



VANILLA

WINTER
2016

ANDI LEW

Wellness Loading

The

HARRY POTTER

Charm

MARC FENNEL

That Movie Guy

Jennifer Keyte
My Urban Melbourne



DESSERT
 with apple, granola & yogurt \$10
 bread \$6
 chocolate brownie and macaroon \$7
 2 and protein power cookie \$10
 porridge and banana \$12
 toast (sourd loaf & olive oil) \$10
 cinnamon honey loaf & butter, maple \$15.5
 oatmeal, macadamia, and figs \$8
 chocolate eggs, honey, macadamia & dark chocolate \$17
 hard egg and asparagus, potato/mashed potato & asparagus, salad \$13
 \$5
 \$5

LUNCH
 Spatch 12oz sandwich with ham, onion, lettuce, cheddar, sauce \$16
 Cold chicken, tuna, tomato \$15
 Spatch sandwich with ham, lettuce and egg \$15
 The second sandwich with ham, lettuce, tomato, onion & egg, salad \$17
 Special lunch, roast pepper and fish, sauce, tomato & cucumber, salad \$17
 (on salad & macaroni, potatoes, pasta, and poached egg \$15)
 Cold chicken \$15
 The second sandwich, macadamia, tomato, and blue chili \$15
 Cold chicken salad with macadamia, olive, and cucumber, tomato \$15
 Cold chicken, tomato, and blue chili \$15
 Cold chicken, tomato, and blue chili \$15
 Cold chicken, tomato, and blue chili \$15

ETHIOPIA
 Yirgacheffe Grade 1 102/250g
 Tasting notes: Floral,
 fragrant, balanced, sweet, green
 notes of bergamot

KENYA
 Galambura Estate
 Tasting notes: Bright,
 big body, balanced

GUATEMALA
 Finca San Francisco Finca
 Tasting notes: Sweet, juicy, smooth,
 mouthful, ripe fruit & orange

El Salvador / COE # 15
 48/250g
 from San Juan / El Salvador
 Tasting notes: Bright, balanced,
 sweet, juicy, smooth, mouthful,
 ripe fruit & orange

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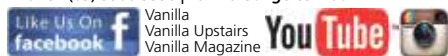
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VANILLA MAGAZINE

Free magazine of Vanilla Cakes & Lounge

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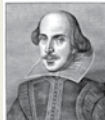
Publisher – Vanilla Cakes & Lounge

EDITOR'S LETTER

Welcome to the 19th issue of Vanilla magazine.

We love this city! And who better than Channel Seven's iconic newsreader, Jennifer Keyte, to talk about Melbourne and her favourite hot spots.

Last issue we promoted the enjoyment of live musicals. The word this winter is movies.



"Oh how Shakespeare would have loved cinema!"

– Derek Jarman, *Dancing Ledge*

But odds are that Shakespeare would have been appalled at the short attention span of modern day cinema audiences.



Glimpsing at the smartphone zombies queuing at the box office he would have tweeted: *My kingdom for a fish bowl!* After all, in this new phase of human evolution, goldfish have a longer attention span, nine seconds; while we have dropped from an average of twelve seconds to eight seconds. The culprit? Our smartphones! Scientists surveyed no less than two thousand Canadians (perfect human specimens apparently) in order to confirm that these insidious devices diminish our... hang on a minute, what was I saying?

Media personality and health expert Andi Lew talks about the need for balance in our digital world gone mad, with the constant disruptions by our uninterrupted access to data. She implores us to turn off our smartphones and enjoy the simple escapisms in life, like reading a book or going to the movies for some uninterrupted entertainment.

So have a browse through our movie themed pages – like the write-up on the upcoming **Melbourne International Film Festival**. This year MIFF delves into the future of filmmaking and viewing with a special event program on virtual reality.

Australia's most listened to film critic **Marc Fennell**, A.K.A 'That Movie Guy', has some very interesting things to say about the past 100 years of film, the cultural differences and the film industry in Australia. **Robert Fantozzi** offers a conversation opener with his TOP 10 comic book movie adaptations ever made – I definitely agree with his choice for the number one comic book movie!

While on the subject of wholesome escapism, **Erin Pratt**, President of the **Monash Muggles** at Monash University, explains to Alexis McLaren why the tale of Harry Potter and his whole universe is so timeless.

Now, let me tell you a little secret about politicians. They are only human. And like the rest of us common mortals, every now and then, they too need that extra sugar fix to soldier on.

Roula Krikellis went to the rescue of Victorian Premier **Daniel Andrews** with a box of Vanilla cakes. The 'bait' worked and he opened up and shared his vision and dreams for Victoria.

Somehow word got out and Melbourne's best kept secret could no longer be contained within state politics. Following an emergency cabinet meeting in Canberra, Foreign Minister **Julie Bishop** came all the way to Oakleigh and visited Vanilla to see firsthand what all the fuss was about with Vanilla cakes.



Poly watch: Tony Polykandritis will keep us updated with any further political developments in Oakleigh.

A big thank you again to all the usual suspects bringing together another jam-packed issue. Grab a Vanilla cake and coffee and enjoy the read!

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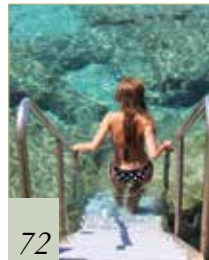
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Hope for Emily Gala Evening

Last winter we introduced you to Emily, a young girl suffering from an illness that doctors in Australia are unsure how to treat.

To cut what has been an extremely painful and heartbreaking journey for Emily and her family short, they have been travelling back and forth to America, seeing specialists at the Mayo Clinic, the National Institute of Health and the Cincinnati Children’s Hospital in the hopes they can determine just what is causing her rare illness and how to treat it.

Emily’s mother, Lauren, has a beautiful group of friends who have organised a Gala Event to help raise funds to assist Emily with her treatment, as they just can’t do this alone.

THE INTERNATIONAL BRIGHTON 81 Bay St, Brighton on **Saturday 6 August 2016, 7:00pm**. Tickets will cost **\$120** for dinner and drinks with live entertainment and DJ.

There will be raffles and auctions on the night with Comedian, Gabriel Rossi hosting the event.

You can also donate to:

Emily Desiree Boardman Karakatsanis
BSB: 193 879 **ACC:** 432263584 BANK OF MELBOURNE

For further information contact Harry on 0421 089 888, Kosi 0403 066 781 or Lauren 0431 367 674 or email Lauren: laurenk3@bigpond.com

Jump online at vanillalounge.com.au/vanillamagazine and open the winter 2015 issue to read Emily’s full story.



For bookings: www.trybooking.com/LXBB or [facebook.com/hopeforemilygala](https://www.facebook.com/hopeforemilygala)

Thallo launch @ Vanilla Upstairs



The face of Thallo Australia, Melbourne sisters Nicki and Vicki Mavromyitis at the first Melbourne launch of Thallo Jewellery @ Vanilla Upstairs

On the 31 May Melbourne sisters Nicki and Vicki Mavromyitis introduced Oakleigh and Melbourne to the unique, handcrafted jewellery range imported from Greece, Thallo Jewellery.

These two sisters pulled out all the stops and the night came complete with a red carpet and a glamorous image wall – while invited guests fell in love with these handcrafted, unique statement pieces.

First inspired by nature, with it's name borrowed from the Greek Goddess 'Blossom', each piece is handcrafted from real leaves and flowers that are dipped in 24ct gold or 925 silver.

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Julie Bishop visits...



Australian pollie Julie Bishop dropped in on Vanilla and certainly wasn't afraid to get her hands dirty! We couldn't resist putting the MP to work, waiting on our patrons and even lending her hand to the art of coffee making – don't worry barista boys and girls, your jobs are safe! But we did have a great time with Julie @ Vanilla Lounge.

Photos: Kostas Deves



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Kids of Melbourne Suzette's Charity Book Project

If you haven't met Suzette Nesire yet, then we'd like to introduce you to one of Melbourne's best children's portrait photographers. With a history of 15 years in the industry, Suzette specialises in capturing kids doing what they do best – just being kids. Her laidback style and amazing connection to the children she photographs means she is quickly able to bring their personalities to life and capture moments their families treasure for a lifetime.

But Suzette isn't your average portrait photographer. Over the past two years her highly successful *Kids of Melbourne Charity Book* project has raised in excess of \$15,000 for Melbourne-based charity, **TLC for kids**.

TLC for kids work tirelessly alongside healthcare professionals, hospitals and medical institutions, bringing much needed support to sick kids and their families across Australia.

The *Kids of Melbourne Charity Book* project not only raises valuable funds for TLC for kids, it also gives families an opportunity to have a professional portrait taken by Suzette. And, once photographed, the children feature in the beautifully bound, hard cover *Kids of Melbourne* coffee table book – a treasured keepsake for years to come.

With bookings already filling fast, your opportunity to take part in this worthwhile project and have your child's portrait taken professionally is ending soon. **Don't miss out! Apply today.**



Don't miss your chance to have your child featured in the Kids of Melbourne Charity Book.

Melbourne's premier portrait photographer, Suzette Nesire is looking for children to be photographed and featured in the 2016 **Kids of Melbourne Charity Book**.

Participation is just **\$150.00** (on approval) and includes your child's designer photography session and guaranteed inclusion in this limited edition book. All proceeds of your participation fee directly support Melbourne Children's Charity - **TLC for kids**

Sessions are limited, so don't miss out!
Call Suzette on: **9824 6266**



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VANILLA'S GOT TALENT III 2016

AND THE WINNER IS...

Paris Sims!



It was only three years ago that thirteen year old Paris started singing. Now, she has WON Vanilla's Got Talent III, singing: "Love you I do" and "Somewhere over the rainbow."

There is nothing like a talent competition to showcase our young upcoming local talented stars and it couldn't have been done without the skilful and passionate organiser, **Mary Melabiotis**.



Paris was overseas on a family holiday when she came across Universal Studios in California. It was there where she was given the opportunity to do a mini performance. This inspired Paris to pursue her newfound passion. And it wasn't long after that Paris joined the local singing school.

With her gorgeous red hair and sophisticated blue dress she took to the stage with grace and poise to reach the top; walking away with a \$3000 travel voucher and a recording session.

"I felt very overwhelmed and excited, and I felt very honoured to win. And all the hard work had paid off"



Thank you to the judges: Dance Instructor YVONNE MANIS, *The Voice Australia's* JIMMY CUPPLES, and operatic soprano, BARBARA ZAVROS

Days later, like most winners, I was interviewing her live on radio.

Since her win, Paris has entered a number of competitions! From second to first at her school talent show singing her new original song Clouds, she's now looking forward to competing in the finals of Fast Track.

Paris' first live radio interview's message was: "Thank you so, so, so much! It was such an amazing experience. Lovely to be able to do it with you!"

And it was my pleasure to have you on my show THE KK FACTOR on radio Rythmos.

Roula Krikellis, the KKRock Chic!



VICTORIA K Runner up eleven-year-old VICTORIA K – Keep an eye out on this youngster and her upcoming new single – *MONSTER!*



LIAM Coming in at 3rd place, Liam took the stage amongst his female opponents!



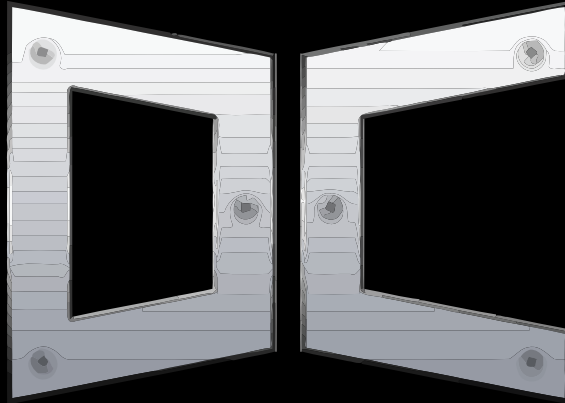
DEMY Young Demy won our hearts singing "Purple Rain" and "It's a Man's World".



LUCAS Lucas the magician showed us we needed to expect the unexpected!



CRISSA Our specially chosen guest singer Crissa opened the night singing an Adele classic!



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RETAIL

Mums Supporting Families in Need



Mums Supporting Families in Need provides quality second hand essential items including cots, bassinets, car seats and prams for babies; clothing, shoes, linen and new toiletries for all ages, as well as toys, books, new nappies and wipes, and other baby essentials to families in circumstantial crisis.

MSFiN was founded in November 2012 by Mornington Peninsula mum of three Jodie Harris when she recognised the need in her community for material aid for families in circumstantial crisis. What began as a bag of clothes for a mother in need has expanded to MSFiN becoming a registered Not For Profit Charity that currently supports over 60 agencies who care for these families.

As well as providing basic necessities, they also collect for their Easter Appeal, Christmas in July and their December Christmas Appeal to give kids something they would otherwise miss out on.

MSFiN is staffed and run entirely by volunteers who dedicate many hours keeping this important charity going and in the three and a half years they've been in operation they've assisted thousands of families in need.

With winter on our doorstep they are in desperate need of a few things, one being winter necessities like gumboots, wet weather jackets and warm coats for children of all ages. They've had reports from kindergartens that some children are coming to kinder without a coat or jacket to keep them warm on these cold and rainy winter days.

But, just as importantly, they are in need of financial support to keep the factory space they require for sorting and storing all of these items.

As I'm sure you can imagine, the rent on a factory isn't cheap and many of the grants available to them will not allow the funds to be spent on overheads like rent. And they have finally reached crisis point. They've survived thus far on a few small grants and fundraisers but they just aren't cutting it anymore. MSFiN require \$45,000 a year just to rent adequate premises so they don't have to turn away valuable products that make people's lives easier everyday.

As they just posted on their Facebook page, it's tax time and every donation over \$2.00 is tax deductible. If you can help, even in a small way, or work for an organisation who can help, head over to their Facebook page or website and follow the link to their Give Now account. Bank account details are also available online.



MSFiN have a drop-off point in Oakleigh South, and all over Melbourne and the Mornington Peninsula. It's important for MSFiN that the people who receive these donations can wear them with pride, so please ensure all donations are in good condition. Head over to their website for details www.msfin.org.au or their FB page facebook.com/Mums-Supporting-Families-in-Need-Inc for more details and to arrange a drop off.

BRINGING VANILLA TO THE **PREMIER!**

You know it's going to be an interesting chat when the Premier of Victoria exclaims, **"You didn't bring the Greek coffee!"** for our morning tea catch up.



Thank you to our MP of Oakleigh, Mr Steve Dimopoulos, a team player in our community, and also to Labor Candidate for Chisholm, Stefanie Perri, who also joined us for morning tea.



His office is pleasant and inviting, with a warm coloured decor. But it's what's in front of him that gets Mr Daniel Andrews enticed – his favourite Greek sweets from *Vanilla Café!*

After a few giggles, and a cheeky moment where I serve the Premier his favourite sweet, he relaxes as he expresses his inner thoughts, dreams and future hopes for Victoria.

Mr Andrews instantly impresses me with his humble, down-to-earth nature. He begins our chat by explaining how poor his Greek is, even though he receives lessons prior to every Greek event from MP Mr Steve Dimopoulos and Minister Jenny Mikakos. It is hard not to be taken by the passion he has for the Greek community, and the steps he has taken to try and win us over.

His devotion to our nation runs deep. Mr Andrews wants not just Victoria, but the whole of Australia, to be a strong place and a fair place. His vision for the country is to see it as strong, as inclusive and as respectful as Victoria.

"We have great education, great industries, and we make and produce the best of everything. We are a very positive place. My passion for Victoria is to ensure everybody shares in that."

"Economically we are very strong and leading the nation – I'm confident in its growth. If you keep working hard, today's success leads to success in the future," he says.

"Socially, I see Victoria as the **most progressive** place in our nation," he continues. "Victoria has a lot of strengths but we do have to make a lot more of them."

"We're talking about the best of everything: sports, art, education, critical thinking, our natural environment, a great place to learn and grow. And that is why I want to make sure people are treated equally and are respected; making sure everyone feels safe. All these aspects, to me, are very important."

As for the man behind the politician, his personal dreams, like all of us, is for his children to be healthy. This is what drives the man who is doing all he can to make a change and a difference.

"You want to give them a good life," he says. "These are the things I dream about, that dominate my thinking. You want your children to realise their full potential and to enjoy a life better than your own."



Mr Andrews never dreamt that one day he would be the Premier, even though politics were a topic of discussion over the family dinner table as he was growing up. It seems that his blooming career has stemmed from these dinner time political debates he had as a country boy.

"I was raised in country Victoria by a working class family. Getting things done was the most important thing. We were not one for formality or protocol. We know how to do things properly."

Being a people person, I found it hard not to compare him to the new modern monarchy that is now being driven by the young royals. And, as with all his answers, our Premier was nothing short of humble.

"I'm everything but royal – and many would say I am not that young – but I want to try to improve Victoria and change Victoria," he replies. "I just try to be as natural as I can and be me."

Daniel Andrews is just trying to be himself, as I very quickly discover. He believes he has been given a great gift to be the leader of our state. He explains quite clearly that he does the job as best as he can by being straight up and working hard to get things done. This is the leadership he offers to all of us.

It is clear that the Premier is a proud Victorian, and that he would like our nation to lead the way on many issues. So when questioned what his thoughts were regarding the apology to the gay community, what did he say?

"It's never too late to say sorry, especially if you mean it and you know how important it is to some people."

"It is a very long time coming, but still makes it very important," Mr Andrews says. "It's never too late to put things right."

We're all proud that Melbourne has been recognised as the most liveable city, and our Premier is no exception. His interpretation is that, "we have the best of everything, but we have to be vigilant and keep on improving."

The Premier sees Melbourne as not just the art centre, but also

"the sporting capital of the world"!

This was proclaimed with a huge smile that lit up his face.





So who is Mr Andrews as a politician?

"My style is to be as consistent and as naturally me. Being focused and putting aside all the noise that comes in politics; not to be drawn into that [noise] are the key things for me to overcome any barriers. Sticking to my plans and agenda; working hard and being faithful to the promises I have made and making sure that in everything I do I always remember it's a great privilege to serve the people of this great state."

And what does he see for Melbourne's future? "

A much better travelling system, and a better health and education system," he replies. "But the biggest change for our city is probably the completion of the Melbourne metro tunnel and the removal of the dangerous and congested level crossings."

Our modern Premier utilises social media as an important tool in today's society as another way to reach out to people. According to Mr Andrews, it is "a great way to tell your story and stay in touch with people."

I can vouch for that! Stalking his page, there are definitely no boring status updates – and I'm not one for politics so that's a huge statement coming from me!

So where would be the ideal secret location this Premier would prefer to go to for a quick holiday hideaway? He is quick to answer:

"If I tell you then it won't be a secret. But it would definitely be in Victoria!"

As we finish eating the delicious cakes in front of us, I ask Mr Andrews about the Oakleigh hub. "It's a great advertisement for multiculturalism, and we should all be very proud of it."

As for his thoughts on being interviewed for a café magazine?

"Fantastic! No one ever brings cakes!" he exclaims. "Easily the best interview I have done all week."

To our *Vanilla Magazine* readers, Mr Daniel Andrews, Premier of Victoria had one message:

"Eat lots of cake, but not too much. Enjoy a good coffee. This is a fantastic business and it celebrates all the things that we can be very proud of. Hard work, high quality produce, great experiences, great culture of entertainment and located in a precinct with that great multicultural flavour. It is a fantastic example of what modern Victoria stands for."

I am **Roula Krikellis**, the **KKRock Chic** of **radio Rythmos**, and it gives me great pleasure to bring you the real Daniel Andrews 😊



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My *Urban*
MELBOURNE

Jennifer Keyte

By Raquel Neofit

Photography by Con Milonas



This winter we hit the streets of Melbourne with Channel Seven's iconic newsreader, **JENNIFER KEYTE**.

We caught up with Jennifer at Federation Square to learn a little about her television career and discover her favourite **Melbourne hot spots...**

How long have you been reading the news?

I have been reading the news for around 30 years!

What keeps you coming back to the newsroom?

I love news and presenting the important and entertaining events that take place in our world every day. It's always different and often very challenging.

You did branch out from the newsroom for a little while, tell us about the show.

I worked on a medical show at Channel 9 called *Good Medicine*. It was a wonderful show about the latest and greatest in the medical world. It had a massive impact on viewers; it helped people understand the importance of early detection and being pro-active about their health.

