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AUTUMN
2016



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Special*

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IN THE RAIN

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Vanilla
Vanilla Upstairs
Vanilla Magazine



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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

Welcome to the 18th issue of Vanilla Magazine!

Here at Vanilla, we think that preventative measures for the winter blues should start from autumn – and what better a way than *Singin' in the Rain*... because let's face it, nothing beats a live stage musical when you're after an escape. It's got it all: a dramatic storyline, awesome music, acting, singing, dancing, and yes, it even rains on stage! In fact, sometimes I wished life was a musical. Having a bad day at work? People giving you grief? Just break into song and start dancing. That will show them!



The magic in musicals happens thanks to brilliant star performers like **Adam Garcia** who give it all to transport their audience: *'What I love about the stage is that it is live – it's really as simple as that – terrifyingly live. Each night you have to be completely on your toes and completely prepared... there are people to respond to and people responding to you. I've always found that amazing with live performance.'* Read more in his exclusive interview in our *Singin' in the Rain* feature along with his co-stars **Erika Heynatz**, **Gretel Scarlett** and **Jack Chambers**.

This issue, in our musical special, we also bring you exclusive interviews with *Matilda* star **Elise McCann** and *The Sound of Music* star **Amy Lehpamer**.

The other great weapon against seasonal despondency is of course laughter – and **Sammy J & Randy** and **Stephen K Amos** tell us how it's done.

But wait, there is more! Love expert **John Aiken** talks about the best medicine of all and how to score some, while wonder woman **Michelle Bridges** shares with us her insights and practical life lessons. Also, for those who dare to take it, organisational expert **Harriet Griffey** shares her personality quiz from her new book *How To Be Organised*.

Shane Delia explains how his passion for food led him to explore the culinary wonders of the Middle East, while stand-up comedian and Venezuelan immigrant **Ivan Aristeguieta** recounts his cultural adaptation through Aussie food.

On another note, our Greek culture expert **Maria Avgoulas** explores the old custom of dowry, and discovers its bright side; that of passing on precious memories from one generation to another.

On yet another note, do you believe in UFOs? Could the truth perhaps be 'down under'? Hold that thought as you read our exclusive interview with UFO expert **Ben Hurler**.

Also in this issue, our travel expert **Jessica Skelton** takes us to her homeland Canada, our health writers **Joanna Psarakis** and **Dr Nat Kringoudis** bring us more goodies on the table, **Napoleon Perdis** share their beauty and make-up secrets, **Tracy Hayes** talks hair that is out of this world and **Bree Laughlin** dresses up your work day.

Let's not forget, **Jim Claven** tells us the story of gunner **James Dimitri Zampelis**, one of the many Australians killed in action during the Battle of Crete.

In other words, enjoy another bumper issue of Vanilla Magazine! A big thank you to my partner in crime **Raquel Neofit**, miracle worker **Adele Vrantses**, photographer extraordinaire **Con Milonas** and to the rest of our elite team.

The whole Vanilla family wishes you a great season and a happy Easter.

ΚΑΛΟ ΠΑΣΧΑ!

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CONTENTS

- 06 Community – Stroke Act F.A.S.T!
- 08 Vanilla News – Vanilla’s Got Talent III
- 09 Vanilla News – Ange @ Vanilla
- 10 Culture – Lets talk about Prika!
- 14 Remembering James Zampelis
- 20 Singin’ in the Rain – Adam Garcia
- 23 Erika Heynatz
- 24 Gretel Scarlett and Jack Chambers
- 26 Elise McCann – Matilda
- 28 The Sound of Music
- 32 Sammy J & Randy
- 36 Stephen K Amos
- 40 John Aiken’s – Three Steps to Love
- 44 Michelle Bridges – Getting Your Head in the Game
- 48 Shane Delia
- 52 Ben Hurlle – The Truth is Down Under
- 72 Ivan Aristeguieta – Cultural Adaptation Through Food
- 74 Books for Cooks, Travellers and Lifestyle Lovers...
- 76 Health – Apple Bites
- 78 Health – Magnificent Magnesium
- 80 Beauty – Napoleon’s Best Kept Beauty Secrets
- 82 Beauty – Masque Me
- 84 Hair – Galaxy Hair
- 86 Fashion – Dress Up Your Workday
- 89 Secrets – Autumn/Winter 2016
- 90 Interiors – Interior Trend Copper
- 92 Interiors – Get Organised!
- 94 Paul Polychroniadis – Melbourne, Sweet Home
- 96 Travel – Canada – The True North



20



36



44



52



84



96

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When your life takes an unexpected turn...

STROKE **ACT F.A.S.T!**

“SOMETIMES THE WORST POSSIBLE THING THAT CAN HAPPEN TO YOU COULD PUT YOU ON THE PATH TO THE BEST THING THAT COULD HAPPEN TO YOU.”

This quote is always fresh in **ANTONIO IANNELLA'S** mind - and it helps him understand his journey better. **By Roula Krikellis – KkRock Chic**



Antonio is not only a band member of THE LION TAMERS but is also a National STROKE Foundation StrokeSafe Ambassador, where he spends his time creating awareness and educating people on how to recognise the signs and quickly act to save a life.

In Australia, a stroke occurs every 10 minutes across people of many ages...The impacts last a lifetime.

But did you know that many strokes can be prevented?

The key word to remember: **FAST – Face/Arms/Speech/Time**



FACE – Check their face. Has their mouth drooped?



ARMS – Can they lift both ARMS?



SPEECH – Is their SPEECH slurred? Do they understand you?



TIME – ACT QUICKLY! TIME IS CRITICAL! If you see any of these signs, Call 000 now!

Healthy and fit, at 38 years of age on a family holiday in Vietnam, Antonia had a STROKE. There are two types of strokes; one is caused by a blood clot. Antonio suffered a brain haemorrhage caused by a burst vein – an Arteriovenous Malformation – and there were no warning signs.

Antonio explains live on air on THE KK FACTOR show on radio RYTHMOS that when you are over 60 you must have a low salty diet, you must watch your cholesterol, you must not smoke, you must watch your weight, and your blood pressure needs to be in check.

However when you're younger a STROKE can be triggered by STRESS combined with high CHOLESTEROL levels, HIGH BLOOD PRESSURE, and unhealthy DIET CHOICES.

“The stroke has given me the opportunity to pursue the things I love which is creativity.”

After the stroke, after all the responsibilities, a new direction was taken.

Antonio decided the best way to move forward was to do those things he always wanted to do and started to focus on music.

He put his heart and soul into his creativity– his determination and strength prevailed over any permanent signs that indicated he had suffered a stroke.

Once a guitar player, he now plays a one handed piano; with one hand.

Having written and recorded music (producing hip hop female singers and artists), Antonio's stroke has not stopped him from living a fulfilled life with his family.

The National Stroke Foundation has passionate volunteer StrokeSafe Speakers available to present to community groups and workplaces. Many have personal experience with strokes and are willing to share their challenging yet inspirational journey.

Your group will learn:

- How to recognise the signs of a stroke
- What to do if someone is having a stroke
- How to prevent a stroke in you or the people you love

Talks are offered free to community groups thanks to the generous support of individuals and groups who have donated to help them cover costs.

Think F.A.S.T Act FAST!

Follow '**Antonio Iannella**' or '**The Lion Tamers**' on Facebook THE LION TAMERS song's are for people who have experienced hardship.

Contact **1300 194 196** to book a **StrokeSafe** talk for your community group.

For more details or to find a speaker in your area visit:

www.strokefoundation.com.au

A huge thank you to Antonio Iannella



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Photos by Peter Kakalias.



Full report and coverage of this great event in the next issue!

A big thank you to our talented contestants, our wonderful judges and our amazing audience!

Mary Melabiotis – Vanilla's Got Talent III Organiser.

Photos by Peter Kakalias. From left, Brenton Foale, Matt Jones, Amberlee Jayde, Tony Nicholas and Shane



From the day it opened its doors, Vanilla - and now Vanilla Upstairs - has been the favourite meeting place for creative people to jot down napkin notes and plan their next artistic endeavour. The team behind upcoming feature film production *'Iniquitous'* is no exception as they are finalising development and moving on to pre-production. We wish them every success!

Iniquitous is a dramatic thriller about four people's lives that are ruined when they try to solve their personal problems by seeking support in the wrong place. Watch this space: [facebook.com/Iniquitous.Feature.Film](https://www.facebook.com/Iniquitous.Feature.Film)



Ready for action: Director Brenton Foale with actor Shane Mohan.



ANGE @ VANILLA

Photos: Peter Kakalias

Socceroos Head Coach Ange Postecoglou is looking forward to the upcoming soccer friendly with Greece in Melbourne for more than one reason. Not only is Melbourne his home town, but he is also very proud of his Greek background. He considers the former European Champions a great test for his squad – ahead of the next round of 2018 FIFA World Cup qualifiers later in the year.

“It will be a fantastic game”

Ange told reporters, during the press conference he held at Vanilla Upstairs, right in the heart of Melbourne’s Greek precinct, Oakleigh.

He expects the international friendly game to have high intensity, with the Greek side eager to please the large numbers of Greek-Australian fans that will flock to the Etihad Stadium on June 7 – which is exactly what the Asian Champions need. As Ange pointed out, “There’s a difference in playing styles...

Greece is going through a transition with some strong, new talent. We will take this very seriously... After the 2014 World Cup, we’ve really just played Asian opposition.”

Adding more interest to the Greek connection is new Socceroos striker Apostolos Giannou, who like Ange, is Greek born and Melbourne bred. Ange went all the way to Greece to convince ‘Apo’ to join the Asian Champions, and snatched him up. Giannou – who played for Greece’s under-21s, under-19s and appeared as a substitute with the Greek national team in a friendly game – wasn’t tied in just yet, so Postecoglou (who had previously coached him) was able to secure him for the Socceroos – adding much needed firepower next to Tim Cahill.



Apostolos Giannou

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Lets talk
about

Prika!

Prika (Gr. προίκα) is the long-standing tradition of dowry, or what is also known as the glory box. This is an ancient tradition that, similar to most things, has shifted in how it's upheld, however, the core of it remains as strong and as significant in its value.

By Maria Irini Avgoulas PhD



When the elderly members of the Greek community in Melbourne left their villages and homeland of Greece, it was only geographically, because with them they brought their traditions and the Greek way of life.

One of these traditions is the *prika* – the strong and sentimental meaning behind this is the help one gives their children upon marriage, not necessarily with livestock and land, but instead with financial assistance and property (a new home that still has the Greek marker of an olive tree or even a lemon tree).

The preparation of the *prika*, as well as the excitement and anxiety attached, often starts years before planning a wedding, and often, particularly decades ago in Greece, begins from the birth of a child.

For the father, often a weight that was associated with the birth of a daughter – especially when he had more than one daughter – was the financial responsibility, and how much *prika* would be asked from him. In those days what was asked for was livestock, land and even money.

This responsibility has often been transferred to other males in the family, such as brothers, who would even wait until their sisters were married and the *prika* was taken care of, before they themselves would marry or start their own life.

Both back then and now, is the fear of the gold-digger (προικοθήρας), pressuring them as if marriage was some form of business deal. A sentiment that was often echoed by fathers in Greece was: “Yes I have 100 more goats and the lands with the vineyards but I have another daughter to marry”. Although in saying this, we really are no strangers to gold-diggers (male/female) in today’s society either.



For the women in the family (mothers and/or grandmothers), dowry was prepared with the glory box (μπαούλο με την *πρoικa*), that the mother and even grandmother had been preparing for years, with general manchester. The glory box is something that, as an item, is chosen with great care, as it’s the first thing that often family and friends see of the bride’s *prika* – it is taken to the new home a few days before the wedding, ready for the making of the bed tradition.

Within each family, fond memories are held of hand making the *prika* – dollies sometimes are even made for daughters and granddaughters by the elder relatives. The sentiments of these family heirlooms often hold greater sentimental value than any dollar sign attached to other things.

I was told by someone only last year in Greece – a financially challenging time – that they have a bed quilt that was made and embroidered by their late mother and this was something they cherished, regardless of the financial benefits they would have if they were to sell this and the other hand made things their mother had made. They choose not to, despite having been asked if they were for sale. As I was told, “these have sentimental value and still hold the scent of my mother, and must stay in the family”.

Prika, is something beautiful and, regardless of its shift and changes in time, it holds together the foundation of a family who support and think about one another, who build a home brick by brick together, and who plan its beginnings even before the bride and groom set the date.


Now one may ask what holds more value – the glory box or cash? Personally, for me, family heirlooms are something I would never trade. I never met my grandparents, but I have a pendant of the Virgin Mary that my paternal grandfather sent me when I was born (he died a few weeks after my birth). If I ever have a daughter, this definitely will be part of her *prika*.

By **MARIA IRINI AVGOULAS**

PhD Candidate – Deakin University

Associate Lecturer – La Trobe University





Delphi Bank leads the way in giving back to the Hellenic-Australian community.

Delphi Bank understands that each customer has particular banking needs – no matter what stage of life you're at. That's why the Bank has gone from strength to strength, as a result of their continuous investment into their customers, partners and the wider Hellenic-Australian community.

Over the last few years, the growth and success of Delphi Bank has been made possible through their long-term commitment to those who have supported them along the way – that is, their customers, partners and communities, whose business and value propositions are closely aligned with their own.

Like other Australian banks, Delphi Bank operates under the strict regulations and monitoring processes set by the Australian Prudential Regulatory Authority and the Australian Securities and Investments Commission.

Central to their growth strategy is the Bank's diverse community engagement program - it includes sponsorship and assistance programs for various community groups, sporting associations and educational institutions all around the nation.

Relationship Manager, Vicki Gardiakos, from Delphi Bank's South Yarra branch situated along Chapel Street, maintains "We are largely known and recognised for our community involvement and constant aim to give back to those who support our Bank."

Dedicated to making their customers' banking experience a rewarding one, Delphi Bank highly values the importance of good corporate citizenship as an integral part of their business and they constantly think about what they can do beyond banking to help their customers.

Imminently, Delphi Bank has recently designed a new home loan campaign specifically targeted to members, family and friends of Hellenic-Australian community groups who have long-held a close association with the organisation.

Home loans have always been a trending topic in the banking industry, and Delphi Bank stands apart from the larger banking institutions through their proven ability to deliver tailored banking solutions yet still provide fast, flexible and responsive service.

Ms Gardiakos says "A major component of the home loan campaign is about giving back to those who support us, therefore supporting one of the Bank's key and primary objectives."

Long-standing community service providers such as the Australian Greek Welfare Society, Fronditha Care and Agapi Care, have all joined forces with Delphi Bank to promote the campaign through their member networks. Their involvement only further demonstrates the huge support behind the campaign, and the strong community-connection the Bank has continued to uphold for many years.



Above: Delphi Bank Relationship Manager Vicki Gardiakos, and Relationship Officer Vicki Ahilias, take some time out to discuss the new Community Home Loan Campaign at Vanilla café in Oakleigh.

With an attractive home loan bundle offer on the table, Delphi Bank has committed to giving a set monetary amount back to each participating community group every time a member takes up the promotion. The campaign is just one of many ways the Bank is helping to strengthen the prosperity of the communities in which they serve.

Ms Gardiakos is involved in driving the campaign particularly across Victoria's South-East region. Alongside Ms Gardiakos is Delphi Bank Relationship Officer, Vicki Ahilias who is located at Delphi Bank's longest-running Oakleigh branch, located in the heart of 'Little Athens' along Atherton Road.

"The great advantage of having a home loan with Delphi Bank, apart from competitive rates and flexibility, is that you will be solely dealing with your own dedicated Relationship Manager throughout the life of your loan, receiving personalised service from day one," explains Ms Ahilias.

With personalised service always at the forefront of their operations, at Delphi Bank, you will never be treated as just a number. As your circumstances change over the life of your loan, you can be sure that everything will be taken care of and managed in the right manner.

Ms Ahilias maintains "We will continue to review your home loan on a regular basis, making sure your loan is suitable to your current needs.

Adjustments and changes to repayments can affect everyone differently, whether it's your first home loan or an investment loan. We are here to help you select the right home loan to suit you."

Whilst Delphi Bank's latest campaign is a mirror reflection of the organisations' values and beliefs – the Bank will always operate with one primary objective in mind; to enhance the overall wellbeing of their people, businesses and communities who have helped make the Bank into what it is today.

To see how Delphi Bank can help you with your home loan or banking needs, please call your local Delphi Bank branch on 1800 660 550 or visit www.delphibank.com.au

The logo for Delphi Bank, featuring the word "Delphi" in a dark blue serif font and "Bank" in an orange sans-serif font. A stylized orange and blue shape is positioned above the "k" in "Bank".

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Remembering JAMES ZAMPELIS

The Hellenic Anzac who fell in the defence of Greece in 1941

JIM CLAVEN

Across April and May this year we will commemorate the 75th anniversary of the battle of Crete and Greece, honouring the service and sacrifice of those who served there in 1941.



Gunner James Dimitri Zampelis, 1939.
Photo AWM

One of those we should honour is Gunner James Dimitri Zampelis. Among the 2,500 Australians of Hellenic heritage who served in the Second World War, James is the only one who was killed during these battles.

James' story is that of the son of a Greek migrant in Melbourne, who sailed into harms way to defend the homeland of his father, only to die there as many others did.

JAMES AND THE ZAMPELIS ODYSSEY

James was born in Melbourne on 22nd December 1912, a new addition to the growing Zampelis family. He was one of three children born to Gerasimos and Louisa Zampelis, (née Sievers). Gerasimos hailed from Marantohori on Lefkada and immigrated to Australia in 1900. Young James was soon working as a waiter in the family business – Nick's Café at St Kilda's big intersection, the then St Kilda Junction.

FROM ST KILDA TO WAR

Barely four weeks after the outbreak of World War II in September 1939, 27 year old James went to the Army Recruitment Centre at the No. 7 Drill Hall in Chapel Street, East St Kilda, and joined up as Gunner Zampelis.

By this time, James had started a family of his own, adding his son Peter James Zampelis to the Zampelis presence in St Kilda. Separated from his wife Doris, James listed his son Peter as his next of kin on his enlistment papers.

It's no surprise that when he was enlisted into the 2/2nd Australian Field Regiment he was given the job of mess steward – a job he was eminently qualified for given his employment and family history!

James' first experience of army life was months spent at training camps at Broadmeadows and Puckapunyal, near Seymour. But on 14th April 1940, James departed from Port Melbourne as part of the second convoy of the 2nd Australian Imperial Force – following in the wake of the Anzacs of the First World War.

The 2/2nd became one of Australia's famous fighting units in the Second World War. With it, James would take part in some of the major engagements fought by the Australian Army in the Middle East, as well as Greece and Crete. One of the officers in the unit was Captain William Refshauge, the Regimental Medical Officer, who would come to know James personally during the unit's campaign in Crete. James' voyage to Greece and Crete came via the Middle East, where he gained his first battle honour at Bardia in Libya.

JAMES – AN ANZAC IN HELLAS

With the decision to send Allied troops to help in the defence of Greece, James' unit, along with the rest of the 6th Division, embarked for Greece on 28th March 1941. The arrival of what would become over 17,000 Australians in Greece in 1941 would see Australian soldiers and nurses set foot on Greek soil for the second time in less than thirty years.

For James was following in the footsteps of those Australians of the First World War who had served on Lemnos during the Gallipoli campaign, the sailors of the Corfu flotilla as well as the soldiers and nurses who served in the four year Salonika campaign.

The Australians received a warm welcome on their return to Hellenic soil. Photos of Greek civilians waving and welcoming them, enjoying a celebratory drink with their Greek soldier comrades and even tours of the ancient Acropolis, stand as testimony to this welcome.



Marantohori, Lefkas – the home of Gerasimos Zampelis. Photo Yannis Boutsikas 2008



St Kilda Junction St Kilda Melbourne, 1930s



The former Army Recruitment Centre in Chapel Street, East St Kilda, where James enlisted in 1939. Photo Jim Claven 2014



Brallos Pass Greece, April 1941. Photo AWM



Brallos Pass Greece. Photo Jim Claven 2013

But the time for celebration was short. In late April, the Germans joined their Italian and Bulgarian allies in invading Greece.

