

VANILLA CAKES & LOUNGE MAGAZINE – SERVED FREE

ISSUE 17



VANILLA

SUMMER
2016

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KAUFMAN**
STARBOUND

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MANFIELD

Maryanne
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Advertising – advertising@vanillamagazine.com.au

Production/Printing – Blue Star Print www.bluestargroup.com.au

Publisher – Vanilla Cakes & Lounge

EDITOR'S LETTER

Finally summer!



Time to take it down a notch and catch up with family, friends, the beach, and the most neglected person in our lives. Time to look in the mirror and say to that person, 'hi there, stranger, how are you holding up, anything I can do for you?'

Our loved ones need us to be healthy, relaxed and happy. Easier said than done during the frantic year but during the summer, even if still working, time tends to slow down offering more opportunities to reconnect and recharge.

So let's get inspired by the cover photo of health expert Kim Beach and make the most of this summer!

In this issue, Raquel Neofit brings us an exclusive interview with bestselling author of young adult fiction, Amie Kaufman. Her story is a must read for teenagers and their parents. I had the pleasure of meeting Amie in person at her photoshoot. She made me feel nostalgic for the books I used to read as a teenager, mainly sci-fi and spy thrillers.



Ok, I confess, I still read them. And when I visit the bookstore with my kids to choose our holiday reading, we will definitely grab a copy of her latest book *Their Fractured Light*.

Power women *Tea Lady* Maryanne Shearer and Tamara Maynes, author of *The Maker*, are also gracing our pages along with celebrity chefs Christine Manfield and Guillaume Brahimi. Plus all the usual suspects ;)

Oh, I almost forgot, you are all invited to the wedding of the year. Remember Effie from Acropolis Now? Well, she finally decided to get married to this mystery guy and wants the whole of Oakleigh to be there. To RSVP read her exclusive interview where she explains all the 'pacifics'.



The entire Vanilla Family wishes to **thank you** all for your love and support.

Merry Christmas and Happy New Year!

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CRETAN CULTURE IN THE ANTIPODES

Once upon a time the great Cretan Author called Nikos Kazantzakis said that **"It is a RESPONSIBILITY to be a Cretan!"** With these words deeply embedded in their hearts and with a suitcase full of dreams and hopes, the first Cretans arrived in Australia more than one hundred years ago.

In fact, as documented in the book *The Cretans in Oceania from the 19th Century* written by Mr. Socrates Tsourdakis and published by the Pancretan Association of Melbourne, the first Cretan that arrived in the Antipodes was in 1866 – namely Georgios Dokos, a pirate from the region of Sfakia.

Since then Greeks, and in particular Cretans, have continued to come to Australia and approximately 400,000 Greeks migrated to Australia at the invitation of the Australian government as part of their "populate or perish" immigration scheme. Most settled in Melbourne and a significant proportion of them were Cretan.

They left behind their home, family and friends to come to the other side of the world, a land that promised so much for a better future. Once they stepped foot on foreign soil they made a silent promise: not to let their religion, traditions or native language be lost.

After they settled, those with the most active and leading personalities started to create the first organisations with a vision of assisting and creating a support network for all Cretans. They found the way to keep the flame in their hearts alive and pass it on to the next generations.

Cretan dancing is a large part of the culture. The first dancing groups were established in the 1960s, quickly showcasing their extraordinary abilities with breathtaking performances.



Cretan traditions were becoming more and more popular here in Australia, making those in the homeland extremely proud of their countrymen's achievements in a foreign land.

They have passed their strong love of their culture to their children, raising them with great enthusiasm to never forget their traditional roots, which in turn have encouraged the second and third generations to continue their vision and grow it even bigger.

Today, Cretan clubs are administered by committees of volunteers, mainly from the second generation, forming over ten Cretan organisations throughout Australia and New Zealand including Melbourne, Sydney, Canberra, Brisbane, Darwin, Adelaide, Perth, Hobart and Wellington – a truly national representation.

They continue their ancestors' hard work in keeping the Cretan culture alive through the formation of dance groups, theatrical plays, Cretan music schools, youth committees, sporting associations, trips to Crete, study tours, history tours, educational seminars, forums, book presentations and many other activities.

If you are interested to learn and experience more about our amazing culture then your opportunity is here. The National Convention of the Cretan Federation of Australia and New Zealand is being hosted here in Melbourne by the Pancretan Association of Melbourne and the Cretan Brotherhood of Melbourne from the 7th – 12th of January 2016, with a plethora of events for all ages including a youth night, a cocktail reception, the Youth AGM, the National Meeting, a dinner dance, a Cretan Glendi, a picnic, sightseeing tours, a trip to the penguins and sporting competitions including tennis and soccer. Anyone who is interested, please email us at info@pancretan.com.au



Pancretan Association 1970 Christmas Party

Maria Maniou

Executive Administrator
Pancretan Association of Melbourne – Australia



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RECOGNISING EXCELLENCE



The Hellenic Australian Chamber of Commerce and Industry has proudly recognised the best and brightest of the Hellenic-Australian community at the annual HACCI Excellence Awards Gala Ball.

HACCI Chairman George Moraitis applauded the winners as "truly great representatives of our community who deserve our highest praise and respect."

BODYROCK FITNESS

By Roula Krikellis

Let's welcome Costa & Maria of BODYROCK FITNESS – The alternative new way to a better lifestyle and positive outlook to life.

These two fitness gurus have background in exercise, sports science and a Degree in Health Science. They are also both fully qualified Personal Trainers having their Certificate 3&4 in fitness.

Costas used to sleep a lot and didn't really have much energy throughout the day. Internally he had a lot of issues. Now his energy levels have increased and trains on how to live a healthy lifestyle inside and out. 'Skinny does not necessarily mean healthy. I was an athlete all my life; played soccer throughout high school and believed I lived a healthy lifestyle. It wasn't until I did a Body Composition Scan that I realised how unhealthy I truly was. Whilst a 22 year old, my metabolic age was of a 33 year old'.

Maria explains their philosophy is 20% exercise, 80% nutrition, 100% mindset. 'Mindset is important in achieving the goals that we set for a healthy lifestyle just as water, nutrition and a Protein diet.'


BODYROCK FITNESS is a group of coaches who will help you achieve your goals with not only setting up the correct program for your body weight, height and shape but also your nutritional program based on the outcome of the BODY COMPOSITION SCAN. The programs are tailored around YOU!

No age group restriction, no upfront joining fees; The BODYROCK FITNESS clubs give free workouts, provide a program to suit any age group and educate you on nutrition. 'Community fun! The workouts are group based; whether in a community hall or a local park. They create a positive community vibe interaction across the state. The workshops educate you on



how to lead a sustainable active lifestyle. Whether your goal is to increase muscle, decrease body fat or gain energy, these fully training providers give you 24 hour ongoing support with follow up communication on a regular basis.'

Maria's passion also lies in the project focusing on the Greek Community and Greece. They are looking to build a team of good people that can spread the word and educate people to a better lifestyle and mind set. The project will springboard across into other states hoping to even reach Greece. 'Based on our philosophy, we want to help start up fit clubs providing free workouts and communities where people can support each other in living a healthier lifestyle. Together we will create in Greece what we have here in conjunction with our nutritional partner – HERBAL LIFE.

For further information please contact Costa or Maria direct or via their personal Facebook pages or BODYROCK FITNESS page.  www.facebook.com/bodyrockf

THE 2015 WINNERS OF THE
HACCI EXCELLENCE AWARDS:

The Spiros Stamoulis Lifetime Achievement Award
– **Peter Kazacos.**

The Delphi Bank Business Excellence Award
– **Mary Paidoussi-Revis** (awarded posthumously).

The Professional Excellence Award
– **Professor George Varigos.**

The Chris Saristavros Young Achievers Award
– **Athan Dritsas.**

The Community Service Award, presented by the
Victorian Multicultural Commission
– **Rena Frangioudakis.**

The inaugural Sporting Excellence Award, presented
by the South Melbourne Football Club
– **Stella Savvidou.**



Congratulations to **Cr Stefanie Perri** for being elected again as Mayor of Monash. The proud daughter of Italian migrants, Stefanie believes Monash's cultural diversity is one of our community's greatest strengths. "Our entire community is enriched because of our diversity and our eagerness to embrace our multiculturalism," she said.



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Blessing of the Waters



With the New Year looming ahead, *Vanilla's* culture expert, **Maria Irimi Avgoulas**, takes a look at the traditional significance of water blessings.

Festivity, celebrations and new beginnings are often associated with the months of December and January. In particular the start of a new year and the hopes, dreams and wishes linked with January. Many of us are thinking of our New Year's resolutions and the goals, aspirations, hopes and dreams that the New Year will bring; something like a re-birth, a fresh start and a new beginning.

There are many religious and cultural traditions that hold great importance for Greek people living abroad and also in Greece that are connected with the New Year – carols, foods, sweets, gifts and the first guest in our home for the New Year; will they bring luck with them or not?

This is the perfect time of year to look at the occasion of when the waters are blessed (Agiasmos). There are three ceremonies within the Greek Orthodox Church related to blessing of water and these are:

- BAPTISM



- MEGAS (GREAT) AGIASMOS – performed on 6th January at the Feast of Theophany
- MIKROS (SMALL) AGIASMOS – performed at any time of the year – to bless a new beginning such as a new home, a new school year, foundations of a building, the blessing of a new car and even in agriculture the blessing of land for prosperity of the crop are among some.

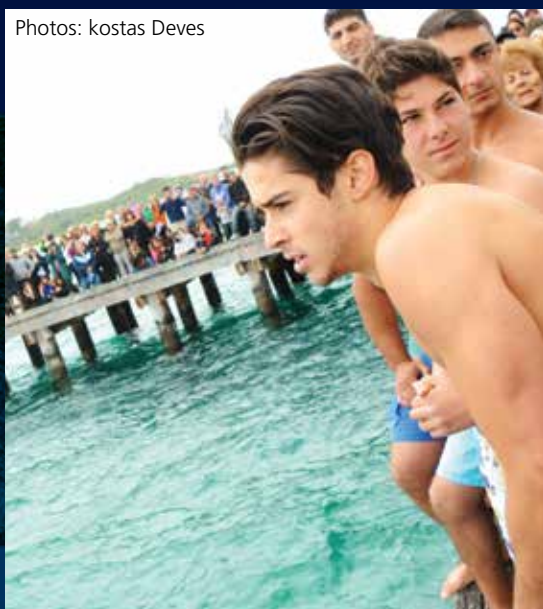
As 2016 is upon us, let's take a look at the Megas Agismos and the date 6th January, a very important day and tradition on the Greek Orthodox Church calendar. In the days following the liturgy of this very old and symbolic day, a priest visits the home and blesses them with Holy Water and the Holy Cross with some basil attached to it. Parishioners wait with great anticipation for the priest to visit their home.

Although an Agismo can be performed in a home at any time of the year, a priest blessing the home in January holds its own significant importance. It is of great meaning for Greek Orthodox people to have their homes blessed at the beginning of the New Year. Furthermore, this religious day is also linked with the baptism of Jesus.





Photos: kostas Deves



When the winner is crowned for the year, festivities and celebrations follow – Greek dancing, music and, of course, souvlaki. Families and individuals of all ages having a great day together – a blessed day that holds a strong religious significance of health, prosperity, a cleansing and with it wishes of a better year ahead.

In Melbourne there is a Greek event held in January known quite well to all of us; the ritual of the **Blessing of the Waters**, an event that is held come rain, hail or shine. In Melbourne many of us attend this annual event or we see it on the evening news on the day.

A wooden cross is blessed with luck and good fortune for the year ahead and then thrown into the sea, participants then swim out to sea and retrieve the blessed cross.

Although it may be summer here in Australia, there have been years when the day is far from warm, but even in the cold water and rain swimmers still participate for the significance this day holds, the baptism of Jesus.

Back in Greece, January falls in the heart of winter and the beaches at this time of year are empty, however, on this day nothing keeps people away from the water and the belief in the luck and prosperity catching the wooden cross brings.

I would like to wish you all a Merry Christmas, Season's Greetings and best wishes for the year ahead, and perhaps I may see you either in Frankston or Port Melbourne for the 2016 Blessing of Waters events in Melbourne.

Thank you all for following my column and I look forward to writing my next four pieces for Vanilla Magazine in the year ahead.

ΧΡΟΝΙΑ ΠΟΛΛΑ!!!

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





Το γαλάζιο ξεθωριάζει

Σε γνωρίζω από την όψη
μέσα από παλιά σελίδα.
Κι απ' την άλλη σου την κόψη
που' χει στάξει μια κηλίδα.

Μυστικά που ψιθυρίζουν
τα παιδιά σου τα χαμένα.
Ένας άνεμος τα παίρνει
μακριά σου ένα ένα.

Ένας κόσμος σαν παγίδα
μια ψευδαίσθηση η ελπίδα.
Άλλη μάνα μας ποτίζει
νερωμένο γάλα αφρίζει.

Τα εγγόνια σου δικά της
το γαλάζιο ξεθωριάζει.
Η καρδιά τους θα παγώσει
και για πάντα θα νυχτώσει.

Μάνα ξύπνα φωναξέ μας
καπετάνιε γύρνα πίσω.
Γράψε αν θες νέα σελίδα
ζήσε ψυχή μου ζήσε ελπίδα.

Χρήστος Μπάλλας

New endeavours, new achievements and continued support from Delphi Bank.

A year in review of our most significant moments across the Hellenic - Australian Community!

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

With another successful year completed and our commitments fulfilled, Delphi Bank has achieved pleasing results both in the community and with our customers. In return, the support received from the community has helped Delphi Bank achieve continued partnerships, new relationships, progress in the banking sector and more importantly, growth as a Bank.

Delphi Bank's success is attributed to our strong relationship-orientated, community-minded approach to customer needs; however, Chief Executive Officer, George Tacticos maintains 'it is our long-term support and involvement with the Hellenic-Australian community that is central to our growth strategy and the driving force behind our cultural engagement program.'


The year saw many great achievements for Delphi Bank; a highlight being the award winning Midas Account which gained strong recognition across the banking industry. Over the last three years, the high interest savings account has been continuously recognised by CANSTAR, Australia's leading provider of financial research and comparison services, receiving and maintaining numerous Five-Star awards across a range of categories for its competitive product features.

Amongst the many accolades, the Midas Account also won a Gold Award for Best Savings Account - Bank category in *Money Magazine's Best of the Best Awards* for 2015. These awards narrow down Australia's best financial products, services and investments.

These accomplishments are simply testament to Delphi Bank's ongoing consistency in offering the best possible products to our customers. Mr Tacticos maintains 'The Midas Account has been a stand-out deposit product for Delphi Bank. This is a wonderful achievement for our customers and our Bank'.

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

As proud naming rights sponsor, the Bank provides substantial backing to highlighted cultural events across the Hellenic-Australian calendar. This year, Delphi Bank retained naming rights to the ever-growing Semaphore Greek Festival and the Unley Greek Festival both held in Adelaide. For the third year in a row, the Bank also retained the rights to the Delphi Bank Greek Film Festival; a highly anticipated cultural event gaining the recognition it deserves within the Hellenic-Australian community.



In addition, Delphi Bank is also the proud presenting partner of many major festivals across the nation including the Lonsdale Street Festival in Melbourne and the Greek Festival of Sydney. Attracting thousands of locals each year, these festivals continue to spread the importance of the Greek language and heritage whilst embracing both conventional and modern cultural influence.

Delphi Bank is proud to be the Main Partner of the Hellenic Australian Chamber of Commerce and Industry (HACCI); a like-minded organisation that shares the Bank's values and constantly aims to give back to the Hellenic-Australian community. HACCI provides endless growth opportunities for business and communities, and Delphi Bank will continue to maintain a strong and mutually beneficial relationship with the organisation.

The importance of sport and wellbeing is of great significance to Delphi Bank, which is why we are not only a proud Premier Partner of the Melbourne Victory Football Club, but a long time supporter of grassroots soccer and football at both a state and national level.

Mr Tacticos maintains 'we play a key role in meeting the cultural needs of the community; supporting our Hellenic roots through various events and sponsorship programs to help strengthen the communities we live in both now and in the future'.

Delphi Bank is also present at the heart of many community service providers, holding a strong relationship with organisations such as Fronditha Care, AGAPI Care and the Australian Greek Welfare Society whose business and value propositions are closely aligned with our own. These truly inspiring organisations have supported the health and wellbeing of the Hellenic-Australian community for numerous years. This is a prime example of what can be achieved through ongoing dedication and commitment and Delphi Bank is honoured to work with such hard-working and caring teams.

With the holiday season fast upon us, what better time to reflect on the past twelve months and express our appreciation to those who have made Delphi Bank into the organisation we are today. Our thoughts turn gratefully to our key stakeholders – our customers, partners and the wider community for your confidence and loyalty, and for making our progress and growth possible. We aim to constantly remain true to our vision and beliefs, and we will continue to provide consistent personalised service every step of the way.

We wish you and your family a happy and healthy Festive Season and we look forward to working with you again in the New Year.

DelphiBank[™]

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VANILLA'S GOT *Talent* IS BACK!

Q&A WITH MARY MELABIOTIS

VANILLA'S GOT TALENT ORGANISER

Vanillas Got Talent No. 3?

Yes! We're at it again. We have so many customers and potential candidates asking for it so we said, why not!

This is a great platform for all singers, musicians and such, that want to get on a stage and showcase their talents. The last two shows were such a great success and we've had some amazing stories come out of these shows from our contestants and winners. Our judges provide knowledgeable insights, inspiration and feedback, which has been very well received by our previous contestants.

What kind of talent are you looking for?

We are looking for talent... it could be singers, musicians, bands, impersonators, even magicians!

Any tips for our customers during this time?

Firstly, you won't want to miss this show ... so get in early on the Tuesday night to secure your seat for the event of 2016.

Who are the judges this year?

We'll have judges from the last two shows, and possibly some new judges...we are still in planning phase, but whoever they are, they will blow you away!

Mary Melabiotis is at it again!



Vanilla's Got Talent II judges / with Guest Judge Vince Colosimo (2011)

Any celebrity judges?

Of course! But I'm not saying a thing...!



"Now I feel much more confident in performing in front of an audience and I want to pursue a career in singing." - **Winner of Vanilla's Got Talent II, Arty Florea**



Do you have any insight of what the previous contestants have done since the show?

I know that the majority of the contestants have continued with their music career, some taking it overseas and others writing songs and being broadcast on our FM radio. There's many feel good stories that have come from this.

We will have the pleasure of seeing some of them perform at our upcoming show.



Any message to people considering to register?

Don't think about it – do it...! It's such an awesome platform, great audience, ambiance and a really fun environment to showcase your talents.

The show will start in **February 2016**. It will be on Tuesday nights from 7.30 – 9.30pm and run for approx. 7-8 weeks till the final.

Please don't miss out as the registrations are pouring in for auditions. Get in now so you don't miss out.

Email us at vanillasgotalent3@gmail.com or visit us at our Facebook page, Vanilla's Got Talent III.

REGISTER NOW

CONTACT US TO GET YOUR REGISTRATION FORM

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AND SEND A PRIVATE MESSAGE WITH YOUR EMAIL ADDRESS

✉ VANILLASGOTALENT3@GMAIL.COM

👍 OUR FB PAGE FOR REGULAR UPDATES

📷 VANILLA

Off the The Virgin Bride



Ever since **MARY COUSTAS** stormed into our living rooms as **'EFFIE'** in the hit comedy TV show 'Acropolis Now', we have been patiently waiting for this ultimate Greek 'Bacheloreffe' to find a nice Greek boy and settle down. Well, the long wait is over!