How long have you called Melbourne home?

I was *born and bred* in Melbourne and have lived here all my life.

I spent a year in Paris when I was nineteen and that was an amazing adventure. I taught English to French children and travelled around Europe. I also worked in Sydney for a couple of years, but I didn't want to move so I commuted from Melbourne each week.

And you spend time giving back to the community; tell us about your charity work.

I have had a very long relationship with the Royal Children's Hospital Good Friday Appeal. I am a patron of the appeal and feel very honoured to be a part of it. I was on the board of the Children's Hospital Foundation many years ago and I was also involved with the Women's Hospital for a few years.



JENNIFER KEYTE

My Melbourne



You're a true Melbournian, what is it about Melbourne that keeps you here?

I love Melbourne, it's such a beautiful city. Fabulous gardens, great restaurants, and wonderful sport and entertainment. It's more than that though. I think Melbourne has a quality that makes the city feel relaxed and solid. The people are warm and friendly, and genuine. It's a great place to raise a family and to educate your children. We are all crazy about football too. Being an Essendon girl, I'm a life-long Bombers supporter.

What are some of your favourite winter hot spots in Melbourne?

My favourite winter hot spots are cosy restaurants like Donovans; an open fire and fabulous food, and perhaps a nice glass of something! I also love the Southbank precinct. Wandering along the riverbank after a show at the Arts Centre or the MTC.

Where are your favourite spots to relax?

My favourite spots to relax are the amazing parks and gardens. The Botanic Gardens are a true sanctuary. I also love the bay. Walking by the bay with my dog is so therapeutic!

Where do you go for an adventurous day out?

An adventurous day out could involve a bicycle or dashing up to Mount Buller for a quick ski!

What are your favourite locations for a weekend getaway?

My favourite location for a weekend away is Barwon Heads. Our family has been going there for years, and it is so comforting to head down the highway and see the wild beach at 13th Beach before we pull into our old salty beach house.





And you like to ride bicycles – where are your favourite locations?

Riding a bike in Melbourne is heaven! The bike paths are wonderful. I love riding to the Collingwood Children’s Farm or simply riding by the bay on a warm day.

What kind of extracurricular activities do you enjoy and where should we go to enjoy them?

I like to take my children skiing. I think it’s an incredible family activity. Everyone gets excited, we all have stories to tell at the end of the day and we are out in the fresh air away from technology!

How about beaches – can you share some of your favourite beaches (if you’re a beach lover that is)?

My favourite beach is Barwon Heads. It’s wild and windy but quiet and moody. Great for walks but not very safe for swimming. We go around to Ocean Grove with the children where they can learn to surf in the much calmer waters.



Meet the Makers

A Greek journey of inspiration in

Jewellery



In Greece, inspiration is all around us and an integral part of ourselves.

In the long tradition and in a history spanning through centuries.

In the rich nature and in **Greek Mythology**...

For GREGIO, anything Greek can mark the beginning of a new journey in jewellery creation!

Forged metal on Aegean pebbles. Valuable gold on Attica figs. Selected stones on natural Dodecanese sponges and shiny zirconia on pumice stone from Nisyros.

Each piece of jewellery is a unique artistic expression. Each collection a modern proposition bearing GREGIO's Greek signature.



BACKGROUND

In 1971 Kostas Kotsailidis opened a small jewellery workshop in the centre of Athens, Greece. Through devoted work and excellent service, Kostas led the business into a path of fast growth from its early years.

But it was his desire for unique craftsmanship and fine design that soon gained him the recognition and respect of his peers. In less than 10 years, Kostas Kotsailidis' creations were sold in jewellery stores nationwide.

Spending their childhood in the workshop and watching Kostas Kotsailidis craft his creations, inspired his two sons, Nassos and Stratis, to get involved in the business from an early age.

By 1999, Nassos and Stratis were ready to take up the family business and lift it to its ever-growing success in the Greek and international markets.

Nowadays, GREGIO has two exclusive boutique stores in Athens, around 70 concept corners, and in total more than 250 points of sale in Greece and Cyprus.

Through the exclusive network of agents and distributors around the globe, GREGIO is now available in more than 300 stores in 28 countries worldwide.

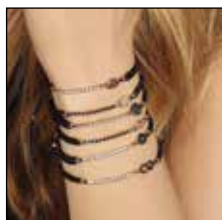
PROFILE

GREGIO is a team of Greek gold and silver craftsmen, designers of original, inspirational jewellery since 1999 – following the family tradition that dates back to the early 70s.

Its signature accompanies an eclectic mix of authentic jewels in gold, silver and selected gems. All are pieces of art meeting the demands of the modern woman for high quality, who want to complete their look with that important special finishing touch.

Its philosophy is stated clearly in each and every jewel, and expresses the Greek point of view in jewellery – a point of view deeply inspired by the rich nature and history of the country.

The Greek *spirit* in jewellery



gre@gio

Nature's spirit by Greek designers




Lilac Lily
LILAC LILY
HANDMADE JEWELLERY

Exclusively distributed by
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 Gregio Australia

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The Assumption of Mary

THE SMALL EASTER OF Greek Summer

Name days in Greek culture are a long-standing custom that are celebrated annually. Greek people celebrate both birthdays and name days, and for many their name day can be an even bigger celebration. A name day is the celebration of a person's name; for example, a saint after whom someone is named.

.....



Virgin Mary. Mosaic, detail from the depiction of the Crucifixion. c. AD 1080. Daphni Monastery, Athens.

On each August 15, those with the name Maria, Mary, Mario, Despina, Panayiota and Panayiotis (some examples) have their name day. This day is of great importance in the Greek Orthodox Faith. It's the day that honours the falling asleep (death) of Panagia (the Virgin Mary). Panagia is a holy figure for Greek people worldwide within the Orthodox Faith and is a symbol of motherhood, and a high honour that all mothers deserve.

The period leading up to the feast and celebration of August 15 (known as Dekapentavgoustos) is a period of fasting, from August 1–14. In Greece, this feast is the third most important religious holiday (the others being Easter and Christmas). It's a public holiday in Greece, and is often celebrated with various festivals and attendance of religious services across the country. Each part of Greece, however, has its own traditions and celebrations vary.

The most famous celebration is on the Island of Tinos – a beautiful Cycladic island associated with the Panagia and the Panagia of Tinos (the Church of Megalohari – meaning Great Grace). The faithful from all around the world gather in this blessed and holy place to worship the miraculous icon of Panagia and follow the procession of the Epitaph of the Virgin Mary.

The icon of Panagia is kneeling and praying. Opposite her is the Archangel Gabriel, who is holding a lily in his left hand – a marker of purity; and from the heavens a dove descends, representing the Holy Spirit.



Panagia of Tinos, Cyclades



Mosaic Icon at the entrance of the monastery of Panagia Hozoviotissa, Amorgos island, Greece

This icon is believed to have healing properties. There is a story that the Virgin Mary appeared to a nun – who ascended to become a saint known as Saint Pelagia – in a dream, telling her the location of the icon.

Panagia is also associated with military action and the War of Independence (1821). Greek War of Independence heroes, such as Kolokotronis, Mialoulis and Mikriyannis, went to Tinos to worship the icon. For this reason, on the eve of the feast (August 14), before the evening church service, there is a wreath laying ceremony in memory of Elli (the Greek protected cruiser that was sunk on August 15, 1940, by an Italian submarine outside the harbour of Tinos).

On the day of Dekapentavgoustos there is another memorial service where a wreath is laid. The day includes the Holy Liturgy, the procession of the icon and festivities, celebrations, and various traditional events that continue throughout the day into the evening.

Some other famous places that celebrate with festivals are Panagia Soumela (Kastania), Lady Fidousa (Kefalonia), Epitaph Mary (Patmos) and Panagia Ekatontapyliani (Paros). These are only a few of the many festivities all around Greece in the month of August to honour Panagia, the Virgin Mary.

For each island, village and wherever a Greek heart beats, this day is celebrated, both on Hellenic soil and for those in diaspora. The Greek Orthodox Faith is a marker of identity and the heart of culture for Greek Orthodox people all around the globe.

I have often been told that the time to be in Greece is in August. It is summer, but that's not the reason. The reason is this blessed celebration, this feast day that is known to Greek people from all around the globe as 'the small Easter of the summer'. I have never been to Greece in August nor to Tinos but I do hope that one day I will be lucky enough to be in Greece for Dekapentavgoustos during this spiritual time.

As they say in Greece at this time of year, **Καλό Καλοκαίρι!!** (Have a great summer!) And for those of us here in Melbourne, stay warm in the winter and before we know it, it will be our turn to say **Καλό Καλοκαίρι!!**

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



Virgin Mary 11th century mosaic Monastery Hosiou Louka Greece.

Yeia mas! A TALE OF OUZO, FIGS AND THE **ANZACS!**

By JIM CLAVEN



Sitting in our favourite Greek café we should remember the Anzacs who came to Greece, who sat in the cafés and enjoyed the same experience all those years ago.



Kafenio, Romanou, Lemnos, 2015

Greece and its people are well known for welcoming strangers. And any visit to Greece would not be the same without the experience of its culinary delights and famous drinks. As we know, the traditional Greek diet is the envy of the world.

And such was the experience of all those young Australians – over 75,000 of them – who came to Greece across the First and Second World Wars.

The experience and enjoyment of Greece's food and hospitality is peppered throughout their diaries and letters.

The Australians first came to Greece in 1915 during the Gallipoli campaign – walking through the villages and towns, and interacting with the local people of Lemnos and the other Greek populated islands of the Aegean.

Local farmers, butchers, bakers and traders sold their new visitors the abundance of the island as they prepared for the landings – pictures show villagers selling goats from their boats in Mudros Harbour.

Photographs show the Anzacs enjoying their brief periods of leave sitting in the kafenion of the villages of Lemnos. At Portianou, soldiers and nurses sat in the street, enjoying a coffee – maybe even an early version of the frappé or the metrio! Sergeant Fred Garrett of the 3rd Australian Light Horse Regiment wrote that the cafés of Portianou had “gorgeous decorations”.



Australian soldiers and nurses enjoy a drink and a rest in a village café, probably Portianou, Lemnos, 1915. AW Savage Collection, State Library of NSW.



Soldiers in a local village shop on Lemnos – bottles for sale in the window! AWM



Temporary cafés and shops offer their wares to the Allied soldiers, sailors and nurses, probably Mudros, Lemnos 1915. IWM

Nurses such as Sister Olive Haynes, who served at the Australian Field Hospitals on Lemnos, travelled the island on hired donkeys, visiting its villages and enjoying a meal of mandarins, figs, nuts and the local cheeses. Some diggers found the local bread unusual, compared to the white bread cooked in the field bakeries that were constructed on Lemnos and Imbros.

Their enjoyment of food was only the beginning. Not long after the first arrival of the Anzacs on Lemnos in March, local villagers – encouraged by the local Orthodox bishop – set up temporary booths along the harbour front and piers at Mudros, selling “postcards... chocolate figs, cognac, beer and wine”. The wine was sold for a “penny a glass” and while one digger described it as “fearful stuff” it didn’t stop it being a big seller with the troops!

The diggers and nurses also enjoyed the bars and restaurants of Myrina, Lemnos’ capital. They enjoyed the products so much that some traders complained of the Australians rowdy behaviour after imbibing too much “local product”.

Lieutenant Weston, a New Zealand soldier, recorded how he enjoyed the hotels and hospitality of the capital, including its Turkish delight, coffee and liqueurs. One nurse wrote of Myrina’s hotels being full of soldiers drinking.

They also enjoyed the traditional culture of Lemnos’ people – their churches and their services, and the traditional thermal baths of the island – enjoying the first hot bath for many since leaving Australia! One record talks of a digger joining in with their concertinas as local Lemnians performed traditional dances.



Diggers wrote of local villagers celebrating Greek Easter, the bells of the islands churches ringing, and offering their young Aussie visitors traditional dyed red Easter eggs. We don’t know if they cracked them with the diggers, but I wouldn’t be surprised!

One English Officer, Compton Mackenzie, wrote of his love of the hospitality and food of the Greek people of Imbros. He wrote of his discovery and love of yoghurt, a big improvement on the hard biscuit and boiled beef that was the soldiers’ staple diet during Gallipoli. He also enjoyed a dinner on Tenedos, with its famous wine, in the home of one of the island’s prominent families.



The friendship between an Australian and New Zealand soldier and a local Lemnian family, Lemnos 1915. IWM



The famous White Tower on the Thessaloniki waterfront. Near here, Australian and New Zealand soldiers and nurses enjoyed a celebratory Anzac dinner during the First World War, c1917. IWM



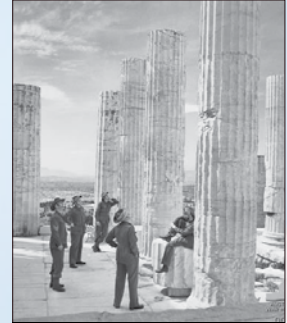
British sailors keeping chickens and collecting eggs on the roof of the White Tower, Thessaloniki, c1915-18. IWM



Diggers welcomed as they drive through Daphni on their way into Athens, April 1941. AWM



Diggers enjoying a drink in Athens, April 1941. AWM



Diggers enjoying the sights on the Acropolis, April 1941. AWM

Mackenzie also wrote of an incredible culinary experience – enjoying a seafood BBQ with his new Greek comrades from Lesvos on the shores of Asia Minor while the Gallipoli campaign raged to the north! Charles Bean had a similar experience, taken by his Lesbian hosts to lunch under the “mulberries and vine-pergola” in a “hospitable Greek farm”, drinking the local wine and food, enjoying the hospitality and ambiance of Greek Asia Minor – all while the war continued to the north!

After Gallipoli, Australian soldiers, sailors and nurses came to Salonika (now Thessaloniki) and the Ionian Islands. An Australian gunner, Ned Herring, who would return to Greece in 1941 serving with the Second Anzacs, wrote of riding through the villages of northern Macedonia, and of how the Greek populated villages sold local and imported products, while he compared the taste of coffee in various villages of the area.

Australian nursing orderly, Miles Franklin, enjoyed coffee, ice creams and famous elegant little cakes at Thessaloniki’s famous café, Flocas. In 1918, Australian and New Zealand soldiers and nurses – including Miles Franklin and the Australian medical doctor, Agnes Bennett – attended a famous Anzac dinner at the famed White Tower restaurant.

The love of Greek food and hospitality would also be enjoyed by the Second Anzacs as they came to help defend Greece in 1941.

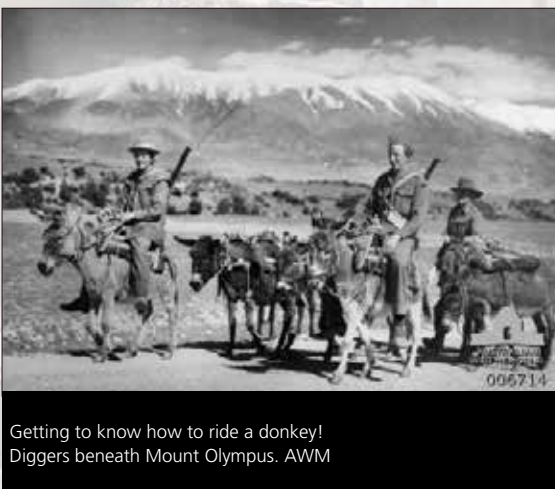
On the troopship heading to Greece, the troops wondered what to expect. One Australian – Captain Hayes, a burly farmer from Victoria, of the 2/6th Battalion – advised his men to steer clear of ouzo and compared Greek beer to that “horse piss” from New South Wales. Most diggers didn’t seem to take his advice.

As they arrived in Athens and camped in the surrounding villages, the diggers wrote of the smell of the eucalypts and bright blue sky as reminders of home after the deserts of Libya. Enjoying a brief period of leave after the campaigns in North Africa, the diggers played the tourist in Athens, visiting the Acropolis and enjoying an ouzo or a beer in the bars and restaurants, probably the Plaka and Monasteraki. Photographs show the diggers drinking and toasting their Greek soldier comrades – remarking that “Greece was the best country in the world, bar one!”

This was all no doubt a welcome respite before the deadly battles that lay ahead. And they would be cheered by the villagers and towns-folk as they moved north to meet the invader.

As the campaign drew to a close, with dogged, defensive action after action, diggers wrote of being offered food and drink by village folk as they made their way to the embarkation beaches across southern Greece.

One digger – Don Stephenson of the Australian 2/6th Battalion, a tomato-picker from Shepparton – was overwhelmed by the



Getting to know how to ride a donkey! Diggers beneath Mount Olympus. AWM



Local Greek family caring for Anzac soldiers on the run, southern Greece. April 1941. AWM



"The King of Ouzo's", Barbagianni, Plomari, Lesvos, 2013



Delphic fare – on the way to Athens, 2012

generosity of an old lady who gave him some chicken as he marched through Kalamata. Don's home town would later host many post-war migrants from Greece in its soldier settlement town of Lemnos, named by the first Anzacs in memory of their days on Lemnos in 1915.

Diggers from the Australian 2/3rd Battalion remembered an elderly Greek lady who stood by her cottage door offering "sliced cake and glasses of Retsina" to the weary troops as they made their way to the waterfront. Bill Jenkins of that Battalion recalled that "she was crying her eyes out". Another digger from the same Battalion recounted how he responded with "Never mind, Ma; we'll be back and make up for all of this".

Those who remained – as POWs or as evaders and escapers – also experienced the hospitality of the Greek. Many worked on farms, hidden by their Greek owners, no doubt enjoying the local bounty with the locals who protected them. The famous Australian indigenous Anzac – Reg Saunders – was hidden and supported for months by the villagers of Crete – living on olives, bread, honey, broad beans, eggs, goat meat and ewe's milk.

One Australian POW could never forget a young child risking his life – and that of his family – by giving water to him as he was marched up from the Peloponnese on his way north. Another escaped soldier remembered being shuttled across to Evia in the early months of the occupation, only to be welcomed by what only can be described as a panayiri!

The hospitality shown to allied soldiers continued through the long four year occupation. References to food and drink abound. One allied officer recorded his local Cretan resistance comrade as enjoying raki – "the fuel for his engine" – as he took messages between local andartes bands and allied soldiers on Crete.

Following the German occupation of Crete, there were fears that Cyprus would be next. Australian troops were rushed there to prepare for the defence of the island. And while on Cyprus they would blame their raucous behaviour in the bars of Nicosia on "the commander" – Cyprus' famous sweet wine, Grand Commanderial!

As Napoleon once famously recorded, an army marches on

its stomach. And so one could say that as the Anzacs came to Greece, they were sustained by its great food, drink and hospitality.

As we remember the Hellenic connection to Anzac, we should enjoy some tzatziki and raise a glass of Greece's best to the diggers and nurses who came to Greece from 1915 and beyond – and cheer

Yeia Mas!



Rain, Hail or Shine

The auction must go on!

Earlier this year we caught up with Jellis Craig Monash director, **PAUL POLYCHRONIADIS** to discuss contributing factors to Melbourne's property boom, as well as the city's popularity with overseas and interstate buyers. Since then, Paul has partnered with Chinese born **JARED WEI** to better service the increasing overseas and local clientele.



Partners Paul Polychroniadis and Jared Wei come well prepared for anything on auction day.



Jellis Craig's Monash Director, Jared Wei assisting keen bidders on auction day in sought after Mount Waverley.

Overseas buyers particularly from China have contributed significantly to the rise of property prices. With the current softening of the market how do you think the recent regulatory changes will affect Melbourne's property market in the long term?

Jared: During the last 15 years, Melbourne has experienced two periods of sharp increase in property prices in 2004-2007 and again in 2013-2015. During this time local and Asian developers have created properties to cater for the Asian market appeal, particularly in the City of Monash. These buyers are very keen to purchase in Monash so that they can access all the prestigious facilities such as local schools and restaurants in Mount Waverley, Glen Waverley and Oakleigh. The large Asian student population requiring rental properties has also contributed to higher rental returns. With such active supply and demand, and all of the reasons Melbourne is on the top of the most liveable cities in the world list, I believe in the long term the Melbourne market will remain strong.

Now that we are half way through the year, how is the Melbourne property market shaping up?