Along with many of the other Australian fighting units, James and the 2/2nd were transported north from Piraeus all the way up the length of Greece to the Servia Pass in northern Macedonia.

The story of James' campaign in mainland Greece is that of the Second AIF – short, dogged, defensive actions, followed by strategic withdrawals through the mountains and valleys of central Greece.

The guns of the 2/2nd started their campaign in Greece on the 16th April at the Servia Pass. They then continued across the Aliakmon River defence line, then through Zarkos and Lamia; James and the 2/2nd were positioned to defend the withdrawal of the Allied troops.

It was at Brallos Pass – above the plains of Thermopylae – that the 2/2nd made a stand. Like the famed 300 Spartans of Classical Greece, the Australian artillery stood at the mountain pass in the way of the massive German onslaught, keeping the way clear for the thousands of troops and civilians on their way to the south.

On the 21st April, the guns of the 2/2nd held up the German advance across the Sperkios River in the valley below Brallos

Pass. Holding their position until the 24th, the Australian gunners were subjected to sustained German artillery and aerial attacks – in a two hour period they suffered 165 aerial bombing attacks by 65 dive bombers and over another eight hours they suffered 160 enemy artillery rounds. But due to camouflage and subterfuge, the Australian casualties were slight, with five killed and three wounded.

Many of the diggers from the 2/2nd at Brallos may well have been aware of James, and no doubt would have been swapping stories of their lives back in Melbourne's inner southern suburbs. Some of these diggers could have included: Sergeant LS Ingram, a former physical culture instructor from Albert Park, who was killed at Brallos; Sergeant JH Lees, one of the surviving gunners of that engagement who was also a butcher from nearby Prahran; or even the commander of the guns at Brallos, Captain JR Anderson, an accountant from Brighton who was awarded the Military Cross for his courage and leadership there.

After Brallos, James and the 2/2nd withdrew south over the mountains on temporary roads built by Australian engineers to avoid the German air attacks.

James arrived at Megara on Anzac Day 1941. After spending the day resting under olive trees, James embarked during the night on Allied transports headed for Crete. Having to destroy their armaments, the 2/2nd would face their next battle without their artillery.



Suda War Cemetery, Crete. Photo Jim Claven 2012



Suda Bay from the Commonwealth Military Cemetery, Suda Bay. Photo Jim Claven 2013



Suda Bay from the Commonwealth Military Cemetery, Suda Bay. Photo Jim Claven 2013



Australian troops awaiting evacuation at Megara Greece, April 1941. Photo AWM



Australian 6th Division troops arrive at Suda Bay from Greece, May 1941. Photo AWM

AN ANZAC DEATH ON CRETE

When James arrived in Crete he would have witnessed an island readying for war.

The large harbour at Suda Bay was full of Allied shipping – warships, troopships and supply ships. Already the Germans were preparing the ground for their coming invasion with bombing raids on this important harbour and other key installations.

James was first assigned to help at the harbour. The daily bombing had made it too dangerous for the local civilian labourers, so James and the 2/2nd joined in on the 4th May.

Working alongside Australian engineers, they did a great job – only stopping to unload during air-raids. The 2/2nd even successfully salvaged several Bren gun carriers from a sunken ship in a harbour with its upper deck under several feet of water.

Without their guns, the artillerymen of the 2/2nd were now given rifles and put into infantry roles. Over the coming days, as the German attack unfolded, James and his unit would form part of what was designated the Suda Brigade, commanded by the British Lieutenant Colonel AF Hely of the 106th Royal Horse Artillery.

The role of the Brigade was to defend the inner ring around Suda Bay and to act as a reserve. This lay along a stream, which flowed through the village of Mournies, famous as the home of Venizelos.

The battle of Crete commenced with German paratrooper landings over Maleme airfield on the morning of the 20th May and it would rage over the island until the evacuation by the Allies in June, and be replaced by a four year occupation and spirited resistance by the Cretan population.

James' war on Crete centred on Mournies. The Germans attacked the village on a number of occasions in the days following their landings but were repulsed.

On the morning of the 24th May 1941 James was assigned to help Captain Refshauge with the wounded men at a sick parade in Mournies itself.

On that morning the site was dive bombed. James and five others were killed and several wounded. Years later the now knighted Sir William Refshauge remembered James "as a good fellow who had been most helpful in tending wounded comrades at the parade which cost him his life." He was 28 years old when he was killed.

James was first declared missing in action but later corrected to his having been killed in action. The records say that James was buried by his comrades "500 yards south west of Mournies village".



Australian and Greek soldiers at Crete's Suda Bay, with local labourers unloading supplies, 1941. Photo AWM



Docks at Suda Bay, April 1941. Photo AWM



Bombed Allied ships Suda Bay Crete, May 1941. Photo AWM



German assaults on Suda, May 1941. Photo AWM



Situation Chania area, morning 25th May. Australian Official History

ANZAC LEGACY

James was one of the nearly 600 Australians killed in action during the campaign in Greece and Crete.

The remains of many who were killed during the battles on Crete could not be located after the war. The names of these diggers are memorialised on the remembrance walls at the Phaleron Military Cemetery in Athens.

Would it not be a fitting testimony to Australia's honouring of its Anzac heritage – and its connection with Greece – that a renewed effort be made to locate James' remains, buried south west of the village he died defending seventy-three years ago? Modern technology has already delivered amazing results across the battlefields of WWI, such as at Fromelles in France.

James' father became a proud Australian citizen in 1941 – six years after his son gave his life for Australia. As far as we know, James' son Peter still lives in Melbourne. We should ensure that his service and sacrifice seventy-three years ago is not forgotten in Australia and Greece.

It would be fitting that his service be commemorated in Australia – as well as on the Honour Boards in Greece – by a statue or plaque. And where else but Oakleigh, given its vibrant Hellenic culture and cuisine!

James' story is in many ways quintessentially Australian. The son of migrants, he joined up to defend Australia and saw service and sadly paid the ultimate sacrifice in the land of his father – a symbol of the enduring link between Australia and Greece.



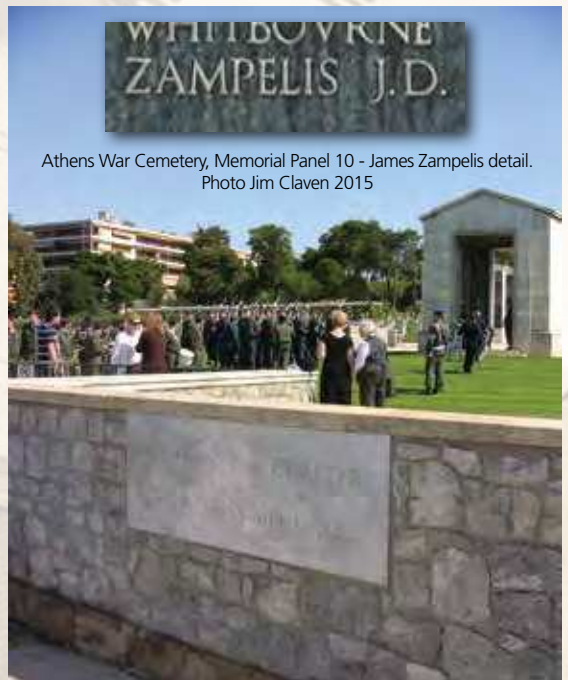
The House of Venizelos, Mournies. Photo Greek.tourism.com



JIM CLAVEN is a freelance writer; published author and a Master of Arts graduate from Monash University. A former government adviser on Veterans' Affairs, he is secretary of the Melbourne-based Lemnos Gallipoli Commemorative Committee and a member of the Battle of Crete and Greece Commemorative Council. He is currently researching the Anzac connections with Greece across both World Wars and developing associated commemorative travel trails in Greece.



The Battle of Crete and Greece Commemorative Council is a community-based organisation dedicated to honouring the service of those who fought in the defence of Crete and Greece in the Second World War. A series of commemorative events are scheduled to be held throughout the year. For more information, please contact the Secretary, **MR TONY TSOURDALAKIS** via email: tony@tsourdalakis.com



Athens War Cemetery, Memorial Panel 10 - James Zampelis detail.
Photo Jim Claven 2015

Athens war Cemetery, Phaleron, Anzac Service 2012.
Photo Jim Claven 2012

#girlsnightout



@vanillaoakleigh

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Ambience



VANILLA

UPSTAIRS



MELBOURNE *Australia's Theatre Capital!*

Melbourne's autumn and winter theatre season of 2016 is set to be an impressive theatrical smorgasbord, proving that Melbourne is indeed Australia's theatre capital.

To kick off our musical special, Vanilla Magazine caught up with the cast from one of the most iconic theatre and film productions of all time, *Singin' in the Rain*...



ADAM GARCIA

Singin' in the Rain

After a 'splash-hit' season on the West End, London's acclaimed musical *Singin' in the Rain* has found its way to Australia and is set to make a splashing impression at Her Majesty's Theatre in May.

ADAM GARCIA has returned home to Australia to play the lead role of Don Lockwood after great international success on the West End performing in the hit musical's *Wicked*, *Saturday Night Fever*, and *Kiss Me Kate*, and who could forget his captivating character in *Coyote Ugly* and *Ridding in Cars with Boys!*

More recently Adam has been seen on our screens as a judge on *Dancing with the Stars*, and in the UK as a judge on *Got to Dance*. He was also a founding member of tap group *Tap Dogs* with Dein Perry and cast along side David Atkins in *Hot Shoe Shuffle*.

Singin' in the Rain astoundingly uses over 12,000 litres of recycled water each performance to create the magic of the famous *Singin' in the Rain* scene we all know and love.

Vanilla Magazine caught up with the stars of the Australian performance, Adam Garcia, Jack Chambers, Gretel Scarlett, and Erika Heynatz...



***Singin' in the Rain* is an iconic story, how did you feel when you were offered the part? Was there any trepidation filling the shoes of the great Gene Kelly as the character Don Lockwood, or only excitement?**

I was absolutely over the moon when I was offered the part. I had seen this production in London at the Palace Theatre and adored it. It made me feel exactly how the film makes me feel – and that's an important thing.

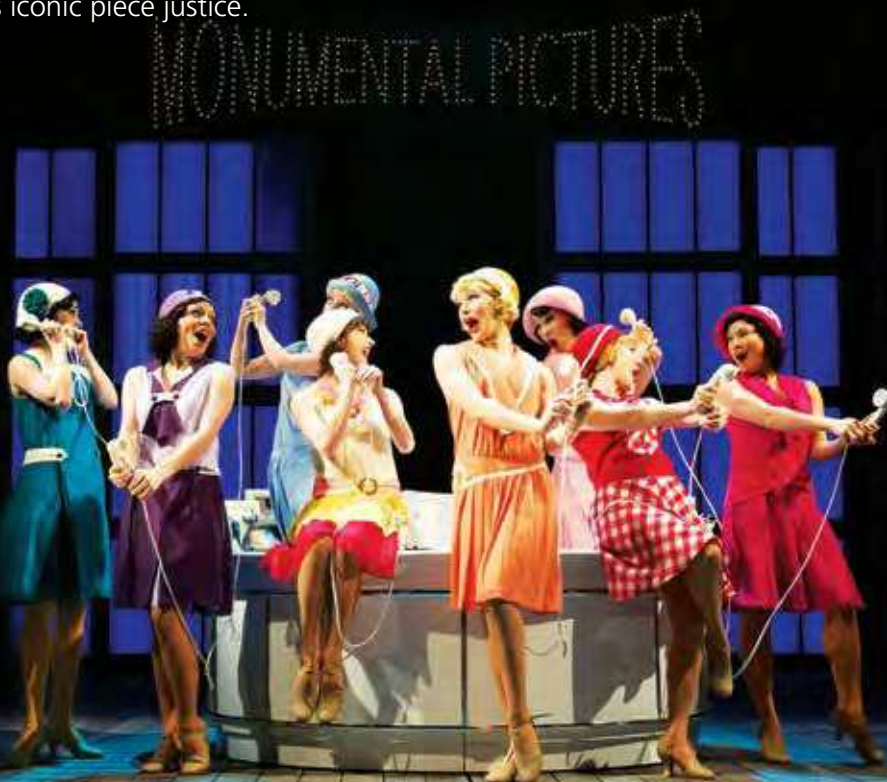
Indeed, it was a mixture of trepidation and excitement. I have loved the film and Gene Kelly since I was a young boy – it is one of the reasons I became a dancer and performer.

To step into one of the greatest dancer's shoes is of course terrifying. I hope I can do him and this iconic piece justice.

Your first major role on the Australian stage was in *Hot Shoe Shuffle*, a number of years ago, which is a tap dance extravaganza. Your character in particular has a great deal of dancing to do in this production – are you excited to be cast again in such a full on dance role?

I was cast in *Hot Shoe Shuffle* 24 years ago. It was the first and only musical I did in Australia before I left for England. To come back and perform in Australia, in such a great dance show, is of course brilliant.

To go around Australia and perform again is something I'm really looking forward to, as well as showing my wife and baby all the delights of Australia.



SITR is an incredibly challenging dance show, and every dancer would want to take on that challenge. In order to prepare for the role I have gone back to doing lots of ballet, stretching, physical and athletic conditioning, and of course, cutting down on the old booze. And it's not just about preparing myself for the dancing – the songs in *SITR*, especially that title song, are just as famous as the dances. I've had great fun preparing vocally for the show.



You have just about done it all in terms of performances – what keeps you coming back to stage and film?

What I love about the stage is that it is live – it's really as simple as that – terrifyingly live. Each night you have to be completely on your toes and completely prepared. Also, every night is different so there are subtle changes in the performance which you learn each night; there are people to respond to and people responding to you. I've always found that amazing with live performance.

In particular, I love to perform and dance, and getting to dance fantastic choreography to music that I've grown up to – that is the cherry on top.

Looking back over your career, what are some of your favourite or more memorable moments? Do you have any funny stories to share?

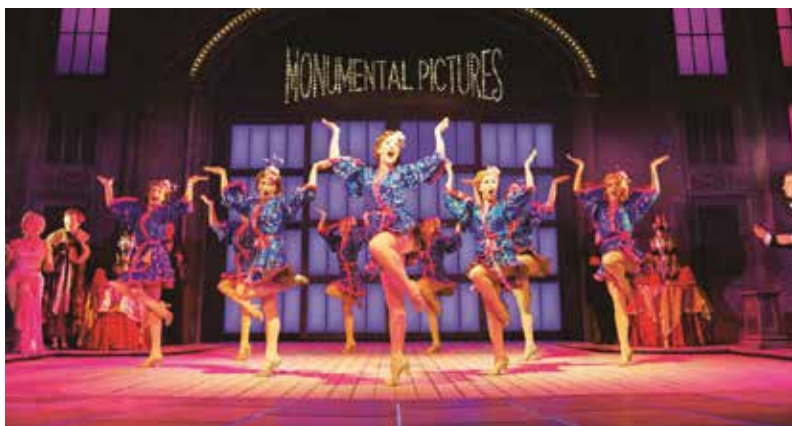
Well let's see: Having the Nicholas brothers watch *Hot Shoe Shuffle* in London; getting to dance with Donald O'Connor and meeting him at his cabaret set in London (although I think I may have trod on his toe during the jam session. Mortifying!); the opening night of *Saturday Night Fever* in 1998 when I realised that it was real and I was leading a show on the West End; the time I was a minute late for my entrance in one of the first previews of *Wicked*... I only realised I was so late when all I could hear was the deathly silence after the orchestra had stopped playing and everyone on stage had nothing left to improvise (that's funny now – it wasn't funny then); the opening night of *Tap Dogs* in London (2010), when I fell off the front of the beam down onto the front of the stage in the last encore number, and had to do a little curtsy and return to do the entire routine again.

A lot of funny incidents have happened on stage when I've forgotten lines. I once forgot the cue line for Dame Judi Dench in *The Winter's Tale*... she was acting so emotively that I just began watching and forgot my next line to her and stared at her in wonder – and then wondered why she was staring back at me. I thought we were having an intense acting moment on stage, and she was simply looking at me like I was a complete idiot and waiting for my line. Luckily she quickly moved on and dug me out of that hole.

But I think the most memorable performance was the 2000 Sydney Olympics, getting to lead out the *Tap Dogs* section – I had no idea how amazing it was going to be until I saw the 75,000 strong crowd and realised that over a billion people were watching around the world... and I distinctly remember saying to myself – if there's ever a time to show off, it's now!



ERIKA HEYNATZ



My first day on set as a school teacher in *Home and Away* was a sex scene filmed inside a tiny caravan, on a very hot day, with a school student – talk about awkward! It was so much funnier after the fact, over dinner.

I also have played a German Jazz singer, in a 1940's murder mystery computer game called *LA Noire*, for Playstation. It was incredible to be a part of that technology – not only did I get to wear the wetsuits with ping pong balls to log my movement, but I also got to work with one of the directors and some of the cast from the *Mad Men* series.

How does it feel to be cast in the role of Lina? As you say yourself, she's a temperamental, delusional, narcissistic and insecure leading lady – is it challenging, or just down right fun to play such a character? And how do you get into character for her?

One of the reasons it's such a thrill to be cast in the role of Lina is because I have been given the liberty to fully inhabit all of those qualities. Everyone has a little dash of the delusional, insecure, temperamental narcissist in them – how else would we understand and play these characteristics if we hadn't experienced them in some way?

So it's really fun to ramp it up and play it to the hilt, because you sure can't get away with it in the real world (although some may try!)

I just finished another acting role where I got to play a bit of a lying, murderous tart – this was actually just as refreshing, because there really isn't enough killing or shagging in your average lead female role. Lina isn't particularly popular due to her behaviour, but she's loveable because she's so comedic and clueless to her ways.

To quote Lina *"What's the big idea, am I dumb or something?"*

You've had a brilliant career on stage and in television, plus a host of other gigs – what are some of your favourite memories, performances, and the moments that really stand out from your career?

My first and favourite musical theatre memory is performing the skipping routine at the opening of Act 2 in *Legally Blonde* as Brooke Wyndham. It was set inside a jail, with a bunch of blokes dressed as women, all jumping rope and constantly getting very tangled – this act always brought the house down and was an adrenaline high every night.

I have also been taught how to salsa by a local on the set of a rum commercial in Puerto Rico.

The live band played between sets and we danced for hours into the night. For one of the scenes in the commercial they shipped in crates of huge crabs to run across our feet on the beach at sunrise as we jumped out of vintage cars from Cuba. What a logistical nightmare that was – people chasing crabs trying to put them back into the crates to be released for the next take!

Another funny moment was when a swimsuit parade went wrong in Milan – a designer let liquid bubbles down over the glass catwalk in the finale. It was like a big slip n slide with supermodels!

The audience didn't know if it was the best or worst thing they'd ever seen.



GRETEL SCARLETT



You've performed in some fabulous productions – how does *Singin' in the Rain* compare? Are you excited to be a part of such a production? Do you think it will be challenging?

Singin' in the Rain is possibly one of the most iconic pieces of true musical theatre – it has stood the test of time. You cannot ask for a more well-rounded piece of theatre; it has everything from some of the most memorable songs, the most involved and iconic dance numbers and a script that any actor would dream to sink their teeth into. I'm thrilled to be a part of this production in Australia. After *Grease*, I had made the decision to not just audition for anything; I was picking and choosing carefully. I sat back and waited, and when this script and score came through, something in me tweaked with excitement, because I knew I HAD to be a part of it.

A challenge is always fun – especially when you're doing eight shows a week. It keeps you on your toes! I'd say with a show like this, dancing and tapping in 12,000 litres of rain will be one of the biggest challenges!

JACK CHAMBERS



Talk about turning full-circle - your first amateur theatre production was in *Singin' in the Rain* as Cosmo and now you're in the full production all these years later! Do you think that initial show put you in a good position to take on this role now and how different is the whole set up and energy of it all?