Effie has just announced she's getting married to this mysterious guy causing wild speculations among anxious frappé drinking Greeks in Oakleigh. Why all this secrecy about the lucky guy?

Vanilla Magazine has been invited to this mother of all weddings, and it is only natural to be a bit cautious before showing up.

So we tracked her down to clarify a few things about the invite.



Before we RSVP we need to know more about the groom. Why all the secrecy? Let's cut to the chase. Is he a wog?

I'm a public legend and he's a private one so to respect his love of me and his 'no interest in the limelights' I haven't plastered his face everywhere. Instead I have plastered my own. He is also a doctor – surgeon actually – a plastic surgeon to be pacifics. Hallelujah sister! Not that I've had any work done – I don't believe in tampering with God's work. Oh and no he's not a wog. I tried. I really did but I couldn't hack the fact that Greek guys come with a plus one – their mothers. I can barely handle my own mother let alone theirs. And he is a skip. His name is Shane Bradley Cooper and he is a gentleman. Unfortunately his skippy mother is a piece of work. Can't win 'em all peoples.

Is she really that bad?

Well how do I put this so that it's diplomatic? She's like a drunken Rottweiler with a face lift – oh sorry did I say that out louds? She's on the bitter and twisted side since her husband left her for his 22 year old Thai secretary who can take dictation without using her hands.

How did he pop the question?

He flew me and my miracle stunning baby boobhead daughter Aphrodite/Aphie (Effie & Aphie - cute huh?) to Greece and popped the question on the steps of the Acropolis. Romantics and a halves. Skips mate when you get a good one they're gold!

Describe his best qualities.

He's very kind, very generous (I don't like cheapskates – it's bad enough I'm one), very patient (I am on the high maintenance side) and very open.

He loves the Greeks. He grew up with them and now he's about to grow old with them.

On that dodgy invite you gave us you say that he was your first kiss. We need more info. Like, who made the first move?

You people and your details seriously. It was in first year of high schools. We were down at the oval near the shelter sheds. I gave him the 'Effie sultry sleazy eyes' and he pushed me up against the cyclone fencing. I put my hands in the back pockets of his jeans and moved my head from left to right over and over pretending I was experienced. It was sloppy, noisy and unforgettable obviously for Shane because he never got over it. I think from memory I went home and asked my grandmother to give me a love bite so I could look like an experienced Shazza instead of an inexperienced Effie.



Vanilla
Magazine

You claim you are a virgin. How did you manage that with so many Greek men after you?

I must say your questions seem a little cynical of my virginal state. Is it just me or does the word 'claim' suggest that you're questioning my frigidity and purity? For the record your honour unlike Madonna who said 'like a virgin', I actually 'I am a virgin'. Maybe the fact that so many Greek men were after me is the reason why I did not cave into their fantasies and demands – because a man likes to chase but when they get you they've had you and then they don't want you, and then they toss you aside. I am too good to be anyone's used goods.

Describe in a few words the worst date you ever had.

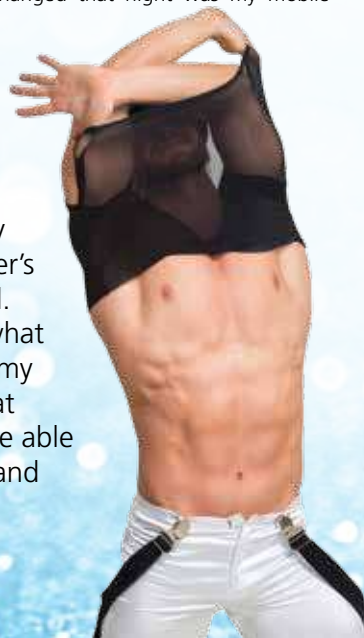
I went on a date with, yes a Greek, who was a mechanic – I'd rather not use any names but do you guys know Laki Varvarakis? He wears Shell Helix Ultra aftershaves. Anyway it was a disastrous date which included dropping his mother to his Theia's house in Deer Park via Lalor and Spotswood. Hello? It was like a drive-in, except just the drive bit. Who would have thought being stuck in Melbourne traffic was such a romantic setting for a date? No one, exactly. Anyway he took me back to his place with the hope that he could give me a 'grease and oil change' in his Lube Mobile van. The only thing that changed that night was my mobile number.

And then you say that first kiss impacted him in a big way and he never got over it. Was it after you had a souvlaki?

No I think I had trouble digesting my mortadella sandwich and it kept repeating on me. But love knows no boundaries and no stench by the looks.

So, what can you reveal about the hens night?

All I'm gonna say is that the stripper's name was Tripod. I cannot see what I have seen. But my therapist said that with time I will be able to live a normal and happy life.



Will your wedding have Greek music and dancing?

Hello??? **Of course.**
I am Greek last time I checked.

Vanilla chef Con wants to know if you will have cute bridesmaids.

Again how do I put this...? They are supermodels (on the insides). And that's all that matters to me but I'm me and I'm not looking to tsakata tsakata them. Do me's a favour and ask chef Con if he likes back cleavage? If the answer is yes then, have I got the bridesmaid for him!

We really like your idea that instead of gifts, guests just have to pay a ticket to attend. Very thoughtful of you.

Why thank youse. I thought so toos. FYI's separate to that financial commitment, I thought that for those extra generous types who love me bads, my bridal registry is with Westpac FYI if youse wanna hit me up with any extra dosh. My pocket and I would really appre. Also, can you please pass on those banking details to Thanasi the owner of Vanilla? Because he loves me and he's is super loaded. Good thanks.

Last question. Where are you going for your honeymoon?

Good try *Vanilla Magazine*. But I'm not that thick. A girl's gotta have some privacies when it comes to some things. That's top secret and just by the ways... *San polla then zitate?* Greeks... *ola theloon na ta xeroune*. Love youse and see youse all at my nuptials.



The Invite:

Listen up boofheads! Effie's getting married in what is promising to be the biggest wedding of the year – a live comedy extravaganza packed with music, dancing, multi-media and audience interaction. Australia's favourite Greek virgin goddess is gonna gain a husband and lose a cherry, all in one night: Effie is the original Bacheloreffe and this is gonna be her biggest stage production to date – **Effie – The Virgin Bride!**

effievirginbride.com

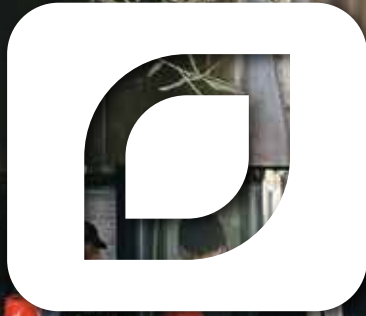
[facebook.com/effiegoodthanks](https://www.facebook.com/effiegoodthanks)

[@effiegoodthanks](https://twitter.com/effiegoodthanks)

[youtube.com/EffieStephanides](https://www.youtube.com/EffieStephanides)



Vanilla Upstairs



@vanillaokleigh



#greatfriends



#greatlife!

YAMAS
Refreshing Drink

It's time to stand up!

YAMAS
PLASTIC
275ml

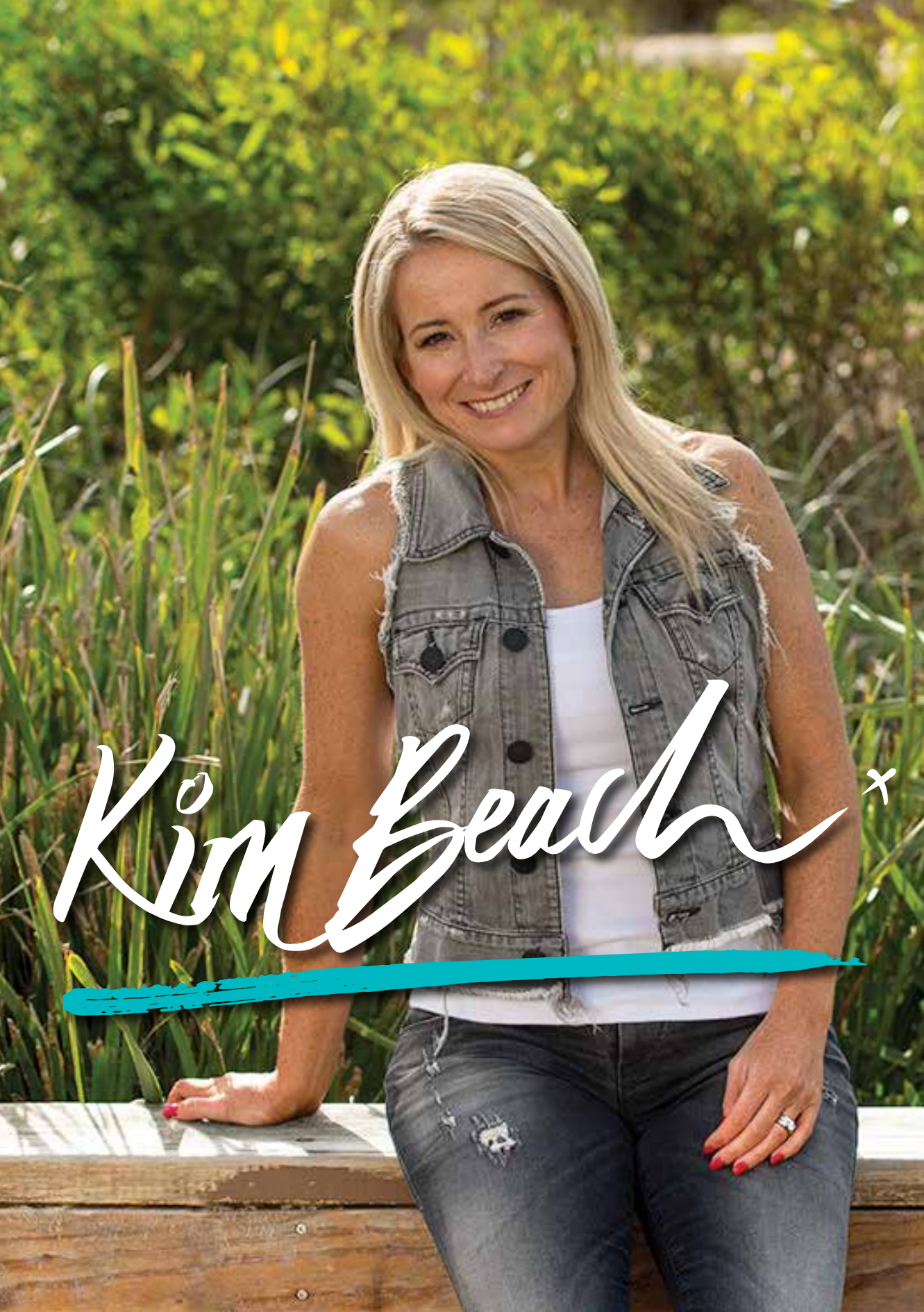
YAMAS
TSIPOURO
LIME & GINGER
4% vol. 275ml

YAMAS
OUZO
4% vol.

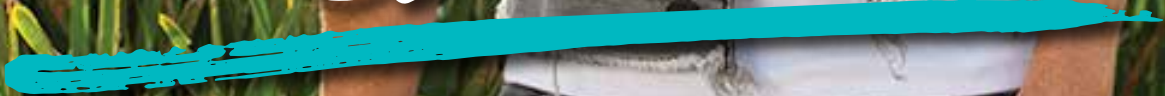
f in Instagram

www.yamasdrink.com

The advertisement features three bottles of YAMAS Refreshing Drink on a wooden bar. The bottles are labeled 'YAMAS PLASTIC 275ml', 'YAMAS TSIPOURO LIME & GINGER 4% vol. 275ml', and 'YAMAS OUZO 4% vol.'. The bar is decorated with fresh citrus fruits (lemons and oranges) and ginger. The background is a simple, light-colored wall with a decorative floral element in the top right corner. At the bottom, there are social media icons for Facebook, LinkedIn, and Instagram, and the website address www.yamasdrink.com.



Kim Beach x



KIM BEACH is fast becoming one of Australia's go-to's for those looking to lose weight and improve their health and fitness. Known for her strong mottos of **#nolimits** and **#noexcuses**, Kim's program has been developed in an easy to follow, smart and logical way, designed to be followed on a daily basis to keep you on the path to ultimate health. Each page contains your daily meal plan, exercise program and a motivational quote. And if you do find your resolve and determination wavering, she's built an online community you can turn to to help get you back on track!

Here's what Kim had to say about health, fitness and getting ready for summer...



Tell us about #noexcuses and #nolimits? What are these concepts and where did they come from?

When I started kimbeach.com I wanted to provide two very different programs, one that was all about sustainable long term weight loss (#noexcuses) and the other that was more of an 8 week challenge for people who were familiar with weight training and who want to build muscle and shred down (#nolimits).

What's your philosophy on life?

Above all else I believe in being positive. This applies to the way I train and what I eat, which I call positive nutrition, but it also extends to the way that I like to live my life in general. I am a great believer in supporting others and helping them achieve their goals, which is what my #BeachFit community is all about.

Were you an active child and teen?

Yes, I come from a very sporty family and participated in rep level touch football, netball and competitive swimming.

What made you jump into the life of a PT?

I was 20 years old and working in the city as a receptionist. One day I just got this feeling that I needed to do something different with my life, and share my passion for health and fitness. The next day I quit my job and enrolled in a full time 2 year diploma in Fitness!


And then how did it all follow that you became a wellness coach?

I don't see myself as a wellness coach, more just following my passion for helping busy women lead a fitter, healthier life! I have two beautiful children and after they reached school age I knew I wanted to get back into the fitness industry, but didn't want to go back to being a trainer. I also wanted to create something where I could be there for my kids at key times (dropping them off and picking them up from school). On top of this, I was constantly getting asked by other mums and people I met about health and fitness, and in particular how to lose weight and keep it off. I was out for a walk with my husband one day (he is particularly interested in social media) and we came up with the idea of starting a Facebook page, which then grew into a website and now, almost three years down the track, here we are.

What drove you to build this amazing empire of fitness?

I am a really driven person and give absolutely everything to what I set my mind to. For the first 18 months it was a bit of a leap of faith as we had a lot of money going out the door and not much coming in, but I always knew that the hard work would pay off. I wouldn't call it an empire but we are certainly building an amazing community of like-minded women all over Australia who share a love for health and fitness.





What gets you energetically up and out of bed in the mornings?

My alarm goes off at 5:30am every morning and the first thing I do is jump onto my private Facebook support groups to help out my team. Seeing the progress and achievements of the ladies in my programs is all the incentive I need to jump out of bed every morning.

What do you love most about doing what you do?

I love seeing people on my programs getting great results without calorie counting or obsessing about scales – not starving themselves but just focusing on eating real food along with an achievable training program.

You talk a lot about how each individual needs to find their own healthy balance, what's the best advice you can give us for finding that balance within ourselves?

Achieving a positive healthy balance is really the key to everything when it comes to living a healthy life. It is also the biggest challenge for a lot of people as we tend to have this on/off mentality, where we are either completely on and eating and training perfectly, or we are completely off and it's chocolate, wine and cheese five days a week. My balance is 80/20, so I know that if I am being good to my body

80% of the time then I don't feel guilty about going out for dinner and enjoying myself. It is all about finding a rhythm, being consistent and realising that perfect is not achievable and never will be.

You've managed to gain back your body after children, was that an easy task for you?

Definitely not... When my daughter was two I decided it was time to take control of my body again so I made a decision to challenge myself and enter a body sculpting competition. I spent nine months training towards this goal.

I love the training and nutrition, and everything it taught me about my body but I also discovered that these types of competitions weren't for me!





So the New Year is on our doorstep, for those people setting New Year resolutions to find health and wellness, where should they start?

(Of course joining your program is first on the list, but what tips can you offer to inspire?)

If you are not ready to commit to big changes then small ones are a great place to start. Commit to doing things that will have a positive effect on your life e.g. if you are not doing any exercise right now, commit to walking 2-3 times per week.

If you know you are eating too much, commit to reducing your portion sizes. You will notice that even these small changes will have a big effect on how you feel and this can snowball into bigger changes over time.

Kim's Kitchen - (the meals look amazing by the way!) do you develop many of these recipes yourself, and do you enjoy getting into the kitchen?

I love cooking but I didn't get serious about it until a couple of years ago. All my recipes are based around my philosophy of positive nutrition and they must be simple, easy to cook and good for you. I have created most of the recipes on Kimbeach.com and have recently employed a chef to help me bring my ideas to life as I get less time these days to spend in the kitchen.



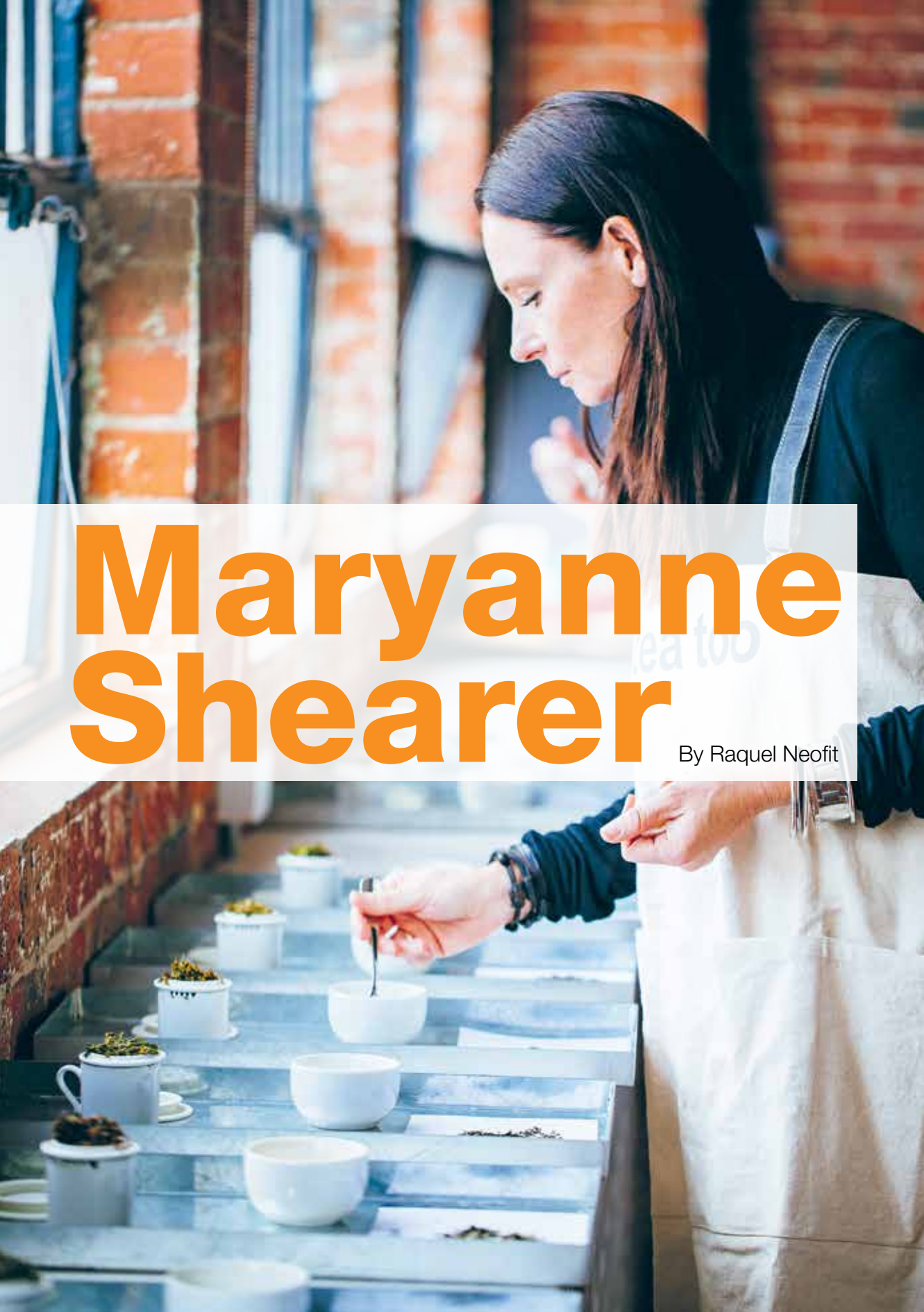
Is food just fuel to make you healthy or do you really enjoy eating? What are some of your favourite things?