Paul: At present, the market is driven by owner-occupiers, as low interest rates and a slightly softer market are strong motivators for families looking to upsize, professionals looking to enter the market or the elderly downsizing. The market is showing a lot of resilience with encouraging signs of an increasing supply. Melbourne has experienced a strong first half with clearance rates in the 70% to 75% level. It's encouraging how resilient the market has been and on many occasions properties that have passed in at auction were able to achieve an extra \$50,000 to \$100,000 after auction.





Award winning Jellis Craig auctioneer, Peter Batrouney conducting an indoor auction during a wet Melbourne winter's day.



Last autumn we discussed some of the uncontrollable factors that determine real estate prices such as the economy, including exchange and interest rates. What can agents do to obtain the best property prices possible?

Paul: There is no simple or single answer to what agents need to do to obtain optimum results for their clients. Just managing the client's expectations is not enough or acceptable. Hard work and experience is important, but it is also not enough. It really is a case of not only being prepared to manage the "known unknowns," but in a shifting market, you also need to be prepared to manage the "unknown unknowns".

We focus on building teams of professionals from diverse backgrounds and draw on each other's skills, experience and qualities. Our motto is "No one is better than the team"! Melbourne's multicultural property market reflects and demands this need for diversity in our staff. Amongst us we have staff with backgrounds in business, engineering and social sciences, all working together as a team towards the common goal to do our best to service our clients and achieve the best results possible!

Even the best auctioneer requires a strong team to do all the ground work during the marketing campaign leading up to auction day, from following up buyers to establishing who's bidding on the day to assisting bidders, as more often than not they are bidding for the first time and don't fully understand the process.

Jared you seem to have a lot in common with Paul as you also migrated to Australia, initially to Tasmania and eventually making Melbourne your home. Although accounting is not as far removed from real estate as chemical engineering is, you still chose to change direction and work in real estate.

Jared: My wife Linda and I came to Australia as students and obtained a Masters of Professional Accounting, but I intended to pursue my passion for real estate as a career. In today's global economy, real estate involves more than just negotiating a sale, and so it should because often we are dealing with people's biggest asset. My background in accounting helps me better understand my client's needs through my understanding of financial and property markets and tax laws. By the time we finished our studies, many of our friends had already settled in Melbourne and during our visits we fell in love with all that Melbourne had to offer. Linda and I decided that Melbourne is a great environment to live and raise a family. We live and work in Monash with our young son and feel blessed to be surrounded by excellent schools and a cosmopolitan lifestyle, but with a village feel to it.

Jellis Craig

WELLNESS LOADING

**DISCONNECT
TO
RECONNECT**

**A DIGITAL
DETOX**
BY ANDI LEW

The Ultimate Wellness Detox, has you learning how to **TURN OFF TECH**, connect with yourself and to become more productive and balanced.



Too attached to your phone? I'm the first to admit I'm **guilty as charged!**

And now I'm supercharging you to wellness, with 'Superfoods', 'Journals' and 'Mindful Food', so you can feel more connected to yourself, nature or your community when you decide to 'turn off tech' and unplug.

You don't need to go 'cold turkey' on your digital detox with my newest book – *Wellness Loading; Disconnect to Reconnect*.

As cliché as it sounds, it really is all about balance.



It has become too easy to get caught up in the addiction of technology and hand-held devices. How do we stop something though that has, in all fairness, improved our lives so much? Because that's really the bottom line, it already has, and can continue to, improve our lives now.

We have so much more access to information and networks – we are able to connect with people we wouldn't normally have been able to reach. The other side of this is that now we are not even noticing the people or moments right in front of us, because we are looking down, not up!

Everyone I have spoken to has admitted that they're in need of a digital detox.

I realised there wasn't one person that didn't want some 'time out' from their phone. They're saying,

**“Hand over this book!
I need it in my life!”**

It was almost said in jest, but remember: there's truth in every joke. That's why jokes are funny. There's almost an element of desperation too because we know we have to eventually give this addiction up, but the 'how' is the hard part.

That's why I had to write this book! I felt compelled to create something to help you use your technology a little less.

The key is to not stop using our devices, but rather add balance to our lives.

Let's use an analogy of life in general. Think about eating treats. We don't want to never eat ice-cream again now that we know it's full of sugar, but we need to find ways to not always have to have it. The same goes with anything we love when we know that too much of it can be bad for us.

So by having the ice-cream, or the device, as a 'sometimes thing', means that when you choose to have it, or use it, it becomes more meaningful and purposeful.

This could be really hard when you use your technology for work and you have a sedentary job, right? If that's the case, don't worry, there are still ways of creating balance.

This concept of balance is consciously created in *Wellness Loading*, so that when you are actually using your technology, it is for more concentrated, consciously chosen periods of time. And when you decide to 'turn off tech', you are consciously deciding to tune out.

You create a 'knowing' within yourself – you know that you will be able to go back to your device again, with just as much commitment to that task as you had before. You choose to reconnect, when you choose to disconnect.

This is important because, in our fast-paced modern world, we are doing more, but can often 'be' less or achieve less.

Have you ever found yourself going to respond to a message, only to get caught up scrolling through photos of your friend's mum's boyfriend's colleague's cat, and thought, "How on earth did I get on here?" It can all become a little mindless.

We don't even realise, but our time spent on our phones can get us side tracked. We are getting distracted more than we ever have before!

Our ads are quicker, messages shorter and words are even becoming acronyms. LOL, ROTFL, DVD, FOMO, CEO, do I need to go on? We have created a demand for 'quick'.

And that's okay to be distracted when we want to disconnect and do something mindless, especially if we have had a stressful day. Just be aware of not getting too trapped in the unproductive nature of it all, when it becomes a thing you do on a regular basis.

We used to have set times to choose to be mindless and watch an entertaining movie. We were able to be disconnected in a wonderful way, maybe once a week. Now, we have too much access, so it's no longer planned or scheduled, but rather just anytime and all day, every day!

As a certified Food, Lifestyle and Wellness Coach, I will show you just how that is all possible with *Wellness Loading* – a digital detox. It's a holistic wellness detoxification program.

I'll teach you what the things are that will add more balance to your modern life.

They're called 'CONNECTORS'.



Join me on a holistic approach to detoxing. Detox not just your body, but also your mind and spirit.

When you disconnect and reconnect, chances are you will:

1. Become more compassionate
2. Feel general wellness
3. Create a higher consciousness
4. Connect with your community
5. Find your soul purpose

This is the wellness approach.

To feel more connected, eat as close to nature as possible.

The more alive food is, the more life it has. It's also more nutrient dense, helping parts of our brain to switch off the hunger mechanism when it feels full on a nutritional level. It doesn't care about calories, but rather the types of calories that allow you to feel satiated and stop searching for that 'something else'.

I just love Spiral Foods organic produce because they're affordable and in most health food stores and some supermarkets.

Enjoy this amazing recipe from the book!

Limoncello SUPERFOOD Protein Bombs

Makes 15–20 balls

INGREDIENTS:

- 3 cups almond meal
- 1/2 cup shredded coconut
- 1/2 cup solidified coconut oil. (If the oil is liquified, it will still work, but you just need to solidify the balls in the fridge once rolled.)
- 6 pitted medjool dates
- Rind of 2 lemons
- 3 tbsp Amazonia raw pea protein isolate – plain or vanilla
- 1/2 cup chia seeds, soaked in 1/2 cup water

METHOD:

Throw all ingredients in a food processor, then roll into balls. You may need to add a little water to help keep it bound. Then roll and cover in dessicated coconut. Keep in the fridge and let it set. Eat straight from the fridge because coconut oil solidifies when it's cold and becomes an oil when it's hot.

Enjoy with a cup of peppermint tea!



Andi Lew is a renowned TV presenter, Certified Food, Lifestyle & Wellness Coach and bestselling author of *Eat Fat, Be Thin* and the *Eat Fat Be Lean* series.

She runs a cooking school in St Kilda, Melbourne for people with food intolerances and is an educator about paleo and superfood nutrition. She has recently returned from a U.S. press tour with her fifth book *Real Fit Food* and plans to do the same with this sixth title.

More than just nutrition and fitness; true wellness is about disconnecting from technology and reconnecting with yourself, our earth and your community.

Embark on a digital detox journey with award-winning author, Andi Lew in her latest health guide; the ultimate wellness detox. Learn what you can do daily, so that you aren't so addicted to your device. Get in touch with nature and all things natural.

Plus 20 mindful food recipes!

\$29.95 Available in bookstores across Australia and as an ebook **\$17.95** on www.andilew.com





VANILLA

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





SPROUT COOKING SCHOOL

CALLUM HANN & THEMIS CHRYSIDIS

This winter we catch up with the creators of one of Australia's most successful cooking schools, *Sprout Cooking School* in Adelaide.

I'm sure you'll recognise Callum from his *Masterchef* success, together with his business partner, dietitian and nutritionist Themis Chryssidis. We've asked them to spill the beans and share some of the most common questions asked at *Sprout*.

THEMIS – If you can't make it to the cooking school then the next best thing is to buy the book, because the book has basically evolved over the last five years of running the cooking school. ”



So how did you two meet?

Callum – It was shortly after *Masterchef* actually, we were at a function together and didn't know each other from a bar of soap, and just got chatting. I was running some cooking classes for uni students at the time, which were based around how to cook.

Themis was a practising dietician and he was expressing to me how frustrating it was when you are trying to give someone advice and they're saying 'well, that's all well and good to say, try and eat these kinds of foods, but I don't know how to cook anything so I can't practically apply it to my life'.

At this stage he was interested in doing something a bit more hands-on from his side of things as well. So we thought that since we had quite a different skill set, but wanted to achieve the same goal, we'd work really well together.

Tell us about the *Sprout* food philosophy.

Themis – Our food philosophy is that food should be accessible for everybody, it should be fun, it should be enjoyable, and something that you enjoy with your friends and family. It shouldn't be focused around superfoods or fads, it should be focused around seasonal produce.

When we're designing recipes we don't say, 'what do you want to cook today', and start with say chicken or fish, we start with the fruit and vegetables that are in season and design recipes around that, which often takes into consideration the climate as well.

So we believe food should be fresh, fun, simple, enjoyable and based around seasonal produce.

Can't make it to the Cooking School? Here's a few **TOP TIPS** shared in class and the answers to some of their most asked questions!

Why does it matter to cook what's in season?

Seasonal foods are:

- Cheaper due to basic supply and demand
- Easy to find
- At their peak nutritionally
- At their peak in flavour and texture
- Better for the environment due to less transportation

We have included seasonal lists in each chapter of the book, but if you're ever not sure what's in season, research it online or ask your greengrocer when shopping.

How do I eat healthier without losing flavour?

We love big flavours – we love to use plenty of herbs, spices and aromatic ingredients in our recipes. We always promote a positive message, trying to get people excited about eating more vegetables and consuming a balanced array of foods, rather than a 'diet' where you have to cut foods out.

Why bother cooking at home when I can eat out?

- Cooking at home helps you to be aware of exactly what you're eating
- You can adjust recipes to your personal taste and health requirements
- It's more affordable
- Home cooks eat substantially less saturated fat, energy and salt than those who regularly eat out
- It can help the whole family to develop healthy habits and attitude towards food

What are your best tips for productive and efficient home cooking?

Get organised – cooking efficiently starts right at the shopping stage. Write a list, split it into sections to shop methodically and plan your dinners at least a few days at a time, rather than going several times a week.

Before you start cooking, get all the ingredients and equipment that you need out. Also, make sure your kitchen is set up for whatever you're cooking – pre-heating the oven, bringing water to the boil, etc. Rushing into cooking can actually cost you time in the long run.

Finally, clean as you go! One of the biggest barriers for people cooking at home is not the act of cooking itself, it's the perceived clean up time. Wash your dishes while you wait for things to cook so that by the time you are eating the hard work is done.

And here are a couple of techniques to make your cooking life easier.

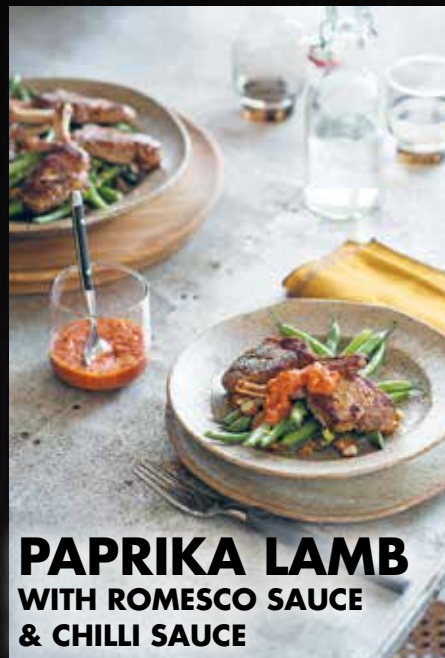
Always place a non-slip mat or a damp cloth or a tea towel under your chopping board. It sounds simple but some people's slow, poor knife technique is actually due to their board slipping away from them if they try and do it properly.

It's not about having the most expensive knife, it's about occasionally sharpening them to keep them in good condition! You can pick up relatively cheap knife sharpeners from kitchen homeware stores that do a great job. Almost every dish you'll ever cook requires a knife and board so make sure you get these two things right!

Make sure any pots or pans you buy feel heavy for their size. You want a nice thick base to ensure an even and consistent heat.

Our favourite technique to make cooking easier is spread the load! If you're cooking for more than yourself it's only fair you help each other out. Make cooking a fun activity to do together rather than a necessary chore.
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Recipes and images from *Quick Easy Healthy* by Callum Hann and Themis Chryssidies (Murdoch Books) available now from all good bookstores and online.



PAPRIKA LAMB WITH ROMESCO SAUCE & CHILLI SAUCE

Romesco sauce is a Spanish chilli, capsicum and roasted nut sauce. It's bright orange-red and usually accompanies seafood. However, it's a versatile sauce and also works very well with lamb and poultry. Give this recipe a try, it's one of our favourite dishes.

- 100g roasted capsicum (pepper) pieces
- 40g roasted almonds, roughly chopped
- 1 garlic clove
- 1 teaspoon smoked paprika, plus 1 tablespoon extra
- 1 teaspoon ground cumin
- 90ml tomato passata (puréed tomatoes)
- zest and juice of 1 lemon
- 2 tablespoons olive oil, plus 1 tablespoon extra
- 400g lamb cutlets (or lamb backstrap or loin chops)
- 4 large handfuls green beans, topped and tailed
- 1/2 teaspoon chilli flakes
- 8 anchovy fillets, finely chopped (optional)

To make the romesco sauce, combine the capsicum, half the almonds, garlic, 1 teaspoon of the paprika, cumin, tomato passata and half the lemon juice in a food processor. Blend until smooth, add the 2 tablespoons of olive oil and blend briefly to combine.

Heat the remaining oil in a large frying pan over high heat. Coat the lamb in the remaining tablespoon of paprika, season with a pinch of salt, then add to the pan. Cook for 2–3 minutes on each side until a deep golden brown and cooked to your liking. Remove the lamb from the pan and leave to rest, lightly covered.

Add the beans, chilli flakes and anchovies, if using, to the pan and cook for about 2 minutes until bright green and slightly tender. Transfer into a bowl and toss with the lemon zest and remaining juice. Divide the beans among four serving plates. Top with the lamb, romesco sauce and the remaining almonds and serve.

NUTRITION TIP Anchovies are a quick, easy and affordable source of omega-3 fats, protein, calcium and iron. Depending on how they are packaged, they can also be very salty, so it is good to give them a rinse.

SUBSTITUTION If you like it hot, add a chilli to the romesco sauce for a real kick. The spicy and sweet romesco sauce is a perfect addition to Mexican tacos.

BOOKS FOR COOKS, TRAVELLERS AND LIFESTYLE LOVERS...

REAL FOOD PROJECTS

KATE WALSH

Murdoch | RRP \$39.99

Real Food Projects isn't just about recipes but about teaching you the skills needed to create from scratch. And it's manageable! Nut butter and mustard, breads and crackers, labne and ricotta. Then she turns our attention to projects we can work into our weekends and shares her passion for passata and sausages.



NOT JUST JAM

MATTHEW EVANS

Murdoch | RRP \$35.00

Preserving is all the rage now and *Fat Pig* farmer and Aussie food writer Matthew Evans is passionate about preserving – everything! *Not Just Jam* will leave you wide-eyed at his diverse ideas and ingredients to turn surplus seasonal produce into year-round delights.



EVERY BITE TAKES YOU HOME

GAYE WEEDEN & HAYLEY SMORGON

Ilura press | RRP \$62.00

A gorgeous cookbook full of stories of food, connecting, relocation, and establishing oneself in a new life. It's full of traditional recipes from all over the world including Tibet, Somalia, Cambodia, and Burma, just to name a few, and written by people who have fought to make Australia their home and who found that food helped them settle into their new found country. The recipes are diverse and well written, offering a beautifully flavoured escape into new food cultures of the world.

Awarded 'Best Fundraising Book' in the Gourmand World Cookbook Awards 2016



HEMSLEY AND HEMSLEY GOOD + SIMPLE

JASMINE AND MELISSA HEMSLEY

Edbury Press | RRP \$55.00

These two gorgeous home cooks to the stars have done it again with their second nutritionally dense book *Good + Simple*. Stylish and, as the title states, simple, it's packed full of deliciousness. Check them out at hemsleyandhemsley.com



SEASONS TO SHARE

JACQUELINE ALLWILL

Murdoch | RRP \$39.99

Nutritionist Jacqueline Allwill's first book is full of healthy, fresh recipes divided up into the seasons to help us create easy, healthy meals to share with our family and friends. It's full of super healthy light dishes like raw carrot cakes, detox salads, summer popsicles and, on the richer side, slow-cooked lamb shoulder with caper jus, or a slow-cooked beef brisket with smoky barbeque sauce.





DINNER WITH JUSTINE

JUSTINE SCHOFIELD
Pan Macmillan | **RRP \$39.99**

Justine is one of *Masterchef's* biggest success stories, and rightly so! *Dinner with Justine* is packed full of easy, every day recipes and accessible ingredients. She's touched on some of her French classics but added a plethora of dishes to spruce up our every day dinnertime.



DELICIOUS.

VALLI LITTLE
ABC Books | **RRP \$19.99**

Valli Little and *Delicious* have done it again with three more bite-sized, themed books to add to your collection! *Fresh*, *Weekends*, and *Celebrate* are all chock-a-block full of the image inspiration we've come to love from the *Delicious* magazine team.

ONE POT FAVOURITES

PETE EVANS
Plum | **RRP \$39.99**

Paleo Pete is back again, making our time in the kitchen easy to digest! Paleo or not, this book might become a winter warming favourite! It's full of delicious winter comfort foods and I know I certainly won't be complaining if there's only one pot to wash!



MORE HOME COMFORTS

JAMES MARTIN
Quadrille | **RRP \$39.99**

British chef James Martin has become a staple on Australian pay TV and for good reason – his witty likable personality combined with his great home-style cooking has won many hearts all over the world. This book is the follow-up to his bestselling cookbook *Home Comforts* and is a delicious foray into the food he cooks to remind him of home. Ham hock and pumpkin risotto, braised hogget pie, beer can piri piri chicken, and his childhood favourites like cauliflower cheese with crispy maple syrup pancetta and chicken cordon bleu.



A YEAR IN MY REAL FOOD KITCHEN

EMMA GALLOWAY
Harper Collins | **RRP \$39.99**

Creator of the very successful *My Darling Lemon Thyme*, chef and blogger Emma Galloway is back with her follow-up book inspiring us to re-connect with a more natural way of eating. Vegetarian and flavourful gluten-free recipes are broken down into seasons. Emma offers some great meatless alternatives to our favourites – pumpkin korma, zucchini feta and mint fritters, spicy tofu noodles, and a delicious looking chickpea and carrot burger with guacamole. And her desserts don't disappoint this time around either!





100

YEARS
OF FILM
WITH

THAT MOVIE GUY

Best known to *Triple J* listeners as

THAT MOVIE GUY,

with a weekly audience of 1.9 million young people, **MARC FENNELL** is Australia's most listened to film critic.

Over the years, Marc has presented about film on the BBC, Network Ten, ABC, SBS, Foxtel and Showtime, and he is also the face of movies for SBS, introducing movies throughout the week and hosting the largest short film festival in the world, *Tropfest*.

And with his new book, *Planet According to the Movies*, Marc helps you discover movies you never realised existed and the stories you never knew behind the movies you love. According to Marc, "it's 30% travel guide, 30% film

reviews, 10% racial profiling handbook and 45% testament to the fact that maths is hard."

