Goal, Pentridge Prison or to Williamstown and experience the Ghosts of the Old City tour. Or for the fright of your life try your hand at an overnight stay! And the kids can go too - for a taste of their own medicine!!

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



## MELBOURNE FESTIVAL

8th Oct – 25th Oct

In October, The Arts Centre Melbourne is home to one of the world's best art-based festivals. Head out and enjoy shows and performances centred around the visual arts, dance, theatre, multi media and an array of outdoor activities.

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



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# Horoscope!

# Spring 2015

## ARIES:

You're ready for new horizons and this spring will be about breaking new ground. Now is the time to get back in touch with your strengths so you can feel free to express yourself. Creativity and work has never felt as rewarding as it will this spring. You're truly breaking patterns and coming out of a major period of stagnation, and stepping into your most authentic self.

## TAURUS:

You need to eject the rubbish from your life so you can embrace new ambitions. You're learning to appreciate what you have in the moment rather than thinking about what you had. You're feeling more generous than you have in a long time and will feel the need to spoil yourself and your loved ones. You'll have more energy than you probably know what do with.

## GEMINI:

You've received plenty of bumps and bruises on the road to success over the past few years, and now you're ready to truly take your vision to the next level. Continue pursuing excellent collaborations and stellar people to partner with this spring, although this will require your time and attention. There is a fabulous vacation in the stars for you this spring.

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## CANCER:

Home is where your heart is and this spring you will find your dream domicile. Much of your attention will be on your daily schedule and finding some kind of magical alchemy between your work and health. You have a tendency to work hard and then crash and not want to leave the house for days; you'll need to find some boundaries and structure around your routines.

## LEO:

This spring will bring you abundance in the financial department, it's a win-win all the way around for you. Domestic issues or losses that have weighed heavy on you are starting to lift now. All the lessons you learnt last year will come in handy. You're becoming a master mediator and may find yourself in the middle of some interesting disputes this year.

## VIRGO:

There are some amazing opportunities and recognition coming your way this spring. Since you're more of a planner than a risk-taker by nature, this new phase will open you to embracing new adventures. Expect to be seen and celebrated in a major way. You may find yourself reuniting with an old flame to get the lessons right this time around.

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## LIBRA:

It's easy to feel hopelessly obsessed with relationships regardless of whether you're in a tryst or not. Relationship dynamics will continue to take up the majority of your energy and attention this spring. There is plenty of romance and excitement to keep you going until late spring but by then you'll start to crave time alone in the woods, unplugged, doing nothing.

## SCORPIO:

You have certainly been to hell and back, and now you're ready for a serious reprieve from all the heaviness. Your inner gypsy is at the ready and travel is your medicine. There is fame and fortune energy in your career zone so get ready for some major attention and enjoy the star power. Letting go of jealousy, competition, or negativity is a must.

## SAGITTARIUS:

Spring is here and your pent up frustrations of the last few months will finally find some relief. You've been shedding the old you and the glorious new you is ready to spring forth. You'll finish some emotional business without any regrets, and you'll be free to go ahead without emotional baggage. You may find travel is on the cards this spring.

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## CAPRICORN:

You've been putting a lot of energy into your career and this has served your career well, the only downside is that you've been a bit all work and no play. Expect to be ridiculously popular and in order to balance all of this you're going to be in need of some serious downtime, it's time to give back to yourself. Don't be tempted by an old flame.

## AQUARIUS:

This spring will finally bring the fruits of the arduous labor you've so devotedly mastered. You've been laying down tactical career foundations and every level of your integrity has been tested, you've earned the respect from both colleagues and friends. Remember, slow and steady wins the race, just make sure to keep it all above board.

## PISCES:

This spring you've got so much going for you, get ready for love and romance galore. Money issues can be a bit unpredictable at times, but at least you're learning flexibility when it comes to the material world. It is essential to spend more time on your health and well-being. Old and almost-forgotten family issues could rear their ugly heads once again.