I love eating healthy food so I definitely don't see it as fuel! On the flip side, I hate the way my body feels after eating foods with little to no nutritional value. I love oats and berries for breakfast, a favourite snack is rice cakes, avocado and turkey, and most of my meals are cooked on my sandwich press, which cooks everything quickly and is really easy to clean.

Do you indulge in treats? What can't you resist?

I love a good Acai bowl and dark chocolate can be an issue sometimes.

Jump online at www.kimbeach.com for all the info and motivation you need along with a delicious range of recipes.



Maryanne Shearer

By Raquel Neofit

Maryanne Shearer is the force behind the very successful and addictive T2 franchise. With a fantastic new book added to her long list of life accomplishments, Maryanne took some time out of her busy schedule to chat to us about life, tea and the importance of family and balance...



Where did the T2 concept come from?

In 1995 my then business partner and I were having a cup of tea discussing the future of our newly founded company Contents Homeware. We couldn't really get it to work and we were looking for inspiration when we had a light bulb moment...TEA!!! It was a very spontaneous moment but obviously a good idea.

Looking back, do you think you knew what you were doing when you decided to open T2? Was your head in the retail market space?

We were both retailers, in fact very passionate retailers. I think T2 is a very strong retail concept; it allowed us to take every customer on a journey – tea was old and T2 was new. I don't think we could have created the brand strength we have now if it was just wholesale or online – T2 is all about the experience.

What does this business really mean to you?

T2 is my life, I'm known as the 'tea lady'. We started T2 before I had my three beautiful children so it was my everything 24/7 for four years, which was great for that start up period.

It's hard work building a brand as strong as T2, what advice do you have for women dreaming of a successful business?

I think building a brand as opposed to building a business doesn't often make commercial sense as you always have to make decisions for the long term not the short term return.

Never make a decision for the money, it's always about the customer and the brand – the money always comes if you maintain brand integrity.

How do you feel when you walk into each of your stores throughout the world?

It's a very strange feeling, I still feel like T2 is a small intimate company. I walk in and T2 team members still recognise me and we all have a chat about what's on tasting and what the customer is loving – this is what I love most. When I sit down and analyse the numbers I realise T2 is no longer a small company, but I think running it like one is critical for the team and the brand.

Let's move on to work/life balance – you've worked so very hard, even bringing your babies into work with you, how did you manage it all?

I don't really think you can achieve balance when you are that busy. Very simply you need to prioritise everything going on in your life and some things need to go, most of the time it's your down time. For years I did not have a spare moment. I have learnt life is all about choices and good priorities, you certainly cannot do everything.





Do you feel like you've missed many little moments in life? Or does it all balance out in the end?

I think you can work around most issues but I think those spontaneous little moments I missed with my kids I will never get back. I could never have achieved what I have if it wasn't for my mum and my very supportive partner; my children have a beautiful bond with grandma as a result.

Your family has been a great support, even helping to re-stock shelves at night in the early days when the budget was tight. How important is the support of loved ones in your adventure now and back then?

So very important. My sister has been by my side almost the entire time. She was the people person, she took care of running the stores and people while I did product and brand, and Bruce, my partner, took care of business.

What do they think of your great empire now? And have you looked after them all these years later? ☺

The entire family are so proud of what we have achieved – I never really say it's me, it's always us... I believe the family are pretty happy with how T2 has looked after them.

Do you think asking for help is important? Do you think women ask for help often enough?

One of my great learnings is you MUST ask for help, you cannot do it all. If you choose the right people to help, even the most difficult task can be fun.

I don't think women ask for help often enough. For me it was letting go of control (as you could imagine I was a control freak) but today I'm more satisfied as a strong leader – it is far more rewarding.

You say in the book that it isn't a guide to building a business, what is this book to you?

I think it's the essence of our T2 culture, we really do believe we broke all the 'tea rules'. T2 loves to make tea simple and fun, and I think *T2 The Book* says that.



What inspired you with the book? It's a fun, funky and sexy book to devour!

Thank-you!

Most books on tea are very serious, in fact, the whole 'tea world' is very serious. I really wanted to show our customers that you can experiment, there are no tea rules...a sort of express yourself through the way you do your tea!

What's your motto for life and work?

When it feels good and everything is running smoothly it's time to shake it up and start again... constant re-invention is the key!

Okay, maybe one more, what is your favourite tea?

I don't really have a favourite but I do drink White Rose and French Earl Grey every day, and a new season Darjeeling 1st Flush is unbeatable!



Extract from *T2: The Book* by Maryanne Shearer, photography by Magenta Burgin, published by Lantern on 23 September 2015, RRP \$39.99.

New York breakfast sticky date pudding

By Steven Nash

Dessert for breakfast in New York or New York Breakfast in a dessert? We'll take both, please!

Serves 8

1 tablespoon New York Breakfast tea leaves
1 cup (250 ml) boiling water
1½ cups (210 g) chopped pitted dates
1 teaspoon bicarbonate of soda
100 g butter, chopped
¾ cup (165 g) brown sugar
2 eggs
1 cup (150 g) self-raising flour
Thick cream to serve

Toffee sauce

150 g butter, chopped
1 cup (250 ml) pouring cream
1½ cups (330 g) brown sugar

Preheat oven to 180°C and lightly grease 8 holes of a regular muffin tin.

Brew the tea in the boiling water for 3 minutes, then discard the leaves.

Combine the tea with the dates and bicarbonate of soda in a bowl and allow to stand for 5 minutes. Transfer to the bowl of a food processor, add the butter and sugar and mix until well combined.

Add the eggs and flour and process until just combined. Pour the batter into the greased muffin holes and bake for 30–35 minutes or until a skewer inserted in the centre comes out clean. Cool in the tin for 10 minutes, then transfer to individual serving plates.

Meanwhile, to make the toffee sauce, place the butter, cream and sugar in a saucepan over medium heat and stir until the butter has melted. Bring to the boil and cook for 5 minutes or until thickened slightly. Spoon over the puddings and serve with thick cream.



#simplethingsinlife





Photo by Con Milonas

STARBOUND AMIE KAUFMAN

By Raquel Neofit

**NEW
YORK TIMES
BEST SELLING
AUTHOR**



Amie with *Illuminae* co-author Jay Kristoff



This issue *Vanilla* had the pleasure of spending some time with young adult author (YA), **AMIE KAUFMAN**. A down-to-earth, fun, intelligent and thoughtful writer, who is co-author behind the New York Times Best Selling novels, *The Starbound Trilogy*, (with author Meagan Spooner and set to become a television series in 2016) and *Illuminae*, co-authored with Jay Kristoff. To add another feather in her incredibly accomplished hat, *Illuminae* has recently been picked up by Brad Pitt's production company and Warner, set to become a Hollywood blockbuster in the near future.

She spoke in-depth about the importance of fan fiction as a means to encourage young writers to build their skills, as well as the importance of asking major life questions through science fiction writing including: questions of morality, does what we do today matter tomorrow, and the big one, why are we here at all?

A champion for the intellect of our youth, Amie is inspiring in her thoughts. Her belief in our teens opens our eyes to the possibility that perhaps we don't always give our kids enough opportunity to choose the topics and genres that they gravitate towards, and that maybe we worry too much about what we believe is age appropriate on the page, when we should be more concerned with the fact that they actually want to read in the first place.

When did you start writing seriously and looking at it as a career?

I've been writing, or telling stories, for as long as I can remember, but I started writing with the hope of being published in 2010 and sold my first series with Meg (*The Starbound Trilogy*) in 2011.

Telling a story is one thing, but how easy is it for you to get a story down on paper?

I would say that for me it's relatively easy to get a draft down, but getting a good draft down is a totally different beast. I certainly focus first on getting a beginning, a middle and an end of some description and only then do I worry about polishing it up.

My advice to budding authors is it really is much better to focus on getting something down on paper first,

and then make it better afterwards, rather than just focusing on getting that one perfect chapter down and then never managing anything else. Think of the draft as a skeleton, once it is shaped the way you want, you can then add muscles and skin – i.e. the plot arc's and character depth.

And not to dismiss the story early on?

You know there are very few things you can say are true for all writers – but the one thing you can say is, we all have a moment where we look at our draft and think, 'Oh this is terrible!' I can absolutely guarantee that the best book anyone has ever read, its author has had this exact moment. So that is not something you should consider discouraging, instead you just need to recognise that you are at that stage in the writing process and then just keep going.

You co-author all of your published books to date, what's the story there, how does it work and what draws you to it?

Meg and I originally started co-authoring for fun. We met writing fan fiction, which our teenage fans always love to hear because they write fan fiction too and they get told it's a massive waste of time.



Amie and Starbound co-author Meagan Spooner

What is fan fiction?

Fan fiction is when you write a story that's set in someone else's world – so it might be that you decide to write a story about Neville Longbottom's experience at Hogwarts.

It's such a fantastic training ground for young writers because you start with a framework that is already there and it allows you to work on characterisation without having to build a world. Then you might start thinking about what might happen if this story took place in your own school, and the next thing you know you are world building.

And what draws you to still co-author books?

I love co-authoring. A lot of authors hesitate over it and I can understand why. If you weren't with the right person it could be a nightmare, but when you're with the right person, you have this synergy. I always hesitate to use the word synergy because it sounds like you're in a boardroom, but it really is the right word for it.

Ideally you're writing with someone whose work you respect enormously and you love, so when they bring ideas to your work it makes you even more excited and you end up with this thing that's greater than the sum of your parts, something that plays to both of your strengths. Also, when you hit that point where you say 'Oh this is really terrible' it isn't usually at the same time as each other, and you never have that thought about the others persons work. So while I look at mine thinking my topic sucks, I still look at the book thinking that it is working, and really liking Meg's bits. You urge each other on.

Then there's also that bit where you wake up in the morning and the book's bigger than it was the night before, like the shoemaker and the elves and you didn't have to do it.

Without giving away the story, there are very emotional scenes at the end of the first book – it's so hard not to get carried away with them, I couldn't out the book down.

That scene came from a very personal and emotional place. There's this old writing adage that says to write what you know, and I think it's a very damaging piece of advice because a lot of people understand that to mean that you should literally only write things that you know about. If that was the case then I'd be writing about a girl who lives in Melbourne, not about a boy who's a soldier in an intergalactic war.

So what I think that really refers to is, to write with integrity and with what you emotionally know to be true. This means you have to put a lot of yourself on the page and sometimes that leaves you very vulnerable – that is absolutely what I've done.

There's a part of *These Broken Stars* that we get a lot of emails about and a lot of capitalised tweets and responses. People refer to it as 'the thing' (which is funny because they don't name it, even though they know what it is), and I think that's partly because there's a lot of emotional resonance.

It drew enormously from a very deeply personal experience for me and I actually sat down and wrote it all in one sitting. It was the only piece of the book that wasn't edited, only a few words were changed. In the end Meg and my editor said, 'Look we don't know if it was just perfect the first time, or if it's just that we start crying every time we go near it, but no one can find anything to change.' But when it did come time to edit it, Meg actually did that for me, because it had been such a personal experience writing it, that I just couldn't go back to it again.

THE STARBOUND TRILOGY

Published By Allen & Unwin



It's such an emotional piece of writing when 'the thing' happens. It's not quite expected from a young adult novel I guess, especially a sci-fi novel.

Oh I disagree, but that's a really common thing to hear. I think so many people think that young adult books are just simple, facile things. So many people think that science fiction books are just laser guns in space and I disagree so strongly with both of those points of view.

I think young adult literature is the literature of transformation. It's about working out who you're going to be, and how you're going to define yourself, and I think that is why kids read it. It's also why adults read it. So many people go through their own transformations, whether it's a teen falling in love for the first time or an adult falling in love for the first time after a divorce. For a teen it might be

the first day at a new school and for an adult it might be the first day at pickup of a new school, where they don't know any of the other parents. We all have these moments throughout our lives and I think YA literature speaks very clearly and sincerely to these emotional experiences that we have.

Of science fiction, I would say that there is this tradition of it taking us out of our known world and taking us into another. That distance allows us to ask the questions that we can't ask in our own world, because we're a little too close to them.

I think in *These Broken Stars* a lot of what we're asking is what makes you, you. If it's not your body, is it still you? And what would you be prepared to do to survive and at what cost would you be prepared to do it?



So you intentionally went deep from the beginning?

Yes, absolutely, I think all writers write to answer questions that occur to us, we write because something grabs us and we want to write about it, and usually we want to write about it to answer some kind of question.

In *Illuminae* we were writing to ask what price we would personally pay to tell the truth about something that mattered. We also asked how you define what matters, and we wanted to talk about absolute morality. So you've got this computer that would cheerfully kill a thousand people in order to save 1001, because to the computer, it's a black and white question.

But of course to you, if you're one of the one thousand, it's not that simple.

YA literature asks some of the most interesting and morally complex questions that we see in literature, and science fiction tackles them in ways that nobody else does – often tackling questions that nobody else is asking.

I've never forgotten hearing a young adult author called Laurie Adolf Anderson speak – she wrote the book *Winter Girls*, which is about eating disorders – and she said that she's had parents come up to her and say that their child had handed them a copy of *Winter Girls* and said please read this.

Then after they've read it, to have their child say, 'well I feel the same way as the characters in that book do', a conversation is able to open up. Their child can point to the story and admit that they may have anorexia

I also think when we read books we discover that we are not alone – we're not the only ones feeling this way, others are actually feeling the same way as well. I think that is why that scene in *These Broken Stars* has that effect on people. For a lot of people, it's not an unfamiliar feeling, but when they read that scene, they don't realise that everyone else has the exact same feeling that they do - it is a very important moment when you realise that you're not on your own

And how can we get our kids reading more? Do they read enough now? You've spoken about how kids are very intelligent when it comes to choosing what they want to read, are we too domineering in terms of what we think is age appropriate?

They are really intelligent, and I would say it's funny but it's actually mostly frustrating and sad that we set these texts. I'm not saying there isn't value in the classics, but we set them these books that are not the books they would choose, and then we act surprised when they don't feel like reading.

I studied the classics, I studied literature at university, and certainly they influenced what I do now, so I do think that they're part of a healthy reading eco-system, but teens are smart and fierce, and have a lot of depth in what they will choose to read if we allow them to choose it.

And I think that librarians know that, and librarians are the ones that are putting text into student's hands that they're going to love. I think book-sellers often want to do it but are concerned that parents might come back questioning the book-seller's choice. And the truth is that kids really are ready for these books. They see things in everyday life that prepare them for what they're going to read on the page and actually it can be a great way of making sense of what adults are doing to their world.

But it's a great pity that we don't give kids more scope to choose the stories that speak to them. For some of them it's going to be science fiction, and for others it will be contemporary books, fantasy, sporting biographies or other genres – whatever they want to read is absolutely fine because they're really smart, and they will gravitate towards

what they need, what they're searching for and what serves them, if we just let them do it. I'm always saying to teens that if they don't love what they've been given to read at school that it's a little bit like going to a restaurant and being told what you have to eat and then saying, 'Hmmm I don't think I like food.' Well you might not like the food that you were given, but that doesn't mean that there's no food out there that you'll enjoy!

The stuff that they love on TV and in movies is there in books as well, only in a much more vivid way (because you can bring yourself into that story), but then teens get given books that don't fit that description and then surprisingly they don't enjoy them.

And I remember being surprised at how involved you said they get with these stories, so immersed and they go out of their way to contact you with their thoughts and ideas.

They do, they really do. I received a fan mail just the other day that had an annotated play list where they'd set out songs that should be played in every part of the book with notes on why it should be played there – it was great! It was absolutely spot on. I found some really good music and it was this particular teenage reader's way of showing me how she was connecting with the story and making it her own.

Stephen King says that writing is the closest we can come to telepathy – what he means is that I have an image, a place, and a moment in my head, and if I can write my book well, then that image, place and moment will then be in your head. It is a pretty incredible moment when you know that someone has come into your world with you, when previously you were there by yourself.

You know they send recipes and fan mail and they make the most beautiful art – some of which I frame and put up in my office. My fans are incredibly talented artists and I can only draw stick figures!

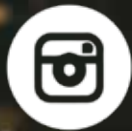
It's not my world anymore, it's ours, and they are making their own art in it as well, which I think is wonderful. They send me fan mail with cast lists of who they think should play everyone in movies or TV series and they write long emails about the sorts of questions that we've written in the book to try and ask and occasionally answer. Emails about the price of truth and about what sort of sacrifice you would make to save someone you love, and about identity and whether you need to be in your own body to be yourself – they're smart, they think about these things and some of them think things through more deeply than adults to be honest.

Yeah, and teens are complex...

They are, and I just wish we would treat them like that, and not as problematically complex, but as wonderfully, brilliantly complex.



#girlsnightout



VANILLA



[@vanillaoakleigh](https://www.instagram.com/vanillaoakleigh)

Tasting India

**CHRISTINE
MANFIELD**



CHRISTINE MANFIELD is one of Australia's most accomplished women, famously known as one of our greatest chefs and restaurateurs, Christine is also an accomplished writer and author, educator, ambassador, traveller, presenter, manufacturer, and tour guide, and she is also passionate about giving back to the world she loves through various charities and events.

With a second book on India, *A Personal Guide to India & Bhutan*, Christine took some time out from her busy schedule to chat to *Vanilla Magazine's* Raquel Neofit – here's what she had to say...



So, this makes two books on India now, you have a deep affinity with India, when did it all begin?

I first went to India in the mid nineties as a guest chef in residence in Chennai. It sparked a flame and cemented my passion for spice, and started an enduring love affair with the country. *Tasting India* (2011) is a tribute to the people of India who generously shared their hospitality, family and heirloom recipes with me and the travel guide is my chance to share accumulated knowledge; a comprehensive list of the places I like and can recommend; my personal favourites.



What is it that keeps enticing you back and how do you deal with the extremes between the chaotic and the serene?

Life is about balance and India throws up every paradox and challenge imaginable. It is a country without parallel, bursting with colour and mayhem, a place that demands you be fully engaged, with wonderful food and a feast for the senses.

It's a never-ending journey so who could ask for more?

I love reading about the different destinations you feature in your food books, but what made you decide to write a book on travel?

Food and travel have a natural symbiotic relationship and to travel with a purpose (i.e. food) gives great meaning and depth to any travel experience. Food is a direct conduit to the culture of a place. There are so many stories, and so much culture and history bound up in how food is prepared, and the recipes. So it was a natural progression to segue into travel - instead of recipes, I have written about where to eat and what to eat, so the reader has a better understanding and is confident to try new things in new places.





You've travelled extensively, what's the essence of travel for you?

I am a self-confessed travel junkie and love to explore new horizons, have new adventures as often as I can, and I have a natural curiosity for 'other'. As I say, life begins at the end of your comfort zone.