This issue, Marc sat down with us to have a chat not only about his book, but also to take a good look at the past 100 years of film – the cultural differences, the landscape of the film industry here in Australia compared to the rest of the world, and where conversations about the culture of films should be going.

Your new book, *Planet According to the Movies*, is a great concept – you discuss movies from all different periods, which really refreshes them in your mind.

I think that is one of the reasons why I have written this book and the last one. So often, when it comes to movies, we only talk about what is immediately out in the cinemas or available at the time on DVD. In the last couple of years, with the rise of Netflix and various different movie streaming services, something beautiful has happened – you now have access to a hundred years worth of cinema. Regarding the role my books play in this, we are really trying to point you in the direction of amazing films that aren't necessarily talked about, and also the amazing stories behind movies.

What I find the most fun about writing these kind of books is the curating role, where I get to think about the perfect combination of movies for a Friday night, or the best combination of movies that are about a particular country or theme – that is what I most enjoy.

You started quite young in the movie reviewing business, 19 years old. What got you into journalism and writing reviews?

Yeah, it was very accidental. When I was in high school, the Australian Film Institute ran a young film critics competition. At the time I was bored, so I entered and I won. After that I was kind of recruited by a community radio show in Sydney and they taught me radio from scratch. A year after that, SBS approached me to come audition for *The Movie Show* that David and Margaret were vacating to go to the ABC. So yes, it was very much accidental.

Definitely one of the biggest turning points for me would have been *Hungry Beast* – the TV show I did with Andrew Denton on ABC. He took nineteen people from various parts of media – some well-trained, others not at all – and then he just said "make a journalism show". In that environment I learnt so much; I made serious journalism, tongue in cheek journalism and comedy sketches. It was the best education you could get for television, it was amazing.





So when it comes to watching a movie, are you able to just sit back and switch off?

Yeah – well, it's funny, if you asked me and then you asked my wife, you would get two very different opinions. I just love sitting back on the couch with a movie. Initially I can enjoy it, but what happens after about an hour is, I desperately need to talk to somebody about it! The important role that my book plays has stemmed from this need.

I want you to read it, watch the movies with other people, and then just argue the shit out of it – that is the way I think movies are best enjoyed.

Also, I get weird if I don't watch a movie every week. I have a habit of going through weeks where I watch a lot of movies, and then there are weeks where I don't watch any movies – and what I have realised is, if I am not in a cinema at least once a week I get weird. I get really, really weird.

Why do you think we love seeing movies at the cinema?

I think for me, movies in a cinema is all about subtraction. It is about taking away the distractions, the noises and the people. It is a dark room, all your attention is focussed on a screen, there are no ambient noises or traffic noises, there are no people talking, and there are no phones going off... hopefully. You are 100% focussed on one big image and are being enveloped in sound. If it is done well, it is an incredibly seductive physical environment.

Are you a “turn the bloody phone off” kind of guy if someone's phone goes off in the movies?

It hasn't actually happened to me recently – but I once saw somebody take a whole phone conversation in the middle of the movie. Luckily I was with Margaret Pomeranz and she yelled at him. It was glorious. When she is angry it is glorious.

As a nation, who do you feel produce the best films in the world?

What I really enjoy is seeing how different cultures take their culture, filter it through movies and the interesting results that are produced. One of my favourite chapters in the book is about Indonesia. Indonesia went through this period of making insane remakes and rip-offs of American horror films. What is fascinating about it is, you see all the genre tropes you are familiar with, as a movie watcher, but it is still wonderfully different to your expectations – they have so much fun with it.

By filtering a culture through movies you can see how cultures with different histories and people, and their different mentalities, result in surprises in movie-making – great things that you don't see coming.

Are you a fan of Australian films? Where do you think the Australian film industry is headed? Is it getting better, stronger?

I think what we are starting to see now is a few more movies that are really thinking about the audience. I think we had a long period of time where we made movies where the filmmakers were thinking about winning an award, they weren't thinking about the person sitting in the seat experiencing it. And I think we're starting to shift away from that.

I think film in Australia is at an interesting turning point – there have been some really important films that have changed the perception of what an Australian film is. They are no longer seen as just sad and depressing, and I think some of that cringe has dissipated. However, the only way that it can be sustained is if we have more films that fulfil different gaps.

I also find it interesting now that some Australian movies are by-passing cinemas and going straight to video on-demand. There were two films recently that this happened to: *The Mule*, an Angus Sampson film, and *Infini*, a sci-fi thriller. They were both great, really engaging, different kinds of movies that went straight to video on-demand and are doing really well.

Why would they do that? Don't we want all our good Aussie films to make it to the cinema?

People increasingly aren't going to the cinema. Going to the cinema is expensive, and when given a choice between something that's got huge explosions that will give you cinematic bang for your buck or something you could easily watch at home, you'll make the choice to watch the big blockbuster. There has been an element of training the audience to watch certain kinds of genres, serious genres, at home, so that they can monetise that audience from the beginning for a decent amount of money.



I think what all those film companies would prefer is to have a season when they play movies at the cinema, and they also go on-demand at the same time. But the cinemas aren't interested in this at all and I think eventually the cinemas are going to gradually get cut down to a place where you go to see a big blockbuster but not much else.

A great example is Netflix funding a sequel to *Crouching Tiger Hidden Dragon*. When it opens you won't be able to see it at a normal cinema, you will be able to see it at IMAX or on Netflix; which to me is genius because you either take the convenient option at home or you don't just see it at any old cinema, you see it at the biggest cinema available, making it a special experience.

The current film industry landscape has a lot of film franchising – what are your thoughts on too many sequels?

I think it will be interesting to see what is going to happen with *Marvel* in the next couple of years because they're clearly the kings of it.

It's funny, the industry doesn't refer to them as franchises, they are cinematic universes – such as the *Marvel* cinematic universe, or the *Star Wars* cinematic universe. Years ago there was this theorist who actually came up with a better term for it, which was "screen bleed" – the story of a movie bleeds over into another film, which in turn bleeds into a TV show.

The real pioneers of it are *Star Trek*. They had all the movies and TV shows existing in the same universe – they very much led the way with it.

My only criticism is, looking at *Disney* who carry the *Marvel* universe, that they have charted out eighteen films, so I am wondering if fatigue will set in with the audience. One stumble with one film has the potential to pull down the warm fuzzy feeling people have about that entire universe, so they have to be extremely careful.

Looking forward, how do you want conversations about the culture of film to go?

I want to make film culture conversations that are inclusive, joyous and fun.

Even when you hate a movie there is an element of joy in discussing it –
"oh my god, how terrible was that!"

I want conversations to be not only about what we consume, but also looking at what it says about us personally, as a society and as a culture. Even though my book is filled with jokes, it is fundamentally a book about culture, how we perceive it and how we represent it in movies. I even joke at the beginning saying "this book is a little bit racist", because when you're dealing in cultural archetypes, you're going to end up wandering into the territory of stereotyping.

In my book I wanted to start that conversation about representing culture in movies, and I wanted the conversation to be fun. I didn't want it to feel like a cultural theory class at university, I wanted it to have the intellectual rigour of that conversation but without it feeling like an academic conversation.

"Planet According to the Movies"
 ABC Books
 RRP \$24.99





MELBOURNE INTERNATIONAL **FILM FESTIVAL**

The Melbourne International Film Festival (MIFF) is an iconic Melbourne event and the most significant screen event in Australia. In 2016 the festival will celebrate its 65th edition – with a program of over 300 films showcasing the best work from international and Australian filmmakers.

For eighteen days the festival warms up the Melbourne winter with premieres, red carpet galas, special events and talks.

HERE IS A LITTLE TASTE OF SOME OF THE THINGS ON OFFER...



The festival will open with the World Premiere of *The Death and Life of Otto Bloom* by Melbourne film maker Cris Jones. Starring Xavier Samuel, Matilda Brown and Rachel Ward, the film chronicles the life and great love of Bloom (Samuel), an extraordinary man who experiences time in reverse – passing backwards through the years while remembering the future.

At the gala opening night, a blue carpet will welcome MIFF guests, as they sip the iconic Grey Goose Le Fizz, which is served at the top award season parties, enjoyed by red carpet celebrities at the *Oscars*, *Toronto Film Festival* and now the *Melbourne International Film Festival*.

This year MIFF delves into the future of filmmaking and film viewing with a **SPECIAL EVENT** program on **Virtual Reality**.

Science fiction audiences have long speculated on and dreamed about virtual reality, which has finally become a reality in 2016. For filmmakers and film-goers alike, it's re-writing the rules of how we create and consume entertainment. The implications and possibilities for cinema are immense and exciting.



THE MAGIC BRUSH

As part of the 65th Melbourne International Film Festival, this year they will present a special virtual reality symposium: a series of VR experiences by Australian and international filmmakers, alongside a number of local and overseas speakers. It will be a unique opportunity to strap on a VR headset and fully experience the jaw-dropping wonders of totally immersive cinema. Next stop: the Holodeck!

A key part of the program is the Talking Pictures keynote session on Virtual Reality & Storytelling with *Madagascar* director and immersive cinema pioneer, the “Walt Disney of early VR”, Eric Darnell, presented in partnership with *The Wheeler Centre*.

One of the headline experiences featured as part of the Symposium will be Oscar Raby’s enchantingly surreal fairytale *The Turning Forest*. Raby, an award-winning multimedia artist whose RMIT graduation film *Assent* won the Sheffield Doc/Fest Cross-Platform Audience Choice award. He has worked with BBC Research & Development to create this real-time visual and audio project inspired by *Where the Wild Things Are* and *The NeverEnding Story*. It’s guaranteed to be both a breathtaking festival experience and a treasured future memory.

And proof that MIFF has something for everyone, the *Next Gen* program houses a specially curated selection of films to enrich the cinema experience for younger viewers.

This year, the program was carefully put together so that all films screening are not only high quality, diverse and age appropriate, but also in languages most commonly taught in Victorian schools: French, Mandarin, Japanese, Italian and German.

Through live action drama, animation and fantasy, the 2016 MIFF Next Gen program will engage and inspire students, exploring issues such as resolving conflict, taking responsibility for actions, family, friendship and resilience.

One of the family friendly highlights includes *The Magic Brush*, a Chinese film about a young artist, Ma Liang who lives in the picturesque Baihua (Hundred Flower) Village, where he enjoys a simple life. One day, a celestial being notices Ma Liang’s talent and gifts him a brush that magically brings to life whatever he paints. Delighted, Ma Liang dreams of being a hero but soon learns that magic can have consequences. When a greedy imperial general invades the village, he learns about Ma Liang’s magic brush and becomes intent on gaining its power for himself.

The latest adaptation of the beloved Chinese fairytale *Ma Liang and his Magic Brush*, Zhi-xing Zhong’s film is a gorgeously animated adventure full of wild creativity. Produced in collaboration with Disney, and with a theme song by Hong Kong pop superstar and actor Jacky Cheung (*Perhaps Love*, MIFF 2006), it’s a fun and fantastical tale about the power of art and imagination.

MIFF runs from 28 July to 14 August.
The full program will be launched on 5 July with public tickets on sale 8 July.
For more information visit miff.com.au



THE DEATH AND LIFE OF OTTO BLOOM

Photo by Suzy Wood



TOP 10 COMIC BOOK MOVIES

ROBERT FANTOZZI

In today's Hollywood system, the words that get all the studios imagining the dollar signs is **'comic book'**. Films adapted from comics have taken over and audiences can't seem to get enough of it either.

This is evident by *Batman v Superman: Dawn of Justice* still breaking all manner of box office records, despite being a critical dud. 2016 shows no signs of stopping. *Deadpool*, *Captain America: Civil War* and *X-Men: Apocalypse* have also been released recently, with the release of *Suicide Squad* and *Dr Strange* hot on their heels. All will (if they have not already) light up the box office.

But a genre can't survive on box office alone. Quality filmmaking is a must if the audience is to stay hungry for more. While we cross our fingers that the forthcoming films are up to standard, here's a look back at the dizzying heights the genre can reach.



Christopher Reeve, on-set of the Film, "Superman", 1978 –Glasshouse Images

**FILMS
ADAPTED
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GET ENOUGH OF
IT EITHER.**



10) SUPERMAN: THE MOVIE

RELEASE DATE: 1978
BOX OFFICE: \$300 MILLION
BUDGET: \$55 MILLION

The one that started it all – superheroes went into top gear with 2002's *Spider-man*, but without *Superman* the superhero genre would not exist. The magical wonder you feel seeing Christopher Reeve fly to that classic theme makes the child inside you giggle with delight. Richard Donner had the impossible task of staying true to an icon, successfully taking the concept seriously whilst not ignoring the humorous aspects. Christopher Reeve embodied the spirit of the character better than any actor could and it is a testament to its life affirming power that we haven't had a decent Superman film since. Sorry *Batman v Superman*, but all your flashy special effects don't impress me.

9) DREDD

RELEASE DATE: 2012
BOX OFFICE: \$41 MILLION
BUDGET: \$45 MILLION

You've never heard of this one? That is a crime worth a year in the Isocubes! (You won't get the joke, as you didn't see the movie. Shame on you.) It's a shame it bombed because this movie is awesome. Set in the dystopian Mega-City 1, *Dredd* is a flawless adaption of the comic book series, *Eat Your Heart Out* 1995. With today's world dominated by universe building films, it's refreshing to see a film that is streamlined. Dredd and his partner Anderson are stuck in a skyscraper, run by a drug kingpin. It is a smart and entertaining thriller, not unlike 1988's *Die Hard* or 2011's *The Raid*. It sounds like we've been there before on film, but it's not a case of what tools are available, it's a case of how they used them. *Dredd* is like nothing you've ever seen before. Despite bombing at the box office, a passionate cult following's demand for a sequel is getting louder.

8) SIN CITY

RELEASE DATE: 2005
BOX OFFICE: \$158 MILLION
BUDGET: \$40 MILLION

If comic book films were ranked based on how true they stay to the source, then 2005's *Sin City* would top that list. The road to making it wasn't easy, but Robert Rodriguez made it possible. He took cinema and turned it into the books. Told in a classic neo-noir style, *Sin City* adapts three interwoven stories. All come together to create a piece of modern crime horror, with chills like 1940's thrillers. Hard-boiled cops, psychotic villains, mysterious femme fatales and moral ambiguity – it's classic noir with a modern edge. It's not a realistic world and is far from pleasant, but you'll want to make the trip to *Sin City*.



Bruce Willis, "Sin City", 2005 – DIMENSION FILMS / A.F. ARCHIVE

7) KICK-ASS

RELEASE DATE: 2010
BOX OFFICE: \$96 MILLION
BUDGET: \$30 MILLION

The world at large still seems unsure if *Kick-Ass* is just a gratuitous exercise or a post-modern stroke of genius – I'll say the latter. Directed by Matthew Vaughn, who has a bulletproof record (*Layer Cake*, as well as comic book films *X-Men: First Class* and *Kingsman*), *Kick-Ass* takes the tropes of superheroes and calls them out. If someone were really to put on a costume and fight crime, they'd end up with more broken bones than *Batman* realistically gets. The result is the darkest comedy since *A Clockwork Orange*. Chloe Grace Moretz's Hit Girl, meting out justice and flapping her foul mouth is shocking and hilarious. Not to mention Nicolas Cage in his best performance in years, doing a suitably over-the-top Adam West impression. *Kick-Ass* came out of nowhere and still turns heads today.



6) ROAD TO PERDITION

RELEASE DATE: 2002
BOX OFFICE: \$181 MILLION
BUDGET: \$80 MILLION

Sometimes comic books have more to offer than an endless stream of men in tights punching each other. Sometimes they are truly mature stories that can get the emotions flowing. In *Road to Perdition*'s case, you wouldn't be out of turn to place it on a list of top crime stories, placing it with the likes of *Scarface*, *Miller's Crossing* and *The Departed*. Directed to perfection by Academy Award winner Sam Mendes (of *American Beauty* and *Skyfall* fame) with top-notch performances from Tom Hanks, Paul Newman, Jude Law and Daniel Craig. *Road to Perdition* tells the story of Irish mafia hit man Michael Sullivan, who is forced to go on the run from his employees. His estranged son by his side, they endure a family tragedy that puts their lives in danger and brings them closer to one another than ever before. Fathers and sons being the central theme, *Road to Perdition* is as thrilling as it is touching. The screenplay was adapted by David Self, from the graphic novel of the same name by Max Allan Collins.



5) SPIDER-MAN 2

RELEASE DATE: 2004

BOX OFFICE: \$783 MILLION

BUDGET: \$200 MILLION

We haven't gotten a decent *Spider-Man* film in 12 years, but that 2004 film is enough to satisfy our appetite forever. *Spider-Man 2* took what worked in the original and shaped it into a fun, joyful and relatable human story. It weighs the importance of doing the things that make you happy versus making sacrifices to do the right thing. It is so in touch with the emotional core that Director Sam Raimi rewrote the rule book for sympathetic villains with Alfred Molina's Dr Octopus. It's not all serious however, as the film is packed full of laughs and even a bit of classic Raimi horror, not to mention the best train fight scene ever. After a rough patch, *Spider-man* is back on top in his recent appearance in *Captain America: Civil War* (more on that later down the list) but his original sequel is still flying high.

4) IRON MAN

RELEASE DATE: 2008

BOX OFFICE: \$585 MILLION

BUDGET: \$140 MILLION

When watching these films, in the back of your mind you have that nagging feeling reminding you "this is another comic book film". But *Iron Man* feels fresh, which makes it work. There were plenty of great comic films before it, but *Iron Man* treated the material as if the film medium was the first time the story was ever told. That was the case for most people, as most had never heard of *Iron Man*. Director Jon Favreau and star Robert Downey Jr outdid themselves to make sure that *Iron Man* was introduced to audiences without the "this is only made for the fans" stigma. The result is a breath of fresh air, wholly original yet pleasantly retro, expanding the imagination of viewers. For a film that is about an eccentric billionaire that beds women and builds weapons, it feels real and is the most character explorative superhero film to date. *Iron Man* is more of a film icon than he was in the comics, and the entire Marvel Studios' juggernaut of films has a debt to pay to the groundwork left by *Iron Man*. The freshness, the humour and the brains impress.





3) GUARDIANS OF THE GALAXY

RELEASE DATE: 2014
BOX OFFICE: \$774 MILLION
BUDGET: \$195 MILLION

Remember the 1980s? Blockbusters were brave and thought outside the box – those were the days. Bring that back, please! Thankfully, Marvel Studios thought the same thing and gave us this gem. *Guardians* was practically a month old before becoming a classic of the genre and will likely become a classic in the same vein as *Raiders of the Lost Ark* or *Star Wars*. If a film can make audiences fall in love with a CGI raccoon and a talking tree that only said three words, then surely the 1980's are back. From the opening dance montage to the final tear-jerking moments, *Guardians* will have imitators for years. We are Groot.

2) CAPTAIN AMERICA: CIVIL WAR

RELEASE DATE: 2016
BOX OFFICE: \$1.1 BILLION
(AS OF PUBLICATION)
BUDGET: \$250 MILLION

I know what you're thinking. Why aren't *The Avengers* or *Captain America: Winter Soldier* on this list? Simple. *Captain America: Civil War* gives us the best of what made those films amazing and by some miracle it works. So many characters to juggle, yet it manages to make you care and understand all of their motivations. To the point where the supposed antagonist appears not as a villain, but another side in the battle of ideologies. Even with all its weight, Chris Evan's *Captain America* remains the centre, the character becoming one of the most subtly complex heroes on the screen – not to mention Robert Downey Jr. giving his best and most sombre turn as *Iron Man* yet. Even with all the seriousness, the fun to be had is endless, with all the laughs and splash page moments you could want. Matching its jaw-dropping superhero spectacle with the tight story and plotting of a grown up psychological thriller, *Captain America: Civil War* showcases the best of what blockbuster filmmaking has to offer.



Christian Bale, "The Dark Knight; Batman", 2008 – WARNER BROS / A.F. ARCHIVE

1) THE DARK KNIGHT

RELEASE DATE: 2008
BOX OFFICE: \$1 BILLION
BUDGET: \$180 MILLION

Okay, it's the obvious choice, but it's for a reason. Christopher Nolan's, *The Dark Knight* is remembered as a film that compares to *The Godfather* or *Citizen Kane* – pieces of art that changed the way movies are made and the way audiences think. It defines a cinematic generation and is a post-modern take on what it means to be heroic in a world ravaged by terrorism. It is a powerful and deeply affecting work, which challenges its viewers as well as the hero. Heath Ledger turned in one of the best performances of all time – and even placing this aside, *The Dark Knight* was able to reach unprecedented heights. Because this film failed to gain an Oscar nomination for Best Picture, I fear we will never see another comic film do so. When future directors tell us what inspired them, the answer will be: *The Dark Knight*.