I was a little boy when I did *Singin' in the Rain* for the first time, playing Young Cosmo Brown. It was an eye opening experience into the theatre world for me, and it's where my passion for musical theatre was ignited. *Singin' in the Rain* is my all time favourite musical, so I know the show very well. The set up is different because I'm revisiting where it all began for me, but now as an adult. Truly nostalgic!



What's the attraction of live theatre for you? What keeps you coming back to it and what ignited your passion for it in the first place?

I've adored theatre and live performance since I was a child. I was that kid who sat in the audience watching actors, knowing that was what I was set out to do in life. Being able to transform yourself into something or someone else, is where my passion lies. The element that draws me back all the time is the ability to transform people's lives too. Live theatre isn't just about the actors – audiences come to the theatre for an escape from reality. When you see the faces on adults and children in particular, the effect live theatre has on human beings is a fascinating and enlightening part of my job. Each show is different and every audience is different, and that is always a passion of mine; to get to play around with what each actor brings to the stage.

The energy on a show like this must be quite important as there is a lot of dancing on stage. How important do you think the connections between you and the passion the cast have are to the overall success of a production?

I always say that theatrical productions are like football teams – you are only as good as your weakest player, therefore everyone should be on their A game and giving it their all in each show, no matter what the circumstances are. Each cast (and crew!)

member needs the support of each other; whether they are the leading roles, ensemble or backstage, it's a true team effort. It's really important, especially in a show like *Singin' in the Rain* – especially when there are days when everyone is physically exhausted – to bounce energy off each other and listen as performers. That's when connections buzz around a stage and the audience can feel it. It's quite magical.

This tour will take you into early next year, what would you like to be doing next in your career? Do you have any dream roles?

There are lots of dream roles out there, but you never know where life will take you after big tours like *Singin' in the Rain*. Film and TV was where I was heading prior to being contracted for the show, so I will definitely head back in that direction. My passion truly lies on camera, so I would love to give LA a try for pilot season. I'm still focussing a lot on my song-writing too and would love to go down the path of getting my music out there and recording a second album.

Big plans, but first *Singin' In The Rain!*



And the rain live on stage, oh my, do you think that will be challenging? Are you looking forward to it? Have you ever experienced a challenge like this on stage before?

The rain is truly exciting!

I'm sure it will be a challenge, but a very fun challenge. My inner child will be having a ball. I have performed on stage with rain before, but it wasn't planned (that's the risk with outdoor performance venues), so I feel I'm prepared this time round.

Winning *So You Think You Can Dance* was a great achievement. How much influence did that show have on your career and life? Do you recommend young people use these competition shows as a catalyst for their own careers?

SYTYCD was very helpful for my career. Obviously it gave me great exposure, but what I am most thankful for is the growth and confidence it gave me. I learnt a lot about what I was capable of as a performer. In regards to recommending competition shows as a catalyst to ones' career, it indeed helped me, but it's not for everyone, and it's not the only way. To those people who do want to take such a path, I encourage them to be in the right mindset and know what it is you want out of such an experience.



ELISE McCANN



Matilda

After a revoltingly fantastic run in Sydney, *Matilda the Musical* has packed up its adults, found a new group of revolting Melbourne kids and hit the Princess Theatre.

Vanilla Magazine's Raquel Neofit caught up with brilliant Aussie actor, **ELISE MCCANN** to chat about her role as Miss Honey, Roald Dahl and the lessons his stories can teach us, the energy on set, Australia's little rock star kids, and how this musical compares to the movie....

Molly Barwick and Elise McCann
Pic James Morgan



So tell us about this re-make of *Matilda* – how does it compare to the movie?

To be honest, I actually think it's better. The movie is fantastic and I loved it as a child, but I read the book first and I loved the book. I think this is a nice middle-ground between the book and the movie – the book is quite dark and the movie softened a lot of that darkness out.

The movie is still a little bit scary, but it doesn't emphasise the reality of this abandoned little girl as much as the book, nor is the bullying by her parents and the headmistress as prevalent.

And that's a real Roald Dahl quality – he really points out those flaws and the negative attributes of adults that are sometimes inflicted on these innocent children.

That's why Roald Dahl books are so poignant and wonderful for all ages, because they empower children to be strong and to fight for what's right.

I think, because the movie was American, the darkness was lessened a little bit to make it more user friendly for everyone, and the musical has found a way to bring a bit of that back.

Pic James Morgan



Melbourne Cast - Pic Jim Lee



Pic James Morgan



Pic James Morgan



But it also still has the joy and the amazing magic that the movie has, and children love it – they leave singing the songs. There are so many moments in the show that are magical for adults and kids alike. It is really special.

It was the magic and the kids standing up to the mean adults which is what really got my five-year-old hooked on Matilda...

Exactly, and I'm the same. I play Miss Honey and she's essentially the only nice adult character in the show. She's generous and warm and supportive of the children, and wants to help them be the best they can be, but she herself has been so bullied, and so battered and so abandoned over the years that she doesn't have a lot of courage left, and Matilda really helps her to find her strength again.

So, not only is it amazing for children because it's empowering young boys and girls to stand up to bullying and to fight for what's right, but it also, I think for me, has been a really unintended lesson and reminder that sometimes we get caught up in what other people tell us about ourselves.

We get caught up in believing what other people make us feel, or what they say or how they treat us, but it's actually up to us to stand up and decide who we are and the kind of people we want to be, and so it's really empowering for adults as well.

And it's also a good reminder that we're really responsible for these children and whether we're a teacher, a parent, the auntie or the librarian, we have a responsibility to help nurture these children and show them the way. I think that's really special because we don't really get to see that in a lot of theatre...

And it's entertaining at the same time!

And how do the kids cope with it all? I know there's a few of them playing the lead.

They are amazing! For starters, they all rehearse phenomenally, there's an amazing team of people who work with these children and they have such patience with them. However, on top of this, the Royal Shakespeare Company is really, really serious about how they train these children.

They're always taught with respect and patience and kindness, but they're also taught that this is work - and we are actually just at work. So they work hard and then they leave and go and be their normal, awesome, fun selves.

And that also carries through to the ways that we interact and congratulate and applaud each other – at work, when we're rehearsing, we don't really applaud each other, or tell anyone that they're amazing, because we don't want anyone to compare anyone against another. Instead, we say things like, "we are working and everyone is doing great work." That way, we're just focusing on the work and on everyone doing a really good job.

Then it creates this great energy – a statement that says it doesn't matter what you do here at work, you will focus and do a good job, but that isn't a reflection of who you are as a person, or how important you are, or how good you are. This in turn creates a really important lesson for the children (and the adults); we are blessed to do what we do, and what we do is important and wonderful, but it doesn't make us better or worse human beings, and most importantly, we don't need it to validate us.

And our Melbourne kids?

These Melbourne kids are just gorgeous little rock stars, they work so hard – it's so great – they're going to be amazing!

Matilda is playing at The Princess Theatre from 13 March, 2016. Tickets available from Ticketmaster.

The hills
are still alive with...

THE SOUND OF MUSIC

Originally premiering on Broadway in 1959, *The Sound of Music* became one of the most successful and long-running musicals of all time, and now, 57 years on, it's still classed as one of the greatest musical productions.

Starring Amy Lehpamer as Maria and Cameron Daddo as Captain Georg von Trapp, amongst an impressive line-up of von Trapp children, *The Sound of Music* is set to return to Melbourne this May.

We caught up with Amy while she was performing in Sydney for a quick chat between shows...



***The Sound of Music* was a massive international success, how do you think it will be received here in Melbourne?**

It's a gorgeous production, directed with great heart and honesty. I think Melbourne audiences will love it – it brings the familiarity of film but is made fresh and alive on stage.

How do you feel about being cast in such an iconic role?

It's unquestionably a dream come true.

Is Maria an easy role for you to embody? How do you get into character?

I think I have a natural access to the character in some ways. She makes a lot of sense to me. Getting into character for

me was about finding her playfulness and naïveté, and being sure to create a performance that can be true to those traits in every performance.

Even to this day I can't go past a re-run on TV or (and I'm cringing to admit it) help but shed a tear throughout the film! How does the drama and story come across on stage? Are you a fan of the film?

The film is extraordinarily good. I loved it as a child, but watching it later years made me really appreciate what a beautiful piece of filmmaking it is. And the film was my first introduction to the music of the show, which really is extraordinary. A lot of people don't realise *The Sound of Music* was a Broadway musical before it was a film, so it fits naturally on stage. Our show is something of a blend of the original musical and the film, in terms of story arc and the songs.





What is it about this story and this family, that has made it such a popular story throughout the ages?

It's a story of a family finding its centre and love again, after having gone through a lot of sadness. And then it becomes a story of a family overcoming imminent war and displacement in their home country.

John Frost and Andrew Lloyd Webber are such powerhouses of theatre, are you enjoying working under their influence?

Both men are leading lights in the industry; it's a wonderful honour to be cast by them.

And the songs – do they play over and over in your head all day? They're so catchy!

It's hard for them to leave me completely at the end of the show, but I have to say it's an absolute pleasure. The songs are incredible, Rogers and Hammerstein made magic together! The enduring quality of the songs is testament enough, but the fact that performance after performance there's something to find and investigate each time, is quite astounding.

What keeps you coming back to theatre? Is it something you'll want to play with for years to come?

There's so much scope for play, such as finding nuances and detail in moments throughout the show. And the immediacy of the response for the audience is a little addictive! I'd love to explore more film and television in the future, but I hope theatre is never far away.

And in your past you applied for *Australian Idol*, tell us about that experience.

That story is filed under "things you do when you're 17 and dared by your classmates." It was when the show was first starting up. I knew I wanted to perform but didn't know the avenues to go down... And that one wasn't it!

So, *Sound of Music* vs *Rock of Ages* – Could it get any further apart?

Probably not! I have an eclectic music taste and like singing in a diverse range of styles... I feel really lucky to have not been pigeonholed or typecast cast in the industry. The experiences have been so incredibly different and the rewards and lessons learned have been huge.

What do you look for in a role when you consider auditioning for a part?

I try to look for strength of character, a sense of agency and independence. And if it's not on the page, I do my best to get it in my interpretation of the role.

And lastly, what's in store for the future, what would you love to be doing after *The Sound of Music*?

I'd love to move into film and television, have the challenge of life on set for a while. And perhaps even writing for it...

THE SOUND OF MUSIC – MELBOURNE

Venue Regent Theatre, Melbourne

Season From 13 May 2016

Performance Times Tues–Sat 7.30pm, Wed 1.00pm, Sat 2.00pm, Sun 12.00pm and 5.30pm

Price Tickets from \$79.90*

Bookings soundofmusicour.com.au or phone 1300 111 011



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SAMMY J & RANDY

After the success of their ABC TV show *Sammy J & Randy in Ricketts Lane*, comedic duo Sammy J and Randy are heading back to the stage this comedy festival season with their brand-new show, *Sammy J & Randy Land*.



PLEASE NOTE

the petting zoo at Sammy J & Randy Land is closed due to quarantine restrictions and the fortune teller is under police investigation. Management will not be held liable for injury or death.

– **Sammy J & Randy.**

Sammy J & Randy in *Ricketts Lane*
© Sticky Pictures

Boys, tell us about your new show.

SJ: Where to begin? **R:** How to explain?

SJ: It's difficult to put into words. **R:** I'm afraid of doing spoilers.

SJ: Let's just say it's ... actually, no, that's giving away too much. **R:** I've got it! Our show is like ...

SJ: Hang on, we've run out of time. **R:** Next question?

So, it's your first live narrative show back on stage since 2012. Is it just like riding a bike? Easy to jump back into it and find your rhythm and flow?

SJ: Actually, it's exactly like riding a bike.

R: Like, when we started writing the show we actually got on bikes. **SJ:** Then we just recorded everything and transcribed it onto the page. **R:** So basically the show is 57 minutes of us doing heavy breathing. **SJ:** It's a creepy show, I won't deny it.

Why such a long break off live circuit?

SJ: We were busy making our TV sitcom *Ricketts Lane* for the ABC.

R: Although we were still doing live gigs on the side.

SJ: Under a pseudonym.

R: We called ourselves *Mel & Kochie* and hosted a breakfast show on Channel 7 for three years.

SJ: I think we got away with it.

What's your pre-stage routine? Are there nerves? Were there ever nerves if not? Do they love you or dread you in the greenroom?

SJ: Before each show I descend into a terrifying mental hell where I see visions of angry butterflies who flutter around my head and tell me I'm not funny. It takes every ounce of energy to battle them off and by the time I hit the stage I'm exhausted.

R: My pre-show routine consists of terrorising Sammy J with some toy butterflies I got from K-Mart.

When you sit down and start writing these pieces, what's your process? Is it stressful? Does it come easily? Do you stress over your audience, wondering if they'll really truly get it? Or do you know your audience so well you're all over what they want to hear?

SJ: We actually find it very hard to respect our audiences these days.

R: I mean, fair enough if it's their first time at our show, but for all the people who keep coming back, it's difficult to muster enthusiasm.

SJ: Seriously – what sort of person would willingly choose to pay money to watch a man/puppet musical comedy duo?

R: Ultimately these deadshits are a disgrace to themselves and any chance we had of relating to them was exterminated by their terrible taste in comedy.

SJ: So we'll take their money, and they'll take what we give them.



What do you think about crossing generations and the thoughts on what one generation finds amusing over others? How easy is it to keep up with it all?

SJ: We do tend to get families coming along to our shows, which is great.

R: Yeah, although statistically, 47% of families actually break up after seeing our performances.

SJ: Really? I thought it was less than that? What about the Mulligans?

R: Nah, Mr Mulligan left Mrs Mulligan for his secretary the day after seeing us live.

SJ: Ouch.

TV has become a large part of your life now, and you're smashing it – how well does Australia take to comedy shows and how do we differ from the rest of the world?

SJ: The answer to this question is entirely dependent on whether or not the ABC give us a second series.

R: Either Australia is hugely supportive of new talented comedy shows, or it is a horrible ghastly machine that chews up young talent and turns them into bitter old has-beens.

SJ: Watch this space.

What's it like travelling around the world with Randy? I have visions of him sitting in a seat on a plane next to you giving everyone a hard time just to entertain you both!

R: Pffft, I wouldn't sit next to Sammy if you paid me. It's business class all the way, baby.

SJ: All the way to where?

R: Darwin. Remember when I flew business class to Darwin?

SJ: Well, I remember when you snuck into business class to use the toilet on our way to Darwin.

R: Yeah, let's not get hung up on details.

Personally, how do you find the differences between live comedy and television; was it a strange transition for you?

SJ: Not as strange as the transition from television back to live comedy.

R: Yeah, I was going to bring that up, Sammy. You really need to stop yelling, 'cut' and doing scenes again during our live show.

SJ: The audience expects perfection, and I intend to give it to them.

R: Last night's show went for four hours.

SJ: Shut up. They loved it.

Sammy J and Randy in *Ricketts Lane* was nominated for Best Comedy in 2015 in the ACCTA's, and Best Performance for Randy, plus you received an ARIA nom, how did that feel?

SJ: The answer to this question is entirely dependent on whether or not the ABC give us a second series.

R: Watch this space.

The world is loving your material, how does that make you feel? Are you a jump up and down in excitement kinda pair or do you just coolly ride the wave of success?

SJ: When I was twelve I swam a little too far out to the ocean with my boogie board, then a giant wave came and I had to hold on for dear life as the wave swept me up and hurled me towards the shore.

R: What's that got to do with the question? **SJ:** Nothing. I just had a flashback.

Where does your sense of humour lie? What makes you LOL and where/what do you draw enjoyment from?

R: I find peas funny. **SJ:** Peas?

R: Peas.

SJ: What sort of peas? **R:** Just peas.

SJ: Like, frozen peas?

R: Did I say frozen peas? **SJ:** No.

R: What did I say? **SJ:** Peas.

R: So why would you question me?

SJ: I just wanted to be sure about what you found funny. **R:** I find peas funny.
Next question.

Do you have any comedic idols? What makes you admire them?

SJ: I have a bronze statue of Adam Hills in my basement that I lather in soap once a day and every Tuesday I sacrifice a live animal in front of it before pledging allegiance to the Sun God.

R: Ah, Sammy, I think they just meant which comedian do you look up to. **SJ:** Well, I guess I look up to Adam Hills. The statue is three metres high.

When did you discover you had a talent for entertaining people?

R: In 1993 when I played the piccolo on the streets of Prague.

SJ: I too played the piccolo on the streets of Prague in 1993.

R: Sadly my piccolo career was cut short by a competing piccolo player – a blonde lad I recall.

SJ: Sure enough, a purple piccolo player showed up and thus began a turf war. **R:** We battled musically before a crowd of onlookers ...

SJ: But he escaped before I could destroy him.

R: Don't worry Sammy. I'll help you find that purple cretin one day.

SJ: Thanks, man. And I too shall do my best to help you seek revenge on your unnamed assailant.



Sammy J & Randy in *Ricketts Lane*
© Sticky Pictures

Was it always a natural ability? What kind of child were you? Were you funny even then?

SJ: You try surviving on the streets of Prague for twelve months with nothing but a piccolo.

R: You wouldn't find anything funny about that, I assure you.

How much of Sammy J on stage is the same personality as Sammy J at home? Is your stage and TV persona actually a persona or are you just being yourself throughout your performance?

R: I can assure you that the real Sammy J is practically indistinguishable from onstage Sammy J.

SJ: Hang on... On-stage Sammy J is a putrid, egotistical, neurotic, anal-retentive control freak.

R: Like I said.

SJ: Pass me my piccolo. This means war!



MELBOURNE INT' COMEDY FESTIVAL

29 Mar to 3 April and 12 Apr to 17 Apr 2016

Venue: Athenaeum Theatre – Melbourne

Time: 29 Mar to 2 Apr 9:30pm | 3 Apr 8:30pm
12 Apr to 16 Apr 7pm | 17 Apr 6pm

Tickets: comedyfestival.com.au



Stephen K Amos

BY RAQUEL NEOFIT

Stephen K Amos is synonymous with Australian comedy and, even though he comes from the other side of the world, he has our Aussie sense of humour down pat! After all, who could imagine a comedy festival season without him!

With a new show developed with the Australian audience in mind, he took some time out of his insanely busy Comedy Festival visit to chat to Vanilla Magazine...

Give us a run-down on what we can expect from your new show.

You can expect to laugh! This is my 10th year coming back to Australia (oh my word!) and to mark the occasion, I've got a new show cooked to order for you good Australian people. I love playing over here as the audiences are very comedy savvy; so this year expect an hour of tight gags, laughs aplenty and some forays into the audience – but no need to be afraid of sitting in the front row – it isn't about taking the piss, comedy's moved on.

It's hard not to think of you as an Aussie comedy staple, what keeps you coming back to Australia?

There is history to be learned about one of the most ancient cultures in the world here. It's very nice to be called an Australian staple, much like Vegemite, crunchy Anzac biscuits and meat pies – I feel very much at home in your country. I don't know if it's the weather that keeps me coming back, or the people, or the fact that you love to have a laugh and have some of the best comedy festivals in the world. Probably the weather.

Did you ever imagine when you first began stand-up you'd be spending so much time here?

I don't actually spend that much time here. I do a couple of festivals and record TV shows that are shown throughout the year – it gives people the impression I've never left! But when I began stand-up I didn't think I'd be here so much. Obviously I'd heard of Australia; I'd seen maps and watched Neighbours, but with its prehistoric killer species of crocodile, shark and spider, it just never featured on my to-do list. I had no idea that Australians had such a good sense of humour, because as I mentioned – we only get Neighbours.

Why do you perform comedy? What keeps you going back to it?

It's my job, so I have to keep going back to it or I starve and have my lights switched off. That said I do love my job and I'd be performing comedy in one way or another whether it was in a theatre here, a nightclub in London or just haranguing strangers in the street. There's no other job in the world where I can go to work and say what I want. I'm my own self-sensor.