I am not one to be idle or complacent.

What do you look for in a travel destination? What makes a place appealing to you?

It's the point of difference to my everyday life at home. I love the challenge of new discoveries, meeting and interacting with people and listening to their stories. And naturally it has to have a vibrant food culture.

And why do you think you feel the urge to keep venturing out into our big wide world?

The big wide world has so much diversity to offer, it's there for the taking, from big cities with pulsating energy to the wonders of the natural world, exploring remote wildernesses, going on safari, seeking out places that have a responsible attitude to conservation and eco-tourism – more and more places are embracing the locavore philosophy to food preparation – travel is about stepping outside your comfort zone, avoiding homogeneity. If you want everything to remain the same, stay at home.

Where are some of your favourite spots in the world and why?

I have so many different places I love, that I like to return to as often as possible, so it's hard to pick a favourite, and then there are always new discoveries to add to the list. A few favourite cities include Bombay, Bangkok, Copenhagen, New York, Lima and Paris. Then, for off the beaten track experiences, I love African wildlife safaris, tiger safaris in India, spending time in the Himalayas, and the breathtaking beauty of the Galapagos Islands in Ecuador.

Your partner, does she enjoy travel as much as you? And do you share the same taste in destinations, food and experiences?

Yes, we are in this together. Our relationship has always centred around curiosity and a love of travel – big picture stuff. We travel really well together (essential for harmony) and have the same expectations about what we want to experience and see, though I am more adventurous when it comes to food.

How about your international tours, where are you taking food and travel lovers now?

India remains a favourite destination and I have been hosting small, bespoke group tours every year since 2000. I have also hosted tours to Morocco for several years and there are many other places on the culinary horizon that are now expanding the scope of travel. Bhutan has been the latest addition. I work with Epicurious Travel (www.epicuriousthtravel.com.au) and we also design private tours to India, Bhutan, Sri Lanka, Spain, South East Asia and Peru.



You're the Australian Culinary Advisor, what exactly does that entail?

I mentor young chefs and restaurateurs in Australia, work as a guest chef in restaurants around the world showcasing contemporary Australian food culture, and have a group of chefs I mentor in Delhi every time I visit.

It's been two years since you closed *Universal*, do you miss owning a bricks and mortar restaurant? Is the inclination ever there to delve back into the world of the restaurateur?

Universal was established as my swan song as restaurateur. I opened with an exit strategy in place and the intention was clear – to finish on a high, to leave at the top of my game, and I managed to do exactly that, so there are no regrets, only empowerment. I don't miss the daily grind that is involved in being a restaurateur and I am able to dip my toes back into the water briefly when I do pop up events at different restaurants around Australia, as I have been doing since *Universal* closed. It keeps me connected to the energy of restaurant culture and what's going on.

What else are you working on at the moment?

I have just spent the last two months travelling through South America and I am sure this will open up the possibility of new opportunities for me. The food culture in Lima (Peru) is so vibrant and stunning – it's a new frontier in world cuisine. I have a few pop up events planned over summer in Australia and am off to India again mid January to speak at the Kolkata Literary Festival and to launch my book at the Australian High Commission in Delhi.

You're so busy, your portfolio is massive! Where the hell do you find the time?! And does your passion ever dim?

It's wonderful to have such a diverse portfolio of work, I thrive on the challenge and what each aspect offers; they all feed off each other. I can sleep when I'm dead.

What are you cooking at the moment? What are your favourite culinary influences?

Exploring the various nuances and styles of ceviche, something that can be easily translated into our own food culture given our abundance of seafood. It's second nature for me to turn to spicy flavours, so I have a steady repertoire of Indian and SE Asian dishes that have become my staples to cook at home.

I cook from a very broad palette.

Is there any chance we'll see a pop-up in Melbourne soon?

Yes, I am doing two dinners at *Semi-Permanent* 92 in Collingwood (semipermanent92@gmail.com) on Wednesday 9th and Thursday 10th December with a tasting menu of shared plates of some of my signature spicy flavours.

And lastly, talk to us about your work with *Room To Read*. What is it and how important is it for you to give back to the world?

It's important to have balance in everything so to be able to give back and lend support, financial assistance and a voice is essential to my being. Coming from a teaching/education background, it was only natural that I chose campaigns that support the education and rights of young girls and women, and *Room to Read* (and *Renew* in Bhutan) is such an inspiring and aspirational story. When 10% more girls go to school, a country's GDP increases on average by 3% - this is powerful and meaningful. An educated girl knows her value, demands her rights, and helps build stable communities. Education is a right not a privilege.

Extract from the book *Tasting India* by Christine Manfield, photography by Anson Smart, published by Lantern, RRP 39.99.



GUILLAUME BRAHIMI

Food for family

By Raquel Neofit



On the release of his second book co-authored with his wife Sanchia, we caught up with notorious Frenchman Guillaume Brahimi to discuss life, kids and all things food.



Food For Family, is a delicious foray into the worlds of some of Australia's most prominent families; Mark Bouris, Justin Hemmes, John Ryan, Kellie Hush, Cate Blanchett, Gillon McLachlan, Marco Meneguzzi, and of course, his very own family, the Brahimi's.





What are some of your earliest food memories?

Food has always been a big part of my life. I come from a family where food was very important. My mum is a very good cook and we have always really enjoyed the ceremony of cooking and sitting together – it's our happy time.

That is what I think food is all about – it's about cooking together and spending some special time with the people you love.

Did you spend much time in the kitchen with your mum when you were young?

Yes, yes, I used to love being with my mum in the kitchen. I would be in there as often as I could. We also used to sit down together at every meal; that was very important.

Sitting down to a family meal has lost its way a little these days hasn't it?

Yeah, I think we all live our lives at such a frantic pace and we forget to sit down for lunch or dinner, catch up with our family, listen to our children – I think it's a very important part of life. It's not just about eating, but also taking that time to listen. When I'm not at work I definitely sit down with my kids and enjoy that time.

What are some of your most special early memories of food?

My grandmother's roast chicken. It was just a simple roast chicken with crispy potatoes; it was pretty delicious. My mum was pretty good at making cake – a very simple sponge cake, but so very delicious – and there was always a cake waiting by the oven, sitting there ready for us to have a slice with a cup of tea, it was great.

And is that a very French thing, to always have a cake at the ready at home?

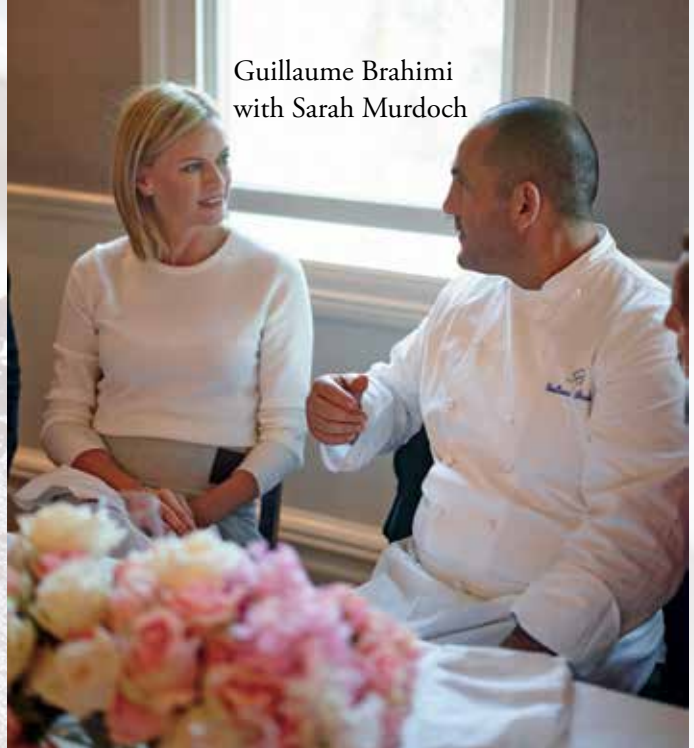
Yes I think it is. French people cook a lot, but then again, I think Australian people are starting to cook a lot too. Food is becoming so trendy now that people want to cook more.

And what made you become a chef in the first place?

Well school was not my forte, so I was lucky enough that I loved cooking. At the age of fourteen I said that I was going to have a go at it, and I never turned back.

Wow you were young! And you've built such a great empire now. Was it an organic growth?

You just know when it's right to grow and move on. It's been quite a slow and steady growth, it's been great.



Guillaume Brahimi
with Sarah Murdoch

And what's some of your favourite food at the moment?

I try to stay away from too much processed food. I love a beautiful salad and a piece of fish, and I love seasonal produce. I try to use produce that's right at its peak – I think that's very important. And I absolutely love local food, I always try to use local food.

This morning I had some beautiful eggs with asparagus and mushrooms, it was delicious. We're also eating a lot of poached chicken in an Asian stock with green vegetables and rice – the kids love it.

Are they easy to feed or are they your greatest critics and challenge?

Haha – all kids are challenges! But I enjoy cooking for them. They are really into food so that's great.

And does your wife get in the kitchen and cook much?

No. Her response is 'Well I've got you, why would I try to go in the kitchen when you are there?'

And speaking of her, you've written the new book together, your second with her. Do you work together well?

Yes it's great, she the real brain behind it. It's been great fun – it's nice to spend some time together on an exciting project.

There seems to be so much joy coming from the pages of *Food for Family*. Was it great fun to produce?

Yes, you know, Sanchia and I were really focused behind the scenes on the shoots, working really hard, and the guests were having a great day. They were just happy. It wasn't the kind of photo-shoot where everything was posed – instead it was all about capturing the moment. Anson Smart and Earl Carter are great photographers, we were very lucky to have them to capture those spontaneous, happy moments.

And how do you feel looking back over all of those pages now that you have spent time with some of Australia's great families?

I have some great, great memories. I was having a ball, and really enjoyed being a part of it.

You were on *Food Safari France*. Is there any more television appearances planned for the future?

Ah, maybe, maybe, but there isn't much I can say right now.

But I do think it's time to do something.

The book is dedicated to Sheelah Baxter and you've dedicated all of the profit for this book to breast cancer research. How has that touched your life?

Yes, well Sheelah was the mum of Sanchia and my very dear friend Erica Packer. I've also got three daughters, a mum, a wife, a sister and nieces, and I really want to see this disease gone. I think that day will come, but we really need to keep raising money to find the cure. It's a terrible disease and we've lost friends to it and I just don't want my children and my grandchildren to have anything to do with it. It's not right.

Australia's been a pretty awesome country since I arrived and I've been privileged and lucky, so it is just natural for me to give back.

And are there any new restaurant plans on the *Horizon*?

Yes, we're going to open a bistro in the CBD in Sydney in around February and March.

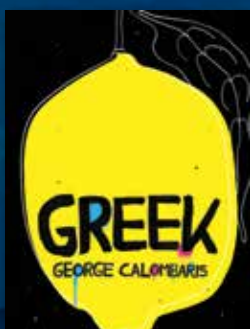
This Christmas we have the best new books for every food and lifestyle lover – **get ready** for some summer reading, travelling and cooking!

THE MASTERS

With super foods in the spotlight, Donna Hay's newest book has taken the 'fresher approach to eating' path with a delicious array of food that will keep your health and tastebuds happy. George Calombaris has delivered, in his words, the book he's always wanted to write – *Greek* is full of fabulous Greek food embellished with bright colours and fabulousness, while Luke Nguyen takes us on 'a gastronomic adventure' through France, once again showing us how French cuisine has influenced Vietnamese food. And we can't go past an old Vanilla favourite, Neil Perry has just released *Spice Temple*, an impressive collection of Neil's many stories and recipes.



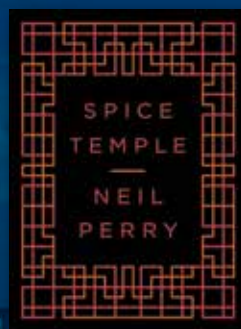
Donna Hay – *Life in Balance* -
Fourth Estate **39.99**



George Calombaris – *Greek*
– Penguin Lantern **59.99**



Luke Nguyen's *France* –
Hardie Grant **59.95**



Neil Perry – *Spice Temple* –
Penguin Lantern **69.99**

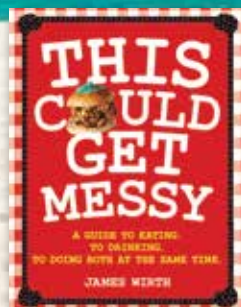
SOMETHING NEW

From Sydney restaurants Fratelli and café Sopra comes this delicious book on *How To Eat Italian*, and you simply can't go past *This Could Get Messy*, for the ultimate foodie who isn't afraid to get down and dirty with great classics like burgers and slow cooked lamb sandwiches.

You can't go past Maeve O'Meara and her latest Food Safari adventure, *Fire – The Flavours of Fire Across the World's Cuisines*, in which Maeve delivers some of the best food stories once again perfect for the ultimate foodie this year! Then, for the more creative sweet tooth, *Planet Cake Love and Friendship* will give them the upper hand when it comes to impressing a crowd with some creative flair.



Barry McDonald – *Alla Fratelli*
– Murdoch Books **49.99**



James Wirth – *This Could Get Messy* –
Murdoch Books **45.00**



Paris Cutler – *Planet Cake Love and Friendship* –
Murdoch Books **39.99**



Maeve O'Meara – *Fire* –
Hardie Grant **55.00**



Lonely Planet's *Ultimate Travelist* – **34.95**



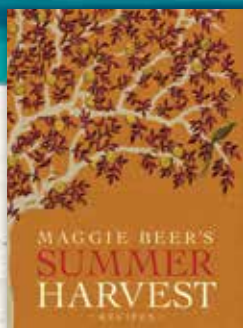
Lonely Planet's *Best in Travel 2016* – **24.95**



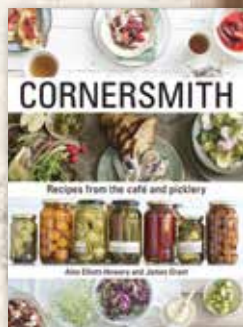
Lonely Planet's *Italy from the Source* – **34.95**

THE VICARIOUS ARMCHAIR TRAVELLER

Lonely Planet have put together some brilliant books for travellers this Christmas to help you plan not only your next adventure, but what to eat while you're there! *Italy From the Source*, traverses Italy to find you the very best dishes cooked and explained by the very best foodies, while *Best in Travel 2016* takes us through the most anticipated destinations and journeys for the year ahead. Grab a copy to discover which Aussie destinations make the list! *The Ultimate Travelist* offers up the best 500 places on the planet and is chock-a-block full of enticing images and short explanations that will have your bucket list full in one sitting!



Maggie Beer's *Maggies Summer Harvest Recipes* (Penguin 29.99)



Cornersmith (Murdoch 49.99)

GARDEN VARIETY

Maggie Beer's *Maggies Summer Harvest Recipes* (Penguin 29.99) brings together all of Maggie's favourite recipes from her tomb Maggie's Harvest while *Cornersmith* (Murdoch 49.99) comes from the heart of the Cornersmith cafe in Sydney and is a brilliant collection of recipes they use everyday to make the most of locally sourced produce.

6 Days in



Paris...

By Ben Sorensen

My Paris journey starts on the train from Germany into Gare du Nord train station. It's busy, and to say I have limited French is an understatement. I'm armed with a few words, Google translate and a heavy bag. But even through my foggy, tired travel brain the sheer beauty and etheric magic of the city and its people hits me.

I stop in the middle of the platform and think,

"I'm in Paris."

We all have an idea of Paris in our head, built up from movies, books and the like. I was here in person to experience it first hand and it's so much more than how I imagined it, and definitely much more than this article allows space for!

All through my stay, every bus tour I took, every boat cruise, even every street I walked down, there was beauty casually seeping from every corner. The museums, cathedrals, art galleries and architecture are obvious must sees if you have the time, but what is amazing to us is often quite mundane and casual to the French. Like casually giving directions,

"You go past Napoleon's house on the left, and when you pass the garden with 'The Thinker' statue turn right." How often does that happen? Really.

Across the road from the famed Notre Dame is yet another Paris icon, Shakespeare and Company – one of the world's most famous bookstores. I think the founder George Whitman sums the store up best when he said, "I created this bookstore like a man writes a novel, building each room like a chapter, and I like people to open the door as they open a book, a book that leads into a magic world in their imaginations."

Accurately the store is filled with nooks and wall to wall books, both new and old, it is an experience to behold.

It opened in 1951 and almost immediately became a meeting place for Anglophone writers and readers, becoming a left bank institution in Paris. Although it was originally called Le Mistral, George changed it to the present name in 1964 to celebrate the 400th anniversary of William Shakespeare's birth.



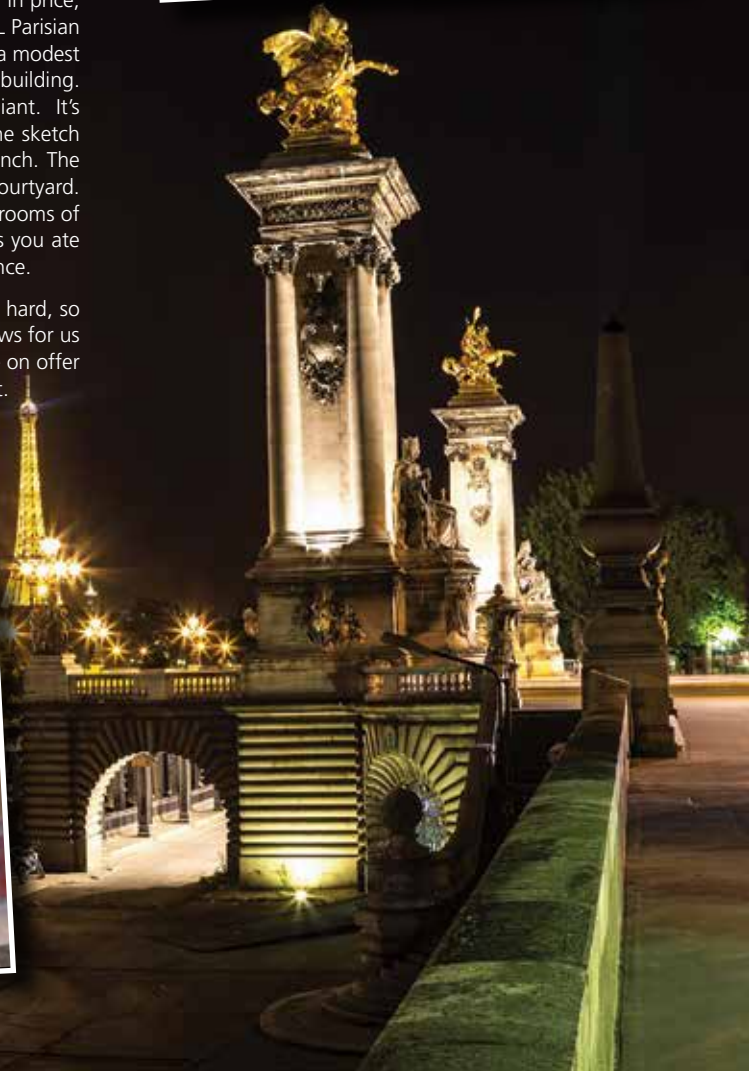
The majesty of inside Notre Dame



After spending some time chatting with the highly educated and well-read team (and patting the bookstore cat) I was left with my thoughts, only to be joined by a rather confident American man who was very inquisitive. It turns out he was an editor for the New York Times and makes the journey to re-inspire himself and his passion for language.