ROBERT is a freelance writer and filmmaker. He loves storytelling, be it written, visual, or just around the campfire... You know how they say that politicians can speak for hours without saying anything? By that logic, Robert could run for government and be emperor of the universe by next Thursday.

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



The Harry Potter Charm

BY ALEXIS MCLAREN

The Global Ministry of Muggles

When J.K. Rowling wrote the series of books about the boy who lived, she probably didn't realise that she was actually writing about the boy who will live forever. In fact, there is a pretty good chance that the philosopher's stone was never destroyed and it is instead being used to immortalise the timeless universe of *Harry Potter*.



It seems that the original books in the series, and the movies that followed, were only just the start of it – the *Harry Potter* universe continually evolves. There are now websites, such as MuggleNet and Pottermore, dedicated to the muggles of the world who want to channel their inner wizarding and witching ways – and J.K. Rowling has written an additional three books from the universe; *Fantastic Beasts and Where to Find Them*, *Quidditch Through the Ages*, and *The Tales of Beedle the Bard*.

And this year there is no exception to the growth of the universe. Come the end of July, the eighth *Harry Potter* book – set nineteen years later – *Harry Potter and the Cursed Child*, will be released to stand alongside the two-part play that will hit the stages of London. And come November, the latest

book adaptation from the universe, *Fantastic Beasts and Where to Find Them*, will reach the cinematic big screen.

It was only natural that something so large and so magical could create a culture amongst us muggles – in fact, it was a culture that lifted itself off the ground before anyone could wave their wands and say *Wingardium Leviosa*. It is a culture that sees *Harry Potter* clubs popping up around the world, and international quidditch tournaments becoming a part of everyday university life.

So this issue, *Vanilla Magazine* has sat down with **Erin Pratt**, President of the Monash Muggles at Monash University, to discuss their *Harry Potter* club, the world of *Harry Potter*, and why the tale of *Harry Potter* and his whole universe is just so timeless.





HARRY POTTER'S BIRTHDAY BASH

Muggles are so dedicated to Harry Potter they're even throwing him birthday parties across the country!

July 29, Brown Alley, 585 Lonsdale Street Melbourne

'Grab your cloaks, brooms and wands, as this is the wizarding event of the year, and get ready to do the Hippogriff and dance the night away!' – The Peeves Gang

Tickets at eventbrite.com.au and for more info head to www.facebook.com/peevessgang sorry kids 18+ only.

Photo: Courtney Clarke



Tell me a bit about the Monash Muggles, when did you start? What do you stand for and what type of things do you do?

At Monash University there is a really good campus life and we get a lot of funding from the university to have clubs that really promote social interaction between students and provide an escape from the stress of university. So five years ago, our first president Raychel Barallon put to the university the idea of having a *Harry Potter* club.

The club aims to help people make friends by putting people with a common interest in the same space, and also to promote relieving stress from uni. We have book discussions, movie nights and a trivia night. Then there is the Yule Ball, which we run together with the *Harry Potter* clubs from Melbourne University and La Trobe University, and we also have a quidditch team, which we use to help encourage athleticism.

Not only is there now an Australian Quidditch Association, there is even an international one! Why do you think quidditch has become so popular?

So the first thing that I need to disclose about quidditch is, it is not a nerdy sport. I nearly didn't join the quidditch team because that is exactly what I thought it was. But then my best friend dragged me along and it was the best decision of my entire life.

Quidditch is such an inclusive sport – I think that is its biggest driving force. It is mixed gender and suits people from different sporting backgrounds, from netball and basketball through to rugby and dodgeball. It even caters to people who aren't even really athletically predisposed – like me. I can vouch that I am incredibly clumsy and was never ever going to be a sports player, but I really love quidditch.

There are a lot of similarities between the way the sport is played in the books and movies, and in real life. Obviously some provisions have been made – we can't fly and we're not about to chuck iron balls at each other – but there are a lot of crossovers that make it really appealing to *Harry Potter* fans.

I think it brings together people that are really nerdy and are just there because they love *Harry Potter*, and people that are really athletic and are there because they love playing sport – it seems to have found the perfect balance between those two mentalities.



Hardie Grant

Photos: Quidditch Australia



We even have a national team who went to Frankfurt at the end of May to compete in the 'Global Games' – we're really proud because two of the members of the Monash Muggles have been selected to play for the Australian team. Last year we came second and hopefully we'll bring back the gold this year.

Australia came second last year in the Quidditch Global Games? That's fantastic!

It was amazing, but at the same time we lost to America in the finals with the score 210-0. It was amazing that we came second overall, but we really didn't do very well in that game.

Harry Potter clubs seem to be popping up all over the place. Why do you think they are so popular?

I think, particularly for my generation, it is because we have grown up with the series. I was six when the first movie came out and from there I got to grow with the series.

Harry Potter helps a lot of people, because a lot of people can really identify with one character.

I know that a lot of our members really connect with the mental health aspects of the books – J.K. Rowling had depression and that is a major theme in her books – this provides a lot of comfort for our members when they are feeling alone. *Harry Potter* plays a huge role in their lives – I think it really helps them to have a safe space where they can share their love of the series with like-minded people.

Harry Potter is enjoyed by several generations, why do you think the tale and world of Harry Potter is so timeless?

I think for clubs like ours to continue in their existence we have got to consider it a timeless tale – it gets exposure not just to my generation, but all generations. I think this is because the universe is really inclusive of everyone. It doesn't matter who you are, how old you are, or what background you come from, it is just something that everyone can really enjoy and identify with.

In fact, I think that the fact that quidditch is now a game that is played internationally speaks to the strengths of the *Harry Potter* universe. It is an all-inclusive, magical world, which makes everyone's lives more special.



Do you subscribe to the online site Pottermore? What do you think it offers *Harry Potter* fans?

We do look to Pottermore a lot – it is a great point of reference. I think for me it really helps further interest into the *Harry Potter* universe. I love the idea that I can pretend to be a Hogwarts student, go through and buy all of my potions books, and do the sorting hat quiz, etc. I think it really adds more depth to the universe.

The eighth book *Harry Potter and the Cursed Child* is released on 31 July. Do you have any plans for this release date?

We've had a lot of interest from our members of the Monash Muggles about *The Cursed Child* and doing something around that. We have been thinking about giving all the members different roles from the play and reading it aloud.

Traditionally, our trivia night is hosted on 31 July, but we have had to postpone that because of the release date of the book. Everyone, including the committee, is going to be at home with *The Cursed Child*. There is so much excitement about it.

I think everyone just loves the idea that the universe will continue beyond the seventh book and the eighth movie. Everyone in the *Harry Potter* community is super keen for *The Cursed Child* and just as keen for the movie that comes out later this year, *Fantastic Beasts and Where to Find Them*.

Do you think the new movie *Fantastic Beasts and Where to Find Them* is going to sit well in the *Harry Potter* universe without all the usual characters?

I'm honestly not sure but the book *Fantastic Beasts and Where to Find Them* was very well accepted by the community. I personally like the fact that they are steering away from the characters we know and love. I think at a certain point it is just good to leave a story where it is – I think they resolved the *Harry Potter* series really well. Staying away from the main characters that we're all familiar with helps us explore the whole world a bit more without overdoing it.

Where do you stand on *Harry Potter* books versus *Harry Potter* movies?

I think it is a really individual thing, some people like reading, some people like movies. I think as a kid the movies really helped me get into the *Harry Potter* world because I wasn't a strong reader, so I think a mix of both is good.

I think the movies actually encourage reading – if you watch a movie that you really, really enjoy and there is a book for it, you will be more inclined to go and read that book because you really loved that movie. The movies are also great to help you visualise things and let your imagination run away with it a bit. They are just another way to be a part of the culture that is really, really strong these days.

ARE YOU A POTTERHEAD?

Harry Potter and the Cursed Child

What Book and Play

SYNOPSIS

The eighth story – nineteen years later. It was always difficult being Harry Potter and it isn't much easier now that he is an overworked employee of the Ministry of Magic, a husband, and father of three school-age children. While Harry grapples with a past that refuses to stay where it belongs, his youngest son Albus must struggle with the weight of a family legacy he never wanted. As past and present fuse ominously, both father and son learn the uncomfortable truth: sometimes darkness comes from unexpected places.



Based on an original new story by J.K. Rowling, Jack Thorne and John Tiffany, *Harry Potter and the Cursed Child*, a new play by Jack Thorne, is the first official *Harry Potter* story to be presented on stage. It will receive its world premiere in London's West End on 30 July, 2016.

When

Play: The world premiere, 30 July, 2016

Book: The Special Rehearsal edition, 10:00am 31 July 2016

Where

Play: London's West End

Book: All good bookstores

Fantastic Beasts and Where to Find Them

What Movie

SYNOPSIS

The adventures of writer Newt Scamander in New York's secret community of witches and wizards, seventy years before Harry Potter reads his book in school.



This is the first of an upcoming trilogy of films based on the book *Fantastic Beasts and Where to Find Them*.

When 18 November, 2016

Where In a cinema near you

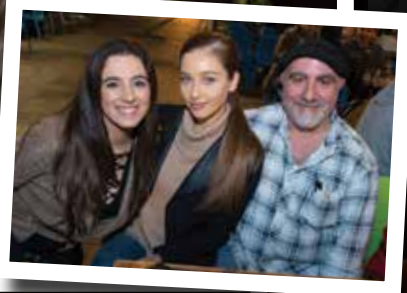
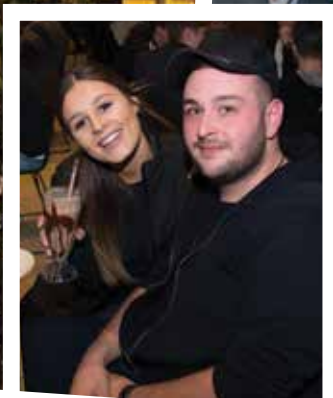


OVANILLA



VANILLA

CAKES AND LOUNGE



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YOU could be in the next VANILLA MAGAZINE CENTREFOLD!!!

Send us pics of you and your friends at Vanilla and you **MAY** be selected to be in the next issue.

See our Facebook page for more info.

PHOTOS BY:
PETROSPHOTOGRAPHY
METAXOPOULOS

*Vanilla Chefs
and
Culinary Team*



@vanillaoakleigh

ALL HANDS ON DECK!

Vanilla, Vanilla Upstairs and Vanilla Bakehouse proudly present a wonderful team of passionate food artists dedicated to culinary creations that will please every palate.

Enjoy the experience!



#melbournefood

| #melbournecafe

| #melbourneeats



Gerry Stamoulis

Fifty-three year old Gerry has spent many years in the kitchen. In fact, his first foray was as a nine-year-old boy back in Greece in his uncle's restaurant on the island of Kefalonia. Every summer he cooked for the many visitors who stayed in the guest rooms above his uncle's restaurant. Most days he happily made his way down the small pier at the bottom of the restaurant to collect the fresh crabs from the baskets, returning to the kitchen to help cook them for their patrons.

At sixteen he left Greece and boarded a Japanese cruise ship where he worked as a chef for three years, and then he returned to Greece to spend twenty-eight months as a chef in the army. Then, in 1989 he came to Australia to pursue his career as a professional chef.

And he's never looked back.

Gerry, you've spent thirty-three years in professional kitchens, the last five of those as head chef at Vanilla, are you still as passionate about food as when you began all those years ago?

I still love it, cooking is my passion and my hobby! I travelled all over the world experiencing food when I worked on a cruise ship – Germany, the Caribbean, Scandinavia, France, Italy and Mexico. I'd go out looking for new flavours, tastes and experiences to bring inspiration to my cooking. I love to use my imagination in my cooking.

When you're developing food for Vanilla, where does the inspiration come from?

Most of the recipes I cook at *Vanilla* come from my mind, my inspiration, and from the flavours that I experience around me. I might go to a friend's house, eat something I love and then start thinking about how I could do something with those flavours or ideas.

What's at the heart of Vanilla's food?

Many people come to *Vanilla* and think because it's owned by a Greek family it's all Greek food but it's not, we take inspiration from all nationalities.

Vanilla is multi-cultural, even within our staff. We have Greeks working here, yes, and we have English people, French people, German – we are very multi-cultural.

See, *Vanilla* has a passion for everyone, it doesn't matter what nationality you are or what religion you are, you sit out there and drink your coffee and next to you someone will say, 'I'm Greek', and the next person will say, 'ah I'm Turkish', then the next person might reveal that they're German or French...

We might be in the middle of a Greek area, but when you go to Vanilla you see everyone – Vanilla is the multi-cultural centre! How do you keep things interesting?

I change the specials menu every three days – every three days you'll find something new!

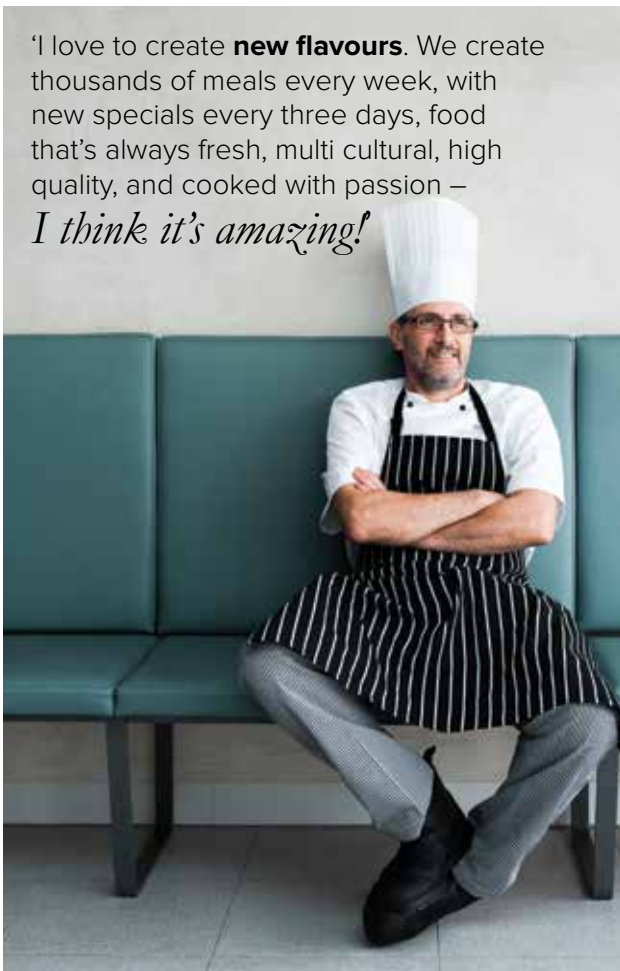
In the *Vanilla* kitchen, because it's such a busy place, everything is fresh, **always!** We have such a fast rotation and turn around, so nothing sits around; we're preparing fresh food everyday.

Our quality is fantastic; we have quality and quantity. Come on, you know how generous the serves are! You go to some places and you find the quality but not the quantity, or the quantity and not the quality, but at *Vanilla* the food is good quality and it comes in good quantities.

And we prepare everything here in the kitchen, like schnitzels – I buy the chicken and I prepare the schnitzel from scratch. I butterfly it, I crumb it, and I know exactly what's gone into it. The fish and chips, I buy fresh fish from the fishmonger every day. I slice the fish and I make the batter, I do it all here in the kitchen and it doesn't matter how busy we are, I will always make it myself so I know how high the quality is.

'I love to create **new flavours**. We create thousands of meals every week, with new specials every three days, food that's always fresh, multi cultural, high quality, and cooked with passion –

I think it's amazing!



And do you find enjoyment developing new recipes?

Oh yes, it's why I do it! I have nine chefs working with me in the kitchen and we all work together to create the best flavours for our *Vanilla* customers.

And it's not just the chefs deciding if a new dish is right for *Vanilla*, the whole family is involved. We have Helen here with her three daughters and her son, two sons-in-law, and one daughter-in-law; everybody tries the food and if they don't like something they tell us. It helps us to ensure the food is spot-on and tastes delicious. They have wonderful ideas on creating new menu items too.

Tell us about your artistic philosophies when it comes to food.

People look at chefs like an artist, like they're da Vinci. People want their food to look good and look after their belly. You can't just get a piece of meat and put it on a plate, you have to make it look good too.

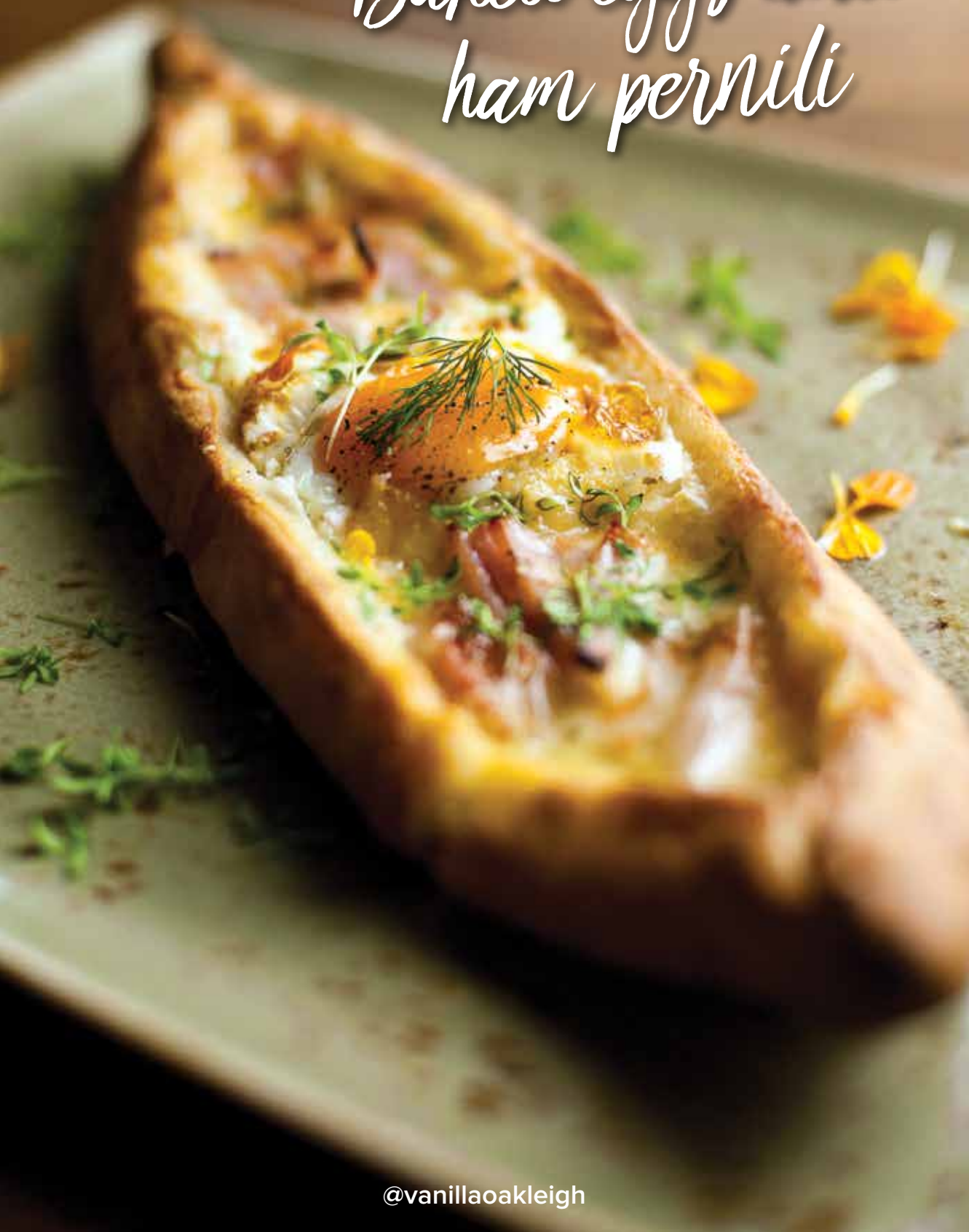
You need to use your imagination; the kitchen is gastronomy you know, the food needs to be your inspiration.