# VANILLA DAY AND NIGHT



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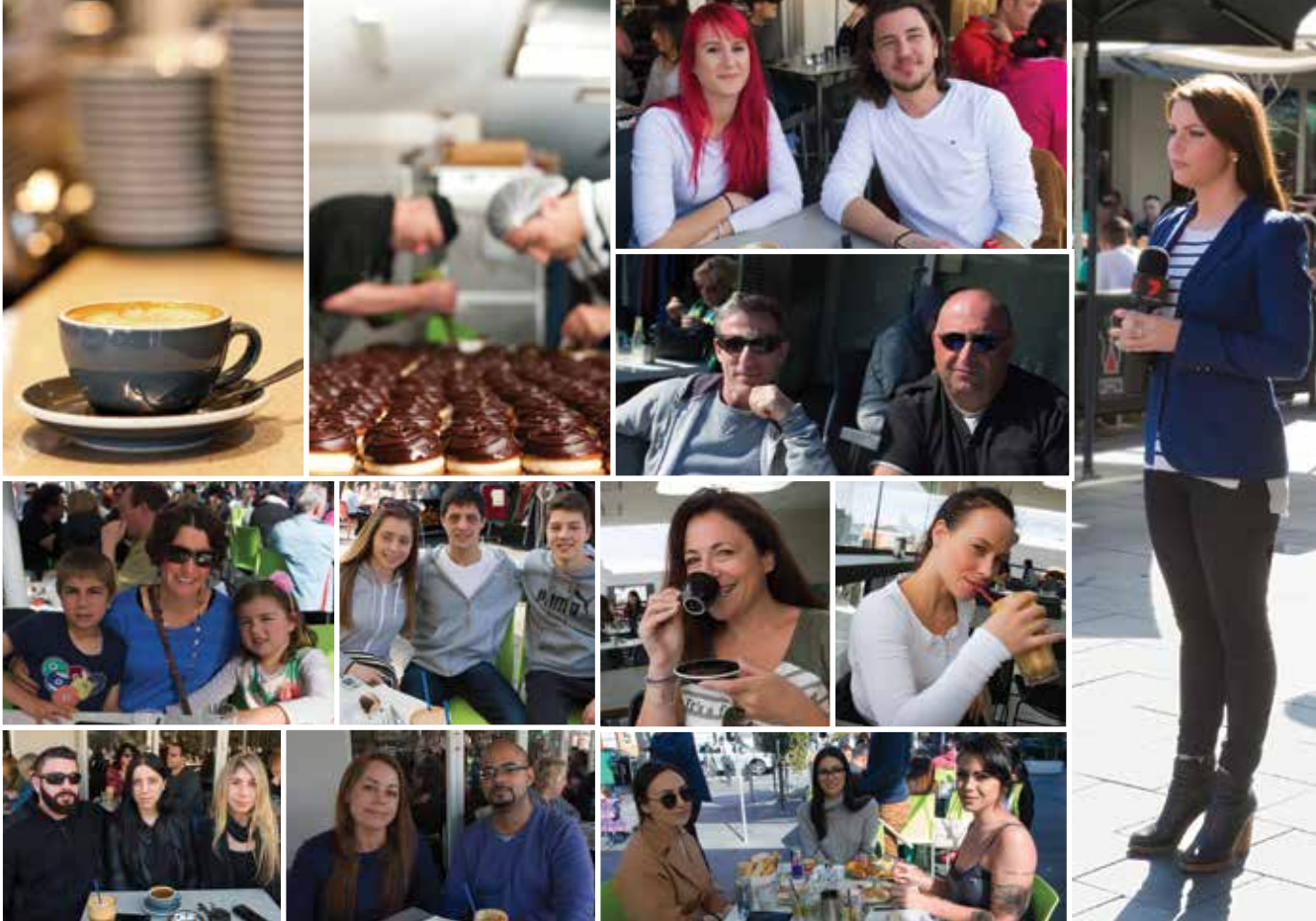
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# VANILLA CHART

SPRING 2015

# DEEP HOUSE

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## TOP 25 by DJ BALLA

1. Dotan - Hungry (Niklas Ibach Remix)
2. Passenger - Circles (PANG! Slow Things Down Mix)
3. Gianni Kosta - Tom's Diner
4. Kruse & Nuernberg, Nathalie Claude - Leaves Falling (Nathalie Claude - Mario Basanov Remix)
5. Santino - Tattoos (Original Mix)
6. Lykke Li - No Rest For The Wicked (Joris Voorn Remix)
7. Pat Siaz - No Céu Azul (Original Mix)
8. Aaliyah - Try Again (Sllash Remix)
9. The Avener - To Let Myself Go (feat. Ane Brun)
10. Martin Merkel Feat. Fe Malefiz - Voyager (Vocal Edit)
11. Addal - Morning in Love (feat. Lisa May - Original Mix)
12. Massive Attack feat. Hope Sandoval - Paradise Circus (Gui Boratto Remix)
13. Yolanda Be Cool & DCUP - Sugar Man (Vanilla Ace & dharkfunkh Remix)
14. Zhu - Faded (Gee Sailod Bootleg)
15. Vaya Con Dios - Puerto Rico (Elias Fassos)
16. Maya Jane Coles - Lost in the City (Original Mix)
17. Misun - Harlot (Vijay & Sofia Zlatko Remix)
18. Lane 8 - Diamonds (ft. Solomon Grey Original Mix)
19. Mika Olson - Now (Matvey Emerson remix)
20. Sharam Jey - Feeling High (Original Mix)
21. Archive - Again (Nikos Diamantopoulos Rhythm Edit)
22. P.A.C.O. & Tube Berger - Greyjoy (Original Mix)
23. The Avener & Kadebostany - Castle In The Snow (Anton Foreign & DJ Borisoff Remix)
24. Ash & Naila - Sing it Back (Moloko Cover)
25. Matvey Emerson & Alex Newell - Show Me Love (Original Mix)



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