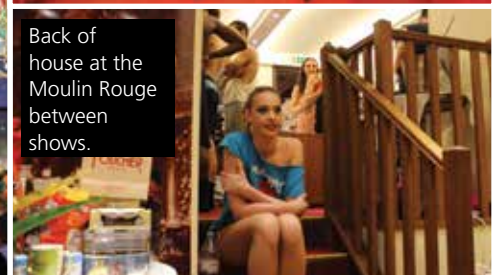
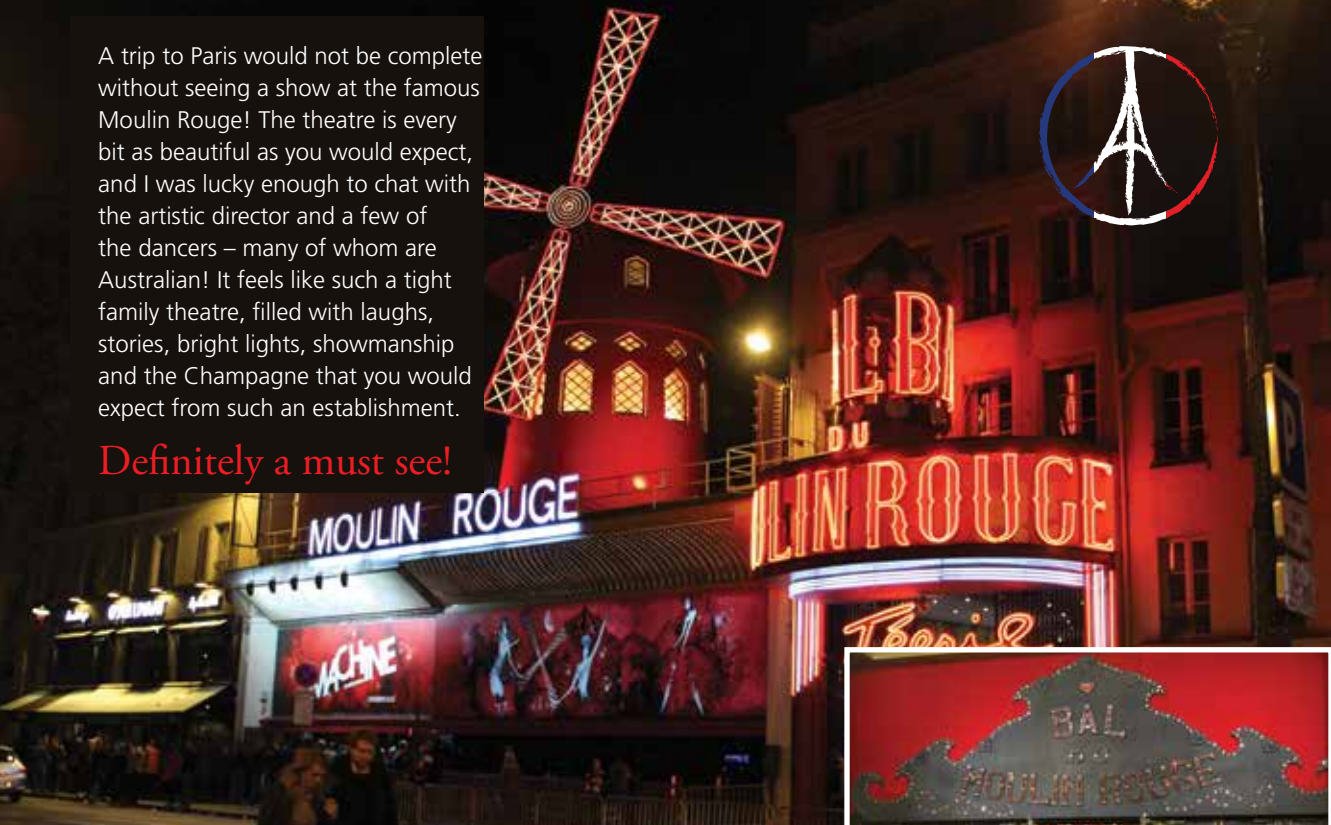
While there are many fine hotels in Paris all varying in price, quality and location, when I travel I prefer the REAL Parisian experience, that is, living like the locals. I stayed in a modest part of the 9th, on the 5th floor of quite an old building. No air-conditioning, no lift and positively brilliant. It's usually inhabited by Annabel, a freelance magazine sketch artist who looks stunningly and stereotypically French. The apartment was simple, tiny and overlooked a little courtyard. At night, gazing out, you could see into the living rooms of the other units, getting a real sense of local life as you ate local cheese and sipped wine from province of France.

For locals getting a good rental apartment is quite hard, so you hang onto it any way you can, so the good news for us travellers is that Air B&B has a great range of these on offer at pretty good prices if you are happy to hunt for it.



A trip to Paris would not be complete without seeing a show at the famous Moulin Rouge! The theatre is every bit as beautiful as you would expect, and I was lucky enough to chat with the artistic director and a few of the dancers – many of whom are Australian! It feels like such a tight family theatre, filled with laughs, stories, bright lights, showmanship and the Champagne that you would expect from such an establishment.

Definitely a must see!




Back of house at the Moulin Rouge between shows.

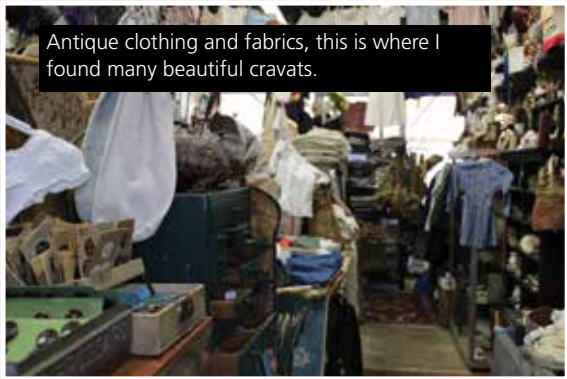


One of my bucket list goals, as silly as it sounds, was to have real French onion soup in Paris... it was everywhere, cheap, filling and typically French. There was one 24 hour bar/café I walked into late one night, and I knew I had said something wrong because there was this awkward silence that seemed to last forever... "Can I take your order" The waiter asked. "Just some French onion soup for me... merci." After a pause, the waiter replied, "Here it is called onion soup – you are in France." Note to self.


Taking my learning all the way, I guessed French fries were just fries; Turns out they are Pom Fritz. *Sometimes you just can't win!*



Neighbourly balcony conversations.



Antique clothing and fabrics, this is where I found many beautiful cravats.



One of the stores at the antiques market, specialising in coffee grinders.

When eating out in Paris, I discovered a relatively successful rule – if you can see a monument from where you want to eat then expect the price to be high, the service to be average, and the food to be terrible. Consistently some of the best food experiences came from little places that were a bit out of the way, however most of the coffee experiences were pretty average, apart from one café called Telescope.

Telescope, in their own words, were quite progressive – they served fresh croissants with JAM (I know, can you believe it!) and the coffee was the best in Paris. I normally order a double shot flat white, which is a typically Australian coffee, so for most of my trip through Europe I had to explain what it was or show them – however Telescope were onto it, making the perfect cup! After chatting to the manager it turned out there were quite a few Australians that hunt them down – I was the 5th for the day and it was only 10am!

Having come from such an isolated young country, and then visiting such an old one, the different range of antiques and wares at the markets really were mind blowing

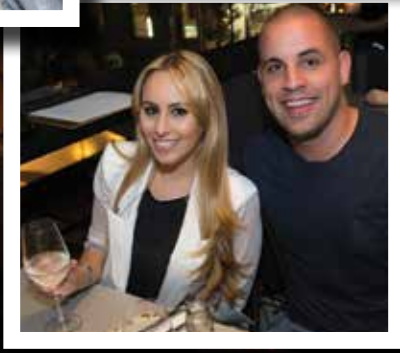
For the best experience, be sure to go early as markets tend to get quite busy later in the day.

After a day's hunting I may have picked up a few too many vintage cravats, the warmest most stylish Swiss military jacket and found everything one needed to furnish a middle age castle, all on show and all stunningly beautiful! There are markets all over Paris and all are worth wandering through for the experience and the characters.

My journey was only very brief in Paris; It is a vibrant city with a wealth of culture, history, stories, characters and beauty too great to experience all in one visit. Despite the many tourists, it is still an overwhelmingly satisfying and soul feeding experience that we should all have at some point in our life and that provides me with a joy that far outlasts my physical time in the city.

BEN SORENSEN is a popular Australian media personality and presenter. He currently hosts the syndicated radio show 'REAL Country' and many live events. For more information on Ben, visit BenSorensen.com

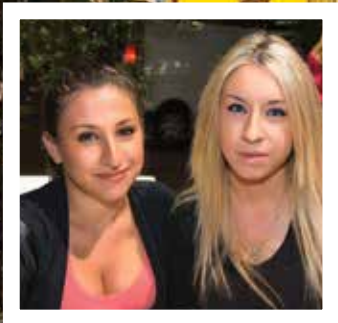






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CAKES AND LOUNGE



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Fruit tart



Lemon Meringue Tart



Raspberry panacotta



Strawberry paste



Orange paste



Caramel paste



Vanilla paste



Mille Feuille



Strawberry cheese cake



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Irish My Table

By RAQUEL NEOFIT

*Ireland is shrouded in folklore, myth and legend, but when we think of Irish food, we generally don't think of anything as complicated as a legendary leprechaun. It's an unpretentious, simple cuisine that feeds, fuels and satisfies the hunger, and that's exactly what this Irishman, **IAN FERRY**, loves most about his homeland cuisine.*

Growing up mostly with meals that were composed of meat, two veg and potatoes, he fondly remembers his love of these simple suppers being followed by his mother's homemade apple pie.

'My favourite dinner would have to be bacon and cabbage,' he said. 'And my girlfriend Lydia's is a classic Sunday roast or sheppard's pie.'

A country not known for pleasant weather, many of the meals served are hearty comfort meals, created around produce grown in their temperate climate and the animals they raise on its often harsh lands. In the second half of the 16th century, Ireland was introduced to the potato and it heavily influenced their national cuisine from then on.

IAN'S MUM'S APPLE PIE FILLING

- 3 medium cooking apples
- 60 grams sugar
- A few cloves
- 4 small pastry cases.

METHOD

I put the apples in a pot with a little water, the sugar and cloves and boil until the apples are soft, but not mushy. Then I put them into the pastry cases. It's nicer than adding them uncooked and you get a better result. The cloves make the pies a little Christmassier, but you can leave them out if you like.

Then just bake in the oven at 190 degrees until the pastry is cooked and they have a nice golden colour.



'During the winter, which is pretty much all year round in Ireland, we would have a big pot of soup on the stove that was served with home made brown bread,' Ian said.

Bread is an important staple in Irish cuisine and soda bread, (made from buttermilk and whole wheat flour) has become a national dish of Ireland.

Stews and soups are thick, hefty affairs, just think about a classic Irish stew, and being surrounded by water, seafood also plays a big part in their daily offerings.

'The heart of Irish cooking for us would be simple foods cooked by our parents and grandparents. What we love is that homely feel and simplicity.'

Most people love a good apple pie. Grab yourself some high quality pastry and give Ian's mum, Geraldine Payne's deliciously easy apple filling a try for Christmas day! Delicious served hot or cold!



#loveisintheair





Eyes



Brain



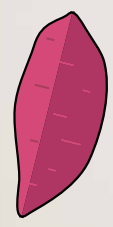
Lungs



Heart



Kidneys



Pancreas

Bones



Uterus

Testicles



Ovaries



NATURE'S FARMACY

By Joanna Psarakis

And God said, 'See, I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food.' ~**Genesis 1:29.**

We know that whole-foods (plant foods) nourish our bodies, right? But did you know that the shape, pattern and colour of these foods actually corresponds to a part of the body or organ and will provide nourishment and healing for that organ? This is not coincidental, in fact, it has become scientific fact that Nature's Farmacy is the best form of nourishment for our body.

Ancient civilisations were astoundingly advanced when it came to this knowledge. They observed the patterns in whole-foods and believed that this pattern was a sign to help them identify what foods they needed for health and healing. As you can appreciate, nutritional science was not known at the time, but through careful observation they recognised 'patterns' in whole-foods. These patterns acted as a signal or sign resembling a part of the body or organ of the body. This knowledge was referred to as the Doctrine of Signatures.

The modern medicinal use of the Doctrine of Signatures was popularised by Swiss physician Paracelsus, among others. Paracelsus once said that the Creator has placed his seal on plants to indicate their medicinal uses. He observed nature as a living organism and would notice the qualities of plants and food. The signature of each plant or food would indicate their medicinal qualities or uses.

Today nutritional science confirms the astounding accuracy of the Doctrine of Signatures; it proves that every whole food has a pattern that resembles a body part that contains nutrients necessary for a healthy body and mind. They refer to this as Teleological Nutritional Targeting.

I first heard about the Doctrine of Signatures when I attended a lecture with an amazing whole-food educator Don Tolman. He teaches that every whole-food from the fruit, vegetable and nut families has a certain pattern that resembles a body organ or body part. That this pattern acts as the sign or signal as to how this fruit or vegetable would benefit our health and healing.

Don Tolman believes that plant foods can give you everything you need to nourish and heal your body provided you eat plenty of them.

Don also teaches that if our body requires healing it will communicate this need in the form of symptoms. Symptoms help to identify where the health problem lies in our body and then we can look to 'Nature's Farmacy' and target the food we need to eat through the Doctrine of Signatures to support the healing process.

FOOD COLOUR MATTERS

Another important signature or characteristic in identifying the health and healing benefits of whole food is by colour. It's not a coincidence that red foods, for example, target our heart and circulatory system or that blue foods have a calming, soothing and cooling effect and green foods are considered alkalising superfoods. Understanding food signatures will have a profound impact on your health and nutrition.

RED = Improve circulation and heats up the body. Whole foods in this category include tomatoes, red capsicum, red cabbage, chillies, red apples, rhubarb, watermelon, rosehip, berries, cherries, pink grapefruit and red plums.

ORANGE = Anti-spasmodic and pain relief. These foods are suitable for people suffering inflammation or cramps. Whole-foods in this category include oranges, mandarins, apricots, carrots, pumpkins and orange lentils.

BLUE/PURPLE = Cooling and calming. These foods are suitable for headaches and reducing stress. Whole foods in this category include grapes, blueberries, plums, eggplant, beetroot, radicchio, purple cabbage, parsnip, potatoes and nuts.

GREEN = Purifying and Cleansing. Whole foods in this category help to cleanse the blood and are anti-bacterial; avocados, honeydew melon, kiwi, pears, limes, leafy greens, celery, cucumber, wheatgrass, sprouts, peas, broccoli, zucchini and sea vegetables.

YELLOW = Strengthens and stimulates. Keeps the nerves functioning and body moving especially in the area of digestion; apples, bananas, lemons, mangos, pineapple, grapefruit, squash, capsicum and corn.

If we eat a mix of different coloured fruit and veggies we will be providing our mind and body with a range of essential vitamins and minerals as well as healthy carbohydrates, dietary fibre and water.

SO WHAT FOODS NOURISH YOUR BODY?

"Let food be thy medicine and medicine be thy food" ~Hippocrates



All whole foods contain essential nutrients to nurture our bodies. Let's take a closer look at some of the signature foods and what organs they refer to.

WALNUTS AND THE BRAIN

A walnut looks identical to our skull and brain. They both have a left and right hemisphere, upper cerebrums and lower cerebellum and even the wrinkle folds. Walnuts contain serotonin, omega 3s, vitamin E and B6.

Science now confirms that walnuts are brain food! They help develop brain function, ward off dementia and Alzheimer's, and they can even help depression!



CARROTS AND EYES

Slice a carrot and you can see that it looks like a human eye, complete with the pupil and iris. Science confirms that carrots increase blood flow to the eyes and enhances their health. Carrots are alkalising and one of the richest sources of beta carotene, which protects against cancer, helps with ear infections, improves eyesight – especially night vision – and can heal acne.



TOMATOES AND THE HEART

If you slice open a tomato you will notice that it has four chambers and is red in colour just like a human heart. Scientific research confirms tomatoes are bursting with antioxidants and phytochemicals, which support the immune system, and they contain lycopene, which reduces the risk of heart disease, thus making the humble tomato the perfect heart and blood food. They also help lower cholesterol and reduce cancer risk.



GRAPES AND LUNGS

Grapes resemble the beautiful structure of our lungs. They can help reduce asthma symptoms caused by allergies and reduce the risk of lung cancer.



CELERY AND BONES

Celery looks like our bones and contains the same ratio of essential organic sodium, around 23%, as found in our bones. Organic sodium is essential for health and is very different to the sodium found in regular table salt. Table salt is generally made up of insoluble inorganic elements making it quite toxic to our health. We are made of water and sodium – and if we don't consume enough natural sodium then our body will pull it from our bones, which over time will weaken them putting us at risk of osteoporosis. According to Don Tolman, studies have shown that you can reverse osteoporosis by eating three celery sticks a day for nine months or more.



KIDNEY BEANS AND KIDNEYS

Ever noticed how kidney beans look exactly like human kidneys. They are the same shape and colour and this is not by chance. Kidney beans are rich in various vitamins and minerals that help to maintain kidney function.



SWEET POTATO AND PANCREAS

Sweet potatoes look like the pancreas and help balance blood sugar making them the perfect food for people with diabetes.



AVOCADOS AND UTERUS

Avocados amazingly resemble and target the female uterus and womb. They help balance hormones and deter cervical health problems in women. Did you know that they take nine months to grow from blossom to fruit?



OLIVES AND OVARIES

Olives resemble the shape of the ovaries and actually assist in maintaining the health and function of them as well.



FIGS AND TESTICLES

Figs look like testicles; they are full of seeds and hang in twos when they grow. It is no surprise that in Mediterranean cultures the fig was considered the symbol of fertility. Figs are rich in zinc, folic acid and other essential minerals necessary for increasing sperm count and the motility of the sperm.



"It is not in the quantity of food but in its quality that resides the Spirit of Life" ~ Paracelsus

Everything our bodies need can be found in nature. Since learning about the Doctrine of Signatures my experience of whole foods has totally transformed. Sharing what I have learnt with my family and friends and the wider community has been a blessing. Knowing that this knowledge has been available since the beginning of creation and that it can be self-taught is amazing! It is the key to better health!

The time has come for us to give up on 'food like' products, additives and preservatives and look towards 'Nature's Pharmacy'. Not only are whole foods good for our physical and emotional health but also our spiritual being. I believe we are our own best physicians, we just need to believe it.

Open your mind and senses, re-discover the nourishment and healing power of Nature's Pharmacy!

You really are what you eat so EAT WELL!





ACIDIC VS ALKALINE

What is better for our health, **acidic foods**, **alkaline foods** or a **balance of both**?

There has been much debate over the pros and cons of an acidic vs alkaline diet. Foods can be classified into each group depending on whether they release an alkaline or acidic residue within the body. The body functions best in a slightly higher alkaline state, rather than an acidic state.

Is it then **better** to consume alkaline rich foods and avoid acidic foods?

It has been proven that higher alkaline diets assist in managing age-related muscle loss and also increase the 'growth hormone'. The growth hormone is linked to improved growth in children, reduced risk of cardiovascular disease, improved body composition and enhanced cognition. An alkaline diet may also assist in improving chronic lower back pain and enhancing the effectiveness of treatments, such as chemotherapy.