*Octopus
Carpaccio*



*Baked eggs and
ham pernilo*





*Baked eggs
Kalamata*

@vanillaoakleigh



*Baked eggs
Lefkada*

elegance harmony artistry



Designs by Kaba



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Dr Nat's Fav Winter Recipes

Winter is here, and our bodies are calling out for warmer and more nourishing foods. Here are a couple of my favourites from my latest book *Well & Good* that will keep your body loving you through these colder months.



Buckwheat Pancakes

Serves 4.

You will need a handheld or electric egg beater.



INGREDIENTS:

- 180g spelt flour or flour of your choice
- 3 eggs, separated
- 170ml your preferred milk
- Pinch of salt
- 1 heaped tsp baking soda



METHOD:

Separate eggs, placing yolks into a larger bowl. Add flour, milk and baking soda to the yolks and combine well, until a smooth batter forms.

Add a pinch of salt to the egg whites and beat until they form stiff peaks.

Using a wooden spoon, fold egg whites into the batter to combine.

Heat a knob of butter in a fry pan and cook pancakes one at a time, turning when bubbles rise to the surface.

Enjoy with fruit and yoghurt, or, for a savoury pancake, add corn kernels just before flipping.



Shiitake and Barley Soup

Serves 4.



INGREDIENTS:

- 8 dried shiitake mushrooms
- 1tbs oil/coconut oil
- 4 spring onions, chopped
- 2 garlic cloves, crushed
- 1 celery stick, diced
- 1 carrot, diced
- 250g fresh shiitake mushrooms chopped
- 2lt of veggie stock
- 200gm of pearl barley

METHOD:

Place dried mushrooms in a bowl with hot water. Soak for 30 minutes. Once soaked, squeeze out the liquid from the mushrooms and slice thinly.

Heat oil in a pan over a medium heat. Add spring onions, garlic, celery, carrot and fresh mushrooms. Cook for a few minutes, stirring, until softened. Add stock and barley and 125ml of water and bring to the boil. Reduce heat and simmer for about 40 minutes, until the barley is tender.



Spiced & Roasted Pumpkin Soup

INGREDIENTS:

- 1/2 Japanese pumpkin (or pumpkin of your choice)
- 1 onion
- 3 parsnips
- 2 carrots
- 3 tbsp. olive oil plus extra for roasting
- 6 cups of stock
- 1 tsp. dried chilli
- 1/2 cup of milk (of your choice – almond, rice, or dairy – it's your soup not mine!)
- 1 tsp. cinnamon to serve



METHOD:

Peel and roughly chop the pumpkin and place in a baking dish. Drizzle with olive oil, season with salt and pepper and place in a moderate oven until cooked and slightly browned at the edges (approx 30 minutes). Remove once cooked.

Heat oil in a large pot. Chop remaining veggies and place in pot, frying until they begin to brown. Add pumpkin, stock and chilli and allow to simmer for up to 1 hour (the longer the better).

In the final stages, add the milk. Stir well. Season to taste.

Serve with a sprinkling of cinnamon.



Raw Brownies My Way

INGREDIENTS:

- 3 cups of walnuts
- 1 cup of raw cacao
- 2 cups of medjool dates, pips taken out
- 1/4 tsp. salt

METHOD:

In a food processor, pulse walnuts until chopped roughly. Add the cacao and salt and pulse several times to combine.

Add the dates, one at a time until the mixture resembles bread crumbs.

Line a tray with baking paper in a slice tin and pack mixture firmly inside, pressing down until it resembles a slice.

Set in fridge for 20 minutes.

Cut into small squares and sprinkle with cacao to serve.



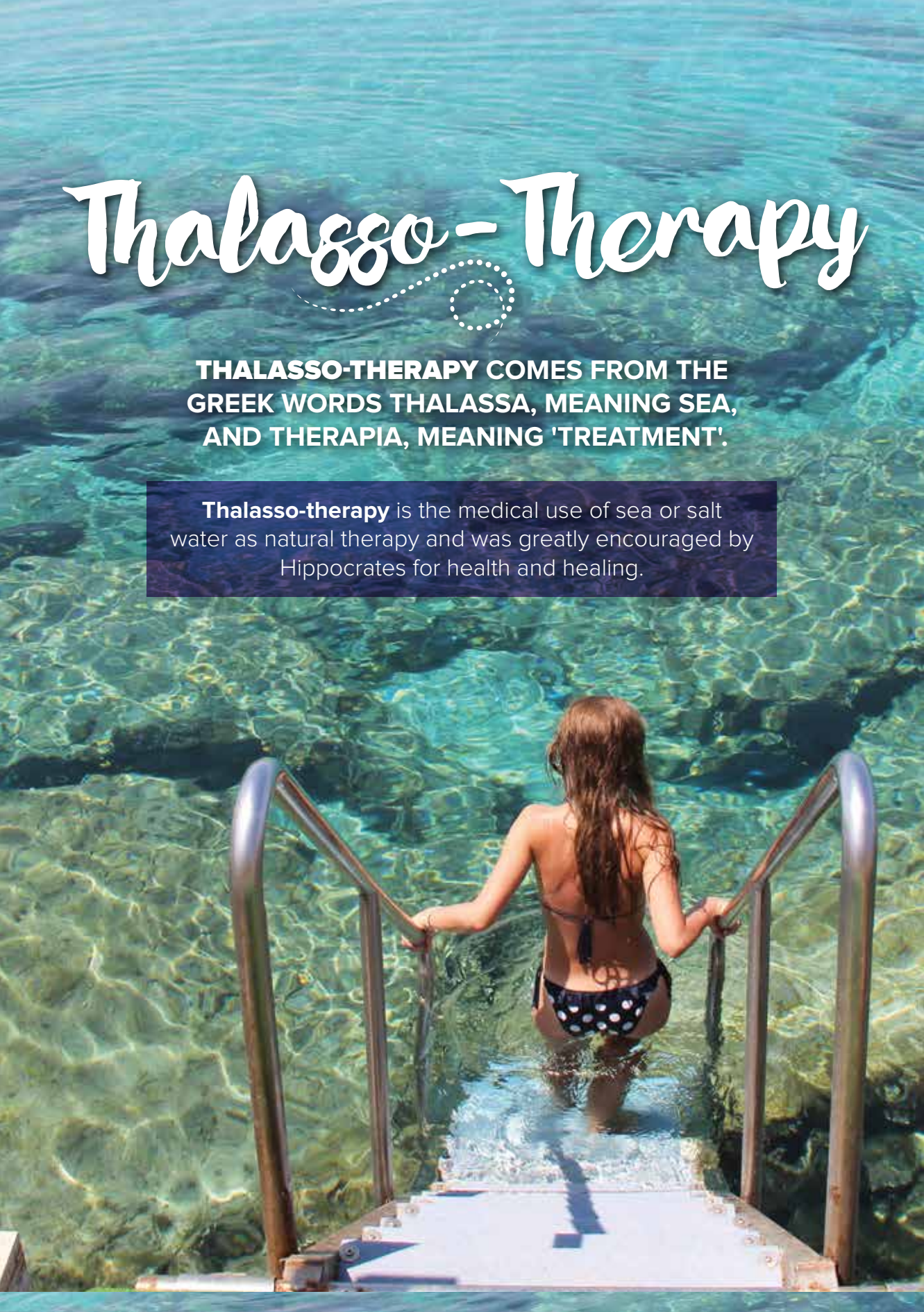
DR NAT KRINGOUDIS
www.natkringoudis.com.au

Thalasso-Therapy



THALASSO-THERAPY COMES FROM THE GREEK WORDS THALASSA, MEANING SEA, AND THERAPIA, MEANING 'TREATMENT'.

Thalasso-therapy is the medical use of sea or salt water as natural therapy and was greatly encouraged by Hippocrates for health and healing.



The combination of immersing the body in the sea and the natural motion of the sea is said to have amazing healing powers and can help relax the body and nervous system, soothe tired muscles, relieve aches, and detoxify the body while replacing needed nutrients.

Almost everybody loves going to the *thalassa*, or beach. It's a place of relaxation, rest and tranquility. The sound of the ocean is soothing and uplifting. The sand and salt gently exfoliate and firm your skin.

Every year thousands of people travel to the majestic beaches on the Greek Islands for *helio* (sun) and thalasso-therapy, returning feeling re-energised, rested, toned, vibrant and healthier.

THALASSO-THERAPY FOR WELLBEING

Thalasso-therapy is often used for detox purposes; however, it can also be used to help with all manner of aches and pains, inflammation, fungal infections, and many other common afflictions including fatigue.

A few days in salt water can improve your health and wellbeing. It is claimed that soaking in salt water is the equivalent of undergoing a 3-day detox.

But you don't need to travel far to access the amazing benefits of thalasso-therapy. A visit to your local day spa or hydrotherapy pool can suffice. You can even turn your own bathroom into a blissful retreat by lighting some aromatic candles and adding bath salts to the water. If you don't have a bathtub, or you don't enjoy baths, then a foot soak with a good book will also do the trick.



For thousands of years, **bath salts** have been known for their cosmetic and therapeutic benefits.

So whether you want to detox, cleanse or de-stress, bath salt therapy might be just what you need. Always buy high quality food grade bath salts preferably made with 100% natural Epsom (magnesium sulphate) and Himalayan or Dead Sea salt. To enjoy the healing benefits of bath salts simply add them to a warm bath or a foot soak and enjoy until the water cools.

Bath salts are a gentle way of helping the body release toxins and enhance relaxation. Soaking your whole body or just your feet in bath salts provides a time to relax, retreat, reflect, and refresh the mind and body.

Soaking is also a very effective way to increase mineral uptake through the skin. The bath salts work their magic to help gently detox the body, relax sore muscles, reduce inflammation, improve heart and circulatory health, calm the nervous system and improve sleep. All this from a salt bath!

Any detox bath can leave you feeling light-headed so it's important to drink plenty of water before, during and after a detox bath. If you are pregnant or have any health concerns, please check with your doctor before doing a bath detox. Before embarking on any salt bath detox you should consult with your health practitioner.

SO WHAT IS **EPSOM SALT** (MAGNESIUM SULPHATE)?

Epsom salt is actually an essential mineral for health and mind-body balance. Possible signs or symptoms of low magnesium include: muscle spasms, restless legs, cramps, headaches/migraines, anxiety, fatigue, poor sleep or insomnia. Get more magnesium by eating plenty of green leafy vegetables, Himalayan salt, avocados, nuts and seeds.

Combining Epsom salt with Himalayan salt, or Dead Sea salt with bicarb soda makes an amazing bath salt recipe. They are extremely rich in minerals and trace elements.



Bath Salt Recipe:

Add 1/3 cup Epsom salt,
1/3 cup Himalayan Salt,
1/3 cup aluminum free
bicarb soda, and 4–6
drops of lavender or
roman chamomile oil
to a very warm bath –
enjoy until water cools.



Herbal Salt Baths

Adding a few drops of essential oils or organic dried botanicals such as chamomile, lavender or peppermint along with the bath salts in a warm bath or foot tub provides additional healing benefits of aromatherapy. Their heady aromas can help take the stress out of the day. Here are just some of the common botanicals used in salt baths and their benefits:

CALENDULA FLOWER – Reduces pain and inflammation, supports wound healing (minor wounds, bruising, leg ulcers, varicose veins, etc), and moisturises the skin.



CHAMOMILE FLOWER – Improves quality of sleep, relaxes the body, calms the nervous system, and soothes irritated or inflamed skin.



LEMONGRASS – Helps purify and tone the skin, soothe sore joints, aching muscles and tendons and supports digestion.



LAVENDER – Soothes and calms the body, reduces stress and tension, and improves quality of sleep.



PEPPERMINT LEAVES – Soothes muscles and relieves pain and fatigue, improves energy levels, improves mental clarity and relieves athlete's foot.



ROSEMARY LEAVES – Reduces pain and inflammation, improves blood circulation, memory and mood, and rejuvenates the body.



SACRED CHAMOMILE:

Chamomile was regarded as a sacred herb and was highly valued for its many beneficial properties by ancient Egyptians and Greeks. The flower-heads of chamomile have excellent properties for reducing stress and anxiety, and supporting skin health.



Chamomile is a great herb for kids too!

So whether you want to detox, cleanse or de-stress then bath salt therapy might just be just what the doctor orders!

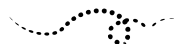




ABOUT THE AUTHOR

Joanna Psarakis

Welcome to
NATURE'S INTENTIONS



During my life journey I have come face-to-face with health challenges of people dearest to me. This led me on a path to discover why their health concerns came about and how I could best support them. Through this journey I developed a deeper understanding and respect for Mother Nature's pharmacy and its amazing healing properties. I also learned about the Seven Ancient Principles of Health:

- 1) CLEAN AIR
- 2) WATER
- 3) SUNSHINE
- 4) MOVEMENT
- 5) WHOLE FOODS
- 6) POSITIVE RELATIONSHIPS
- 7) PASSION



Since adopting these principles in my personal and family life I have become more conscious about what food I consume, sourcing mainly organic or pesticide-free whole foods, consuming minimally processed food, buying in season and supporting my local farmers markets. I now drink filtered water, I installed a shower filter and took steps to eliminate chemicals in my home – a big task but well worth it. Small positive changes can really make a difference and Mother Nature's pharmacy is a great place to start!

I have also become more conscious with what I put on my skin and how I manage symptoms of disease or illness. From this, I was inspired to start making my own skincare, cleaning products and health products using aromatherapy.

Over the past seven years I have enjoyed, and continue to enjoy, sharing what I have learned with my precious son, family and friends, inspiring them to be more conscious with their thoughts, what foods they consume, how to nourish their bodies with chemical-free products, and how to embrace a more natural approach towards health and wellness. I have been blessed with the opportunity of sharing this wisdom through *Vanilla Magazine* and my new project, Nature's Intentions.

Nature's Intentions is a new beginning, the next chapter of my life journey, a platform where I can continue to share this wisdom with all of you and where you have the opportunity to experience some of nature's amazing gifts.

At Nature's Intentions we make Healing Bath Salts, Organic Scented Bags and Skincare, all of which are hand-made with premium quality food grade ingredients. We use organic botanicals and high-grade essential oils inspired by nature. I am so excited to be bringing these products to you!

To find out more, follow us on [Instagram @naturesintentions_est2015](#) and [facebook.com/naturesintentions](#) or email us at nurturewithnature@hotmail.com

Let Food Be Thy Medicine And Medicine Be Thy Food – **Hippocrates**

And Nourish your life!

JOANNA PSARAKIS



This **winter** we caught up with **NAPOLEON PERDIS** on his whirlwind visit to Australia to talk parenthood, beauty advice, *and what's to come in the future...*



What inspired you to get into the makeup and beauty business?

I always loved watching my mother get ready for events and I believe I had an eye for perfection from a very young age. I love empowering people and making them feel beautiful. Makeup is a form of expression, and I love how it can transform your mood instantly.

How did the Napoleon brand start?

I was studying law and marketing when I met my wife Soula-Marie at university and starting my own makeup brand was something I had always discussed. It wasn't until our honeymoon I decided I was going to take a leap of faith and tell my parents I wanted to start my own business and become a makeup artist. My father was hesitant and caught a little off guard at first, but with time he now appreciates everything I have achieved and my business ethic – which I inherited from him.

Currently, what is your favorite beauty trend?

I am loving that natural, fresh and uncomplicated beauty look where the skin is the feature. I have seen it recently on the runway and on the red carpet, think Margot Robbie at the Oscars. It's all about investing, right through to application stages of cleansing and applying foundation on where you need it.

Keep it modern with subtle highlights and no chocolate bar contouring.

What makeup look do you wish would come back into style?

This is a tough one, there are so many. I would probably say the classic big bold brow ala Sophia Loren and Elizabeth

Taylor is one I'd love to see. I'm a big fan of a textured, full brow that looks completely believable. It has shape, definition and really frames the face.

What's the best beauty advice you could give someone?

The best advice I can give is to have fun with makeup. Makeup should tell a story and is a great way to express yourself. Whether it's through wearing a bold red lipstick to that important meeting at work for an extra boost of confidence, to sweeping a golden eyeshadow onto your eyes for a night out that you know catches the light. It's your story so enjoy it.

How do you balance being a husband, a father and a hugely successful businessman?

When you love what you do, work doesn't seem like work! However, I'm very strict with my time. When my family needs me that's what comes first. Having run the business with Soula-Marie and my brother Emanuel for over 20 years, I have become very good at juggling and making time for everyone.

Do your daughters listen to your beauty advice?

They give ME beauty advice! I love how savvy and on trend each of them are. They each have their own individual personal style and love to experiment with new beauty looks. That's not to say that I don't add my two cents worth in here and there (laughs).

What's next for Napoleon Perdis?

Expanding to the Middle East and China. They are the next beauty hubs of the world and the opportunities are endless. Empowering women will always be top of the list, as well as staying true to who we are as a brand, and as a proudly Australian owned family business.

What are *three beauty* products every woman should own?

Balm Voyage Makeup Remover & Cleanser.

Cleansing and makeup removal is one of the most essential steps to keeping skin clean, clear and supple and is a key step to anti-ageing. I love this balm as it's incredibly gentle, hydrating and leaves the skin feeling repaired and pampered.



Auto Pilot Pre-Foundation Skin Primer.

My number one best-selling product is ideal to smooth the texture of the skin, is calming, hydrating and provides a barrier between your skin care and makeup. Plus it can be used as an eye mask, and to fix makeup mishaps.

Mesmer-Eyes Mascara.

This mascara is a real game changer. It lengthens, curls and thickens lashes, and features a unique double sided wand to ensure every single lash looks amazing!



New FROM NAPOLEON

This winter season Napoleon Perdis has landed some new must-have products to see you through the season.

Auto Pilot Brightening Skin Primer

\$39.00 – invigorate your skin with Napoleon's brilliant purple-hued, sweet-scented brightening primer. Insider tip – combine with your favourite foundation and apply to the feature focus areas of your face.



Auto Pilot Calming Skin Primer

\$39.00 – redness is no longer your enemy with this calming skin primer, this pearl green primer corrects brilliantly and is super light!

NUDE MAKEUP Tips

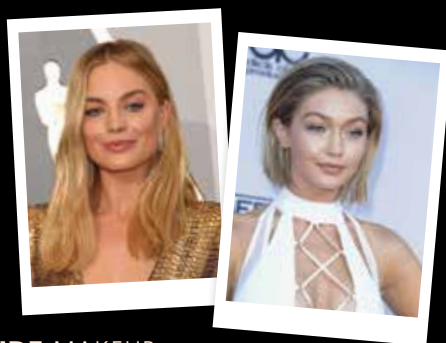
COMPLEXION PERFECTION:

Skin is in! This season think luminous, fresh and natural. It can be tricky to achieve in the cooler months with indoor heating and comfort food making the skin dry and dehydrated. The aim is dewy complexions and golden highlights applied to the top of the cheekbones to nail the look. Luminous creams are key to achieve the ultimate glow as cream based luminisers blend into the skin seamlessly.

REVIVE AND PAMPER YOUR SKIN:

Cleansing and makeup removal is one of the most essential steps to keeping skin clean, clear and supple during winter. Balms are great as cleansers as they are incredibly gentle, hydrating and leave the skin feeling repaired and pampered.

Always use a primer! It's a must-have all year round to smooth the texture of the skin, is calming, hydrating and provides a barrier between your skin care and makeup.



NUDE MAKEUP

Natural is cool! It's a beautiful thing to let your natural beauty shine through and let your skin do all the talking. Stars like Margot Robbie and Gigi Hadid nail this look with hints of bronze and caramel shades on the lips and cheeks. It really gives a nude look a modern and super glam feel. This shimmers, creams, and creates metallic textures.

BLUSH AND LIPS

When the skin is dry and dehydrated, cream blushes are the perfect choice as the texture is smooth and silky and helps keep the skin looking youthful. For best results apply with your fingertips to the apples of the cheeks.

Emulate this seasons must-have shade using a sandy-brown creamy lipstick. Apply over the entire lip and line lips last using a matte lip pencil in a matching shade.



SHEV KELLY of the Napoleon Perdis Global Artist Team shares

NAPOLEON'S **BEST** Brows

Thin brows tend to distort the eye shape and give the illusion of a hooded eye.

What can you do if you've over-plucked your eyebrows?