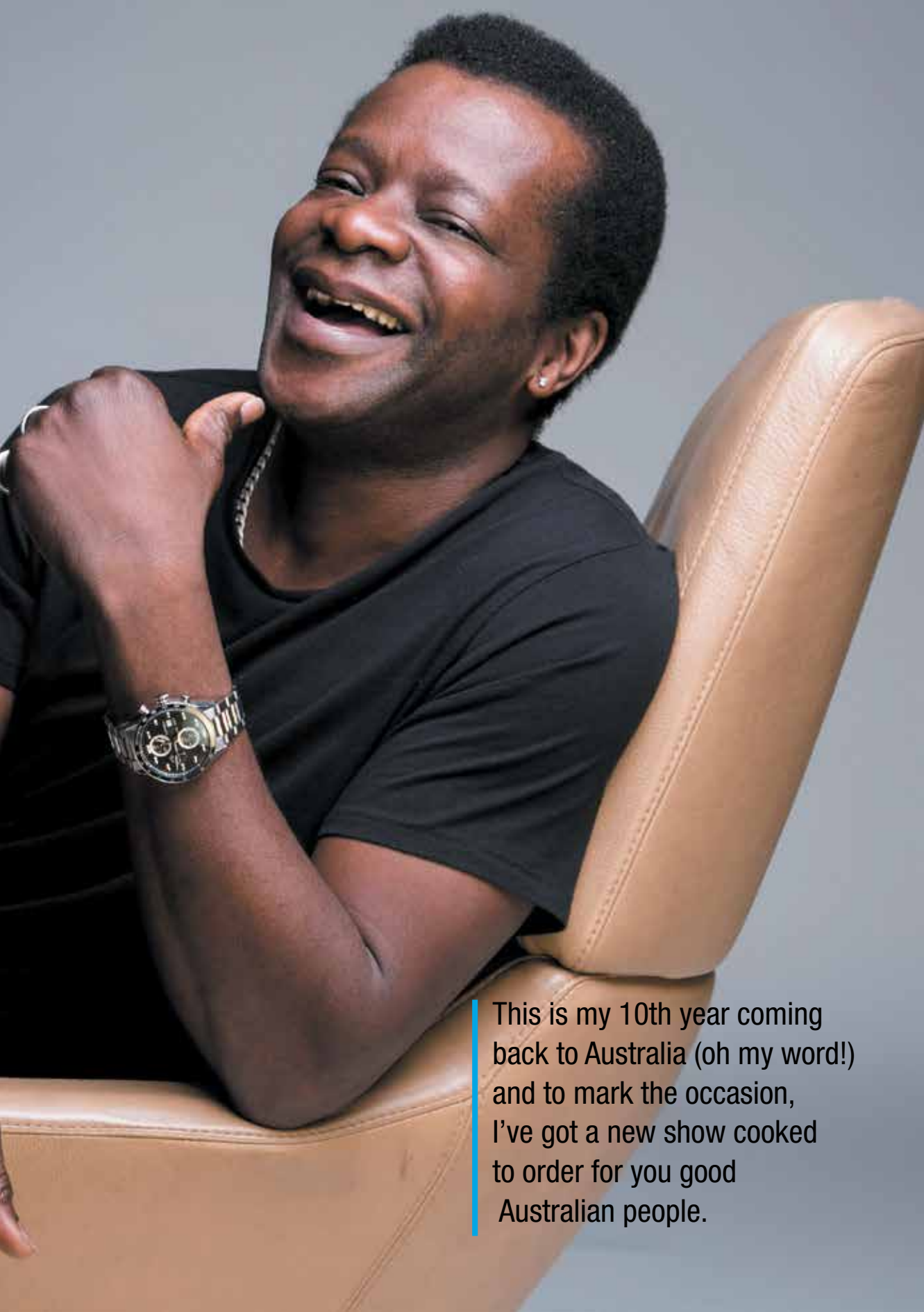
If you weren't a comedian, what do you think you'd be? What are your talents?

I studied law because I wanted to work in the UK's Citizen's Advice Bureau. That's an organisation that gives free legal advice to people who can't afford a lawyer and need help to navigate 'the system'. I always thought it would be very nice to get to know 'the system' and do my part to help to bring it down from the inside.

How do you deal with an audience that doesn't laugh where and when you want them to?

I shout 'laugh fool!' And wait for them to laugh or crumble into a pile of giggling goo at the build-up of awkward energy.

I can't berate an entire audience if they don't laugh at what I say. Audiences are different, there are many factors why a laugh hasn't come at a time I expected – usually because I've missed out a word in a new joke. People do normally laugh at the punch line though! Sometimes very savvy people laugh at the set-up because they think they can see what's coming.



This is my 10th year coming back to Australia (oh my word!) and to mark the occasion, I've got a new show cooked to order for you good Australian people.



Is there a pre-show routine you have. Do you ever get nervous?

Nervous energy can be a great adrenaline rush – never be complacent. I don't need a pre-show routine as I'm not superstitious although I've normally got Beyonce playing at full volume in my earphones while doing a few yoga positions and eating jelly babies, but only the green ones.

How does Australia stack up to the rest of the world where comedy is concerned and how well do we take non-politically-correct comedy?

There are quite a few great Australian comics making waves on the international stage. Australians are up there at the top of world comedy, however, in terms of political correctness, I don't think a line of what is acceptable to say or not acceptable is down to where you are from. It seems to be the fashion to knock political correctness and the lines are blurred, but it's down to the intent of the joke rather than the words. Some people can still say terrible things using reasonable-sounding language – just look at Donald Trump. If we replace political correctness with the words, 'respect, thought and common sense', then nothing is off limits. I believe in freedom of speech and freedom of expression.

Now I don't want to give the show away to those who haven't seen it, but part of your act in one show is based around how Australia has things that the rest of the world just doesn't have – black jelly babies and Coon cheese, for example. Do you make these observations in other countries and do they find it funny?

I absolutely will tell these jokes in other countries and yes they do laugh. You can make these kinds of observations about any culture, and if you live in the culture then you don't see it – but as an outsider I do. You'd get the same feeling about Curly Wurlys, Finger Maries or Toilet Duck if you came the UK.

Is comedy an easier platform to address the taboo? Does it make it 'more okay' for people to bring up touchy topics than in a serious manner?

I think it's a less threatening environment to talk about anything but it's not a lecture, it's a comedy show so the audience are primed and ready for jokes. In the right hands any subject can be tackled. Just look at the comedy greats who've gone before me and influenced a generation like Bill Hicks, Richard Pryor, and more recently Chris Rock. His opening monologue at the Oscars was sublime.

A few years ago you ventured into television / film, how's all that going? Anything on the horizon we should be keeping our eyes and ears out for?

It's going well. I'm constantly in talks about future projects but in this game nothing is guaranteed until it's done. I'm currently waiting for a call from Steve McQueen, Stephen Spielberg, Spike Lee and Oprah, so who knows?

Join Stephen as he chats with guests hand-picked from the theatre, comedy and music world. There will be at least a pinch of gossip, a smattering of banter and a dash of devilish repartee, and that's just from the host himself!

**The couch is ready, the stage is set and the seats are warm...
The only remaining ingredient is you!**

TALK SHOW

Venue: Supper Room, Melbourne Town Hall, 90–120 Swanston Street, Melbourne
Time: 4:30pm
Dates: Sunday 3rd April and Sunday 10th April
Tickets: \$36
Bookings: comedyfestival.com.au

THE LAUGHTER MASTER

Venue: Athenaeum Theatre, 188 Collins Street, Melbourne
Times: 7pm | 6pm Sundays | No Monday Shows
Dates: Thursday 24 March to Sunday 10 April
Tickets: \$44/\$42 Tues, Wed, Thurs & Sun, \$46/44 Fri and Sat
Bookings: comedyfestival.com.au or Ticketek





VANILLA

#localproduce
#preservativefree
#freerange
#onlythebestingredients
#grouppackages
#bookyourevent



JOHN AIKEN'S
THREE STEPS
TO LOVE





JOHN AIKEN is a clinical psychologist, published author, and appears as the relationship expert on Channel 9's *Today*, *Mornings*, and *A Current Affair*.

However, you may know him as one of the psychologists on the surprise-hit television series *Married at First Sight*, which last year saw four Australian couples meet for the very first time on their wedding day, and will see more couples undergo this extreme social experiment in series two this year.

John has also been working with the online dating site RSVP for a number of years as the dating and relationships expert; blogging, making videos, and upskilling members in dating and relationships.

This issue, *Vanilla* sits down and has a chat to John about the current dating scene, meeting people online, getting through the first date, and he answers the age old question, once you've got the relationship, how do you make it stick?

STEP 1: THE RULES OF ENGAGEMENT

What is your outlook on dating these days? Is it hard? Has it changed?

Dating is much easier now than it used to be because technology has changed so much that it has become an integral part of the dating scene. You can go online or use dating apps to meet up with like-minded singles. It is very easy now, regardless of age, to find someone that is a good fit for you.

So you are all for online dating and dating apps?

Yes, absolutely. The statistics on online dating and dating apps are now out – there is no longer a stigma attached to it, or being seen as a last resort – it is now one of the most recognised ways that people are meeting other singles.

Do you have any tips on perfecting a dating profile?

Definitely avoid spelling and grammar mistakes. Try and choose a handle that's not sleazy, like lovesocks69 lol. With your photos: make sure they're recent, avoid sunglasses and hats, avoid old photos that show too much flesh, and also avoid group photos where it's hard to identify you. As for your profile, just make it interesting! Rather than being generic, use some statistics about yourself. Or instead of just saying that you have an interest in wine, perhaps try something like "I love a beautiful Shiraz as the sun sets on the back deck". This will help to make your profile stand out.



What signs should we be looking for to know that we can take the next step to the first date?

Well, I think there are several things you should look for, and it is all in the way you communicate with them. You want communication that allows you to get to know each other, versus highly sexualised conversations. You want them to follow through on what they say: if they say they will text or call, they will. You also want to keep it at a pace that is good for the both of you – you don't want someone who is pushing you along or forcing you to go faster than you feel comfortable with. Lastly, you want them to be transparent when you ask them questions about their background; when you're trying to find common ground, you need to have transparency.



STEP 2: THE FIRST DATE

It's time for the first date – what should we do now?

There are a number of things you may want to consider: Make sure that the first date is in the daytime, at a café or over lunch, with plenty of people around. Keep the timeframe really light, one to two hours max. Tell a friend that you are meeting this person so they know what is going on. And leading up to the event, don't exchange any personal or financial details – this way you're staying safe the whole time.

When you meet them for the first time, it's important to think about your appearance. Don't try and wear something that you feel self-conscious in, wear something that you feel confident and relaxed in. Also, it might be a good idea to choose a place that you have been to before; you know where it is, you know where to park, you're aware of the dress code – this way, when you go in, you are as calm and as prepared as you can be.



What are some of the biggest dating mistakes we should avoid on a first date?

One of the biggest bugbears that I hear time and time again would be poor phone etiquette; you're with them and you're constantly looking at your phone.

Also, other big ticket items to avoid are: turning up late, talking about your ex all the time, being negative about yourself, putting yourself down, getting drunk, discussing your sexual fantasies, being really tight with your money, being rude to hospitality staff or taxi drivers, getting angry, or flirting and eyeing up other singles. Also, it may seem simple, but don't put down the person in front of you.

STEP 3: MAINTAINING A RELATIONSHIP

With the fast-paced world we live in, do you think it's harder these days to maintain a relationship?

I think there are more threats to a relationship now than there were before social media. Exes are now able to easily come back into your life with something as simple as a Facebook message. One person in the relationship, or both, can be consumed by social media, the iPhone or the computer, which means you are constantly missing each other's bids for connection.

And then you have the increased stresses of work, or you may have kids thrown into the mix, or a lot of debt, mortgages, or financial strain; not to mention the challenge of keeping up with the Jones'. So when you put all of that together, you can see the potential threats to relationships.



So essentially, we need to be paying more attention to our relationships?

I really think the key to navigating a relationship in today's age is remembering to make it a priority on a daily basis; not by doing big things, but by doing little things: sending a thoughtful text, kissing each other in the morning and when you come back at night, debriefing at the end of the day, complimenting each other constantly, expressing three things that you adore about each other every day. All of these are little actions but they add up, providing a culture of positivity.



Also, it's important to stick to little rituals of connection throughout the week, such as coffee before work, lunch on a Wednesday, Sunday brunch, or even just going to bed together – it's a simple way to create intimacy. A lot of people think that it is all about grand gestures once a month, such as flowers or date night – but that's really not the right focus at all. The right focus is doing little things daily and often.

Reminiscing is another great little thing you can do as a couple – it creates a whole host of positive feelings and helps to grow a couple's bond. A great idea is to get out three photos over the period of your relationship, sit down with a glass of wine and talk about them: what was going on with you at the time, how did you feel about each other, what were your hopes back then? It's a really wonderful thing to do, is so simple and has been shown to be very positive for couples.

NICE GUYS (AND GIRLS) **ALWAYS FINISH LAST...**

We all like to be nice and get along to a certain degree, but according to John Aiken if you're too nice it's going to hurt you in the dating game. You will become needy and desperate, wanting to please them all the time – and then your power in the relationship is gone. Your partner will become complacent and move on, because you don't challenge them anymore.

Are you unsure as to whether or not you are too nice? **Here are the signs to look out for...**

- You do all of the chasing
- You smile and say everything is fine
- You keep your opinions to yourself and your feelings under wraps
- You make the decisions on everything
- You are not able to put up boundaries
- You let your family and friends go, and make this person the centre of your world.



Michelle Bridges is the central figure, smiling and posing in a black short-sleeved button-down shirt, a bright yellow knee-length skirt, and pink high-heeled sandals. She is holding a white tote bag with a wooden handle. The background is plain white.

GETTING
YOUR HEAD
IN THE
GAME

**MICHELLE
BRIDGES**



MICHELLE BRIDGES knows what it feels like to face your fears, chase your dreams and handle setbacks – she's been there too and has come out stronger through self-belief, hard work and having a plan.

Not only does Michelle change lives through *The Biggest Loser* and her online exercise and mindset program, the *12 Week Body Transformation*, but she is also a best-selling author of thirteen books, and most recently, given birth to her beautiful son, Axel.

This issue, the girl from Newcastle shares with us some of the insights and practical life lessons from her new book *Make it Happen*. Whether you want to get a new job, find a partner, lose weight or buy a house, she is here to help you break down the barriers that block the path to

REACHING YOUR GOALS

Where do you think all of your determination comes from?

To be honest, I've been asked this question a few times before and I don't really feel that there's one answer. I've always been a believer that it doesn't matter what I say about myself, and it doesn't matter what other people say about me, my character will be defined by my actions.

So I guess I get part of my determination from having made such a difference to other people.

You mention in your book that your mum and grandparents were a big, positive influence in your life – is this something you would like to be for Axel?

You're right, my mother and my grandmother really did play a big role in my life. They were very strong women in their own right, but also very compassionate. My Nan shared lots of magic with me; she once said, "I don't want you to be that girl that asks: what is in it for me and who is going to look after me? I want you to be that girl that asks: Who can I be? Who can I be to my community? Who can I be to my friends? Who can I be to my family?"

The question "what is in it for me?" is like a microscope – it is very insular and close minded, whereas the other questions are like a telescope, they open you right up. As I got older, that whole concept really grew on me and now, as a 45 year old woman, I really get it.

As for my mum, she had a really strong work ethic. Every day she got up and was just so consistent, looking after two girls as a single parent in the seventies; which wasn't exactly common, or easy, and she did it all so well.

She juggled so much and I think that I learnt that from her, so of course I'm going to be passing that on, to the best of my ability, to Axel, as well as a strong work ethic and a very strong ethic around looking after your health, fitness and wellness. I also want to teach him the importance of chasing your dream and doing whatever it is that makes you happy.

When you first started out jumping around in lycra, you had a lot of people tell you to get a real job. How did you deal with that?

Yes, I did and I honestly didn't care. I didn't want my family to be upset or concerned for me, but at the end of the day I was just doing what made me happy and my family could see that. A lot of the time it was said to me in jest because they could see that I was really happy and really good at what I did – but they were always worried that I was going to wear myself out (which is certainly on the cards every now and again), and they couldn't quite see how, back then anyway, a real job could come from it.

And to my parents and my grandparents, a real job was working in a bank –
YOU KNOW, OLD SCHOOL.





And your success hasn't always come easy...

God no... But I don't know anybody whose success has really – there is always a back-story, there are always challenges and knockbacks – there are plenty of them with anyone who is successful.

IF YOU HAVE KNOCKBACKS, YOU GET UP, YOU LEARN AND YOU PUSH ON.

And what are some of your tips for dealing with those knockbacks in life and picking yourself back up?

Usually I allow myself some 'tantrum time' of some description – a nice little cry on the couch, a bit of stomping – and then once that's over I check in with who I am, what I am trying to achieve and what I believe.

I am very comfortable in my own skin, so when I look at some of the naysayers or some of the people who tear shreds off me or put me down, I just have to believe in who I am and what I am actually trying to make happen. In these times you should also rely heavily on your close loved ones if you can – a bit of a morale boost.

What's your advice to developing an emotional resilience to these knockbacks?

Every time you have a setback, a fail, a mistake; that is your time to grow. Even though it is hard to realise when you're in the thick of it, your pain and suffering isn't unique, as much as you might think it is; there is someone else out there who has gone down exactly the same path and has felt exactly the same way as you're feeling. Understand in that moment that you are growing and learning, and if you're smart enough to take the lesson and carry it with you, that will be when you start developing emotional resilience.

In your book you also talk about the importance of forgiveness...

Yes, I set people the task to go and "clean up their backyard". Even if it is something that happened several years ago, it is important to go and have a conversation with that person about it, because I can guarantee you that if it is something that is on your mind, then it is probably floating around in the back of that person's mind as well.

It is an interesting thing to do, and it feels good to do it, because it opens up a whole new avenue of communication with someone.

There is a lot of research to show that having those kinds of emotional stresses hanging around can have an effect on your health – I am a massive believer of this, I've seen it firsthand. I have seen many people suffer from bad health because of stress related anxiety caused by issues and tensions from family members or workplace problems, etc. Once they've cleared up the issue, the fog in their head starts to lift.

Ok, so once we've cleared up the fog in our head, what is the next thing we should do?

Make a plan! For example, if you want to get from your house to the airport, then you can't just expect to click your fingers and arrive – you need a plan – how are you going to get there? Are you going to drive, catch a taxi or a train? Will you have much luggage?

These are the **very basics**, but it is the same with business, a career and relationships.

It doesn't have to be a university thesis, it doesn't have to be an absolute pristine business plan, sometimes it might even be a bit of a loose plan, but you have got to have some time to create some order so you can get yourself to where you want to go.

Sitting on the couch wishing for it is not going to make it happen, so it needs to be simple! Sometimes the simplest plans are the best. Also, your plan needs to be realistic – I would love to be a seven foot tall Victoria Secrets model but it's not going to happen, so trying to train for that is ridiculous.

Most importantly, you need to be able to drop your ego if the plan does need to be changed. I have met some people who just want to stick with their plan, but really, if it is not working then you have got to make some changes.

Speaking of change, how can we dictate our own future?

You've got every opportunity to make the change in your life – you have got all the tools right there inside of you, but sometimes it takes a little bit of self-examination to figure out what your first move is going to be. Don't overthink things – you may end up not doing anything at all. I think you're better off just doing one small thing, and that one small thing will lead to the next change, which will lead to the next change.

I think that's just the way the universe works, once you make that first step strange things happen, and the next door opens, and then the next one.

SO MY POINT IS, THE ONE SMALL CHANGE YOU MAKE TODAY COULD MAKE A MASSIVE IMPACT ON YOUR FUTURE IN TWELVE MONTHS' TIME.