On the other hand, when the body becomes too acidic many normal bodily functions are interrupted. Issues can arise in the brain and nerves, heart and blood, stomach and intestines, bladder and kidneys, and lungs. When the functions of these organs are compromised, the effects can be extremely detrimental. Kidney stones, headaches, sleepiness, confusion, high blood pressure, increased heart rate and arrhythmia, vomiting and diarrhoea, nausea, loss of

immunity, shortness of breath and coughing can be caused by a high acid diet. Even the bones suffer as acidity is linked to a faster degradation of bone minerals and therefore loss of bone mass, which can cause osteoporosis. Many of us have also suffered the discomfort of heart burn, or 'acid reflux', which as the name states, is linked to consuming too many acidic foods.

But an acidic body is not only caused by food – lifestyle can have a major effect on whether the body is in an alkaline or acidic state. Over stimulation, stress, and a fast-paced lifestyle such as eating on the go, can increase acidity in the body and possibly lead to the effects mentioned above.



So which foods are **alkaline rich** and which foods are **acid rich**?

ALKALINE RICH FOODS:

- Any green vegetables – the darker the green the better!
- Most other vegetables except for eggplant, potato and tomato are best with the peel left on!
- Most fruits except those listed in the acid section
- Chestnuts and almonds
- Canola, flax seed and olive oil
- Amaranth, millet, quinoa
- Wild rice and brown rice
- Soy products e.g. tofu and soy 'milk'
- Goats cheese
- Raw honey
- Stevia
- Herbal tea
- Red and white wine in small quantities.



ACID RICH FOODS:

- Processed sugars, white sugar, brown sugar
- Artificial sweeteners
- Blackberries, cranberries, prunes, sour cherries, rhubarb and plums
- Processed fruit juice
- Chocolate
- White rice, white bread, pastries and pasta
- Beef, lamb, pork, chicken, seafood and basically any animal!
- Eggs
- Cheese, milk, butter and basically any dairy product!
- Processed or packaged foods
- Fried and fast foods
- Most alcohol
- Soft drinks
- Coffee and non-herbal tea.



It is recommended to consume a diet consisting of **80% alkaline** and **20% acidic** foods.

It may seem complicated to follow a mostly alkaline diet, but benefits can be found by simply raising your intake of fruits and vegetables while limiting animal products, processed foods and sugar.

TRY TO MAKE SOME **HEALTHY** SWAPS!

- Salad instead of chips
- Nuts instead of chocolate
- Fresh fruit instead of processed juice
- Soy products instead of dairy products
- Stevia instead of artificial sweeteners
- Tofu or beans instead of meat

Life is about **balance** in all things; study and work commitments, family, friends and health.

Get your health in balance – a balanced diet will put you on the right track to achieving optimal health and happiness, inside and out, and in all areas of your life!

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FODMAP Certificate

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**4 WAYS
TO GET
YOURSELF**

**Summer
Ready!**

Seems like we've just blinked and summer is on our doorstep!

I absolutely welcome these warmer months with open arms – balmy nights, dinner outside, spending more time with loved ones and enjoying the fresh, light foods that come with it all. Summer is the time that we tend to hibernate less and up the ante with social engagements. There are many things we can do in anticipation for summer to really take our health to new heights. Over winter we may let our health regime go by the wayside, weight can creep on and our routines relax a little, meaning it can catch us by surprise, leaving us unprepared. Right here I'm delighted to share my top four ways to get yourself **summer ready!**



1

SLOWLY INTRODUCE THE SALADS

We can get so excited by the lightness of summer that we run to our nearest lettuce leaf and have our way with it. But before you do, consider your digestive system. For many of us, cold and raw foods can be extremely difficult to digest, so slowly introducing these foods can be the trick to avoiding the bloat. Warm and cooked foods are always easily digestible, so mixing it up might be best for you. Always be guided by what your body is showing you – if you do feel bloated after a big salad, warmer foods are your friend.



2

GET IN AMONGST IT

Low to moderate intensity exercise is now the new way to go when it comes to movement and weight management. Research tells us that activities like regular walking or incidental exercise (think gardening or playing at the beach) helps keep the metabolism revving and your weight in check. Rather than grueling workouts (which are great for building muscle), switch to less forceful movements to help shift any extra weight you may have put on over winter.



3

CHECK IN WITH STRESS

It's a little too easy to fall into the habit of stress but it's not so simple to break it. Stress can be many things including eating average food or emotional issues, right through to your liver not working well or sleep being below average. Your body doesn't put stress into its own compartments, it just knows stress, which affects our hormones tremendously. In any case, stress can see us pile on the belly fat before our eyes and push our emotions on to a rollercoaster ride. This kind of fat is more stubborn to shift than fatty tissue that can set around our legs and hips, so checking in with stress and what is actually worth stressing over is where it all begins. Find some simple solutions that work for you, be it a positive mantra to shift you more towards ease or getting back into regular exercise. When we can get a grasp of where pressure actually sits in our life we can go about ways of actually addressing it, but it always starts with becoming mindful and breaking the habit.

4



HYDRATE

It goes without saying, but possibly the message isn't really taken seriously since around 75% of us are severely dehydrated. By upping your water intake, you automatically increase your metabolism by 30%, which assists in moving toxins out of your body and meets your body's needs. Think of it as another little booster to really get your body ready for summer!

Whilst these tricks are simple, it really is the little things in life we can add each day to make life sweeter. By simply adding these few tips to your routine you'll find new energy, you'll have that glow about you and your insides will be loving you too!

DR NAT KRINGOUDIS

www.natkringoudis.com.au





Summer Must Have Treatments *from the skin experts*

Take control of your skin this summer and turn to the experts in skin rejuvenation to help restore beautiful skin and bring back an even, glowing complexion.

We caught up with **Suzi Saric** from Oakleigh's **Australian Laser & Skin Clinics** to discover what treatments they have on offer and what we can expect from the outcome.

Suzi, Australian Laser & Skin Clinics are celebrating 18 years in business this year, tell us a little about the company and the girls at the Oakleigh clinic.

ALSC is the only long standing laser and skin clinic in Melbourne that offers premium services with lasting results. I have been with the company for seven years now and believe this is a testament to the level of standards of treatments offered, and the professionalism and friendliness of staff that offer those treatments. All our therapists are laser safety certified and are provided with ongoing training while being kept up to date with the latest advancements in dermal therapies and skin treatments – so we're always one step ahead of the game! Our nurses also complete advanced training on cosmetic techniques every 3-4 months.

Oakleigh has a great vibe; our team thrives off one another and our aim is to get results. I think this is evident with our clients as they continue to visit our clinic. It's not only about great treatments, it also comes down to service.

You offer a number of skin treatments at Australian Laser & Skin Clinics, what are some of your more common treatments to get us ready for summer?

The best treatment to get you summer ready is Laser Hair Removal – you automatically feel more confident when you're super smooth and hair free. You also get, not only a summer, but a lifetime of not having to worry about waxing appointments, razor rash, second day stubble and the dreaded growing out phase! Thank God for laser!

We all want a fresh glow once the summer months arrive, so for the face a combination of Microdermabrasion and Chemical Peels will help achieve this. With the accumulation of dry, dead skin over the cooler months we all need to shed some skin. A course of Microdermabrasion will not only slough the dead skin away but stimulate circulation, which helps get rid of toxins. For more damaged or thickened skin, a combination of Microdermabrasion and Chemical Peels is ideal. And let's not forget about those cheeky blemishes we all want gone. Not only will they reduce the severity of breakouts and inflammation but it can also fade scarring.

Every day lifestyle stresses, diet for example can take a toll on our appearance and make our skin look dull, tired and let's face it, just not ourselves. Sometimes even at our best we just need a bit of tweaking, and this is where wrinkle reduction treatments and Dermal Fillers are recommended to freshen up your complexion and enhance your natural beauty.

Is Laser Hair Removal for everyone and does the hair tend to grow back over time? And when is the right time to start Laser Hair Removal, is it a lengthy process?

Yes, almost everyone is suitable for Laser Hair Removal. Unfortunately the only people to miss out are those with blonde, grey or red hair. Sun exposure and tanning are a no-no with Laser Hair Removal, so provided you're willing and able to keep covered from direct sun exposure, there is no wrong time to begin your treatments.

Within 5-8 treatments, if you are the right candidate, we aim for 80-90% permanent reduction. Once we have effectively destroyed a follicle it can no longer produce another hair again. Although, there is an exception when it comes to hormonal areas.

We perform treatments every four weeks for the face and eight weeks for the body. These treatments are relatively quick – some can even be performed during a lunch break.

You also specialise in Laser Facials, talk to us about the process and the benefits.

Yes, Laser Facial is a treatment for everybody. A course of treatments can be performed weekly to monthly depending on the skin concern. This is a treatment for anyone who wants rejuvenation or smoother skin, or who wants to tighten and refine their pores and control oil – a godsend for seborrhoea skin (overactive sebaceous glands).

Most of all, this treatment is extremely effective on pigmentation removal. The way Laser Facial differs from other types of treatments is it uses photo acoustic technology to blast and break down the pigmentation so your body can eliminate it safely. To top it off, this treatment is safe and quick with minimal downtime and no long list of nasty side effects.



And Skin Needling is also on the menu at Oakleigh, how does that work and what are the benefits?

Skin Needling and Derma Pen are phenomenal treatments for a number of concerns. Firstly for those that aren't ready for speedy wrinkle reduction treatments this is the next best thing. What we are achieving is collagen production naturally. The trauma created from the micro needles penetrating the skin forces your body's own natural healing process to accelerate healing and reactivate fibroblast activity. Within a number of treatments you see smoothing out of fine lines and wrinkles.

It's also great to treat acne. For this we perform treatments more regularly with shorter needles used to purge the skin of impurities then we can focus on rejuvenating the skin and fading any scarring.

Another Skin Needling treatment that is extremely popular across all our clinics is stretch mark removal. The reason it's so popular is because it's the only stretchmark treatment that actually works. I personally have seen results ranging from 60% to 100% removal, and those with stretch marks will agree, the less visible they are the better!

To view the range of treatments offered by Australian Laser & Skin Clinics visit australianlaser.com.au

**SPECIAL OFFER:
NEW CLIENT WALK IN SPECIALS**

LASER HAIR REMOVAL
Lip \$9
Face \$44
Brazilian \$39
Lower Legs \$99
¼ Arms \$44
Full Back \$99
Full Chest \$79

Laser Facial Resurfacing \$89
Skin Needling / Face \$279
Chemical Peel - Ageless \$79
Express Microdermabrasion \$39
Teeth Whitening \$149 (20min)
3 Skintitut Products \$99

Conditions: Limited time only. Minimum pre-pay of 3 treatments apply. Not to be used with any other offer.





GET THE LOOK WITH
SIOBHAN KELLY FROM
NAPOLEON PERDIS



CONTOURING

Wondering what all the fuss is about when it comes to the contouring craze? Well, we have all you need to know from the experts in all things beauty directly from Siobhan Kelly of the Napoleon Perdis Creative Team...

Contouring is one of the most popular and misunderstood beauty trends of all time. Reinvented techniques with names like 'strobing' make the thought of even attempting the technique seem almost impossible. Get it right and you're on your way to supermodel cheekbones, get it wrong and the result can be far from flattering chocolate bar stripes.

Contouring is the process of using highlights and shade to sculpt the face, although more commonly people shade and neglect the highlights, which can create harsh and unnatural looking contours. Highlights, on the other hand, can be used without shading and are the easiest way to cheat a lifted, smoother and more youthful appearance.

Your aim when contouring is a result that looks natural. Contouring is like shapewear for the face – it should lift and define in all the right places. Try and stay away from the heavily made up, almost drag-like looks found on certain social media platforms; unless you are in a photographic studio such harsh contouring techniques have little practicality for real life.

The correct products and tools really do make or break the technique. An essential brush for larger areas like under the cheekbones, jaw line and forehead is a medium sized blush brush, and for smaller areas like the nose and eyes try a small fluffy eye shadow brush.

NAPOLEON PERDIS OPTIONS:

- Chisel Blush Brush 22b
- Sculpting Brush 10r



After tools, product choice is key! Your recipe: a shade and a highlight. To shade (or make an area recede), the most durable, effective product and easiest formula to apply is a matte powder; choose a colour two shades darker than your skin tone.

NAPOLEON PERDIS OPTION:

- Matte Bronze
- The Ultimate Contour Palette

To highlight (or bring out/lift an area), a subtly metallic cream or powder formula are both easy to apply; choose a colour two shades lighter than your skin tone.



NAPOLEON PERDIS OPTION:

- Light Switch Luminiser Palette
- Radiant Reflections Eye Cream



TOOLS - CHECK. PRODUCTS - CHECK. **TIME TO CONTOUR.**

Before you start, apply your base (foundation/concealer/powder). Next, look in the mirror and assess the areas you either wish to define, sculpt or make look slimmer; this is where your shading should be applied. Start with a light application then build as you feel you need more strength.



Highlighting is the opposite of **shading** and should be applied to areas you wish to accentuate or lift.

THREE STEPS TO **SHADING** LIKE A PRO:

1. Find your cheekbone by looking in the mirror and taking your index, middle and ring fingers, press them under your cheekbone to find the hollow part – this is where you apply your shading. Swirl your blush brush over your shading product then sweep over this area.
2. Add further dimension to the face by applying a small amount of product to the temples; this is the ideal step for creating a really chiselled look. For best results use a fluffy blush brush and blend from the end of the brow upwards, blending towards the hairline.
3. Define your eyes by blending your shading product through the socket of the eye - blend upward and outward to lift the eyes.

THREE STEPS TO **HIGHLIGHTING** LIKE A PRO:

1. To give the face a lifted look, highlight the top of the cheekbones. Using a blush brush or your fingertips, lightly sweep or tap your highlighting product onto the top of the cheekbones and blend upwards toward the hair line.
2. Create a fuller pout using your fingertips to tap your highlighting product onto the cupid's bow.
3. Make your eyes pop by using a fluffy eyeshadow brush to apply your highlight to the brow bones and inner corner of the eyes.

Contouring pallets come in either cream based formulas or powders, **here's a few of our favourites.**

Napoleon Perdis Light Switch Luminiser Palette

RRP 70.00

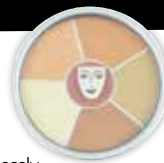
This bronzing compact comes in gorgeous natural shades that generously illuminate your skin easily and naturally.



Kryolan Concealer Wheel

PPR 69.00

Six creamy shades to flawlessly neutralize, conceal and contour, with this professional grade makeup, a little goes a long way! It's perfect for covering up any spot, blemish or dark shadow.



Kryolan Combi Foundation Palette

RRP 49.00

The ultimate cover-all! Kryolan's creamy formula works hard all day to contour and cover.



Napoleon Perdis The Ultimate Contour Palette

RRP 65.00

Complete with mini guide this luxe tri-colour powder palette sets you on the perfect contouring and highlighting path, easy to apply and long lasting, it's a must-have in any beauty bag!



Napoleon Perdis Reflective Refiner Highlight

RRP 60.00

A creamy luxe pallet in gorgeous shades for perfect highlight and contour.

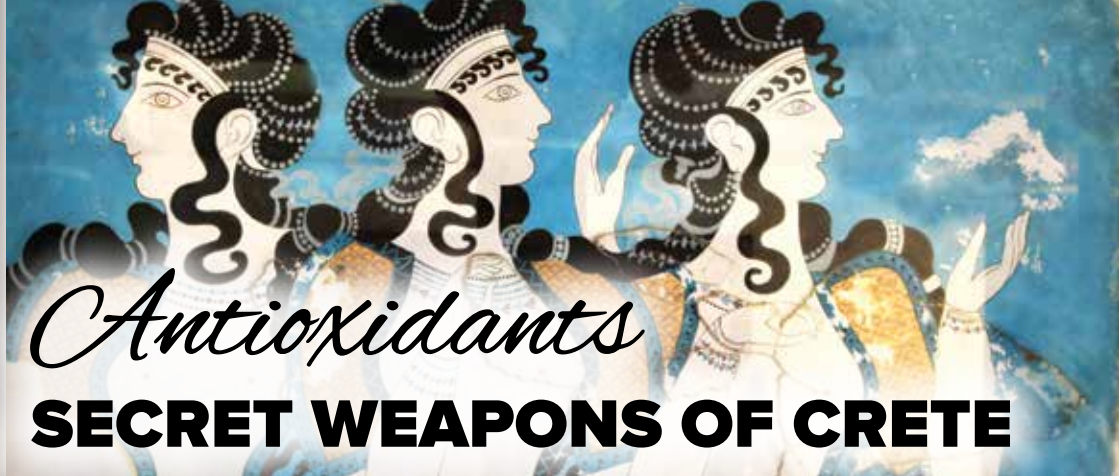


Lancome Belle De Teint

RRP \$90.00

A beautiful textured powder that offers a natural glow and the power of blurring your imperfections with a sheer matte finish. My new beauty bag must-have!





The Ancient Greeks, and especially the Minoans, were known for their love of physical beauty. They were using cosmetics and anti-ageing preparations and were anointing themselves in olive oil, honey and ointments to enhance their beauty and to stay young. Since the Bronze Age, Crete has been well known for the rich botanicals it produces.

Crete was the primary source of unique and rare botanicals such as Dittany, Malotira, Sage, Marjoram, Prickly Pear, and Red grape. Ancient Physicians and Pharmacologists recognised the potency of unique Cretan botanicals and these were recorded and spoken about by Hippocrates, the Roman Elder Pliny and Galen.

So high was the regard of these unique botanicals that Roman Emperors had a team of people who were employed solely to harvest and send them back to Rome. What made these botanicals so special? The botanicals they sourced from Crete all had one thing in common; they contained potent antioxidants.

Antioxidants are powerful substances sourced from botanical plants that help to fight inflammation-containing substances in the body known as free radicals. Free radicals are emitted when your body breaks down food or are taken in when your body is exposed to harmful irritants such as stress, cigarette smoke, pollution or radiation.

When it comes to anti ageing ingredients the research is crystal clear: Antioxidants reign supreme. Not only do antioxidants combat free radical damage that is responsible for the

visible and hidden signs of ageing, they also enhance the effectiveness of sunscreens in preventing sun damage. During the day the combination of antioxidants and sun protection is a strong defence against the many signs of ageing, including wrinkles, fine lines, scarring, dullness and discoloration. At night dosing your skin with a range of antioxidants will promote skin repair, rejuvenation and healing.

WHICH ANTIOXIDANT IS BEST?

When it comes to treating skin, the skin gets the most benefit when several antioxidants are applied together, much the same way that eating a variety of fruits and vegetables is healthier than eating only oranges or apples. So, the search for the one "best" antioxidant is not yet realised. Research makes it clear that there are many effective antioxidants, but it also shows us that some antioxidants are proven superior in potency and effectiveness in addressing anti-ageing concerns.

ANTIOXIDANTS PERFORM EVEN BETTER TOGETHER

When it comes to treating your skin with antioxidants, there is a saying: "Strength in numbers." When the botanicals from Crete containing these potent antioxidants are combined and working together, the results are clearly visible. What really matters is that the products you use are formulated with several antioxidants so they are functioning at the highest level and performing multiple functions on your skin.



TIP

For added benefit, make sure you eat plenty of antioxidants as well. What's good for your skin is also good for your body! You probably already know the three surest ways to ensure youthful skin: Protect your skin from the sun, don't smoke, and eat a healthy diet.

The potency of the antioxidants grown in Crete is exceptional and are indigenous to the island. No one can pinpoint why they are so potent, it is still a mystery. Our Ancestors, going back to the Neolithic period used them to treat an array of illnesses and injuries. Today modern science and studies confirm the benefits of these Botanicals and companies such as ZOFORI are now making them available to the public both in their Ambrosia wellness drinking tea and in ZOFORI elixer skin care. This exciting new range of products is now available in Australia. ZOFORI and Ambrosia has gained a loyal following from both men and women concerned about remaining healthy and looking good at all ages.