If you have over-plucked, over-waxed or generally have trouble growing a full brow, eyebrow pencils, wands or powders will save the day. To create believable, natural and fuller looking brows, eyebrow pencils are the easiest and most common tool. Using a pencil ensures each stroke mimics real hair and the waxy texture of the pencil will keep your brows filled in for longer.

If your eyebrows are starting to turn grey how can you restore them to their original colour?

To disguise or remove the look of grey eyebrow hair, tinting your brows is the easiest and quickest way to get it covered. Or you could opt for a mascara with an ink-like formula, which paints the colour onto the brow hairs and simply washes off.

How do you find your perfect brow shape?

To find where your brow should start, use the end of your makeup brush and measure a straight line from the corner of your nose, through to the inner corner of your eye and into the eyebrow. Your arch should be above the centre of your eye. Your brow should end from the corner of your nose, through the outer corner of your eye.

Why is it important to have groomed brows?

If the eyes are the windows to the soul, it's the brows that frame them. Groomed brows not only make you appear younger and more polished, but also mean you potentially don't need as much makeup as you already look 'done'.

Can the shape of brows make you look older or younger?

Absolutely. Fuller brows assist in making you appear younger as they soften the other features on your face. Thin brows can make your eye socket and eyebrow bone appear larger, which can appear harsh and unflattering.

What is the most youthful – thicker or thinner brows?

It depends on the shape of someone's face, eye shape and bone structure; however, as a general rule of thumb, thicker brows help keep a more youthful appearance.

WAND-ER BROWS

A-list brows are just a stroke away with our first-ever eyebrow wand. The ink-like formula features a clever built-in precision wand applicator which defines and shapes brows in an instant, while its long-lasting and colour rich gel includes Vitamins C and E which, condition and protect for effortless application and a smooth natural finish. **RRP 29.00**

Pro Tip

For perfectly polished brows, work the flat side of the Wand-er Brow wand through the brow in an upward and outward direction then use the tip to draw and mimic fine hairs.



COUTURE BROW KIT

It's no secret that perfect brows are one of the quickest ways to achieve an instant polished look, and thanks to our Couture Brow Kit it's now as simple as ever to attain beautiful, big and bold brows. **RRP 49.00**

Pro Tip

For a bolder brow, apply the wax before the powder, or for more subtle definition, use the powder alone.



BEAUTY

New Launchers

This winter Vanilla Magazine finds some of the season's top new launchers in beauty...



Jar Body

One of our favourite locals has done it again with three new, vegan natural products that we just can't get enough of!

Jar Body 'Roma' Facial Toner & Spritz (25.95) is a deliciously scented, light and natural, water-based face and body, rose scented spray to refresh and tone – stock up on this for the cooler weather!

Jar Body 'Luxe' Rose & Mandarin Salt Soak (19.95) I'm all for the healing benefits of a good salt soak and Jar Body's Rose and Mandarin is pure luxury, invigorating your body and your senses.

Jar Body Konjac Facial Sponge (9.95) Konjac is a naturally alkaline, moisture-rich plant and using Jar's konjac sponge to cleanse your face offers your skin a plethora of cleansing and exfoliating benefits along with a deep clean.



Sephora Sephora Wonderful Cushion (34.00)

This brilliant little compact of liquid foundation is a dream come true for a flawless application, amazing coverage, perfect colour matching and a lightweight, luxe feel and finish.



Kiehl's

Kiehl's newest range of skin perfectors are a divine, everyday indulgence.

Kiehl's Precision Lifting & Pore-Tightening Concentrate (96.00) A light gorgeous cream that screams day spa quality and leaves your skin looking and feeling youthful and beautiful.

Kiehl's Daily Reviving Concentrate (64.00) is a light oil formula that beautifully absorbs into the skin to revitalise and invigorate, helping to relieve the signs of skin fatigue, leaving your skin subtle and refreshed.

Kiehl's Clearly Corrective Dark Spot Solution (70.00) this clarifies skin tone and reduces the appearance of dark spots.



Lancôme

Lancôme Miracle Cushion

(60.00) A divine formula that offers ultimate hydration, bendability and build-ability – I'm sold! Pro tip – to make the product go further and apply with a good foundation brush.



The Body Shop

The Body Shop Shade Adjusting Drops (29.95) Available in Lightening and Darkening drops, these little bottles of colour adjusting drop are brilliant! We've all purchased a foundation that doesn't quite match our skin, well, now you have a way to adjust the colour! Just add a couple of drops! Pro-tip – can also be used as a contouring product.



Gilded Cage

Add a little glam with **Gilded Cage's Revelation Eyeshadow (38.00)** creamy, velvety, easy to blend and brilliantly pigmented, and **Charisma Lipgloss (28.00)** which glides on smoothly and adds glamour, sparkle and lushness to your lips.



Sanctuary Spa

Sanctuary Spa Warming Micro-brasion Polish (19.95) This very clever exfoliate warms on your skin as you massage it in, helping to open up pores for the deepest clean. Genius and addictive!





Curl-a-licious

Stop battling the frizz this winter and embrace the curl factor with these curling and styling tips from some of **Australia's best** curl creators...

ON TREND The Curl Factor

Undone curls and loose waves are trending right now. Always start with a heat protecting primer such as Redken Pillow Proof Express Treatment Primer before blow drying and curling. To create volume, I recommend using Redken Guts 10 Volume Spray Foam.

The undone look is achieved by curling the hair in random sections and directions for a more natural look. Use your fingers to create natural-looking separation and finish with either a dry shampoo formula or Redken Wind Blow 05 Dry Finishing Spray for hold and texture without the crunch.



RICHARD KAVANAGH
REDKEN Global Artist
and Hair Director at
Mercedes-Benz Fashion
Week Australia 2016.

REDKEN's new CURVACEOUS collection for curls Curl Refiner, and REDKEN's new CURVACEOUS collection for curls CCC Spray offer a new level in curl control!



PUREOLOGY'S Smooth Perfection Condition (36.95) and PUREOLOGY'S Smooth Perfection Shampoo (36.95) offer high levels of moisture to keep your curls' frizz in check while protecting colour.



Pureology's Smooth Perfection Collection



Embrace the Curl



JOEY SCANDIZZO

ELEVEN Australia co-Creative Director and three-time Hairdresser of the Year.

Winter is the perfect time to embrace your hair's natural texture. The key to curls is protecting the hair against frizz while keeping curls defined.

Keeping hair smooth and manageable starts in the prep. Dry, damaged hair is one of the most common causes of frizz. Keep hair healthy and nourished with ELEVEN Australia Hydrate My Hair Moisture Shampoo (22.95) and Conditioner (23.95) packed with silk amino acids and avocado oil to ensure hair stays hydrated even when exposed to the winter elements, like harsh wind.

For thicker hair, try Smooth Me Now Anti-Frizz Shampoo (22.95) and Conditioner (23.95) for an even smoother result without weighing the hair down.

When styling, the key is to keep curls looking effortless.

Start by using a leave-in treatment (like Miracle Hair Treatment) in damp hair. Using a wide-tooth comb, take out any knots or tangles.

For a natural curl or enhanced wave, take a 10-cent piece of a curl defining cream (like Keep My Curl Defining Cream) and work through roots to ends. Then take the front section of hair from behind the ears and clip back. Take one inch individual sections and twist. When finished, unclip the top section and continue twisting. Shake hair into shape and dry naturally.

For a more amplified look, use a hair diffuser to dry curls. When drying, avoid running fingers through hair as this causes frizz.

ELEVEN Australia also have a How-To video specifically for naturally curly hair: Visit YouTube and search: Eleven Australia How To Style Naturally Curly Hair

ELEVEN Australia Miracle Hair Treatment (24.95) adds mountains of weightless moisture, to keep frizz at bay and helps to prevent flyaways.

ELEVEN Australia Keep My Curl Defining Cream (23.95) is a beautiful light curl definer that leaves your curls manageable and bouncy.



MAKE THE MOST OF your Curling Iron!



For the ultimate in controlled curl get your hands on Kinky muk Curl Leave In Moisturiser (25.95) for a moisture-rich finish without flyaways and follow with Kinky muk Curl Amplifier (25.95) for all day definition.

Need a little heat-help? **MARK GARIGLIO** Director of muk Haircare, shares the low-down on getting the best results from your curling iron.

Always let the muk Curl Stick heat up for at least 5 minutes prior to using so the barrel is at the right heat before you start curling.

Point the barrel downwards and wrap hair evenly along the length of the barrel, hold for 5 - 10 seconds and release (and don't forget to wear your protective glove).

Experiment with different barrel sizes so you can see how your hair responds and what curl or wave you like the best.

Try leaving the root section straight to create a bohemian, beachy look.

Always use a heat protectant spray to ensure hair is protected against heat and when the barrel has cooled down, wipe it with a cloth to remove any residue.



A PRACTICAL MAN

MEN'S WINTER WEAR

While the international autumn/winter runways (arguably the most polarising runways out of any season in the year) have wrapped up, the forecast has well and truly been set for the return to the classic men's wardrobe with an almost neo-1970s simplicity. Practicality, diversity, good investment and a little bit of flair define the coming season.

Getting a winter wardrobe together is all about purchasing items that are going to stick around. It's no surprise that as men all our best clothing is worn during the winter months, so it's important to get together key staples and not be scared to really invest for the long run.

OVERWEAR

This is signalled by the triumphant return of the trench coat and a more classic way of dressing. The European runways were characterised by the trench coat with standout pieces from designers such as Calvin Klein and Raf Simmons, opting for neutral tones and emphasising length. Denim jackets have also made a strong return, a near James Dean and Marlon Brando aesthetic making a big comeback, along with the classic leather jacket, a true statement piece.



MICHAEL KORS



CALVIN KLEIN

NEIL BARRETT



GDC & COMME des GARÇONS



VIVIENNE WESTWOOD



VAN HEUSEN



CHARI & CO. NYC

LOWER WEAR

The end of the skinny jean has arrived. The coming season is characterised by the trouser. Whilst chinos did act as a nice bridge between the jean, cargo and the trouser, we're able to move towards a more loose fit.

UPPER WEAR

Ties are out and shirts are in! Designers of the season understand that men want as much flexibility with one outfit as possible. A more casual approach, with a simple clean suit shirt and a pair of jeans, brings back a fresh look without the clutter of prints that dominated the previous seasons. Invest in some plain white t-shirts – it's a classic look that never tires.



BONDS

FOOTWEAR

A pair of boots is arguably the best investment that any man can make. We're finding ourselves racing around the city during the day for our work and then going out afterwards with colleagues – the diversity and 'no frills' effect that good boots bring to a wardrobe is invaluable. (ref. Dris Van Noten. Dr Martens, Palladium) Try and stay away from bulkier styles where possible, opting for a slimmer foot, as such a boot can double as formal option as well as casual, depending on the pants.

ACCESSORISING

A decent pair of sunglasses inject a little more class into a look, particularly winter styles, which feature neutral tints and subdued lenses with very light, streamlined frames. A decent timepiece has a similar effect, again keeping it subtle but having an eye for quality will do wonders here.



TOM FORD



FOSSIL



DR MARTENS



DRIS VAN NOTEN

BY KYLE WILSON

 [kylewilsondesigns](https://www.instagram.com/kylewilsondesigns)

e: kylewilsondesigns@gmail.com



BIG LOVE FOR *Winter Weddings*

If you have decided on a winter wedding, **GO YOU!** Winter weddings are often stunning, have a beautiful mood and the images can be simply breathtaking!

Here are a few winter appropriate options if you are now on the *winter wedding hunt*.

FOR THE **BRIDE**

The Dress

Cappellazzo
Couture



Helen
Manuell



Marianna
Hardwick



Winter wedding dresses tend to have more coverage of the skin – a sleeve or higher neckline, but the fabrics are not necessarily heavier.

Lace is a popular option because it still gives a weightless, delicateness to a bride but with a fuller coverage. The fabric selection and design is also heavily dependent on the style of wedding you are trying to achieve – is it a winter beach wedding? Traditional wedding? Boho wedding?

There are so many options but as long as your selections across the board are consistent and stay in the same vein, you will be onto a winner.

In Australia we have so many incredible bridal couture designers to choose from and the inspirations shown here are all in our own backyard!

Steven
Khalil



Accessories

When it comes to accessorising as a bride, the key is to know when to **STOP**.

Unlike heading to a red carpet event, you have both flowers and a veil (or headpiece) already in the mix.

Unless the accessories are a feature of the look, I would keep Coco Chanel's advice in the back of your mind '...before you leave the house, look in the mirror and take one thing off.'

As mentioned above, keeping your selections consistent with each other is imperative, and by this I mean sticking with the same theme. Flower crowns, for example, are a beautiful boho or beach wedding addition, whereas roses are lovely for the more formal and traditional setting. Other accessories including jewellery, shoes, bags and shawls should all consider this as well.



FOR THE GUEST

As a guest at a winter wedding it can be challenging to find something you feel great in that is appropriate and warm all at the same time! Although winter weddings are perhaps not as popular as that of spring or autumn, they can be equally as beautiful – and you can be too!



Colour Palette

We all know that it is the number one faux pas to wear white/cream to a wedding so it's out – easy! Secondly, if you can, find out what the bridesmaids are wearing and put a line through that colour as well.

Wearing black to a winter wedding I have no problem with, in fact, some of the most beautiful winter weddings I have seen had the bridesmaids in black! This is great news because I'm sure you have a black dress in that wardrobe of yours that you can put an evening jacket over, add a brooch and you're good to go!

If you would like to start afresh, not a problem. Ask yourself, what are your favourite winter inspired colours to wear (these are generally deeper, more rich or earthy tones)? And... which colours work with your complexion and tone (your favourite colour is not always the best to wear)?



Style

With regard to style and silhouette, the expectations around wedding attire have evolved with the different styles of weddings. It's important as a guest to also consider the environment and feel of the wedding when considering your own look – this will help ensure you feel comfortable at the event.

With weddings I would always dress on the more conservative end of the scale, avoid cutouts if possible and ensure you're not showing too much skin at either end!

Here are a variety of looks to inspire you, and remember, you don't always have to wear a dress!



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

HIRING A Wedding Planner

Wedding planners are not just for those who are planning a high budget wedding. I myself used to think this, so I immediately dismissed utilising a wedding planner. Then one day, I became so overwhelmed planning my own wedding that I actually looked into hiring one.

Once I did, I realised that planners really aren't that expensive in the grand scheme of things and if you find the right one, they are worth every cent. They can save you a lot of money through their supplier connections, ideas and experience!

As a wedding planner myself, I've heard all the reasons why some couples don't think they should hire one: "I'm super organised", "my venue manager is going to take care of all of it", "it's out of our budget", the list goes on and on. Wedding planners are typically viewed as a luxury or a non-necessity. However, I'm here to tell you some of the biggest reasons why you really should include this service in your wedding budget.

It might surprise you to know, that an experienced planner can work on even the lowest of budgets and actually help you save money! We can let you in on common budget pitfalls and supply you with industry prices that you wouldn't normally have access to while helping you stay within your budget! They might even be able to pull a few strings here or there.

Whether you'd like your wedding to be traditional or quirky, planners will get to know you so they can help make your wedding personal and bring your ideas and dreams to life.

Most couples will have a specific vision for the kind of wedding they want but they have trouble trusting someone else to execute it. Having a specific vision is all the more reason to have a planner. The right planner will be able to connect with you and will understand what you envision for your wedding.

Throughout the planning process, you and your fiancé will be making lots of major decisions about your wedding: the venue, food, music, cake, photography, and everything else. But how about everything that falls in between, like your timeline?

A wedding planner will bring many finer details to your attention, things that you may not have even realised needed planning. They'll make sure nothing slips through the cracks, and that all your bases are covered. For example, some venues may not hold a liquor or food handling license and you may need to obtain a temporary license yourself.



On the wedding day, the last thing you want is stress about vendors being late, or about the wrong colour linens arriving to your venue.

Your parents and all other guests should also be able to enjoy their time stress-free. A planner will deal with every detail and communicate between the vendors on the day. They'll also troubleshoot any unexpected issue that may arise – and will do so efficiently and discreetly (many times without your knowledge of anything going wrong at all). So, when it comes to your wedding day, you can entrust the professionals to make sure everything goes according to plan.

As a wedding planner, the best advice I can give you is to not forget what your wedding day is about. It's about you and your partner committing yourselves to each other, and not about anything else. The real purpose for a wedding can easily be forgotten when going through the planning process. Be true to you and your fiancé.

Jacque Tonin is a professional wedding and events planner who is also a qualified stylist and make-up artist! She is the managing director of Events by Jacque and believes there's nothing more special in life than creating beautiful memories.

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SPECIAL for Vanilla Magazine readers 15% off if they book with me and mention this article.

IMMORTALISING YOUR

Wedding Day

By **CON MILONAS**

With weddings being a hot topic this issue, we caught up with *Vanilla's* very own chief photographer and wedding photography specialist, **CON MILONAS**, to discover his thoughts and philosophies on the importance of specialised photography and immortalising your special memories...

*“It is only with the heart that one can see rightly;
what is essential is invisible to the eye.”*

– ANTOINE DE SAINT-EXUPÉRY

Photography is now more popular than ever. Every phone has a camera, everyone takes photos all the time and everyone expects to have photos taken of them. Today, more photos have been taken in the last 12 months than the total number of photos in human history... or something close to that.

Photography has also become a necessary ingredient in every couple's wedding. Never before has photography played such an important role in capturing a wedding day than it does now.

But is it enough to say, 'I just want nice photos of my wedding taken with a nice camera', or should couples expect more? Is there more for them to expect?

Photos are more than just a visual stimulation. People these days forget the importance a photo carries with it. Much like food or music, a good photo should create an immediate connection with a time, a place, a sound and, above all, an emotion. It sounds a little cliché but it's exactly what good photography should do. A photo can serve as a sort of immediate time machine, taking you to the past so you can experience an emotion again.





When you look at a happy photo you smile. When you look at a photo of a loved one who has passed on you cry. THAT'S the power of a photo.

“Anyone can take a photo but not many people can capture emotion.”

Wedding photography, more than any other form of photography, carries a weight with it that is often underestimated by today's spray'n'pray photographer. Wedding photography should be revered and taken very seriously. True wedding photography is fast becoming a lost art. A 'good' wedding photographer will take lots of photos and capture the whole day's events clearly. A 'great' wedding photographer, often referred to as an artisan, will capture the emotion of the whole day.

Apart from the tangible components of a wedding (i.e. dress, cake, shoes, bride, groom, first kiss, food, etc), what makes it special and unique to each couple and each family is the emotion of the day. Emotion is the one binding intangible entity that is paramount to a beautiful wedding. As a wedding photographer, it is important to shoot from the heart, to get involved in the wedding and become a part of the two families. It is only then that a family can be photographed purely and honestly, without letting digital technology get in the way.

Wedding photography should not be taken lightly. Apart from the candid moments – the casual hugs, kisses and quiet glances between the bride and groom – A wedding photographer is there as a sort of “family historian” and this makes a wedding photographer's job so much more important than being just a “picture taker.”

Most people will not realise that a big part of my job is to record a family's history for future generations to share in. The sad truth is that as years pass so do our closest loved ones. We begin to say goodbye to certain family members whose time it is to move on to their next big adventure in the sky. How wonderful would it be to have some beautiful photos from your wedding of them, looking their best and at their happiest, to remember them by?

I guess this is the part where most people will point out that most of us already have lots of photos of our loved ones. What makes the wedding photos any different? Well, the difference is that most of our photos are taken with our phones, stored on our phones or hard drives and as such, will never see the light of day. A printed photo will always have more emotional value than a photo saved on a USB. Most of the family is present at a wedding. Family problems and arguments disappear on these momentous days and everyone puts differences aside to not only share in the union but to celebrate a bigger occasion, that being the coming together of two families.

So, when you decide to book your wedding photographer, don't just look at the cheapest price or how many photos he/she will take at your wedding. Ask about how much your photographer will get to know your family and how much emotional return you will receive from your photos. Moreover, find a photographer who will immortalise your family on your wedding day.

Photography, and wedding photography in particular, is a one shot deal. There is no second chance in wedding photography.

CON MILÓNAS

~ wedding photography artisan ~

www.conmilonasphotography.com.au



Hen's NIGHTS & DAY



Ladies, with your wedding day approaching and the stress levels mounting, it's time to let your hair down and turn your attention to a day of fun!