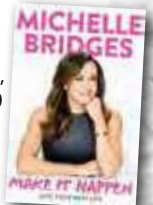
YOU'VE GOT TO HAVE A PLAN, MAN

According to Michelle in her new book *Make it Happen*, you'll only reach your goals if you make time to think about how you will get there. Here are her tips from her planning toolbox:

1. If you really want to hit your goals, have a well-considered plan in place.
2. Write down your plan to make it feel more real, and official.
3. It doesn't matter if it is simple, detailed or loose; it's just vitally important to have one.
4. Your plan may come out of dreaming dreams, or out of trying to overcome adversity. Either may work better at different points in your life.
5. If your plan's not working, or is proving to be not good enough, reassess, regroup, and draft a better plan, learning from your mistakes.
6. Commit wholeheartedly to your plan, work at it and be determined to see it through to the end. In short, believe in it.
7. Be open: your plan might have different outcomes to those you imagined.
8. Build some flexibility into your plan and allow some room for spontaneity.
9. Make sure your plan is SMART – that it sets Specific goals, has Measurable markers, is Achievable, Realistic and Time-based.
10. Imagine how good you'll feel when you reach your goals.



Extract from *Make it Happen* by Michelle Bridges, Viking, RRP \$34.99



SHANE DELIA



Images from *Spice Journey* by
Shane Delia (Murdoch Books)

SHANE DELIA is one of Melbourne's great success stories. Inspired by a trip to Malta, his father's homeland, he found a passion for food that has long been held within his family and culture.

At sixteen he left school to pursue his career as a chef, and since then, apart from establishing the great Melbourne restaurant Maha, he has created the very successful Biggie Smalls kebab shop, has three seasons of the divinely exotic *Spice Journey* under his belt and has popped up on screens in many food roles.



It's three years into *Spice Journey* now and it looks like you've made great connections. Is it the love of food that really connects you to these people?

The last three years have been great. We've told some stories that people want to hear about and things that I'm passionate about, we've shared food and cultures, and we've also shared things that I've been eating and exploring – it's been really great.

I think I get along with people who are just good people, irrespective of what they love or what profession they have.

Good people attract good people and I consider myself to be a good person.

I like to be around people who have a passion, have honour and values, and respect the people that are around them. In hospitality, the primary role is to be hospitable, so unless you're a good person, I feel, it's hard to be hospitable.

And you have a really cheeky personality – does that break the language barriers?

Yeah, I think a smile speaks any language, it crosses all boundaries and you get a much bigger reaction from somebody by showing them some love than hate.

It doesn't really matter what language you speak because we all speak the language of food and everybody likes to be treated well.

When I walk into somebody's house I try to be at my happiest, because I'm actually pretty honoured and flattered that they've opened their door to me and let us in, so the least I can do is show some gratitude. That's my way to breakdown those barriers.

We can tell on screen that you are grateful to be there, and also enjoying their company too.

Yeah of course. You know, I'm just a boy from Melbourne enjoying opportunities that a lot of people just don't get, and I don't take them for granted, that's for sure! I'm grateful for them.

They bring their own stresses and pressures with them but they're still great opportunities that I savour – but I wouldn't have been given half of the opportunities that I've been given if it wasn't for *Spice Journey*.

And do you learn a lot from these people?

Yeah heaps, heaps! You learn skills and passion, and you get exposed to new ingredients, new cultures, and even new people within different cultures.

For example we meet Turks, but then we meet Georgian Turks who are different people again; they've got their own stories and their own cuisines and values, so you learn about all of these sub-cultures within the wider culture.

And it's crazy like that because in Australia we don't have anything that distinguishes an Australian. What is an Australian? Is it you or me? Or someone fairer skinned with blue eyes or is it an Aboriginal? Or is it a Chinese worker who came here in the eighteen hundreds – is that an Australian? What is an Australian?

In Australia we don't really have these boundaries and these sub-cultures – we have these little ethnic groups that move in suburbs, but they're not really different cultures within the community. But in Turkey if you go to the Black Sea you experience Georgian culture with a Turkish slant and you get to do that everywhere. If you go to Lebanon or Syria you can feel that change in food, climate, and even values.



Part of the reason I love *Spice Journey* is that there are so many layers of the Middle East throughout history – you give us knowledge of these old empires and geographies in an interesting way, it makes you go, wow, that area is actually THAT place from THAT ancient civilisation...

It is great for me too because I get to learn a lot as well. I left school when I was 16 so I don't have an education that spans a university degree. My dad was really into archaeology and history so we did have a lot of that stuff growing up, but even now I'm no expert.

I suppose when you've been to a country, lived it firsthand and warmed to the people, you want to know more about their history.

And do you think that comes from your father wanting to preserve your own family culture?

Yes, definitely. When it comes to the Maltese the one jewel we have is our history. Malta has been one of the most historical dots on the planet, and for dad, embracing that and being proud of it was one of the ways to carry on our national identity.

And what a legacy you're leaving with *Spice Journey*!

Ah we all do our bit. I think everybody's father is an influence in their life, be it positive or negative. I think they always leave an impression, and I'm very lucky that my dad has left a positive impression, not just on me, but also the people my children are growing up to be. He's a great role model.

Back to Malta – you talk with a lot of admiration about Malta – have you taken the family back yet?

Maha and I have been, but the kids haven't; we haven't travelled overseas with the kids yet. My son is just about to turn four and my daughter has just started grade two, so I don't think that's really the age to be travelling; I want them to really be able to remember it. We will probably wait until they're older and at an age where I can explain what is going on and introduce them to people. Until then, we will just be exploring Australia.

And what other cuisines are you loving – you're so immersed in Middle Eastern food – what else do you eat?

I don't eat Middle Eastern food because I'm around it all day. Vietnamese food is one of my favourite cuisines because it's very clean and simple and produce driven. It is very humble I think and I love that.

I eat Vietnamese soup maybe three or four times a week for breakfast or lunch. I also like Malaysian food, and I love Italian food but I can only really eat it once a month because it is just so bloody heavy and I cannot say when enough is enough; I end up having an entrée pasta and four sides.

I love Middle Eastern food, French food and Italian food, but this is food that I have grown up cooking, so I don't really want to eat the food that I know. Having these foods every now and then as a treat is fine, but day in and day out I want fresh, crisp food that I don't know how to cook; I want the mystique.



Spice Journey by Shane Delia takes us on an exciting and exotic journey across the Middle East, exploring Shane's homeland of Malta and travelling through Lebanon, Iran, Morocco, Turkey and Andalucia. It includes wonderful stories of his past, his interactions with the people and the food of the Middle East, and he offers some real insight into these places through the joy of hospitality. Murdoch **RRP 49.99**





#vanillaupstairs

Photo: Maree Regan

THE TRUTH IS DOWN UNDER



BEN HURLE
Director VUFOA



With *The X-Files*' recent comeback and *Independence Day 2* just around the corner, and with reports of sightings continuing to flood the internet, the topic of UFOs remains as hot as ever. The truth may be out there but what about down under? Looking for answers, VANILLA Magazine catches up with VUFOA (Victorian UFO Action) director **BEN HURLE**, an experienced UFO researcher and investigator who is no stranger to **unexplained phenomena**.

A brief historical overview of UFO research in Australia...

Australia has a good history of researchers and organisations that have investigated the UFO phenomenon.

Most states have had investigation groups since the 1950s, who have provided a place for the public to report their experiences, such as UFO Research QLD, UFO Research NSW, Victorian UFO Research Society (now defunct), TUFOIC (Tasmanian UFO Information Centre) etc, plus various researchers, such as Bill Chalker and Keith Basterfield, who have done so much investigation and writing on the UFO topic as it relates to Australia.

Is research funded?

There is no funding for UFO research – we all do it out of our own pockets and have spent thousands of dollars. If we are to be serious about it, proper research funding is needed – without it there are too many separate groups and individuals who are not co-ordinated, or organised in what they are seeking. Funding would assist us to bring the best information and research results for the public and allow us to preserve the UFO history that is out there.

Tell us about the VUFOA conferences.

VUFOA held a successful conference in 2015 – The Edge of Reality conference, which had the best investigators in Australia presenting, plus international keynote speaker CHASE KLOETZKE from the United States. The conference attracted 120 attendees and was very successful – providing an opportunity for everyday Victorians to listen to, meet and mingle with the best researchers in a great environment. This year there will be a break, as VUFOA is going to focus on investigations again – but a new conference is being considered for 2017.

Is Australia a UFO hotspot?

Every state and every region has its own UFO history. There is no area untouched by this phenomenon. That's not to say they are here "everyday", in every location, but over time strong and reliable UFO events have occurred everywhere – if you explore and seek it out – this becomes very clear that the phenomenon is by no means exclusive or rare.

It is here and it is interacting with us...

I WANT TO BELIEVE

Describe five cases in or near Victoria that stand out.



1. Burkes Flat bending headlights encounter – 4th April, 1966 – businessman Ron Sullivan was driving from Maryborough to Wycheproof, to supervise a construction job when he encountered a “strange” light at an area known as “Burkes Flat”. As his car approached, the object divided into two halves, with tubes of coloured light passing between the two disks. Ron’s headlights were “bent” off the road by the object, and he narrowly avoided hitting a tree. Three days later, 19-year-old Gary Taylor was killed at THE EXACT SAME SPOT when his car collided with the tree Ron had narrowly avoided.

2. Westall School encounter – 6th April, 1966 – about 150 school kids and teachers saw UFOs in broad daylight at Westall High School – the objects landed and were even touched by some of the students, before departing when five planes appeared in the sky. The students were “silenced” and the whole incident “hushed” up.



Although it was recently explained as “radiation testing balloons”, questions and suspicions of government/military cover-up still remain.

The Westall incident has not been explained satisfactorily – radiation testing balloons do not behave as the objects that appeared on that day did. The objects came down, landed, took off again, lost solidity and became transparent when passing through the trees at the Grange Reserve, and took off, leaving the planes well in the distance – hardly the behaviour of balloons. To my mind, the incident remains an unexplained mystery.

3. Fred Valentich disappearance – 21st October, 1978 – the young pilot disappeared with his Cessna when he encountered a UFO over Bass Strait on his way to King Island.



4. Rosedale water tank incident – 30th September, 1980 – Farmer George Blackwell was awoken at 1am by his cattle going crazy. George went out to investigate and saw a UFO approaching one of his water tanks – the object hovered above the tank. George got on his motorbike and rode towards it, stopping at a gateway about 80 metres away. The object left the tank and landed on the nearby ground where it sat for a few minutes – just before it took off it emitted a “pulse” that knocked George off his bike, and then it flew away. George was sick for several days after and his watch stopped at the time of the incident. There were additional witnesses – an IPEC truck driver on the highway and a young girl whose parents owned the nearby general store – also saw the object flying away. A circular impression was left on the ground and the cows were skittish for days afterwards.

5. Kelly Cahill encounter – 8th August, 1993 – Narre Warren North – Kelly, her husband and two other cars with independent witnesses saw a UFO hovering over a paddock after midnight as they were all returning home. The object was as big as an olympic swimming pool and about as tall as a double storey house. It had large amber



“windows” through which the witnesses could see “people” standing and looking out at them. A blue light in a crescent shape appeared under the craft and a tall skinny “being”, all black, appeared, and then it was joined by others, 8–10 or so. The beings’ eyes all lit up red, like a stove element, and they charged across the field towards the witnesses – gliding not walking. The witnesses were hit by a “pulse” from the object, blinded and stunned. The witnesses reported the same looking craft and creatures when interviewed INDEPENDENTLY, and had triangular marks, puncture marks and some ligature marks as well... At the location there were marks on the ground and unusual traces found at the scene.

Lines between UFO phenomena and paranormal seem to blur...

I believe this is a strong clue as to what is going on – the phenomena is very “pliable” in that the objects and their pilots are often reported as “blinking in” and “blinking out” of our reality – people describe UFOs as sometimes becoming transparent and disappearing before their eyes. This indicates to me that perhaps they are coming from other dimensions that share the same place as our reality but may operate on different “frequencies”. The control of this is the key to how they get to us and return “home” again. I think paranormal events are very much related and ghosts, crypto creatures like “Bigfoot”, “Mothman”, etc. are also from other realities and that the nature of our reality sometimes “frays” allowing other entities to “access” our time and place for brief periods of time.

What are the most compelling accounts you have personally heard from witnesses?

I have spoken to many witnesses about the UFO phenomena and there are many compelling accounts. I was impressed by the Westall witnesses – their honesty and passion in expression of their experience was very impressive and consistent. Ron Sullivan from the “Burkes Flat Bending Headlights Case” is a genuine and honest man, beyond reproach, and listening to him recount his encounter first hand was an amazing experience.

A compelling case that came across my desk recently was from a man who, when he was a child, was travelling home from a party with his mother late one night, about 2am. He described a “beer barrel” type object lit up at both ends that flew “end to end” parallel to their car as they drove. The object veered out into a paddock and his mother instantly crashed through the fence and followed the object out into the waist-high grass in the field. The car pursued the object until it lost power and stopped in the middle of the field. The object took off over a hill. The witnesses were left alone in the dark and they began to walk back to the road in the tyre tracks the car had created through the grass. Suddenly the car came back to life and they returned to the vehicle and drove home.

The next morning the boy's mother ran in to his room and pulled down his pants – he had three scoop marks in a triangle shape – and she had the same.

Technology has made capturing sightings easier...

Yes, technology has enabled many more pictures and footage to come forward – this is a good and bad thing. The good thing is witnesses are now more likely to be able to “capture” some evidence to support their claims more readily. However, this has also led to a lot more “rubbish” that is not verified or tested, or being posted as “alien space craft” when often it is man-made or a natural phenomena. CGI also is a problem now, with realistic looking and convincing “fakes” being easily produced at low cost. They only “muddy” the data and confuse people, while the fake creators get their kicks out of “fooling” everyone.

Are UFOs real? What do you believe?

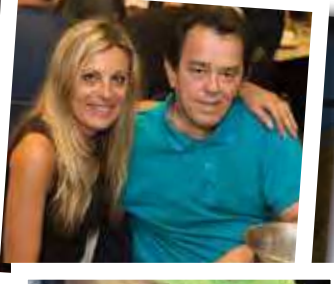
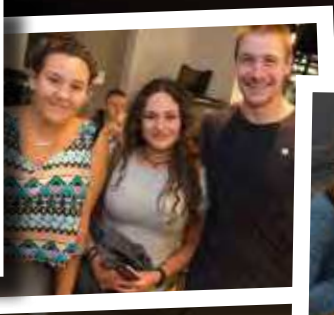
I believe there is compelling and overwhelming evidence that we are being “visited” by “others” from “elsewhere”. Where they come from and why they are here remains a mystery. But I feel we are now well beyond “Is it happening?” It is. The body of evidence around the world is there. If you study the evidence over the last 70 years, it is very compelling, and now we must focus on the WHY and WHO; these are the questions we should be exploring. Governments need to focus on this and also it's time to “reveal” what they do know. All of us as “citizens” of this Universe – have the right to know “WHO”, or “WHAT” we share our reality with... In the 21st Century, the public are ready for the truths that are being concealed from us.

Any personal experiences?

Personally, I have seen some strange and unexplained objects in the sky, both during daylight and night time hours. As I am a practical person, I apply all the “logical” possible explanations before I “conclude” that I have seen something that is indeed strange. I am very familiar with the sky, both natural and man-made objects that “should” be up there.

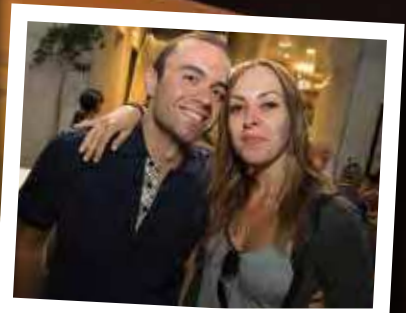
What I have seen has defied these explanations and as an investigator it re-enforces and supports what I see and hear from other witnesses and UFO experiences.

Any sightings to report? Visit www.vufoa.com





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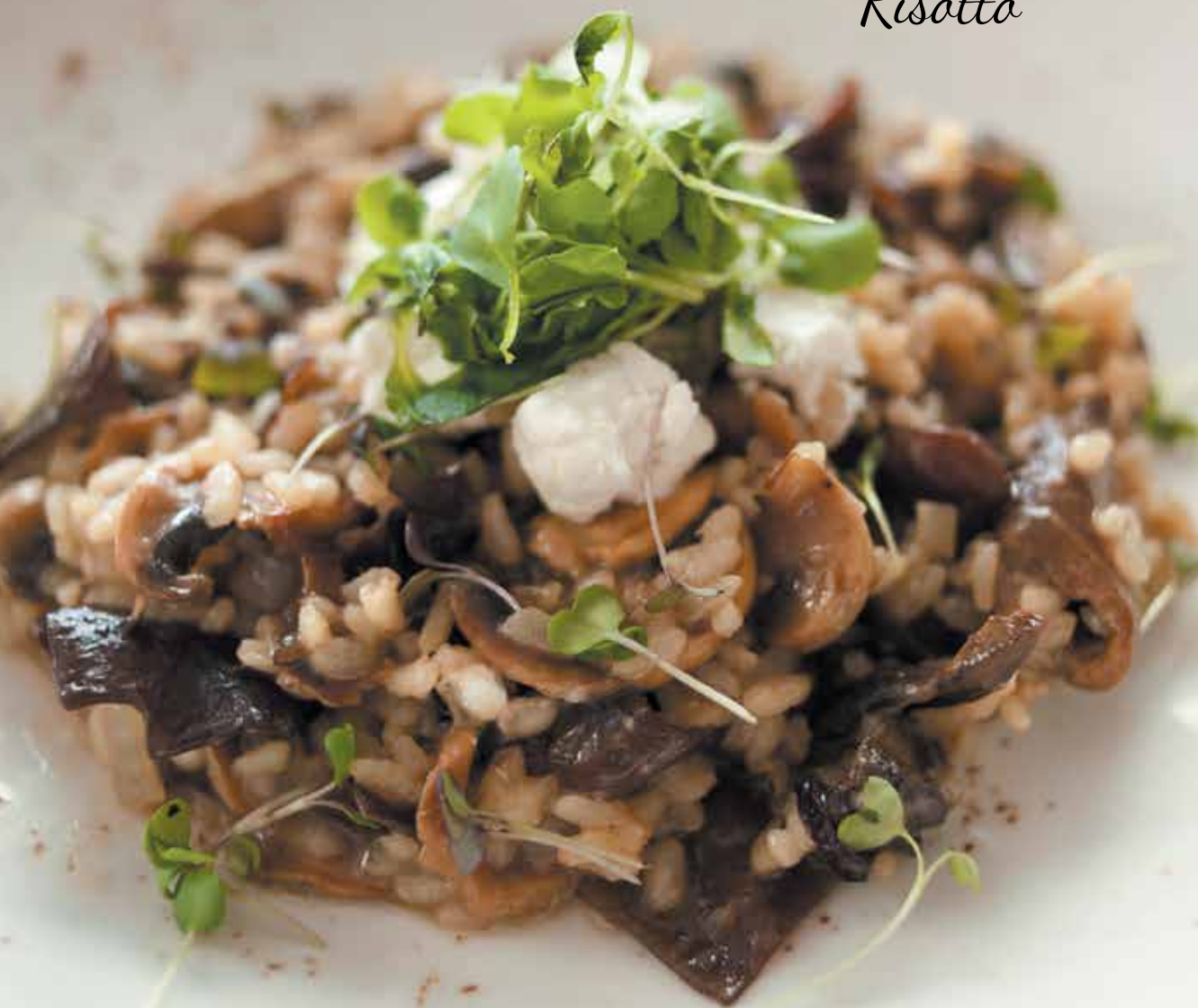
Bougatsa

*Home Made
Meatballs*



#jospercoaloven

*Field
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#sweettreats

*Red Velvet
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*Bounty
Milkshake*



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CULTURAL ADAPTATION THROUGH FOOD



Hola!

My name is **Ivan**, I am a stand up comedian from Venezuela and I am an immigrant.

Last year an Aussie friend invited me to go camping. I love camping and have done lots of it since I arrived in Australia, but I'd never done it with Aussies. I have always gone camping with Latino friends in Oz, never with Australians.