For more information visit the ZOFORI website.
www.zofori.com.au

ZOFORI

Ambrosia "Immortal"

In Greek Mythology Ambrosia is the drink of the Gods, depicted as bestowing immortality upon whoever consumed it. Thanks to ancient and current scientific research, we now know that these botanicals rich in Mythology are more than just a myth.

ZOFORI's Ambrosia Immortal is a unique blend of the finest Cretan botanicals consisting of Cretan Mountain tea, Dittany, Sage, Marjoram and Camomile. Available in both a drinking and bathing tea, these aromatic and medicinal botanicals were selected according to their benefits and ability to work in synergy together.

ZOFORI Ambrosia Immortal is a blend of relaxing, rejuvenating, and remedial botanicals for physical and emotional well-being with no negative side effects or limits on consumption. Ambrosia is a blend of exceptional Cretan herbs for teas, infusions, tisanes and for bathing. Discover and enjoy the experience, the flavour and fragrance of Ambrosia.

ZOFORI is bringing to you the botanicals that poets and historians wrote about.



Naturaceutical Active
Skin Care
 PRODUCTS

ZOFORI
 elixer

A Smart, Natural Lifestyle Choice



**NURTURE
 NATURE
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DRY SHAMPOO



There's so much more to dry shampoo than meets the eye and this summer we've teamed up with TRESemmé's creative director, Sam Overton, to discover the many uses of dry shampoo and to find out why you need this product for summer!

Dry shampoo has become a staple in beauty bags around the world as it is convenient and ever so simple to use.

Dry Shampoos are the ultimate salon indulgence to instantly refresh and revive your hair without water.

The unique TRESemmé formula transforms hair from lifeless and dull to fresh and full of bounce and body. It renews hair in between washes, without leaving visible powdery residue like other dry shampoo's.

Dry shampoo is not only a life-saver in between washes, it also has lot's of other handy uses, like these:

1. ADD VOLUME TO YOUR HAIR

Dry shampoo has become a favourite among hairstylists to add a quick burst of volume to limp hair. Flip your head upside down, and then concentrate the dry shampoo at your roots. Finish by spraying all over hair to add texture and volume all around.

2. LIGHT ALTERNATIVE TO HAIRSPRAY

Dry shampoo offers a subtle and touchable hold to your hair, unlike some hairsprays that can leave you with crunchy helmet hair.

3. TEXTURISE HAIR

Adding texture to the hair before creating an updo can increase the longevity of the hairstyle. Dry shampoo can also be used to create beachy waves, by layering it to give hair a piece-y look.

4. KEEP BOBBY PINS IN PLACE

Giving your bobby pins a quick hit with dry shampoo will help them to grip your hair, and make them less likely to fall out throughout the day.

5. KEEP CURLS FROM STICKING

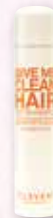
Before brushing out fresh curls, spray them with dry shampoo to prevent them from sticking. Perfect for creating soft, beautiful waves.



PRODUCT REVIEWS...

Joey Scandizzo loves using the ELEVEN Dry shampoo on clients after a blow dry to create a textured look and break up the freshly 'blowdried' look – making hair look more lived in, natural, and effortlessly cool!

ELEVEN
Give Me Clean Hair Dry Shampoo
RRP 22.95



PUREOLOGY
Fresh Approach Dry Shampoo
RRP 32.95



TRESEMMÉ
Instant Refresh Dry Shampoo
RRP 10.99



CHARLES WORTHINGTON
Style Setter Dry Shampoo
RRP 15.99



MATRIX
Miracle Extender Dry Shampoo
RRP 25.00



REDKIN
Pillow Proof Two day Extender Dry Shampoo
RRP 30.95



SUMMER TIME Blonde

FROM
ROLAND'S
CORNER

The word summer gets me excited. I look at reinventing my look every season and this summer things are really **HOTTING UP**.

I have always enjoyed making blondes a little blonder with cooler tones for summer.

Three or four different shades of blonde can really compliment the skin tone while still leaving a very fresh, natural, just-out-of-the-salon look for months.

You must avoid all yellow tones; this is the big no no this season.

Your hair will look expensive and well cared for – just like a new Chanel coat, hair should ooze sophistication and class.

And dark hair going blonde or lighter for summer is now achievable without compromising on quality of hair.

TREND ALERT – WHAT'S BIG IN HAIR

OLAPLEX... You can now go from black to blonde in a day with no damage at all to your hair – we even promise your hair will feel better after the bleaching. Yes, I know it's kind of hard to believe but it's true.

To hairdressers, this is like putting a man on the moon, it's massive and if you have black or dark hair you know exactly what I mean. In the past it has been virtually impossible to lighten black hair without either leaving a slight yellow or warm tone, or having so many bleach applications that the hair starts snapping off.

This is very bad; you do not want breakage in your hair because it can take years to grow out.

Special offer for Vanilla patrons! 20% off all hair extensions for the entire summer so you can have long beautiful hair this party season.

HAIR SERUMS

Give your locks glorious shine and manageability this summer with a super serum. Serums offer your hair a major boost and range from products that offer shine and sleekness, to manageability, cuticle repair and softness.

Our favourites for after styling application – **L'Oreal Professional Mythic Oil SERUM DE FORCE** (RRP 42.00) and **ELEVEN Australia Smooth and Shine Serum** (RRP 24.95) both tame frizz and fly aways leaving hair soft and shiny.

For post heat styling you can't go past **Muk Hot Muk** (RRP 24.95) and **Muk Spa Argan Oil Treatment** (RRP 34.95), they leave your hair soft and nourished, control frizz and protect from extreme heat associated with blow drying and straightening.



A woman with long blonde hair is smiling and wearing large, dark sunglasses. She is holding a white smartphone to her ear with her left hand, which has a ring on the ring finger. Her right hand is holding the handle of a brown paper shopping bag. The background is a blurred outdoor setting.

WARDROBE WORKOUT

OFTEN WE BUY ITEMS OF CLOTHING WITH OCCASIONS IN MIND AND THEN WE STRUGGLE TO USE THEM IN OTHER ASPECTS OF OUR FASHION LIVES. WELL, IT'S TIME TO REALLY **PUSH YOUR WARDROBE** TO THE LIMIT AND GET THE MOST OUT OF YOUR PURCHASES!

BY BREE LAUGHLIN

Key Items



I HAVE SELECTED FOUR **KEY PIECES** FOR YOUR WARDROBE:

- 1. TAILORED SHORTS:** Can go a long way! The tailored short can be dressed up or down depending on the shoe and whether you elect to tuck the top in or leave it out.
- 2. PLEATED SKIRT:** Should be in every woman's wardrobe. Don't be deterred if box pleated, full skirts don't work on you because this look falls very differently and is a "must try on" this season.
- 3. SLEEVELESS KNIT:** A piece you would certainly have seen on the racks over the past few months and they have been restocked because they are selling like hotcakes!
- 4. NUDE MID SIZE HANDBAG:** A mid size handbag is a terrific addition over summer. With a shoulder strap you can drape it across your body and still have free hands when out and about soaking up the sun!

Key Occasions

WORK

This look is inspired by our pleated skirt and I have dressed it up with the print on the top. Personally, I would tuck the top into the skirt and belt it – tucking a top in can completely change a look and belts help complete the silhouette. The shoe is a mid height for comfort and the honeycomb laser cut talks back to the asymmetry in the top. Secrets Shhh have some lovely items in their summer collection and the key pendant and studs finish the look perfectly. Our nude bag makes an appearance here and you certainly haven't seen the last of it! This look could take you for dinner or drinks after work – in fact, you will probably love wearing it so much you will find an excuse to head out wearing it!





SUNDAY BBQ

A key trend this summer is a white sneaker or sand shoe; here I have gone with more of a sand colour as a point of difference. Our knit makes its debut and oh, hello again nude bag, welcome back! The denim pleated skirt is to be worn under the knit to give a relaxed vibe along with the hat. When buying denim it is important to shop well, know your denim brands and stick with your favourite. If you don't yet have a denim brand as your go to, find one, it will save you every season. A little tip, the brands that specialise in denim are your best bet, they wash and wear much better than most e.g. Lee, Nudie, One Teaspoon, G-Star, Levis.

SUMMER NIGHTS

I HAVE PROVIDED YOU WITH TWO LOOKS HERE DEPENDING ON YOUR MOOD AND WHAT YOU ARE TRYING TO ACHIEVE:

LOOK 1 – SLEEK:

This look has more of a party vibe and it's the first we see of our tailored shorts. Again here we tuck the top in and belt it to accentuate the waist. Killer heels (but still a reasonable height to compromise because you walk so much more when you're out in summer) and some Secrets Shhh bling to set it off.

Hair up and you're good to go!



LOOK 2 – FEMININE:

If pretty and feminine is more your thing then you will lean towards Look 2. We welcome back the skirt teamed with a lovely lace top. Now instead of tucking the top in, we leave it out over the skirt and wrap the belt around the natural waist. By doing this you are almost creating an illusion of a dress! The accessories are kept delicate and simple to draw on the femininity of the look – love the Secrets Shhh drop earrings, incredibly elegant.



GIRLS' DAY OUT

It's time to team our staple items; in this look we welcome our skirt, our knit and our nude bag! The only additions here are a pair of earrings and a comfy pair of wedges to bring it all together, which you most likely already have in that wardrobe of yours! Can't argue with that!



SPORTS

Finally, our most relaxed look of the five but not so relaxed as active wear (which is for exercising in by the way)! Our tailored shorts adds a pop of colour and our knit draped over the shorts gives it a chilled feel. The hat addition is both fashionable and necessary when spectating and the sand shoe will make it easy to get around.



SO HOT THIS Summer

LACE: Lace, lace everywhere! It crept in a little last summer but this year it has taken hold! Love this Zimmerman dress and there are plenty more where it came from!

PLAYSUITS: Not everyone's cup of tea but prevalent this year. If you like a more tailored interpretation of a playsuit, both Cue and Kookai have some lovely, affordable options.

WHITE SNEAKERS: I am loving this trend because it's practical, comfortable and helps dress down a number of items in your wardrobe giving them new life! When getting dressed I dare you to try your white sneakers on with every look, you never know what you might "accidentally" come up with!

OFF THE SHOULDER: Majorly trending and oh so pretty! When shopping this trend be sure to wear a strapless bra to gain full understanding of how your purchase will sit.

MINI BAGS: I'm not so sure about this trend – it's not overly practical and looks a little out of proportion for me. Perhaps in time my eye will adjust to accept a miniature version of a handbag – we will see!

BOATERS: Hats generally are back but boaters in particular. Great for a bad hair day, keeping cool and protecting your face from the sunshine.

ASPECT HYDRA SHIELD: In summer I carry this product in my handbag and apply it at least twice daily. It smells beautiful, has a lovely texture, moisturises and protects your face from harmful rays. Available at the Skin Boutique (03) 9650 3111.



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

[@breelaughlin](https://www.instagram.com/breelaughlin)



TAMARA MAYNES

The Maker



It's easy enough to turn to the current in-store trends to freshen up our homes, but the current trends aren't always a true reflection of what we really love and crave in our interior surroundings, so why not become the maker...

This is what **TAMARA MAYNES** is trying to inspire us to do when it comes to adding a touch of style to our homes and lives through her first book, *The Maker*.

A woman who's been surrounded by styling, craft and making the old new again her entire life, she has all the tricks of the trade to inspire and get you started on your journey to capturing the essence of modern craft.

Tell us about *The Maker*.

It's an ode to makers and making; a book through which I'm trying to inspire people to value making - as a practice and also as a tool to help create a space or a home that is more unique to them. I guess I'm trying to go a little deeper than craft for fun, I'm trying to encourage the reader to explore craft on a deeper level, and where it can take you in terms of an experience for yourself and your surroundings.

So I've curated 48 makers from here – Melbourne and surrounds – Sydney, and also a handful from overseas, people who really inspire me and who are doing amazing things across as many crafts as I could fit in – and featured a piece of their work accompanied by their own inspirational or informative words.

Their work is shown styled in an interior setting to illustrate to the reader how crafted pieces can be used to 'make' a space, while their words serve to inspire this idea, and the idea of being a maker, further.

It's a BIG book combining making and interiors.

And what happens in your studio with people you're teaching, is that what you're doing?

Well, I have my fingers in a lot of pies actually but it's all based around making and interiors. For example, I teach classes through Megan Morton's The School; she's an Australian stylist who collaborates with creatives like me, different stylists and makers, and we teach people our skills under her umbrella. I teach wirework and macramé, and although they are light-hearted and fun, I do aim to give people the inspiration to delve further afterwards.

I also do a lot of styling, including producing DIY shoots for magazines, and am the creative director of The Establishment Studios – a photographic studio and prop house.



And you talk a bit about modern craft, do people see craft as modern these days or is it still looked at as a little old fashion, or something you do with the kids on the weekend?

I do think that's changing now. When I first started teaching around seven years ago there was definitely still that perception of anything to do with craft being a bit daggy, but it's changed so much since then. These days it's reclaiming its value, and that's partly what I'm trying to get across in the book. I'm encouraging people to take it a bit more seriously because it's such a beautiful way to express yourself. Also to express yourself in your home – it's so rewarding. I do want to get people to move past that daggy or nanna image craft has and to find value in it - to take it on and follow it through in a deeper way.



Is it really about encouraging people to move away from the mass home-maker centre style and personalising their own space a little more?

Yes, exactly, I'm not suggesting you don't take advantage of being able to do things like that because it's convenient, – these days we all need convenience. There's value in doing that, just as there's value in going out to buy things that other people make, everything is valid in your home. But I do think that there's a big opportunity there if you want to make your own pieces to inject a really individual element into your home, even more than you can do by just decorating or collecting treasures and putting them in your home – you can only go so far with that.

It creates a whole different level and brings some soul into your home.

And what's your advice to those of us who have the creative juices but have no idea where to start or the skill to do so, where should we start?

Firstly, I think that people jump in too deep to begin with. You need to start at a level that suits where you're at – if you're a beginner, and have an idea for something you really want to make, you need to understand and accept that there's skill involved and it may not be a simple afternoon project. Secondly, I believe that the word 'craft' has actually been taken out of context a bit, its generalised use has encouraged people to think that if their project doesn't come together on the first attempt, they're not creative or can't do it. But like anything, making takes time, patience and practice.

Taking a class is the best place to start because you've got a teacher there who can pass on first hand skills and help you to build your knowledge. If you want to make something with substance that's really going to last, you need to learn the skills behind it. A hands-on teacher is really important and can help you avoid frustration and disappointment.

What's your advice for incorporating these little bits of style we love into our homes cohesively?

If you're not in touch with what inspires or excites you then you're just blindly grabbing at things. For example, in the book I'm encourage people to develop what I call a maker's eye, and to make their mark, which also applies when decorating your home. It's about figuring out what does it for you, what colours lift you, what materials move you. For example, I walk most mornings and notice I am inspired by the different shades of green in nature, I also read magazines and scroll Pinterest. Pinterest, which is essentially an online mood board, is awesome and the act of curating your own boards helps you to form your own style. If you look back over the boards you've made you'll start to realise that there's a distinctive style forming. You'll see the colours that you really love, and textures; you can really start to see what does it for you. Once you connect with that you can go to shops or markets and choose things from a place that's really authentic and naturally cohesive.

And what about changing the theme in your house – most of us can't afford to head out and re-decorate a room in a single day, is it a good idea to slowly change the décor in our home?

If you're coming from a place that's authentic and not mimicking what's being pushed on you externally, your theme will evolve gradually without the need for re-decorating in one hit.

I look back on my interior style as recently as four years ago and realise how much my taste has changed and developed, but it has been gradual – adding and removing different objects, colours, furniture, etc. – and I think that's one of the keys to decorating a space unique to you.



What are some great quick and easy things to give a new lease on our surroundings?

If my space starts to feel stale I tend to look towards colour; inject some colour or remove a colour. For example, if you have a couch laden with cushions in blue, to me the most obvious choice would be to change the cushions to a different colour or add a pattern. Colour's a really easy one because it makes small changes achievable.

So accessorising with colour?

Yes, and that's where, to me, making is such a powerful tool because I can incorporate new colour into something I make. If I'm feeling uninspired by my living room wall, I'll make a new macramé wall hanging or other type of wall art. So for me, the ability to make things brings power because you can focus on what you're feeling and use that outlet to express it uniquely.

And what about reusing, recycling and rescuing, are you a fan?

Yes, I am, that's a big part of my making practice. My home is pretty much made up of things that I've found on the side of the road and have reupholstered or redesigned in some way; I love the treasure hunt. If I see a chair on the side of the road, in a shape I love, that has a broken leg or needs new upholstery or lick a of paint, I feel like I've hit the jackpot!

In this instance, instead of making something from scratch and sourcing all the raw materials, I consider the piece that I'm going to reinvent as the most integral raw material; one that I'm taking to a completely different place.





PALM COVE

a little slice of paradise

Palm Cove is where tropical paradise meets luxury.

Indeed, the tiny village – which is named after the palm trees lining its main esplanade – practically oozes relaxed sophistication. Filled with award-winning resorts, amazing food, and beach fun for the whole family, it's the perfect place to melt your worries away.

Conveniently located just 27km north of Cairns, Palm Cove is also an ideal base camp from which to launch an adventure into the city or the many natural wonders for which tropical northern Queensland is known.

So, if you're ready to plan the getaway of a lifetime, here's a handy guide to get you started...



Nestled at the top of the shopping village on the promenade is our favourite place to eat in Palm Cove; a family owned Greek Taverna called **El Greko**. The food is fresh, the atmosphere is reminiscent of a little Greek island somewhere in the Aegean and the wine list is exceptionally well priced. El Greko serves up delicious and generous serves of traditional treats and the most amazing homemade ice-cream on the planet. You must try the Turkish delight chocolate ice-cream. Yum! Everyone is welcome and nobody leaves hungry!



Jimmy and Natasha

SPAS

From classical European or Asiatic-influenced treatments to those using local Australian botanicals, there is a spa experience for every person and every budget in Palm Cove. There is also a locale for every taste, be it in the rainforest, in a private treatment room, or under open pavilions with uninterrupted views of the Coral Sea.

Although many of the spas are located within Palm Cove's resorts, the doors are open to everyone. There are also a few independent beauty salons-come-spas in the village itself that offer massage.

No matter where you choose to go, however, be sure to book your treatment in advance. Spas in Palm Cove have a world-famous reputation and are very much in demand.

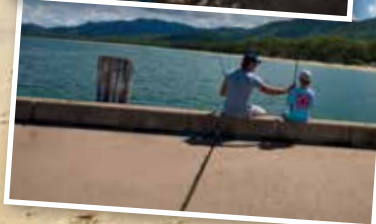
THE JETTY

Originally built as a departure point for cruises to the Great Barrier Reef, the Palm Cove jetty now acts as one of the region's most popular fishing spots. School and Spanish mackerel are the most common species caught off the jetty, though barramundi, gaint trevally, queenfish, whiting, grunter, stripeys, and even sharks often find themselves hooked at certain times of the year.

You can rent fishing gear for everyone across the road, and don't be afraid to chat up the locals for tips and tricks.

The jetty is also a great place for people watching and viewing wildlife.

Don't forget to bring your camera!