The times, they are a changing! No longer does a hen's or buck's night revolve around dinner and a club or two, women are looking for a way to connect and interact with their girls over a day out that includes great food and a good adventure.

So if you're looking for something a little different, here's our guide to a Melbourne hen's party with style – just gather your girls, hire a limo and pick a theme!

CELLAR DOORS

Mornington Peninsula wineries are some of the best in the country – have you checked them out lately? T'Gallant, Port Phillip Estate, Polperro and Bluestone Lane are just a few of the properties worth a cellar door crawl in the luxury of a limo.

And if the destination is a little further away, lucky you, that means you've got more time to linger over the bar, catch up with the girls and relax on the journey. Perhaps the Yarra Valley? Rockford Winery? Meleto's? Chandon? Yering Station? The possibilities are endless.



Photo: Charmaine Grieger



FOOD FANTASY

Food tours are hot, hot, hot right now and Victoria's Mornington Peninsula has a world of boutique culinary adventures begging to be discovered.

Is chocolate your guilty pleasure? Think Mornington Peninsula Chocolate Factory. Or perhaps olives and oils entice your tastebuds? Then you're spoiled for choice at Montalto Vineyard & Olive Grove at Red Hill, or Sillitto Vineyard & Olive Grove at Cape Schanck all offer a visit to remember!

Then finish off the day with a sweet visit to the Sunnyridge Strawberry Farm at Red Hill.

SPA THERAPY

It's no secret that planning a wedding can send your stress levels sky high. What better way to bring them down to earth again than with a day at the spa!

Book that limo and head down to the Mornington Peninsula for a day at the Peninsula Hot Springs. Soak the stress away, laugh in the fresh air, try their new Hamman mud wrap experience, and book yourselves into the Spa Dreaming Centre for a dream treatment and light lunch or dinner before you slip back into the mineral pools for a final soak. Better yet, have a bottle of your favourite bubbly waiting in the limo to enjoy on the drive home.



Or, why not turn your driver's attention towards the magical surrounding of Hepburn Springs. Drop into the Convent Gallery for high tea under the glorious natural light of their high ceilings before heading over to the Hepburn Bathhouse and Spa.

Prefer a city escape? Start with brunch at many of the river-side cafés or restaurants, then escape into a world of luxury at one of the city spa centres – Crown Spa or Isika Day Spa within Crown Hotels are a dream come true and you can't go past the Park Club Health and Day Spa at the Park Hyatt or the Aurora Spa Retreat at the Prince Hotel.

A DAY OF ENDLESS POSSIBILITIES

Can't decide? Spend the day and visit three or four wineries for tastings and lunch and then stop in at the Strawberry Farm or the Chocolate Factory to finish off the day.

BREWERY BLISS

Wine and chocolate not your thing? Then check out some of our brilliant microbreweries! They've really taken off over the last few years in Melbourne and are real little gold mines if craft beer makes your palate sing.

Find one that has embraced the art of beer and cheese pairing. When done right it's a delicious adventure for your tastebuds!



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NATASHA DUNSTAN

The Freedom of Style

BY RAQUEL NEOFIT





This winter we turn our attention to everyday living and catch up with local interior designer **NATASHA DUNSTAN** from *Freedom Furniture* and *Bay Leather Republic* in Chadstone, for advice on consulting an interior decorator and the upcoming trends for winter 2016.

Natasha joined the *Freedom ID* team over five years ago and passionately shares her knowledge and inspiration to enhance her clients' existing spaces.

Natasha, tell us about your role as an interior decorator?

My role at *Freedom* and *Bay Leather Republic* Chadstone is a highly creative one. I develop design solutions for my clients with our products from the *Freedom* and *Bay Leather Republic* range, but I also have an extended range of decor items from many local suppliers. This extended range is offered exclusively to our interior decorating clients.

Lots of people make wrong, costly choices when it comes to purchasing furniture and I'll help you avoid that from the beginning. Also, colour is a scary word for lots of people. I offer out of the box ideas that you may never have thought of incorporating into your home.

Whether it's combining existing pieces or starting from scratch, I guide you through all the hard work of design and decorating.

What are the benefits of consulting with an interior decorator and who would consider using one? Is it an affordable exercise?

It's just \$150 for an appointment (refundable when you spend \$3000 within three months), and you have access to expert advice tailored to suit your home and style. I'm qualified and experienced, so I can offer you the best advice to suit your style, and I'm a passionate interior decorator. I love delving into people's homes and creating an environment they love waking up in every day.

I know I don't save lives but I definitely feel like I better people's lives through creating functional, *beautiful homes* for them to live in.

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Run through a home visit, what can we expect?

I meet with you at your home so I can view your space; your existing decor and colours for example, this way I can really get a feel for what's happening in your home right now and where you want it to go in the future.

Then together we explore your life so I can learn about your family and lifestyle to really get a feel for what will work and fit with your style of living.

I discover what you love about your home and what challenges you may have within your space.

I measure up and take photographs. This process normally takes about an hour. Sometimes clients like to share magazine images or samples of finishes they've found, it's a great way to get your ideas across.

I summarise my role as the three C's – Counselor, Clairvoyant and Cheerleader. I ask lots of questions, foresee the future outcome and cheer you on to exciting new home designs.

Tell us what you are excited about in interiors and furniture for winter?

Winter is my favourite season for decorating. It's a time of year when people love to cozy up at home on their sofa under a warm throw rug. When I think winter interiors for 2016, I think chunky knit cushions and throws in monochromatic colours, layering of different raw textures like timber, concrete and burnished brass, and full grain leather furniture. It's a season when we can really play with rich patterns and textures.

What colour trends can we expect to see for winter?

For winter 2016 expect to see dark, moody, dramatic colour palettes featured on walls. My favourite colour is Taubman's Black Fox, it has an eye catching, dramatic appeal. This colour teamed up with tan leather sofas and monochromatic homewares is a real winter winner.

Greenery is a lovely way of adding a pop of nature inside as well; it brightens and adds a natural essence to a room.

What do you think is the best interiors advice you have to offer?

Your home should be a reflection of you and your family, not what your friends think it should look like.

Who do you look to for interior decorating inspiration?

Personally I find Sibella Court incredibly inspiring. Her styling abilities with everyday collections are incredible. She incorporates nature into her everyday interior styling beautifully.

Will you share some of your favourite resources?

I love *Real Living* and *Frankie Magazine*. *Instagram* is still a good one and I love *Pinterest*, it's a great way to collate all your inspirational images together.

A modern interior scene featuring a plaid armchair, a large circular mirror with a grid of small circles, and a snake plant. The background is a textured stone wall. The chair has a black and white plaid pattern. The mirror is made of many small circular pieces. A snake plant is in the foreground on the right. A brown leather chair is partially visible on the left. A grey textured object is in the bottom left corner. A small table with glassware is in front of the plaid chair.

*'i personally love
this style, it's
quirky and unique'*



*This winter, interior design expert and author, **Karen McCartney**, joins us to talk about her new book and interior design concept **Perfect Imperfect**, published with **Sharyn Cairns** and **Glen Proebstel**.*





THERE IS A WONDERFUL QUOTE FROM ANDREW JUNIPER IN HIS BOOK *Wabi Sabi: The Japanese Art of Impermanence* that says so much that is relevant to this book, but is particularly apt in this chapter. ‘Wabi sabi is an intuitive appreciation of a transient beauty in the physical world that reflects the irreversible flow of life in the spiritual world. It is an understated beauty that exists in the modest, rustic, imperfect, or even decayed, an aesthetic sensibility that finds a melancholic beauty in the impermanence of things.’

And it is this notion of ‘melancholic beauty’ that resonates deeply with the idea of the weathered, patinaed and, at its most extreme, the desiccated and dead. The effect of nature, of climate and the environment on base materials often amplifies their inherent qualities, as timbers are beaten by the waves, stones tumbled in rivers, bones bleached by the sun and concrete stained by rain.

When these elements are brought into the home, displayed or used for building or furniture, they bring with them all the resonance of their former life: timber from a warehouse, for instance, bearing the marks of honest labour, or wood from a tree bent and twisted from its fight for survival.

The imperfections become their defining quality, and this sits at odds with the new and shiny, where total perfection is the key, leading to an intrinsic vulnerability. A knock or dent can rob such an object of its essence, and render it redundant.

It’s the same when you consider the peeling paint on an old wall. While admired in French villages, we can struggle with the notion in our own homes. Yet, the often-evocative layers of paint and wallpaper tell the history of a house and expose a narrative that is impossible to re-create. The caveat is that both the ‘imperfect’ timber and the peeling wall need to have a certain aesthetic appeal. The artisan needs to choose the right piece of timber or branch and the wall’s character needs to be exposed in the right way. The artist’s eye plays a role in bringing out the beauty of what is inherently there.

The same East–West dichotomy is true when it comes to patina. In the West we like our silver and steel polished and shining whereas the Japanese like it tarnished. ‘We begin to enjoy it only when the luster has worn off, and when it has begun to take on a dark smoky patina,’ said Junichiro Tanizaki in his book *In Praise of Shadows*. There are, however, certain exceptions where the transience of materials is embraced. The verdigris on the Statue of Liberty is not subject to relentless cleaning to return it to its rightful copper colour.

I saw a description of heavily crackled paint as ‘alligatoring’, and wondered how long it would remain in that state – its deeply fragmented beauty relied on a certain fragility and could not forever remain at that point. It is the same with flowers, which we buy at their very peak of freshness when they are upright and proud, and yet the ultimate moment is often as they begin to fail and droop, shedding a few petals – that moment beyond perfection but before decay.

In the concept of *wabi-sabi*, decay is embraced as part of the cycle of life, and within that cycle, there is poignancy in each and every stage. Sculptor Alison Coates (see page 112) is entranced by shrubs bleached a startling white on the banks of Australia’s Snowy River and designer Guy Keulemans (see page 164) explores the Japanese art of *kintsugi*, in which visible mends are made to broken items, which may otherwise be thrown away. New life, and new artistic expression, comes from what is traditionally considered to be redundant and done.

Words and Images from *Perfect Imperfect* [Murdoch Books]
by Karen McCartney, Sharyn Cairns, and Glen Proebstel
available in all good bookstores and online RRP \$59.99





ADELAIDE

A vibrant, cultural city with an amazing lifestyle!

Adelaide's cosmopolitan lifestyle is a perfect combination of culture, sophistication, art, shopping, exceptional food and wine, and sunny weather, with hot summers and mild winters.

Considered as one of the top five most liveable cities in the world, it's not hard to understand why. Adelaide is a one square mile city set out in a grid with wide boulevards, surrounded by green parklands that adorn the city much like an emerald collier that invites respite amongst beautiful gardens and beneath majestic trees.

Adelaide is a city of great thinkers, innovators and creatives, but the real secret is in its friendly residents, vibrant festivals and great lifestyle.

Everything is in close proximity with pristine white sandy beaches to the west from North Haven down to Sellicks Beach; lush hills to the east dot the beautiful, quaint and historic townships.

Proudly known as Australia's best wine country, South Australians are spoiled for choice with rolling vineyards in the Barossa and Clare Valley to the north, and McLaren Vale to the south. The resulting amazing world-class wines are perfect to be enjoyed with sensational food at cellar doors and in the variety of restaurants, cafés, bars, and pubs that serve an eclectic choice of world cuisines.

Adelaide is a foodie city. Be sure to sample seafood and shellfish from some of the cleanest waters on the planet, tantalise your palate with locally made artisan cheeses, or indulge in chocolate made by some of the country's best chocolatiers.



Known as the Festival State, visitors and locals are not disappointed with a vast range of festivities on offer.

The Tour Down Under starts the season off in January, and if visiting in March, expect to be inspired by the Adelaide Festival of Arts, the Adelaide Fringe, WOMAD Dance and Music Festival, Clipsal 500 V8 supercar motor racing event, the delightfulness of the Garden of Unearthly Delights, the internationally famous Writer's Week, and the Greek cultural festival aptly named Festival Hellenika.

Tasting Australia, in all its mouth watering glory, takes place in May, followed by the smooth and sophisticated sounds of the Adelaide Cabaret Festival in June. August celebrates both the Guitar Festival and SALA (SA Living Artists) followed by the Adelaide Fashion Festival in October. By November the majestic purple flowers of the Jacaranda trees signal that Christmas is approaching.

ADELAIDE HIGHLIGHTS

Adelaide Oval is arguably one of the most picturesque cricket and football grounds in the world. The newly constructed pedestrian bridge, featuring white glass cladding and lighting, links the oval with the Dunstan Playhouse over the River Torrens.

Take in the sights of Elder Park Rotunda, the magnificent St Peters Cathedral, the Festival Theatre where there's always a show to catch, or take a scenic cruise down the River Torrens taking in wonderful views of this picturesque cosmopolitan city.

NORTH TERRACE

North Terrace is home to some of the most important buildings such as the Adelaide Railway Station, Parliament House, Government House, Migration Museum, State Library, South Australian Museum, Art Gallery of South Australia, Bonython Hall, Adelaide University, University of South Australia, and historic Ayer's House.

A walk along this boulevard is a must to truly take in the unique and beautiful buildings and garden beds, and to admire the different hues of sandstone buildings radiating warmth and elegance against mostly clear skies.

EAST END

Relax nearby with a leisurely walk through the picturesque Botanic Gardens and stroll along East Terrace, home to what was the historic East End Markets. Meander through Ebenezer Place, a leafy paved laneway that is closed to traffic and dotted with trendy bars, cafés and boutiques.

Here you will find an assortment of food experiences with *Nano Café* for well priced good food, *Hey Jupiter* for coffee and delicious food all served up with great service in a French inspired café, and the *Belgian Beer Café* serving Belgian food and wine, that can be enjoyed indoors or in the shady beer garden.

Just around the corner on Vardon Avenue are the *East End Cellars* and tasting room, where South Australian and international wines are showcased. Order from the extensive selection of cured meats and cheeses, as we all know that wine is best enjoyed with food!

Rundle Street is sophisticated and edgy. Indulge in high-end fashion, sassy street-wear, watch a movie, or visit the cool, chilled-out pubs and wine bars on this thriving East End strip.

Dine indoors or alfresco and enjoy the amazing food scene. For lovers of traditional Greek cuisine you can't go past *Eros Kafe*, and there's an assortment of Asian eateries, Italian restaurants and cafés, pubs, gelaterias and late night bars.





RUNDLE MALL

Visit Rundle Mall to experience this vibrant shopping precinct, and explore the historic Adelaide Arcade and Gay's Arcade, and be sure to pop into *Haigh's Chocolates*, a South Australian icon for a special treat or two. Stroll through Regent Arcade for a spot of shopping at the many eclectic boutiques and shops. There is something for everyone in the Mall including fast-food courts for busy shoppers and workers, casual wear and high fashion, department store shopping, and a visit to the historic *Bee Hive Corner* is a must!

MARKETS

The Adelaide Central Market, established in 1869, is the food mecca for multicultural cuisine and fresh produce with a huge range of fruit and vegetables, poultry, seafood, cheeses, smallgoods, bakery items, sweets, nuts, and flowers.

It is one of the largest undercover markets in the Southern Hemisphere, and continues to be a truly thriving hub of food and culture.

There are many cafés and eateries to sit, indulge, restore and take in the atmosphere. Try *Lucia's Fine Foods*, which is famous for great seasonal food using traditional recipes and methods, with no nasty additives or preservatives. You'll taste the difference!

Market Shed on Holland Street is a Sunday market located in the city's south, serving an assortment of mouth-watering savoury and sweet foods with an emphasis on vegan, vegetarian, organic, and gluten free. There's a wonderful choice of seasonal fresh fruit and vegetables, artisan bakery items, flowers and herbs, and much more. An impressive variety of stall holders sell freshly made food that can be enjoyed in the undercover food court or in the courtyard. Live music adds to the already vibrant atmosphere.

WEST END

The West End is where the bustling late nightlife happens. Morphett Street is home to the *JamFactory* where you're sure to admire and acquire something special from the extensive range of handcrafted ceramics, glassware, jewellery and other collectables.

Enjoy the laneways of Peel Street and Leigh Street with traffic-free alfresco dining and fashionable new bars. This precinct has been transformed with beautifully restored buildings, elegant lamp posts, paved walkways, trees and planter boxes. The dining choice is simply amazing with *Rigonis*, *Cos*, and Peel Street's vibrant and vibrant bars and cafés.

Just around the corner in Hindley Street you'll find *Apothecary 1878*, with its antique pharmacy cabinet that is not only the centrepiece of its décor but is the inspiration for the name of this classy bar, with marble tables and velvet lounges. It's a truly European-style wine bar experience.

NORTH ADELAIDE

North Adelaide is home to a choice of upmarket restaurants serving a variety of international flavours, quick and easy fast food, hair and beauty, designer fashion and homewares. North Adelaide Village is a great place to pick up some essentials, see some art, or shop for fashion.

The architecture is impressive with beautiful and grand private homes and gardens – some of which are heritage listed – stately buildings, and historic pubs. It's worth taking a walk to soak up the grandeur of North Adelaide.

A golf course nestled in the Northern Park Lands is where your breath will be taken away with amazing views of the city as you make your way to the 19th hole!

The Lion Hotel on Melbourne Street serves modern Australian cuisine with daily specials and live music in the evening. Enjoy relaxed dining inside, alfresco dining beneath the veranda, or formal dining in the restaurant. It's a great place to sit, relax, work or socialise.



Enjoy the taste sensation that is *Gin Long Canteen*, amazing Asian flavours artfully put together for a memorable experience. *Beyond India* is known for its creative and authentic Indian cuisine, or dine at *Regent Thai* for an enticing culinary journey.

NORWOOD PARADE

Soak up the vibrant atmosphere of Norwood Parade with its famous European influence and alfresco dining. The Parade is known for high quality fashion and accessories, and cutting-edge hair and beauty. Catch a game of local footy or go to see the latest film.

Dining is a remarkable experience with mouth-watering French pastries and tarts; rustic country fare at *La Madeleine*; gourmet burgers, vegan food and raw options at *Argo*; trendy pubs and bars, and a variety of ice-cream parlours and late-night dessert bars.

Café Bravo and *Café Buongiorno* are two of the buzzing Italian cafés that open early and close late, offering great coffee and food choices in truly European settings. High-end Italian restaurants such as the *European*, *Martini*, and *Gusto* serve traditional Italian food, and *Paul's on the Parade* is an iconic seafood restaurant serving only Australian seafood.

KING WILLIAM ROAD – HYDE PARK

The atmosphere of King William Road at Hyde Park is eclectic. It's where high fashion meets trendy with men and women's designer fashion and accessories, couture bridal boutiques, homewares, restaurants and cafés, spa treatments, hair and beauty, gift and flower shops, and jewellery can be found.

With lots of places to sip your favourite brew, King William Road is also home to some popular eateries. *Parisi's Restaurant* specialises in European and Italian food, *Melt* tempts with tapas and pizza, *Assagio* offers sublime Italian food. For late-night desserts and supper *Spats Coffee House* is sure to please.

HENLEY BEACH

Henley Beach is just twenty minutes from the city and boasts sandy white beaches, clear blue waters, and spectacular sunsets. Henley Square has been transformed into a vibrant meeting place surrounded by restaurants and cafés, water features, lawn area for picnics and a new promenade.

Feast on the best fish and chips in South Australia at the three times award winning *Stunned Mullet*. The owners source freshly caught seafood at the local market daily, prepared the way you like it and served with fat chips cooked to perfection. Tell them I sent you!

Fine dining can be enjoyed at *Thai Orchid* where you can watch the sun set at *Bacchus Wine Bar* serving global dishes either inside or on an ocean-view terrace, or enjoy the flavours of Greek mezedes at *Estia*.

I hope that you've enjoyed a tour through my Adelaide!

BY EUGENIA PANTAHOS

Author of *Greek Life*
www.greeklifestyle.com.au



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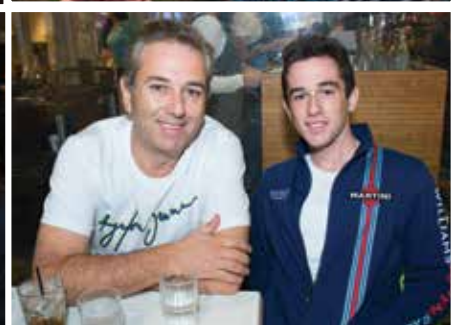
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