That camping trip was a big eye opener for me in understanding the Australian culture. See, I am Venezuelan and also Spanish. I was born and raised in Venezuela but my family is from Spain. In both of my cultures food is the protagonist every time people get together, and the word "camping", in both cultures, actually means "let's eat amazing food outdoors."

I remember going camping with my family. My mum would plan the whole menu for the camping trip. Breakfast, snacks, lunches and dinners. She cooked as much food as she could before the trip, vacuum-sealed and froze it for at least 48hrs so the food went rock solid. All the frozen yummy delightful bricks went inside an "Eski" along with ice blocks and some "dry ice" wrapped in newspaper to prevent nasty burns.

Amongst the yumminess: premade seafood stew for an outdoor paella; ready to eat Venezuelan-style pulled beef skirt

and black beans for a traditional Venezuelan breakfast; frozen Bolognese sauce; chicken stew; and veal and pork meatballs in Saffron sauce (one of my favourite Spanish recipes from my mum). Pasta, rice, potatoes and Venezuelan "Arepas" (our national white corn bread) all had to be made fresh on site – they can be frozen but the outcome is not so good!

Back to my Aussie camping experience. When my friend Rick from Adelaide invited me to go camping I was like "sure! Let me cook lots of stuff and freeze it just like my mum used to do back in Venezuela". He went "nah mate, don't have to cook anything, it's all sorted!".

So we went camping, and I learned a big lesson. Camping the Australian way is an enlightening experience, it reminds us that we can live with a lot less, as long as we keep ourselves drunk. I had a lot of fun and didn't need that much food. Rick only brought a bag of sandwich bread, a packet of sausages, one onion, tomato sauce, vegemite, four cartons of beer, 6 bottles of wine, 2 bottles of bourbon and some Coca-cola.

As an immigrant, I truly believe that the best way to learn about a new culture is through food. Yes, you can learn a lot about a country just by looking at what people eat. Let me give you more examples about Aussie food experiences and the lessons I learnt from them.

FOOD BEHAVIOUR: AUSSIES EAT VEGEMITE.

Lesson learned: When you do something good for an Australian, this person will never forget what you did for him and he/she will always be grateful, something similar to the ANZAC spirit.

Please explain: Let's face it, whether you are Australian or not; you know Vegemite is not tastier than cheese or butter. But why do we eat it? Then it hit me. Vegemite is made from brewing yeast. This yeast comes from beer. So, every time an Australian eats Vegemite he's actually paying tribute to the fallen yeast that died fermenting our beloved beer.



FOOD BEHAVIOUR: AUSSIES LOVE CHIPS.

Lesson learned: To be Australian is about having fun and keeping your inner child alive.

Please explain: Australia is the only country in the world where a bowl of chips is considered a complete meal. We know it's childish behaviour, but this is AUSTRALIA; the land of no worries! Obesity? No worries! Diabetes? No worries! Because eating chips is like being allowed to stay up past your bedtime. Fun!



FOOD BEHAVIOUR: MOST PUBS IN AUSTRALIA HAVE THE EXACT SAME MENU.

Lesson learned: Aussies are honest people.

Please explain: When I go to a pub, I read the same menu again and again. You know that menu: schnitzel, burger, fish 'n chips and salt 'n pepper squid. I can see the 'down to earth' Aussie honesty at its best! I read between the lines – "why bother cooking something different when this is the food we like to eat when we are drunk". Honesty is the most delicious policy.

FOOD BEHAVIOUR: CAN'T BRING FRUIT INTO THE COUNTRY FROM OVERSEAS.

Lesson learned: There's a fruit monopoly controlling the fruit business in Australia.

Please explain: At first I believed the fruit fly situation – then I realised how expensive mangoes and limes are in this country. Sometimes mangoes are like \$5 each! In Venezuela mangoes are ridiculously cheap! They are a weed. I have seriously considered smuggling mangoes back to Australia, but that involves serious commitment and excruciating physical pain. So, I now have a new bank account called "the mango fund" where I save money to eat mangoes on special occasions.



Food is the key to adapting to a new country. Want to know more about my Australian cultural adaptation through food? Come to my show "Chorizo Sizzle" where I will tell you the lessons I've learned from eating sausage sizzle, avocado on toast, fairy bread and drinking tea... amongst others.

IVAN ARISTEGUIETA

@IvanComedy | FB: Ivan Aristeguieta

PS: I hope you read this with a Spanish accent because I wrote it with one.

PSS: Now I know you are rereading this with a Spanish accent, *Gracias!*



BOOKS FOR COOKS, TRAVELLERS AND LIFESTYLE LOVERS...



GOOD BETTER GREEN

ZITA STEYN | RRP \$29.99

Zita says 'the key to eating well is to have the inspiration to make exciting dishes' and this book is full of delicious, nutritional, and attractive inspiration. It will certainly spice-up your sides and help you on your way to better health by incorporating fresh produce with new and exciting flavours.



SUPERCHARGED FOOD FOR KIDS

LEE HOLMES

Murdoch | RRP \$24.99

Lee's bright and brilliant take on food lends itself so well to the little people in your life too, and *Supercharged Food for Kids* not only makes the cooking and prep of healthy everyday foods easier, but she breaks down the complication of your child's nutritional requirements into easy to digest information.

All of their favourites are within these pages – chicken nuggets and wedges, pizza, mac and cheese, pink lemonade and icy poles – they will love the new dinners and treats!



THE WORLD'S BEST DRINKS

LONELY PLANET | RRP \$24.99

A dynamite little book full of the colourful world of drinks! LP takes us by the hand and leads us through a 101 class on the world's best cocktails, mixes, brews and drinking cultures, mixed in with the know-how on 'where to find them and how to make them'. It's bright, colourful and downright thirst quenching – dive on in!



EAT WELL NOW

IAN THORPE

Hardie Grant | RRP \$29.99

Who would have thought a young Thorpey would have been so interested in cooking and getting into the kitchen! Apart from sharing his own food story and some delicious but healthy dishes, he also shares some interesting food facts and thoughts throughout this easy to read little gem.



THE NAKED VEGAN

MAZ VALCORZA Murdoch | RRP \$39.99

From the kitchen of Sydney's organic raw food and vegan café, Sadhana Kitchen, comes Maz Valcorza's first cookbook where she shares her world of raw and vegan food. All stemming from a snap decision to take up yoga, Maz was introduced to the world of raw, vegan food. Now she's sharing her journey, and a little of the yogic wisdom that brought about this lifestyle change, in the pages of *The Naked Vegan*. From bright colourful juice shots to just as bright colourful breakfast crepes, pancakes and pizza bases, clean, crisp salad's and chipotle mushroom burgers – it's a clean take on super-healthy eating!



Images from THE NAKED VEGAN by Maz Valcorza (Murdoch Books) \$39.99 available now



COOK. NOURISH. GLOW.

AMELIA FREER

Penguin | RRP \$55.99

With a philosophy based on cooking delicious, healthy food that will change your life, nutritional therapist Amelia Freer equips us with all the know-how and inspiration to get us back to eating real food with ease and confidence. These recipes are simple to follow and will fit easily into busy lifestyles and are followed by easy to digest advice on health and nutrition. It has beautiful, clean photography.



BAKECLASS

ANNEKA MANNING

Murdoch | RRP \$45.00

Nothing beats step-by-step instructions when you're dubious and uncertain in the art and science of baking! If you're starting from scratch it can be a little daunting, especially when a recipe or two haven't worked out in the past.

Well say goodbye to the uncertainty thanks to food writer and teacher, Anneka Manning's BAKECLASS!

She lays it all out with simple writings on baking background, tips, techniques and instructions and shares her decadent recipe collection along the way.



Images from BAKECLASS by Anneka Manning (Murdoch Books) \$45 available now



MAGGIE BEER'S AUTUMN HARVEST

Penguin | RRP \$29.99

Don't forget Maggie's seasonal extracts from her full volume Maggie's Harvest. Those of you who relish autumn produce will love this book. It will help you make the most of the autumn harvest.



REAL DELICIOUS

CHRISSEY FREER

Murdoch | RRP \$35.00

Nutritionist and food writer Chrissy Freer is guiding us through autumn and winter with a delicious line-up of nutritionally dense, delicious and inspiring recipes – full of fresh produce and a healthy approach to eating and cooking. Imagine an autumn scented with the aromas of beef and fava tagine with preserved lemon salad and roasted garlic, parmesan and olive flat bread; or a soothing chicken soup with barley and greens; or maybe a slow-cooked lamb shoulder with caponata is more up your alley – all with a healthy twist and fresh approach.



Apple Bites

By JOANNA PSARAKIS



Since the dawn of time the apple has been used as a symbol to represent knowledge, wisdom, immortality, abundance and health in mythology, storytelling and fine art.

It has also appeared as a *symbol of love*.

Historically the apple tree has often been depicted as the 'fruit of knowledge'; think Isaac Newton and his falling apple inspiring the universal law of gravity – the apple is even featured on his tomb in the UK.



HOW THE ADAM'S APPLE GOT ITS NAME

Just how did the Adam's Apple get its name? I was curious and it turns out it all comes back to the larynx, which is located in the throat. The origins date back to the story of Adam and Eve and the Garden of Eden. Legend has it that when Adam ate the apple offered to him by Eve, a piece of the apple got stuck in his throat, or larynx, and made a lump that remained. The Adam's Apple was caused by the forbidden fruit sticking in his throat as he swallowed.



In a biblical sense, the apple represents the 'forbidden fruit' in the Garden of Eden. It is said that Eve was tempted by the forbidden fruit; "she took of the fruit thereof, and did eat" (Genesis). This forbidden fruit, which was later attributed to the apple, granted wisdom of knowledge of good and evil.

Today it remains a primary symbol for all of these things, but it also has a long list of other representations. There is Steve Job's brand Apple, or New York City, long known as 'The Big Apple'. We even have our own apple isle in Australia, way down south; have you been to Tasmania recently?

Let's take a look at some of the other people, places and things apples have symbolised; past and present, and the true place apples have in our lives.

THE APPLE OF ST. IRENE

In Greek Orthodox Religion, St Irene Chrysovalantou is celebrated with the priest giving his congregation apples at the end of the Divine Liturgy. A prayer is used to bless the apples that are to be distributed to the faithful. It is believed that these blessed apples increase a woman's chance of conception and provide wondrous healing when consumed.



APPLES IN GREEK MYTHOLOGY

In Greek Mythology, apples were a symbol of knowledge and immortality and were considered 'fruit of the Gods'. They were often associated with Ancient Greek Gods as a symbol of fertility, sexuality and abundance and even had healing powers when consumed. They also represented negative or earthly human tendencies such as pleasure, selfishness, gluttony and temptation.



In one myth, Hercules achieves immortality by eating a sacred apple – the golden apple of the Garden of Hesperides. Hera was Queen of the Gods and was married to Zeus and owned precious apple trees, given to her as a wedding gift from Gaia (mother earth).

The apples were golden in colour, tasted as sweet as honey and were considered magical. It was said that if anyone consumed these apples they were granted immortality. The Hesperides (goddesses of the evening) were responsible for looking after the apple trees. Hercules, son of Zeus, stole this precious fruit with the help of Atlas, the giant. It was believed that this act started the Trojan War.

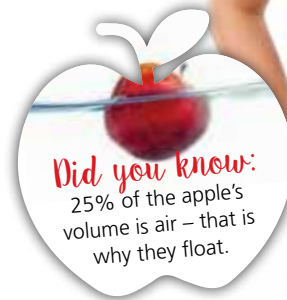
Did you know:
Hippocrates prescribed apples for nutritional healing.

HEALTH BENEFITS OF APPLES

Apples are members of the rose family and are referred to as the 'tree of life' due to their amazing health properties. Apples are one of the healthiest whole foods we can eat! Apples are high in fibre and vitamin C, contain zero fat and zero cholesterol. They are super rich in antioxidants, ranking among the highest for fruit, making them the perfect whole food to combat anti-ageing and build a healthy immune system.

REGULAR CONSUMPTION OF APPLES CAN **HELP TO**:

- 🍏 Boost your immune system
- 🍏 Keep you fuller for longer and support digestive function
- 🍏 Lower cholesterol and protect your heart
- 🍏 Decrease the risk of diabetes
- 🍏 Improve brain function
- 🍏 Improve oral hygiene
- 🍏 Speed up metabolism and boost calorie burn
- 🍏 Increase muscles and provide energy
- 🍏 Protect the joints
- 🍏 Boost recovery from illness
- 🍏 Improve respiratory and lung function; reducing asthma in children



WINTER INSURANCE POLICY

There's a good reason apples are a winter harvest fruit – they're one of the best preventions and remedies for the common cold, along with oranges. Apples are just another gift from mother nature, to give us what we need to naturally fight the winter cold and flu battle.



HOW TO ENJOY APPLES



Apples can be eaten whole, juiced, baked, preserved and canned. There are so many varieties ranging from sweet to tart. Eat your apple with the skin on to offer your body the most nutrients.

Apples can be fermented to produce apple cider vinegar, which can be added to salads or used to preserve food. Apple cider vinegar is one of the oldest, most powerful, healing home remedies. It has been used medicinally to treat a variety of ailments and skin conditions – even cleaning wounds – making it an amazing health tonic to have in your pantry. You can also make alcoholic and non-alcoholic cider; a very popular drink in many cultures.



There are so many varieties – really, we are spoilt for choice. Fuji, Gala and Granny Smith are by far the most popular varieties. I encourage you to expand your horizons and visit your local farmers' markets to explore some of the forgotten flavours of heritage apples.

By consuming a variety of colours throughout the apple season you will experience the health benefits of apples. As the age-old saying goes, an apple a day really can keep the doctor away!



MAGNIFICENT MAGNESIUM

MAGNESIUM has more recently been rediscovered as the mineral we have been bypassing for good health. The health benefits of adding magnesium back into your day are outstanding and it isn't any wonder, since this spectacular element is required for over **300 enzyme reactions** and is responsible for thousands of biochemical reactions in your body.

With this in mind, health care professionals are now referring to magnesium as the single most important nutrient you can supplement for great health. This should come as no surprise since it supports wellness on the whole, is a key player within our cells, helps us to maintain balance, comes to the rescue when we are under stress to help us relax and helps us avoid illness. But whilst it may be the new



superhero of supplements, it is thought that a magnesium deficiency is more than likely the most common nutritional deficiency in the developed world. Chances are – you need some in your life!

For you, that means it might help treat a swag of conditions as well as help reduce symptoms from some of the more chronic illnesses we face in the modern world, especially those associated with stress and aging. Magnesium is important to help support and sustain the health of your heart and blood vessels – meaning we can use it to promote and maintain healthy blood pressure and keep the heart muscle in check for prevention of disease. It is imperative for healthy bones. Where we once thought calcium was the magic bullet to supporting bone health, we now know magnesium is equally, and in some instances, more important in the prevention and treatment of osteoporosis. A natural blood thinner, magnesium has been used much like aspirin in prevention of strokes and heart attacks. It's all good!



As for your hormones – **magnesium makes them!** It supports your thyroid, helps to lower blood sugar (which is useful for not only those with polycystic ovarian syndrome, but those with diabetes) and regulates cortisol (the stress hormone). Magnesium is also considered anti-aging and it is useful to promote sleep and treat mood disorders.



Is there anything this mineral can't do? Seems not! As with all minerals, it needs to be present in our soil where food is grown for us to utilise. Foods high in magnesium include nuts like almonds and brazil nuts, as well as beans, flaxseed and sunflower seeds, and my favorite – cacao! Now there is a good reason to enjoy good quality dark chocolate; guilt free!

MAGNESIUM RICH FOODS

HIGH – dark leafy greens, nuts and seeds (especially pumpkin seeds), dark chocolate



MEDIUM – fish, beans, lentils, brown rice, figs



LOWER – bananas, green beans

So **how much** magnesium do we need in our day?

Many health professionals are suggesting up to double the recommendations currently prescribed to draw on these health benefits. As it stands, the recommended dietary allowance (RDA) for men is around 400mg per day and the RDA for women is around 300mg.

Just like oils ain't oils – be mindful of where you are sourcing your supplement should you choose to add it to your regime. Poor quality supplements are easy to spot – they are typically cheap. To ensure you are actually getting value for money, you want to make sure your supplement is providing you with the RDA. It's easy to spot an imposter!

Spend money to get **quality** – it's a simple rule.

Since it has so many essential functions and seems to protect us from serious illnesses across the spectrum, magnesium really is the miracle mineral and something you can really easily add into your day.

DR NAT KRINGOUDIS
www.natkringoudis.com.au

SIOBHAN KELLY of the Napoleon Perdis Creative Team shares

NAPOLEON'S *Best Kept* BEAUTY SECRETS



1 Save time, avoid makeup mishaps and open up the eyes by applying mascara first. Start your look off by cleansing and priming your skin, then apply your favourite mascara. Applying it at this stage of your routine helps to map out your look and tell you how much more to apply. Bonus – if you accidentally smudge your mascara, it can be easily wiped away.



2 For a dewy, glistening highlight, try one of Napoleon's favourite backstage tricks; mix a loose metallic eye shadow with a clear lip gloss and simply apply a touch to the top of the cheekbones.

The result is a fresh and luminous look with real staying power.

3 Soothe, cool and de-puff tired eyes by making a DIY eye mask. Place your primer in the fridge for a few hours, apply a 5 cent piece sized amount under each eye and then leave on the skin for 5–10 minutes. For best results let your skin absorb the primer and do not rinse off.



4 Stop eye shadow from creasing by setting the concealer/foundation on your eyelids with a pressed or loose powder. This extra step will prevent excess oil being produced by your eyelids mixing with your eye shadow and creating that unwanted crease. For best results, apply the powder in a pat and roll motion as opposed to dragging the brush over the skin, which can move your strategically applied concealer. A large round brush will do just the trick.



5 Keep sensitive skin feeling fresh and hydrated after using makeup wipes by using it in conjunction with something soothing; place a 20 cent piece size of primer or moisturiser onto the wipe and work through, then wipe over your face as normal.

6 To stop lipstick from bleeding, line your lips last! Begin by applying your favourite lipstick over the entire lip, then line your lips using a sharpened lip pencil. This trick will keep the lip edge looking crisp and prevent your lipstick from smudging.



7 Combat shine and create a flawlessly even texture that lasts all day by using a mattifying primer. When applied before foundation the translucent, superfine powder works to minimise texture imperfections and absorb oil, meaning your base will last longer, and stay shine free for longer.



8 Due to the thickness of the skin on some areas of the body such as the knees, elbows, ankles, heels, soles of your feet and palms, they are prone to absorbing more faux tan than others. To prevent these spots from being a tell-tale sign that your tan is faux, apply primer to these areas before applying your tan; primer will act as a barrier against over-absorption of the product for a more natural looking result.

9 Want dewy supermodel skin? Create an instant luminous base in seconds by mixing a loose and shimmery golden eye shadow into your foundation.

For best results apply using a foundation brush.

10 Just realised you've run out of eyeliner? Never fear. If you have a mascara in your makeup bag, you have the perfect solution. Mascara formulas double as a great eyeliner and have incredible durability. Simply swipe your mascara wand on the back of your hand to dispense a little product out, then take a small angled brush and apply the formula as an eyeliner.

11 Turn broken or shattered bronzer and blush into lip gloss shades by mixing them with a touch of clear lip gloss. Mix the powder with a gloss until your desired shade is achieved, then apply to the lips with a lip brush.



12 Make the most out of your lipsticks by doubling them up as cream blush; lipsticks make for the perfect creamy blush as they leave a subtle tint and are so easy to apply.

For a natural look, tap a small amount onto the apples of the cheek and blend in with your fingertips.



13 To avoid false lash mishaps, apply glue to the lash and allow it to become tacky before applying it to your eyes. This will ensure your lash adheres quickly to the eyes and achieves a seamless application.