THE BEACH

What's a tropical vacation without a trip to the beach? Palm Cove's pristine stretch of sand is the perfect spot to soak up the sun.

If you feel like being a bit more active, the netted lifeguard-patrolled swimming enclosures allow for safe access to the sea all year round. Jet skis, kayaks and floaty things are also available for hire on the beachfront most days of the year, depending on the weather conditions.

THE ESPLANADE

A relaxing walk along the picturesque esplanade has much to offer. You can browse one of the many boutiques and galleries in search of the perfect souvenir, or stop in at one of the number of restaurants and cafes if you're feeling peckish.

This is also where you'll find the tourist information centre, post office, and a convenience store offering grocery items, newspapers, magazines, and kids' toys.

Of course, if shopping for the necessities as soon as you arrive doesn't appeal, you can pre-arrange for one of Palm Cove's professional shopping services to make sure groceries, alcohol, and beach toys for the little ones are delivered to your holiday accommodation before you arrive.

ACCOMMODATION

Visitors to Palm Cove are spoiled for choice when it comes to accommodation. The village is the location of many world-renowned resorts and hotels, such as the Drift Resort, Alamanda, the Mantra Amphora Resort, Peppers Beach Club, and the Reef House.

Many Palm Cove hotels also offer apartment-style lodgings. With their multi-room layouts and kitchenettes, these holiday "homes" offer much appreciated space and flexibility to those travelling with children or in small groups.

No matter which hotel or resort you choose, however, the best thing about staying in Palm Cove is that the beach is always within easy walking distance.

TOURS AND SAFARIS

If you want to escape everyday life with a little adventure, Palm Cove has you covered thanks to its proximity to the Great Barrier Reef, Daintree Rainforest, and Macalister Range National Park.

For the thrill seeker, there is a wide range of activities from white water rafting and scuba diving to parasailing and sky diving.

There are also plenty of sight-seeing tours out to the reef and the rainforest for those who want to take it a bit easier.

Note that not all tours cater to those with small children. However, some great options for families include the Kuranda Village, Hartley's Crocodiles, the Cairns Zoo, and one of the many pontoons (all-weather activity platforms) out on the reef.



WHAT'S ON – Summer LOVING

Summer's here, the days are longer and the nights are pleasant, it's time to get out and enjoy the extra vitamin D floating in our brilliant multicultural city – here's a few great events and attractions to get you going.

MYER CITY CHRISTMAS WINDOW

11th Nov – 6th Jan

Now in its 60th year, brace yourself for the queue and take your kids out to enjoy one of Melbourne's most iconic Christmas experiences.

This year's theme brings to life the much-loved children's book, *Little Dog and the Christmas Wish*.

Featured in the 3D adaption are some of Melbourne's most iconic sites acting as backdrops to the story, including Flinders Street Station, Block Arcade, the Hopetoun Tea Rooms and the Skipping Girl Vinegar neon sign.

While you're close by, grab a Melbourne City Christmas map and make your way to Federation Square. You can meander our streets and check all of the great city Christmas activities on offer, most of them free, and wind up in front of the mammoth 10m tall Lego Christmas tree at Fed Square. Boasting half a million Lego bricks, it's the largest Lego Christmas tree in the Southern Hemisphere. Don't forget to visit the Gingerbread Village by Epicurious along the way too.



MIDSUMMA FESTIVAL

17th Jan – 07 Feb

www.midsumma.org.au

Get set for a summer fun-filled few weeks of carnival topped off with a Pride March at the queerest party in town. Featuring picnic grounds, 120 stalls, tons of free entertainment and one of the year's most anticipated dance parties in Alexandra Gardens.



BLENDER'S LANE ARTIST'S MARKET

11 Nov – 24th Feb – City

www.blendersmarket.com

Wed nights excluding 23rd and 30th Dec.

Head to the Blender's Lane Market for a vast array of gifts, food, art, illustration, craft, design, textiles, and jewellery in a chilled out atmosphere with live music and performing arts.

29TH LONSDALE STREET FESTIVAL (FORMERLY ANTIPODES FESTIVAL)

27th – 28th Feb

www.antipodesfestival.com.au

Head to Lonsdale Street for a Greek experience to remember. In its 29th year of celebrating Greek food and culture, the Lonsdale Street Festival is full of food, music, culture and entertainment.



SUMMER NIGHT MARKET

Queen Vic Markets

4th Nov – 30th March

www.qvm.com.au/nightmarket

The Queen Vic Market's Night Markets are back again! Full of fab street food, it's an eat your way around the world extravaganza, with fantastic shopping to top it all off!



WATERWILD FUN PARK

26th Dec – 26th Jan
 Rosebud Foreshore opp Ninth Avenue
www.waterwild.com.au

For a month over summer, head to the Rosebud foreshore for some inflatable waterslide fun for the entire family with waterslide, obstacle bootcamp, paddleboats and giant swimming pools.



MELBOURNE FOOD & WINE FESTIVAL

4th – 6th March
www.melbournefoodandwine.com.au

Foodies rejoice as the Melbourne Food and Wine Festival returns for another summer full of signature events, gourmet adventures, thirst quenchers, value eats, and social and family fun with all things food and entertaining.

CHINESE NEW YEAR

14th Feb – China Town
www.chinesenewyear.com.au

Open your eyes to the massive cultural event that is Chinese New Year – if you haven't experienced it before, China Town in the heart of our City is an experience like no other. Help the city welcome the year of the monkey in vibrant Chinese style.



INTERACTIVE MUSICAL PLAYGROUND

1st – 31st Dec
 03 9421 1566

Dance your way to Harmony Gardens, Docklands, and let the kids discover an array of musical activities including the ability to compose their own music! The park features a unique music wall composed of gongs, drums and bells, and is the first of its kind.



BLESSING OF THE WATERS

10th Jan
 Princess Pier, Port Melbourne and Frankston Pier, Frankston.

And for a great cultural day out don't forget to check out the Greek Blessing of the Waters at Port Melbourne and Frankston from 1pm till 7pm.

For more info check out Maria's article on page 48!

MELBOURNE SUMMER FESTIVALS AND EVENTS CALENDAR

DECEMBER

- Santa's Spectacular – runs till 24th Dec
- The Listies Ruin Christmas Show – runs till 13th Dec
- QV Outdoor Cinema 3rd – 28th Feb
- Southgate Christmas Performers – 5th – 25th
- Rotary Docklands Festival of Giving – 6th Dec
- Christmas Carols Hammer Hall 12th – 13th Dec
- Carols in the Piazza – 20th Dec
- Boxing Day Test Match

FEBRUARY

- Summer Music 2016 Good Vibes on the East Side – 6th Feb
- Dandenong Ranges Doggy Wine Tour – 6th Feb
- 30th Annual Grampians Jazz Festiva – 12th – 14th
- Doggy Wine Cinema – 20th
- White Night Melbourne – 20th
- Sustainable Living Festival – 6th – 28th
- Southgate Fiesta Festival – 28th

JANUARY

- Sand Sculpting – A Day at the Zoo runs till 25th April
- Balnarring Picnic Races – 3rd Jan
- Frankston Waterfront Festival 16th – 17th Jan
- Australian Tennis Open 18th – 31th
- Beechworth Music festival – 23rd
- Australia Day – 26th



Horoscope!

Summer 2016

ARIES:

Summer gets off to a social start with focus on friends old and new but watch out for miscommunications. There will be creative and romantic breakthroughs and sparks may fly with someone from another background. This is a good time to step up your fitness routine. Don't be drawn into idle gossip in the workplace as it will backfire and damage your reputation.

TAURUS:

This is a great time to travel but if you can't get out of town there will be plenty of local action to enjoy this summer. Take a break from a difficult friend and spend time decluttering your nest. There will be an exciting work opportunity and you will work hard in a role that you love. This summer is also the start of a lucky romance cycle.

GEMINI:

Communication may cause problems for you this summer, be careful that you're not misunderstood. It's time to do some soul searching around your path in life and honouring a creative muse in your life. An intense conversation could bring a friendship to new heights – perhaps even romantic ones. Watch out for friction in your circle and trust your instincts.

CANCER:

Summer seems to be off to a slow start this year and you may be feeling extra emotional – but not for long as there will be an exciting leadership opportunity. You could make a relationship official or call the whole thing off. Someone could be playing mind games at work, so stay alert and know who your friends are. Quit comparing yourself to other people and embrace your uniqueness.

LEO:

This summer is your time to shine, take risks and explore far beyond your comfort zone; you will reinvent yourself. You'll get by with help from your friends, especially ones from the past. Dress to impress and flirt up a storm! You love to bask in the sun but take care to protect yourself from the damage the sun can cause.

VIRGO:

At the beginning of this summer your focus will be on work or a big goal. Follow up persistently as the squeaky wheel gets the oil! Get ready for fireworks, as romance will hit heady heights this summer. There will be a total makeover of your life, dreams and even your image as your confidence is given a much needed boost.

LIBRA:

This summer you'll suffer from travel fever so pack your bags. It's time to simplify your life by downsizing, decluttering, budgeting and learning to live more with less. Big opportunities may appear and romantic sparks could fly with a friend but stay focused on the big picture. A long cycle of healing and creativity begins. Now may be the time to go public with your talents.

SCORPIO:

You may prefer your cosy, air-conditioned cocoon at the beginning of this summer – either alone or holed up with a special someone, maybe even an old flame. But halfway through summer you'll be ready to jump back into the wider world, travelling, studying or chasing goals. You could meet someone special through work. Try to slow down and live in the moment.

SAGITTARIUS:

Relationships take centre stage for you this summer, which is always a little disconcerting for your fiercely independent sign. It may be a vacation romance or an old friend seen in a new light. Enjoy an epic vacation and leave the needy friends at home. Your career and goals get a huge boost when someone of importance notices your valuable input.

CAPRICORN:

Summer kicks off on a health-conscious note so enjoy nature's bounty not only on your plate but with some outdoor fun. Relationships take centre stage to help you find your perfect mate and a sexy admirer could come out of the woodwork. If you find yourself obsessing over a bygone love, distract yourself with a creative project or by planning a trip. By the end of summer, you could have a whole new perspective on life

AQUARIUS:

This summer you could have one of those magical only-in-the-movies moments and a long-distance or holiday romance could heat up, but don't let distance stand in the way of a soul connection. At work the spotlight will be on you, bringing together grand plans you've been working on. Big projects may slow down or need some rethinking so go back to the drawing board or take a break.

PISCES:

Home is where your heart is for the first weeks of summer. You could move, redecorate or hash out new terms with a relative or room-mate. Your love life may hit a couple of speed bumps while you focus on work or a detailed project. Try to cut back on stresses that are wearing you down. By the end of summer, you could have a new perspective on life.



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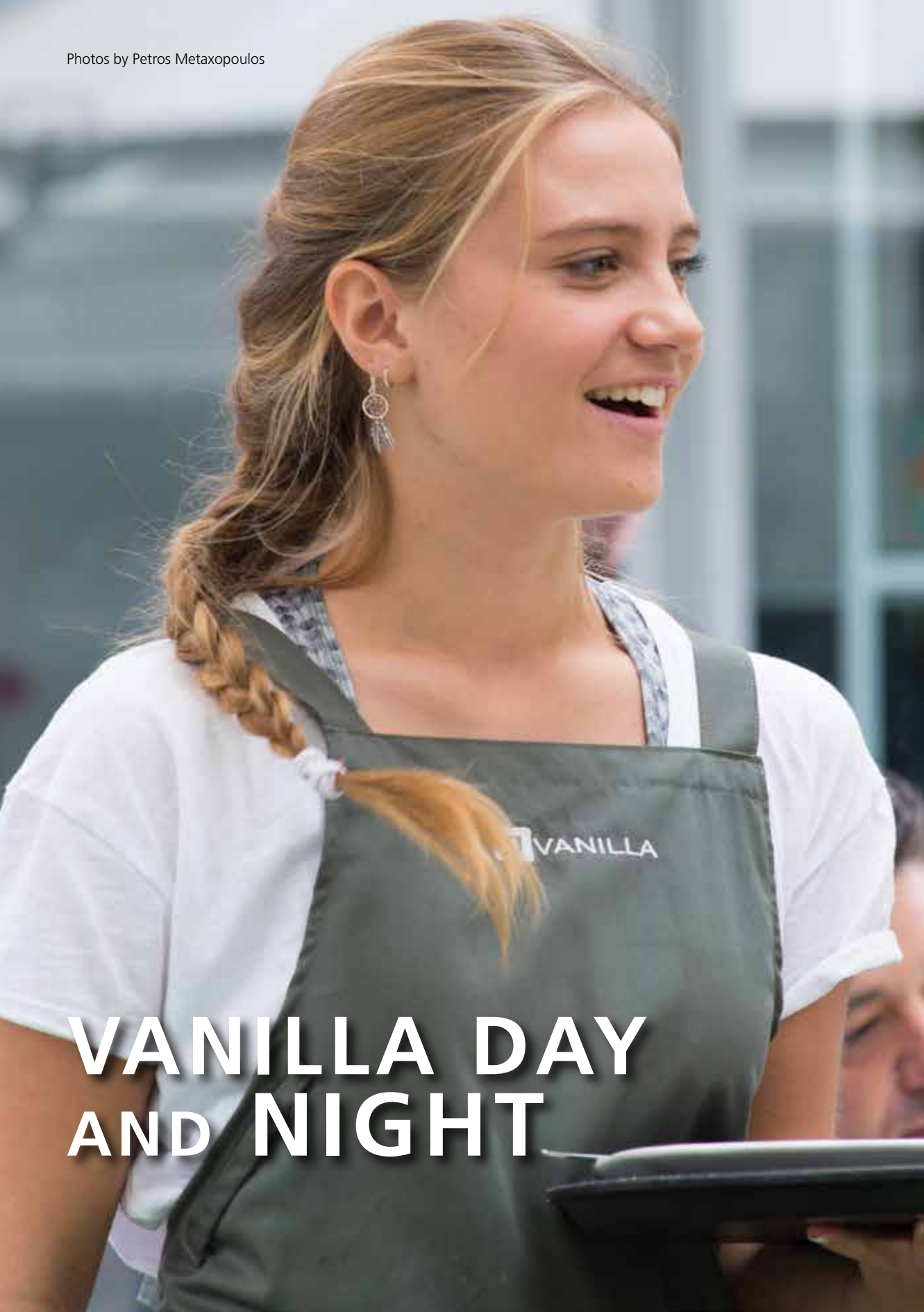


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DJ KRAZY KON

REACHES SWEET SIXTEEN

By Jessica Skelton

DJ Krazy Kon knows about passion, tenacity and hard work.

After all, it's those three principles that the Sydney-based DJ, producer and promoter said it took to become the first to bring Greek music into mainstream Australian stores and the only person outside of Greece to produce a Greek music series on a major label.

In fact, Krazy Kon released his sixteenth album in November 2015.

"We broke all sorts of barriers," he said.

Of course, these accomplishments didn't happen overnight.

Kon's journey started 20 years ago when he started DJing for "pocket money" while studying marketing at university. He played functions, parties and clubs – all the while earning his moniker "Krazy Kon" with crazy antics on the mic and the floor.

However, it wasn't until after a trip to Greece in 1998 that Kon decided to turn his passion for sharing Greek music into a full-time pursuit.

"My parents thought I was nuts, especially after spending four years at university," he said.

And though Kon said his parents set aside their concerns to support him, there's no denying that they may have been on to something: being a DJ specialising in non-mainstream international music is expensive. Kon said he has spent thousands of dollars at specialty stores on albums made overseas in order to keep his sets fresh.

However, not keen on letting this roadblock defeat him, Kon came up with the idea to produce albums himself of Greek music in Australia and sell them through major retailers. It was an unprecedented move, he said, and it ended up being a challenge to convince record labels in Greece and Australia

that his albums could be a success. But that's where a good dose of tenacity helps.

"I wouldn't let it go," he said.

Eventually, everyone got on board. Kon took out licenses on some of the biggest songs in Greek music and signed the resulting compilation to Rajon Music in 2003. Then, as mentioned above, Kon's album was released in mainstream Australian stores such as HMV, JB Hi-Fi, Myer, and Big W.

Since then, he's worked with scores of artists and about a dozen Greek record labels. Kon has also moved from Rajon Music to most recently Universal Music Australia, who offered him the opportunity to produce two albums a year.

As always, each album reflects the ever-expanding Greek music scene.





"I'm promoting the evolution of Greek music," Kon said, adding that today's sounds – which include styles like dance, pop, and reggaeton – are quite different to the more traditional music his parents introduced him too.

"You just press play and it takes off," he said of the albums, which he describes as modern, fast, and "hands in the air" upbeat.

That being said, Kon added that he works hard to ensure his albums appeal to a wide demographic – be it young and old, or Greek and non-Greek.

"That's where a lot of the thought process goes in," he said.

And all that hard work is paying off. According to his website, Kon has 175,000 sales under his belt and he hopes to have more now that his albums are available worldwide on iTunes. Fans are also showing their support at Kon's live DJ sets, which he has taken around Australia, the US and New Zealand.

Since 2011, Kon has also successfully promoted Australian tours for some of the artists he's featured on his albums, including Master Tempo, Vegas, Stavento and Nikos Ganos.

As for the coming year, Kon said he has plans to keep the momentum going with his first full-scale tour of Greece, possibly a return to North America for shows in Canada and the US, and a number of sets around Australia (including a



few yet-to-be announced dates in Melbourne). Of course, he'll also bring out two new albums – one in November and one in March.

As for how long he sees his Greek music project lasting for, Kon said he plans to go for "as long as possible; as long as people continue to support it."

"I love it," he said of his work.
"Greek music will never die."



VANILLA CHART

SUMMER 2016

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TOP 25 by DJ BALLA

1. Touch & Go - Hold Me Touch Me (Original Mix)
2. Nora En Pure - Saltwater (2015 Rework)
3. Annzy - Deep In Love (Original Mix)
4. Jaymes Young - I'll Be Good (Thero Remix)
5. Lexer feat. Audrey Janssens - Till Dawn
6. Lunascape - Lane Navachi (Alex Hill Remix)
7. Beyonce - If I Were A Boy (FunkyBasstard Remix)
8. Kideko - The Jam (Rainer + Grimm Remix)
9. Ramon Kreisler - Ready Or Not 2014 (Original Mix)
10. Cabriolet Paris - The Way It Is (Club Mix)
11. YOUNOTUS feat. Anna Naklab Hush (Bebetta Remix)
12. Deepjack & Mr. Nu - Gotta Tell You (Original Mix)
13. Volkoder - Different Beat (Original Mix)
14. Superwalkers - Judge Me (Millok Remix)
15. YouKey - Separated Sky (Fynn Remix)
16. Gab Rhone feat. Demetrius: Matterhorn (Original Mix)
17. Nora En Pure & Sons Of Maria - Uruguay (EDX Dubai Skyline Remix)
18. Spada ft. Anna Leyne - Catchfire (Sun Sun Sun) (EDX's Miami Sunset Remix)
19. Dash Groove - Put Your Hand Down (feat. Illusionize) (Original Mix)
20. The Chainsmokers feat. Great Good Fine Ok - Let You Go (Björn Steinhagen Remix)
21. Olsein feat. Sofia Locubarri - Lullaby Stranger (Deep Sound Effect Remix)
22. Oscar Sala And Oscar Barila - Vent De La Nuit (Rundfunk 3000 Remix)
23. Wamdue Project - King Of My Castle (Modjuno & Casey Cover Remix)
24. Timbaland ft. OneRepublic - Apologize (OutaMatic Remix)
25. Mat.Joe - Stone (Original Mix)



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