14 Brighten the look of dark circles under the eye with a secret makeup artist trick. After concealing, apply a wash of orange lipstick onto any dark areas using your fingertips or a brush. The orange works to counteract blue/purple tones commonly found under the eyes. Bonus – the creamy lipstick texture keeps the area looking smooth.

15 Make your pencil eyeliner stay put all day and avoid a nasty raccoon-eye by setting the liner with a small amount of eyeshadow. After you've applied your liner, use a small angled brush to press a matte eyeshadow in a similar shade over the top; the eye shadow sets the pencil and ensures a smudge-proof result.



Cleansing is an integral part of the Napoleon Perdis philosophy and they've developed a range of products to suit all skin types and desires...

Auto Pilot Duet Makeup Remover
RRP \$39.00 – light and refreshing this innovative oil and water combination removes all traces of eye makeup easily and gently.



Auto Pilot Hydrating Milk Cleanser
RRP \$59.00 – exactly as the name states this cleansing milk is super hydrating and feels divine on your skin.



Balm Voyage Moisture Complex Cleanser and Makeup Remover
RRP \$59.00 – a brilliant combination of a luxurious and hard-working product that leaves a silky finish.



Marshmallow Foam Makeup Remover
RRP \$39.00 – for those of us who love a light foaming cleanser this one is the product for you!

Auto Pilot Lift Off Wipes
25 pack RRP \$19.00 – these wipes are super convenient and super refreshing – a definite handbag or makeup bag must-have!



BEAUTY

Masque Me





To keep your skin looking and feeling its best, turn your attention to the ancient art of **FACE MASQUES.**

Steeped in tradition and history, masques are full of minerals that help draw out toxins and restore healthy skin. Masques are designed to sit on the skin for a short period of time, allowing the active ingredients to absorb deeply.

Some of the better known cultures throughout history that used facial masques included the Egyptians and the Chinese. It's often said the face masque originated from Cleopatra, who first began by placing egg whites on her face, allowing them to absorb into her skin and dry before rinsing to reveal revitalised skin. The Egyptians are also famous for their use of clay masks, originating from Dead Sea Mud, still reputed as one of the most beneficial clay masques today.

Then we move over to the royals of the Tang Dynasty and Yang Guifei, who was famous for her breathtaking beauty. Yang Guifei was reported to use a combination of pearl, white jade and ginseng that was ground into a fine powder and combined with lotus root starch. It was left to absorb into her skin and was rumoured to whiten and reduce wrinkles and spots.

BENEFITS OF MASQUES

There are many masques around that offer different benefits but the most common uses of a masque are to:

- Refine
- Nourish
- Soothe and calm
- Purify
- Revitalise
- Reduce redness and inflammation
- Brighten skin
- Soften skin



CLAY MASQUES

Full of minerals, clay masques draw toxins out of the skin and restore healthy skin. We've already touched on the benefits of Dead Sea mud, but another great clay option is Kaolin Clay or, as it is also known, China clay. Originating from the Kaolin Hill's in the Jiangxi province of China, it's believed to clear the skin of pollution, oil and dirt. Then we have Montmorillonite Clay, which draws out oil and toxins from the skin; it's especially effective in the fight against acne.



Masques derive from a variety of **natural ingredients** including:

ALOE VERA – rebuilds damaged skin cells. Aloe is soothing and great for problematic skin.



AVOCADO – great for dry skin. They are high in oils and deeply cleanse the skin. It's also high in potassium, known as the youth mineral, and has great cell restoring properties.



COCONUT OIL – heals and moisturises.



HONEY – protects from the sun and deeply moisturises.

YOGHURT – provides probiotic properties, which are wonderful for ageing or damaged skin.



PRODUCT Reviews...



Dermalogica Multivitamin Power Recovery Masque \$70.00 Creamy, light and replenishing, this masque works a treat!

Sanctuary Spa Time Reversal Face Mask \$19.95 Light and sweetly scented, it leaves you with soft, hydrated skin.

Jar Body Amazon Clay Masque Kit \$38.95 Jar's mud mask is a true spa style treatment and I just love the process of mixing and applying the mud as you need it – it leaves skin feeling divine!



Natio 10 Minute Brightening Mask \$19.95 This cooling moisture-rich mask leaves skin feeling soft and subtle – great value!



Napoleon AUTO-PILOT Radiance-Boosting Mask \$85.00 Napoleon's luxurious gel-like mask does exactly what it says it will – boosts your skin's radiance! It's rich and dreamy.



HAIR

GALAXY HAIR

OUT OF THIS WORLD COLOUR



Autumn is all about colours changing and morphing all around us – and this year, hair trends are no different. So we have caught up with Fudge's **Tracy Hayes** to talk hair that is out of this world!

Where and when did galaxy hair start to take off?

The galaxy hair trend really took off last year. Colourists love to push the boundaries and explore their artistic side when it comes to hair colour trends. Paintbox colours, whether vibrant or pastel, have been so popular for the last few years because of their pigmented tones and ability to work with all colour trends.

Another colour trend on the rise is Macarooning – it is all about layers upon layers; think Teresa's hair in our hero shot for the Paintbox relaunch.

What inspires galaxy hair?

The galaxy hair trend is inspired by the beautiful, whimsical colours of far off galaxies. Colours are blended to mimic the swirling colour mixtures of deep outer space. The look is quite literally out of this world!



What's the best advice you can give someone who is prepping their hair for this look? Is there anything we can do to make it work better or the colour last longer?

To prep the hair and achieve a successful colour result, the hair needs to be pre-lightened to a pale blonde. Normally, bleach would be used for this. I always recommend having this done professionally, to ensure hair remains in the best possible condition. The stronger the hair is when the colour is applied, the longer the vibrancy will last.

Colour – is it easier to maintain pastel shades over bright, pigmented colours?

Actually, pastel shades will not last as long as the more pigmented colours. The reason for this is, with each shampoo, the colour will fade slightly. As pastel shades are already lighter than the brighter, more pigmented colours, they tend to have a shorter life span.

What are your favourite styles or looks when it comes to galaxy hair?

With any multi-tonal hair colour, it is crucial that the blend between shades is seamless. To help with this, and accentuate the complimentary shades, I always opt for loose waves. They are perfect for helping the colour blend flawlessly and work to soften intense colour looks, such as galaxy hair, and make it more wearable. Try spritzing mid-lengths and ends with the **Fudge Salt Spray** (RRP \$19.95) to help the waves stay in place and create some texture.



How much work is it to do and maintain?

Maintaining galaxy hair requires serious commitment. You should always wash your hair with cool water using a colour enhancing shampoo and conditioner.

I also recommend rinsing and shampooing section by section, not massaging the whole head of hair together. This is gentler on the hair and it will ensure all of your hair is being treated by the colour enhancing shampoo and conditioner. I love the **Fudge Colour Lock range**; \$19.95 each. However, if you have opted for pastel tones they can be shampooed as normal.

When it comes to topping up the colour, if the application has been applied in precise sections, this is generally easy to re-apply. If the colour has been applied in a more abstract manor, this may be harder to follow. If this is the case, I suggest you let the colour fade completely before another application.

Tracy Hayes is the Head of Technical Training in Colour for Fudge.



GALAXY HAIR HOW-TO

1. Wash and towel dry hair.
2. Section hair carefully to make it easier to create a multi-tonal colour effect.
3. Starting from the upper sections of the hair, apply Fudge Paintbox in Pink Riot to your roots with a tint brush.
4. Once you reach the crown of your head, use a separate tint brush to apply Fudge Paintbox in Coral Blush. Continue on with this shade until you reach the nape of your neck.
5. Next, select alternative sections of the hair from the nape of the neck to your ends and apply Fudge Paintbox in Turquoise Days, Chasing Blue and Purple People – we like to apply Purple People on the outer sections, and mix Chasing Blue and Turquoise Days in the centre.
6. Following application, comb colour through with a wide-tooth comb; this will help to blend the shades and create a multi-tonal effect.
7. Allow colour to develop for 15 to 30 minutes and then rinse until the water runs clear.
8. Follow with shampoo and conditioner. Colour will last between three to thirty washes.
9. To style, use a curling tong to create loose waves. This will accentuate the colour and ensure a smooth blend.



TIP: experiment with the placement of colour to change the look!

This Autumn
Dress Up Your
Work Day...
You're Worth It!



The workplace is a space in which image management is the most crucial, so why do we continually push workwear to the bottom of our shopping list when it comes to value? This season it's time for logic to prevail, allowing YOU to feel more amazing, more often!

When shopping for work attire, how often do you look for a cheaper alternative and say to yourself '...it's just for work'. Or, on the opposite end of the scale, '...I don't want to spend that much on something for work'.

If you work full time you spend a minimum of 50 hours per week in your workwear. That is an approximate equivalent to the number one outfit in the wardrobe – your pajamas (only, not many people see you in those)! Consider this little calculation and then consider your attitude toward your work wardrobe...

It is time to make your workwear (and PJs) a priority and let yourself feel great throughout the majority of your week!



Nocollection
RRP \$570

THE TRENCH

If you select the right trench coat it will take you through both autumn and winter. If you invest in a trench, it will take you through autumn and winter for the next three years! Six years ago I purchased a beautiful Karen Millen trench for \$600, which was a significant amount given my wage at the time... I still wear that trench today, and it still looks as good as the day I bought it. That is the difference – you get what you pay for when it comes to fabrics and going that next level up will save you dollars long term.

Vivetta RRP \$990



Burberry RRP \$1,600

Here I have selected five options at different price points but all will stand the test of time in both design and wear, assuming you look after it of course!



opshop RRP \$140



Karen Millen RRP \$600

SHOES

As a graduate accountant in my early years, I became very cunning at getting value for money when it came to work attire. I noted which brands worked best on my body shape and penciled their sale times into my calendar each year. Looking back, it was with my shoes I saved the most money without lowering my expectations on quality. Leather soles are a necessity for me; they are far more comfortable, quieter and if you loooovvveee them, you can have the soles replaced when they wear. If you have never worn a pair of leather soled shoes, I highly recommend it. They are, however, more expensive so keep your eye out for those all important SALES!



Michael Kors RRP \$95



Gianvito Rossi
RRP \$780



Taryn Rose RRP \$120



Sergio Rossi RRP \$750



Office RRP \$90



Paul Smith RRP \$250



It is time to make your workwear a priority!

BAG

Finding the balance of practicality and style when it comes to handbag selection is one of the greatest fashion challenges for me. I am continually leaning towards the latter and find myself in a predicament when it comes to use (still learning)! With work though, practicality is paramount. Depending on your occupation, a satchel or even a backpack might be more suitable, but don't worry, most labels have cottoned onto this and even your backpack can now look like it fell out of a page from Vogue!



The Cambridge Satchel Company **RRP \$225**



N'Damus London **RRP \$170**



Zac Posen **RRP \$440**



Phillip Lim **RRP \$1,450**



Topshop **RRP \$165**

TIMEPIECE

Typically thought of as more of a fashion statement for the gents, a beautiful timepiece will put a smile on YOUR dial! Watches are very much personal taste and they do tell you great deal about one's character and style. Here I have provided a number of options that speak to me, but I think it is important to shop around for this item. Obviously a watch is worn through many different looks in life so it needs to lean out at you when you spot it – like when purchasing jewels!

TAG Heuer **RRP \$2,300**



Karl Lagerfeld **RRP \$380**



Michael Kors **RRP \$320**

Skagen Denmark **RRP \$180**



Michael Kors **RRP \$630**

Calvin Klein **RRP \$475**



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

@breelaughlin

SECRETS *Shhh*

This issue we catch up with Secrets Co-Founder and Managing Director, **JANE MEREDITH**, to discover what's in store for Autumn/Winter 2016 and where they're pulling their inspiration from...



Where has the Secrets design team found their inspiration for the Autumn/Winter 2016 collection?

The inspiration behind the new Autumn/Winter 2016 Collection came from understanding how the autumn days and winter nights make us look and feel. It is a dramatic season in fashion with luxurious layered looks and statement jewels. There is a certain warmth that is felt when autumn arrives with the change in colour and scenery. Then a sudden, almost arctic, chill when winter arrives. We really wanted to try and capture this in our limited edition jewellery designs for this season. We also noticed a huge trend on the European runways for bold designs and strong colours.

What are some of your favourite staple pieces for the season to ahead?

A dramatic dress ring! I am in love with the Secrets Midnight Rings from the Autumn Winter Collection. They look great with classic black, white and navy looks.

I have recently fallen in love with wearing navy and the new Secrets Midnight Rings complement my recent looks with the nano blue colour it features.

And of course we all love a little colour, what stones will we see you and the Secrets team wearing this season?

Yes we certainly do love colour! The beauty with Secrets Diamond Simulants is we can create our own colour as each stone is created in a lab. We still like to create traditional colours as seen in the diamond industry, however when it comes to fashion we do sometimes like to be a little bit different and bring new colours to the market. The Secrets team is in love with the new arctic colour we have created this season as it's so unique.

You've launched the Secrets Autumn Days and Winter Nights Collection with some bold, dark stones - where did the inspiration come from?

Classic black and white is always in; however we have noticed a growing trend for navy this season. The bold dark stones featured in the Autumn Days and Winter Nights Collection has been inspired by the midnight winter sky. Sometimes appearing black, the dark midnight sky is actually a deep blue. We have created two bold rings with a nano blue colour which reflects this concept. This choice in jewellery offers a very dramatic look and feel. The Midnight and Winter Night designs look great with a crisp white shirt during the day or black gown by night.



A Secrets Shhh Limited Edition Sterling Silver Autumn Winter 2016 Rings priced from \$250
B Secrets Shhh Limited Edition Sterling Silver Autumn Winter 2016 Midnight Rings \$250
C Secrets Shhh Limited Edition Sterling Silver Autumn Winter 2016 Arctic Designs Ring priced from \$180
D Secrets Shhh Limited Edition Handmade Autumn Winter 2016 Winter Night Necklet \$195 and Winter Night Earrings \$80

INTERIORS

Float Modern 1
Light Pendant
RRP \$429.00



One Light
Industrial C. Wire
Cage Pendant
RRP \$139.00



Replica Tom Dixon
Copper Pendant
RRP \$269.00



Antique Copper
Nouveau Pendant
RRP \$348.00



INTERIOR TREND
COPPER



Copper Salvador
Hourglass
RRP \$560.00

Glass Votive
RRP \$85.95



Add some warmth and style to your interiors as the cooler weather sets in with a splash of metallic in warm shades of copper.


Adorn 3 Piece
Bowl Set
RRP \$169.00



Hues of ROSE GOLD, ANTIQUE BRONZE and COPPER add a touch of the old mingled with the new.

Combine your coveted copper finds with touches of marble and timber, or pink and orange hues, mingled with earthy neutrals to add a touch of warmth. Here's a few of our favourite picks from

Temple and Webster.

 #templeandwebster



Ambrosia Tray
RRP \$299.00



Iron Nut Bowl with
Copper Plating All Over
RRP \$29.95



Lantern Octagonal
RRP \$45.95

Inocivire Copper Sauce Pan
RRP \$335.10



Wire Mesh Chair
RRP \$199.95



BLAZE Alarm Clock
RRP \$53.95



Inocivire Copper Small
Sauce Pan with Lid
RRP \$254.40

South Ave Table
Light in Brass
Colour
RRP \$199



Hinged Table Lamp
50.5cm in Brass
Colour
RRP \$99

Mix and Match
Epoch Wire
Pendant Cage in
Copper Colour
RRP \$49.95




Mix and Match
Pitch Wire
Pendant Cage
in Copper
Colour
RRP \$89



COPPER GLOW
Add a touch of sophistication
and glamour
with copper pendants

MELBOURNE INTERIOR DESIGNER,
NATASHA DUNSTAN shares her
favourite copper homewares for 2016.

 #freedomchadstone



Ritz 3 Tier Drinks
Trolley in Copper
Colour
RRP \$289



Sienna Vessel
24cm in Bronze
Colour
RRP \$19.95

Metro Table
Lamp 55cm in
Brass Colour
RRP \$99

Spindle Coffee Table 85cm
Diameter in Brown/Brass
RRP \$599



Barber Soap
Dispenser in Clear/
Copper Colour
RRP \$24.95



Mylius Floor Light
in Black
RRP \$249

Jax Basket 37cm in
Copper Colour
RRP \$34.95



Barware Set of 3 in
Copper Colour
RRP \$69.95



Goldmine Stand
36x43cm in Bronze
Colour
RRP \$149

All products above are available from **Freedom Chadstone**



Image is from bigstock.com

Method-man
(or woman!)



The Blitzer



Faux-
organised



Chaos-junkie



Get Organised

This issue we explore the personality, style and traits of the organised, and the not so organised, with Harriet Griffey and her newest book, *I Want To Be Organised!*

Take Harriet's quick quiz to discover if you're a method-man, a blitzer, faux-organised or a chaos junkie... Then quiz your friends to discover where the dynamics in your relationships sit....

This is an edited extract from *I Want To Be Organised* by Harriet Griffey, published by Hardie Grant, RRP \$24.99



Your organisational personality & style

Are you someone who likes structure in your life, where there is a place for everything, and everything in its place? Or are you happiest when you muddle through, relying on spontaneity and making it up as you go along? It's seldom as cut and dried as these two extremes suggest, but it is worth having a think about how you respond to clutter and chaos in your external environment, what you find tolerable and what makes you feel uneasy. Knowing your individual, personal organisational style can be helpful in creating a harmonious setting in which to live and work, or in identifying areas for improvement. It can also be helpful in understanding personality clashes when organisational styles differ, and how to manage those relationships.

Quiz:

Try this quick quiz to see how your personality style might affect your organisational profile and then, if you need to, take a look at what steps you could take to improve things.

••What do you have in your purse/wallet?

- A** A debit and credit card; crisp notes; no coins.
- B** Five different bank cards; two store cards; a handful of notes; lots of loose change.
- C** Three different bank cards; five store cards; no notes or change; photos of children dating back 20 years; ticket stubs kept from a first date; a pressed flower.
- D** Can't find my wallet – will look for it later.

••Before you start work do you:

- A** Sit down for five minutes, sort out what's needed, make a list.
- B** Spend an hour tidying up. You can't work if things are messy.
- C** Make a cup of coffee, check emails, check phone messages and then start work.
- D** Spend 30 seconds moving everything off your desk or workspace on to the floor.

••Do you return personal phone calls:

- A** Immediately.
- B** Within a few hours.
- C** The next day.
- D** Forget all about it, until they call back.

••When working on something, do you:

- A** Note the deadline, make a checklist, plan each section.
- B** Work methodically but get hung up on minor details.
- C** Underestimate how long the task will take and end up working through the night to stay on schedule.
- D** Have to extend the deadline at the last minute.

••When you make an arrangement to meet a friend, do you:

- A** Turn up a few minutes early and find a good seat.
- B** Turn up late, but text beforehand.
- C** Turn up late – everyone knows you’re relaxed about timekeeping.
- D** What arrangement?

••What motivates you?

- A** Getting it done – when something needs doing, just doing it.
- B** Promise of a reward at the end – even if that’s just five minutes’ break on Facebook or a cup of coffee.
- C** Working in a team, someone telling me what to do next.
- D** An overdue deadline; I need the adrenaline of anxiety to fuel me.

••How do you pay your bills?

- A** Automatically, via direct debit.
- B** When I’ve got several, to do together.
- C** When I find them buried in a pile, usually at the last minute.
- D** Often late, incurring penalties.

••How do you organise your work day?

- A** Online calendar with reminders, synchronised with my smartphone.
- B** It’s written down in my diary, and on my smartphone, and on a wall planner.
- C** It’s in my diary – if I can find it...
- D** I don’t. Things just happen.

••When you leave the house, do you:

- A** Make a quick mental check – keys, bag, phone – as you leave.
- B** Dither on the doorstep mentally checking you’ve switched off the oven, locked the back door, etc.
- C** Go back at least once to collect something you’ve forgotten.
- D** Lock yourself out so regularly you’ve had to leave spare keys with a neighbour.

Method–man (or woman!) – Mostly A s

Keeps on top of things, all the time. Books are alphabetical; recycling is in the correct bin the moment it’s finished with; nothing that is not immediately relevant is kept.

Downside: can be a bit ruthless and unsentimental.

The Blitzer – Mostly B s

Everything tends to pile up before having a complete blitz, sorting out and throwing out clutter, although it doesn’t tend to stay neat and tidy for that long.

Downside: can get overwhelmed and demotivated halfway through a blitz, and has a tendency to throw the proverbial baby out with the bathwater.

Faux–organised – Mostly C s

Looks fairly organised, but in fact the neat piles have no rhyme or reason. Hangs on to stuff that needs to be recycled, or thrown away, ‘in case it comes in useful’, or for sentimental reasons.

Downside: easily distracted by looking for things that have got ‘buried’.

Chaos–junkie – Mostly D s

Creative appearance and tends to thrive in disorderly surroundings with no appearance of organisation at all and relies on ‘remembering’ where things are, which isn’t infallible.

Downside: tendency to be oblivious to surroundings and a bit unreliable, which can drive family and friends mad.



Melbourne, Sweet Home

PAUL POLYCHRONIADIS, Director of Jellis Craig Monash, is as passionate about Melbourne as he is about the property market. As a current record-holder for achieving the best result for a house and townhouse in the City of Monash, we tracked him down to find out what all the fuss is about.

5A Billing St, Mount Waverley
sold for \$2.45M



2015 was a memorable year in the Melbourne property market. You personally achieved two record prices, \$6,000,000 for a house and \$2,450,000 for a townhouse. How is 2016 shaping up?

The property market in Melbourne has kicked off with strong demand from local and international buyers and doesn't appear to be slowing down. As Australia's fastest growing city, Melbourne is not only attracting more buyers from overseas but also from other Australian states.

What factors are affecting housing prices in Melbourne?

The main factors are interest rates, the Australian exchange rate, local and international economic conditions plus supply and demand. With record low interest rates and a declining local exchange rate, coupled with Melbourne's global appeal, it should not come as a surprise that housing prices remain strong. As one of the world's most cosmopolitan cities, Melbourne has a lot to offer real estate investors and home buyers, including quality education and employment opportunities for their children, as well as a safe and clean place to call home.

What can vendors do to maximise their chances of achieving the best result for their property?

The things that are vital to achieve the best outcome are:

- selecting an experienced agent with a track record of exceeding competitors results for similar properties
- enhancing the presentation of the property to maximise the appeal, coupled with a comprehensive marketing plan in order to ensure the property stands out in this competitive market

Employ a skilled negotiator
who understands the market

www.jellisraig.com.au

35 Regent Street, Mount Waverley sold for \$6M



- employing an agent who cares and is committed so that the needs of the buyers are met in a timely manner and are thorough in their post enquiry follow up
- employing a skilled negotiator who understands the market. For example, during the auction at 35 Regent St, Mount Waverley, I advised our vendors to pass the property in, even though it reached \$50,000 above their reserve. I believed we could obtain a better result and two hours later we negotiated \$450,000 more for our client, achieving a record price of \$6,000,000.

Speaking of high rates of migration to Melbourne, you too moved from NSW. How did you end up making this city your home?

I love Melbourne! I was born in Greece and after migrating with my family to Australia we settled in Newcastle, NSW where I grew up. After meeting my Melbournian wife Krysa, it didn't take long before I fell in love with the city as well and decided to stay! Two children and 15 years later I am still excited about calling this great and rapidly developing city home.

How has Melbourne improved during the past 15 years?

In such a short period of time Melbourne has changed before our very eyes and these changes are the reason why this city keeps getting voted as the most livable in the world.

State planning has kept up with our growing population with infrastructure and traffic management: the development of high rise apartments in the city, Southbank and Docklands, surrounded by shops, cafes, bars and restaurants has created a Manhattan style of living.

On the other hand 'village living' in the suburbs has become as popular as ever with multicultural hubs such as Chadstone Shopping Centre, Glen Waverley and Box Hill providing us with local world class shopping, restaurants and café culture. You don't have to travel to the city to enjoy a great night out.

Look at
Oakleigh
today, look at
Vanilla
it's become
an institution.
This couldn't
have
happened in
the past.



Your real estate career commenced after you moved to Melbourne. What drew you to real estate?

It's funny you're asking why I entered real estate, as more often my clients ask me why I left chemical engineering. I always had a fascination with numbers and during school my strengths were math and science, so considering BHP was Newcastle's biggest employer, chemical engineering seemed like a sensible career path. After graduating, I worked in a university lab for a while but felt too sheltered from what was going on in the world. As cliché as it may sound, I love meeting and helping people and I also have a passion for financial and real estate markets, where analysing data plays a big role. Running a marketing campaign and negotiating a sale between a buyer and seller is so exciting. Real estate is a win-win career for me as it involves helping people, and in doing so I get to meet some fascinating people from all walks of life and from every corner of the world. Many of our clients have become great family friends. Life doesn't get much better really!

Jellis Craig

The True North

By JESSICA SKELTON

You want to go to Canada, eh? Well, I could advise you to go hop on a train to the Rocky Mountains, take in a hockey game, or find a polar bear... but that's what everyone tells you to do.

As a Canadian, I know my country to be more than snow and mountains and wildlife. It's a vibrant, multicultural place filled with world-class cities, amazing food and wines, and unique regions. So, forget what you know and let's take a look at the places in Canada that make it so special to its own people.

VANCOUVER, BC

Vancouver is all about being active and green, so don't be surprised if your visit is full-on. Rent a bicycle to tour the seawall and Stanley Park, cross the Capilano Suspension Bridge, visit the Dr. Sun Yat-Sen Classical Chinese Garden or, if you dare, bare it all at Wreck Beach. The city also has a strong local food and drinks culture, which you can sample on Granville Island, in Gastown, or at the city's many food trucks.

Outside the city, head west to Vancouver Island for some year-round surfing and hiking or go east to the sun-drenched Okanagan wine country. A large number of ski resorts also dot the province, with Sunpeaks and Whistler being the closest to Vancouver.

CALGARY, AB

To most, this city is synonymous with western, cowboy culture – it is the home of the famous Calgary Stampede after all – but these days “cowtown” is also quite energetic and modern. Definitely check out the shops and restaurants along Stephen's Avenue – which is a pedestrian-only street during the day – and nearby neighbourhoods of Inglewood and Kensington. Sports lovers should also visit Canada Olympic Park to try bobsledding, luge, hockey, ziplining and more.

If you simply must head to the Rocky Mountains, head to Canmore or Banff for a base with plenty of shopping, restaurants and breweries. There are also plenty of more self-contained ski and hot spring resorts in the area.

YELLOWKNIFE, NWT

Yellowknife offers a glimpse into life in the Arctic. During the summer, nearly 24-hour sunlight ensures you have plenty of time to catch some big fish and to hike out to Cameron Falls. Winter, on the other hand, brings a lot of darkness – which creates a perfect backdrop for viewing the northern lights. The Long John Jamboree and the Snowking Winter Festival also occur at this time of year, and activities such as skidooring, ice fishing, snow shoeing, cross country skiing and ice road driving are easily accessible.

The territory is also home to a large indigenous Dene population, so be sure to take one of the many opportunities to learn about their culture, see a drum dance and view the art.

SASKATOON, SK

Though it's not traditionally a popular spot, Saskatoon has recently worked hard to build its tourism industry. The city has a new theatre and art gallery to complement the already existing Wanuskawin Heritage Park, which celebrates the local First Nations people, art, and history. It also boasts a summer jam-packed with festivals – some notables include Rock the River, the Jazz Festival, Fringe Festival, and Word on the Street.

To the north, outdoor enthusiasts can find hundreds of pristine lakes for fishing, and outfitters for hunting big beasts. However, the flatlands to the south offer the perfect place to watch storms and meteors as well as the northern lights that grace the expansive sky. In particular, the Grasslands National Park – one of the darkest places in Canada – is one of the best places in the world to star gaze.

WINNIPEG, MB

Winnipeg was named Canada's Cultural Capital back in 2010, and for good reason. The city is home to dozens of attractions and historical sites, many of which are centrally located in the Forks. Here you'll also find a bustling market, tree-lined paths, a children's play area, a skating rink, and the recently built Canadian Museum for Human Rights. Other worthwhile excursions include the Royal Canadian Mint, the Manitoba legislative building and the Exchange District – a 30-block district full of turn-of-the-20th-century buildings that house some of the city's trendiest restaurants, cafes, galleries, and antique shops.

For those who would like to see some of Canada's iconic animals, head to the Assiniboine Park Zoo or alternatively, head just south of the city at FortWhyte Alive, where you can view wild bison and migrating Canada geese.





TORONTO, ON

Toronto is the largest and probably the best known city in the country. Downtown is where you'll find the big ticket items like the CN Tower, the Hockey Hall of Fame, and, for the food-lovers, St. Lawrence Market. Speaking of food, the city is one of the most multicultural around and is thus packed with fantastic restaurants of every type. Other must-see attractions include Centre Island, quirky Kensington Market, the trendy Distillery District, and The Second City – a comedy club where the likes of Dan Aykroyd and John Candy got their start.

Outside of the city, head out to the Niagara region to see the famous Horseshoe Falls and visit the area's many world-class wineries. Renting a lush vacation home on a lake up in Cottage Country never hurts either.

OTTAWA, ON

Like many capital cities around the world, Ottawa is full of national monuments. From Parliament and the National War Memorial to the National Gallery and more museums than you can count, there is definitely something to satisfy any history buff. Then at night, head down to The Market – formally known as Bytown – for live music, pubs, street vendors, theatres and restaurants.

For the active, summer time brings good weather for boating, fishing, swimming and festivals galore. The most popular quintessential activity in Ottawa however, can only happen in the winter: skating along the Rideau Canal. Be sure to stop in at one of the little huts where you can stand around a fire and satisfy your sweet tooth with a beaver tail.

MONTREAL, QC

Montreal has a bit of a reputation as a cultural centre and a party city thanks to its huge collection of museums, galleries, theatres, and concert halls that host every type of entertainment you can think of – and I mean every type; you can find the adult bars on St. Catherine and Sherbrooke streets. (If that's not quite your scene, try the university bars on St. Denis Street). There are also several world-class festivals throughout the year, including Just for Laughs, the FrancoFolies, the Formula 1 Grand Prix, and the huge St. Jean-Baptiste parade and party on 24 June.

If you'd like a break from the madness, spending an afternoon walking in Parc Mont-Royal or in the neighbourhoods of Mile End and Plateau Mont-Royal is always nice. While you're at it, seek out some of Montreal's distinct gastronomical specialties, such as smoked meat sandwiches and Montreal-style bagels.

QUEBEC CITY, QC

Quebec City is the spiritual centre of French Canada. Make sure to visit the fortified old city and explore its narrow cobblestone streets and ornate Catholic churches. The Chateau Frontinac, the Terrasse Dufferin boardwalk, and the Plains of Abraham – where the English defeated the French back in 1759 – are also here. For a great view, take the ferry to Lévis and back.

Back within the main modern city, hit the bars on Grande Allee before indulging in some late-night poutine. Cartier or St. Joseph streets are also good places to hang out. If you're around in winter, plan to take in the huge Quebec Winter Carnival, which features a giant ice castle, ice skating races through the streets and plenty of maple syrup.



Speaking of syrup, one of the must-dos outside of the city is to visit a sugar shack in March and April. Other excursions include whale watching at Tadoussac, Charlevoix, Montmorency Falls and Orleans Island.

CHARLOTTETOWN, PEI

Though it is the provincial capital, Charlottetown has a Victorian-era charm and a surprising small town feel. Heritage buildings, including the ornate St. Dunstan's Basilica and elegant Beaconsfield Historic House, line the city streets. Also, while you're wandering around, be sure to check out the city's major cultural hub: The Confederation Centre of the Arts, which houses an art gallery, museum and theatres.

The real draw to the area for most however, is the fact it's the setting for Lucy Maud Montgomery's classic book *Anne of Green Gables*. So, head out of town to Cavendish to visit the iconic Green Gables House and Montgomery's home. The Cavendish area also has a frenzy of high-profile attractions, a beach, amusement parks and golf courses.

HALIFAX, NS

Halifax is a town well in-touch with its maritime roots, which is the star attraction in many of the city's museums. There's the Maritime Museum, which houses a Titanic exhibition, and Pier 21, which gives a tour of the largest Canadian immigration/shipping port in the 20th century. Halifax also has a strong musical tradition, which you can sample at the pubs, restaurants and clubs in the Argyle Street area.

For more history, head south to Lunenburg to see the Bluenose II, a replica of the racing schooner depicted on the Canadian 10-cent piece. The lighthouse at Peggy's Cove and Oak Island, which is said to contain lost treasure, are also close by. To the north is Cape Breton, an island that is well-known for its unique musical and Celtic history. The adventurous can also stop

in at Lawrencetown, where they can brave the elements and go surfing throughout the year.

FREDERICTON, NB

As the capital of Canada's only officially bilingual province, Fredericton is home to both English and French Canadian cultures. You can see the former in the Garrison District, two blocks of heritage buildings built by the British garrison that now houses museums and a daily changing of the guard ceremony. Then head out of town to Caraquet and the Village Historique Acadien to learn more about the Acadians, a French-speaking population with a culture distinct from that found in Quebec.

The province is also home to the famous Bay of Fundy, which creates the highest tide in the world (up to 19 metres). The Hopewell Rocks are a top sightseeing draw too – the tiny islands that kayakers paddle between at high tide become heavily eroded pillars that visitors can view from the ocean floor during low tide.

ST. JOHN'S, NF

Undisputedly the oldest European city in North America, St. John's is dripping with history. You can take it in with a stroll down Water Street, which was the main commercial area in town for 400 years. However, most people now head to George Street (which becomes a pedestrian-only thoroughfare at night) to catch some live Celtic-inspired East Coast music, search out the notorious Screech rum and listen to the province's distinct accent.

At the mouth of the city's beautiful natural harbour is Signal Hill, where the first transatlantic wireless signal was received. While you're in the area, be sure to also check out Quidi Vidi and L'Anse aux Meadows, a Viking settlement dating back to the year 1000. Nature-lovers, however, should head southeast to Cape Spear. This is the eastern-most point of the continent and a perfect location to view passing whales and icebergs.

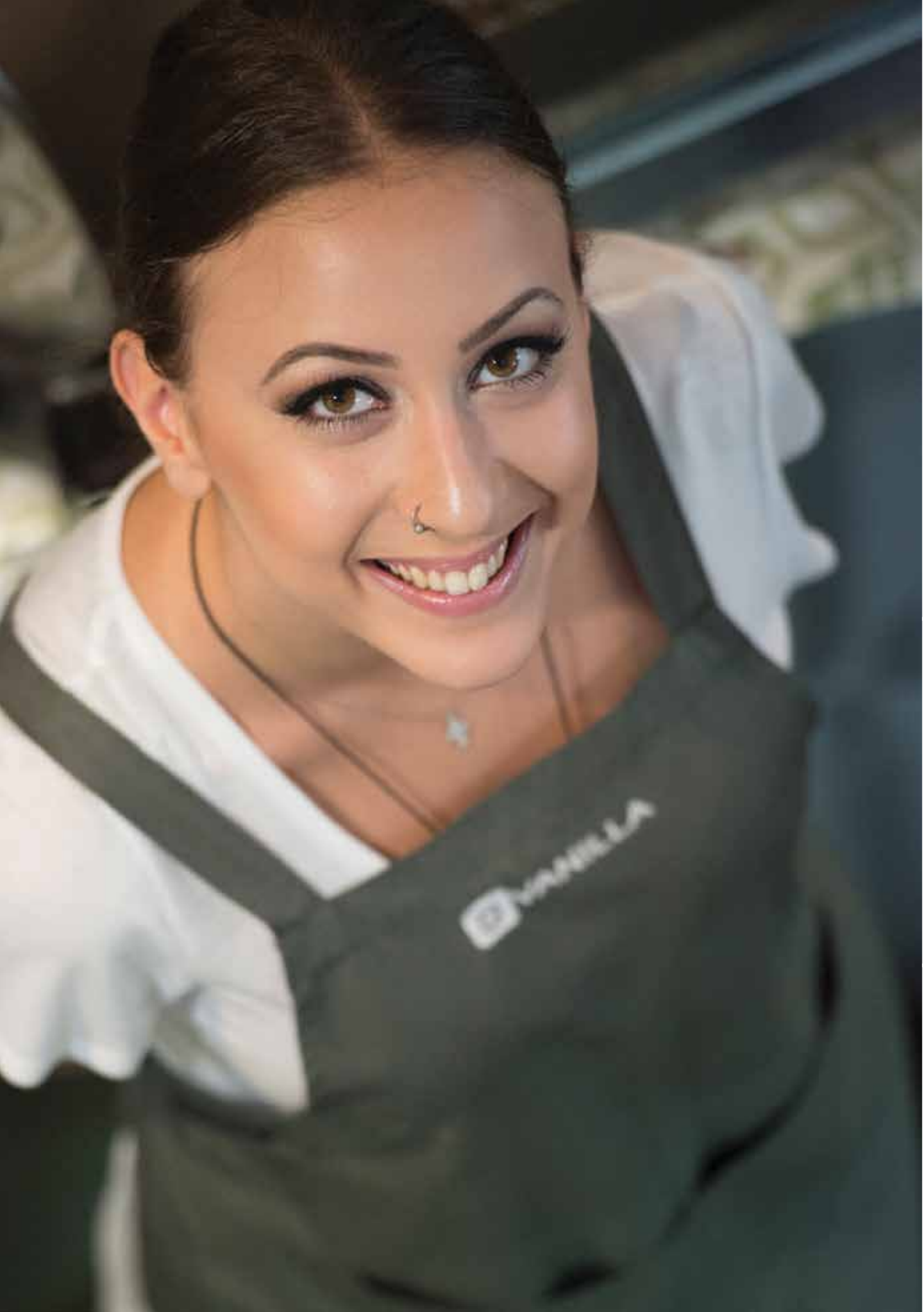


VANILLA DAY AND NIGHT



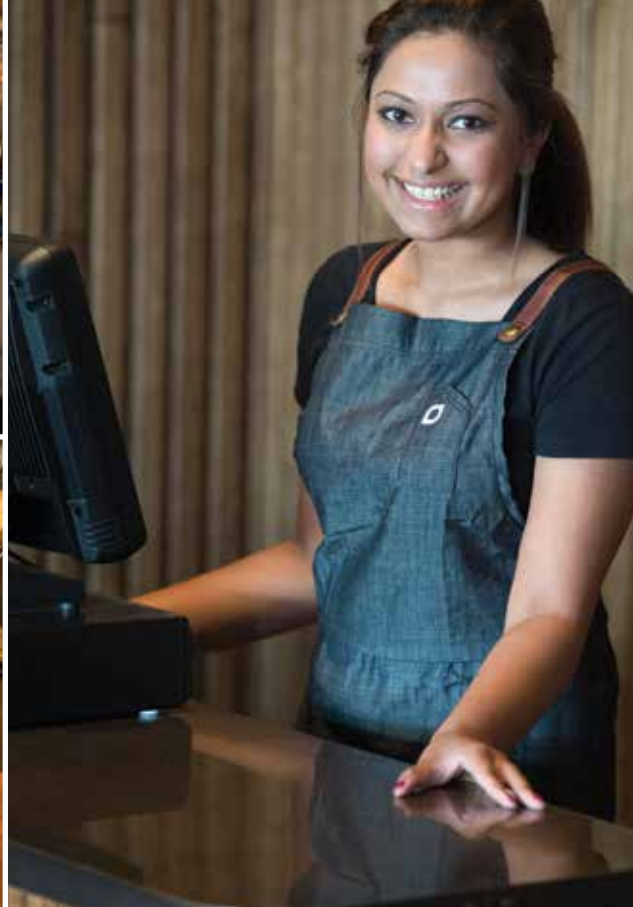




















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