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2016

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We Will Rock You

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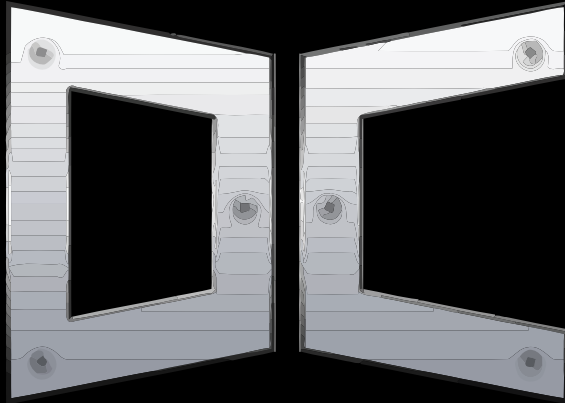
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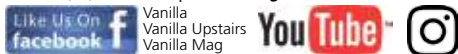
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Production/Printing – Blue Star Print www.bluestargroup.com.au

Publisher – Vanilla Cakes & Lounge

EDITOR'S LETTER

Welcome to the Spring 2016 issue of Vanilla Magazine!

To this very day I am not sure if it was a dream or if it actually happened. It was around 1981 and as I was entering my favorite cheese pie shop near my school in Grava, Athens, Thanasis Veggos stormed out with a big smile on his face. By the time my brain registered what had happened, he was gone.



Just to be sure I asked the shop owner and he nodded yes, that happy chap was indeed the 'good man' himself. He was one of those rare lights... His movies loved by children and adults alike, for beneath the hilarious slapstick comedy hid layers of social and political commentary and insights that challenged the highest of brows.



Thanasis Veggos in The Charlatan (1973) – Enjoy it on the big screen with English subtitles @ the Greek Film Festival

I am very excited and grateful to the Greek Film Festival for

choosing to pay tribute to 'Greece's Charlie Chaplin' this year. Read more about this great event in our festival feature.

Also featured is the Jewish International Film Festival in Australia. Alexis McLaren caught up with its director Eddie Tamir to talk about how this festival came about, this year's amazing line-up of films and, most importantly, the relationship between Jewish and Greek communities here in Australia.

One of the films screening this year is *Treasures: The Lost Jews of Kastoria*. Our exclusive interview with Larry Russo, the director of this amazing documentary, is a must read.

More with Alexis from the wonderful world of the arts, an exclusive interview with Gareth Keegan who will rock you as he breaks all musical theatre rules.

Gracing our spring cover is Miss World Australia, Madeline Cowe, who reveals her secret weapon, the one and only health and wellness coach Andi Lew, who endured a flight to Cairns with our photographer extraordinaire and closet comedian, Con Milonas.

At the end of the day, the whole world revolves around tucker, so we proudly present to you Adriano Zumbo and Jane Lawson, along with a line-up of delicious features in our food special.

Plus much more thanks to our amazing contributors, including Jim Claven who continues to keep the Anzac spirit alive with yet another great story.

Ancient Greek Gods 101 is both an interesting and relevant read, particularly as the third term saw Greek schools across Melbourne familiarise their students with ancient Greek mythology, which is so rich in symbolism and wisdom.

A great example is Mrs Anastasia Neofotistos, a teacher at Pythagoras Greek school, who gives her all to teaching third generation students about ancient Greek history.

Anastasia and Principal Kostas Roubos, with Pythagoras students, during recent class presentation visited by Vanilla Magazine Photographer Con Milonas.



And it appears that our health guru, Jo Psarakis, has seen the light. Yes, healthy eating and all that stuff is good and important, but hey, the best medicine is mirth, along with some ouzo and opa! Enjoy Spring!

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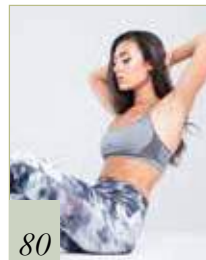
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Thallo is a luxury brand that features distinctive collections of jewellery, hair and wedding accessories, and home accessories.

Combining innovation and tradition, Thallo pieces glean their inspiration from nature's individuality and symbolic expressions through different cultures and eras.

It began in Greece in 1980, when Theodore and Victoria Peleki came up with the idea of creating an everlasting flower jewel.

In 1990, after more than ten years of devoted research, a delicate chrysanthemum, covered in gold, turned a dream into reality.

At the turn of the new millennium Thallo was born, and was named after the Greek goddess of blossom and protector of youth.



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DESIGN

Until 2015, the leading designer of Thallo was Victoria Peleki. She combined her love and deep knowledge of nature along with her passion for differentiated creations.

In 2015, Katerina Peleki was appointed leading designer of Thallo. Katerina started expressing her artistic inclination and creativity from an early age, building her character in the beautiful scenery of the Greek seaside, along with her parents Victoria and Theodore.

In the age of choices, she followed her true passion and studied product design.

In 2010 at the time of her graduation, she launched her first collection of jewellery.

Katerina's style is characterised by a blend of elegant and sophisticated aesthetics with a touch of edginess that emanates from her Mediterranean temperament.

Greek-Australian sisters, Nicki and Vicki Mavromyitis, are the exclusive importers of Thallo Jewellery in Australia and New Zealand.

For more information contact them at www.thallo.com.au



Katerina Peleki – Thallo Designer






THALLO

e mavromytis@thallo.com

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 \Thallo Australia

KORALY

I say the wrong things all the time...

KORALY DIMITRIADIS has to be one of the most controversial Greek women I have ever met. She pushes boundaries, uses the F word, and is very strong headed – a far cry from the Good Greek Girl her parents expected.



After a pretty conservative Cypriot upbringing, Koraly got married at the age of 22, doing what she thought was expected of her. But it wasn't until after the birth of her daughter that she questioned if she wanted her daughter to do what everyone else wanted her to do – so she started to question her own life's direction.

"I do believe, that when you have a strict upbringing, and you're not given the freedom to make your own choices, you don't really know how to make choices. You grow up doing what is expected of you, until one day, you wake up and ask yourself, 'how do I make my own choices?'"

"My art was born from here – that place where I started to realise I wanted to make my own decisions and my own choices... it was kind of a volcanic explosion."

And it was because of her controversial nature that allowed her to step out of her culture and marriage, which led to eight years of intense writing.

Before this moment, Koraly had repressed her creativity because of the lack of support from her parents. They told her constantly that there was just no future in art. So, like a good Greek girl, Koraly did what she was told; which eventually led her to become a computer programmer.

La Mamma Theatre, on the other hand, gave her the space to explore an idea, so for their 'works in development exploration season,' she decided to explore the notion of what it is to be a good Greek girl. This led to a fully-formed, one-woman poetic play, **GOOD GREEK GIRL**, a show about women being afraid to be true to their own voice; women caving to cultural pressures and suppressing their voices and; how women can rise above it all and claim their identity, sexuality and femininity.

So what is to be a Good Greek Girl?

"I guess it's a girl who does what the culture expects of her: gets married, has children, stays home, etc. She may have a bit of career ambition, but she knows, at the end of the day, all of those ambitions must come second to having a husband."

So how would Koraly like to raise HER daughter?

"I want for her to make her own choices. I would rather guide her than tell her what she should or shouldn't do. I believe women from a young age need to be allowed to make decisions, fall over and learn. If you don't make them when you're young, when you get older you don't know how to make decisions – and you allow others to make those decisions for you. I guess that's why I ended up getting married so young. It was expected of me."

Follow her on Twitter and visit her website:

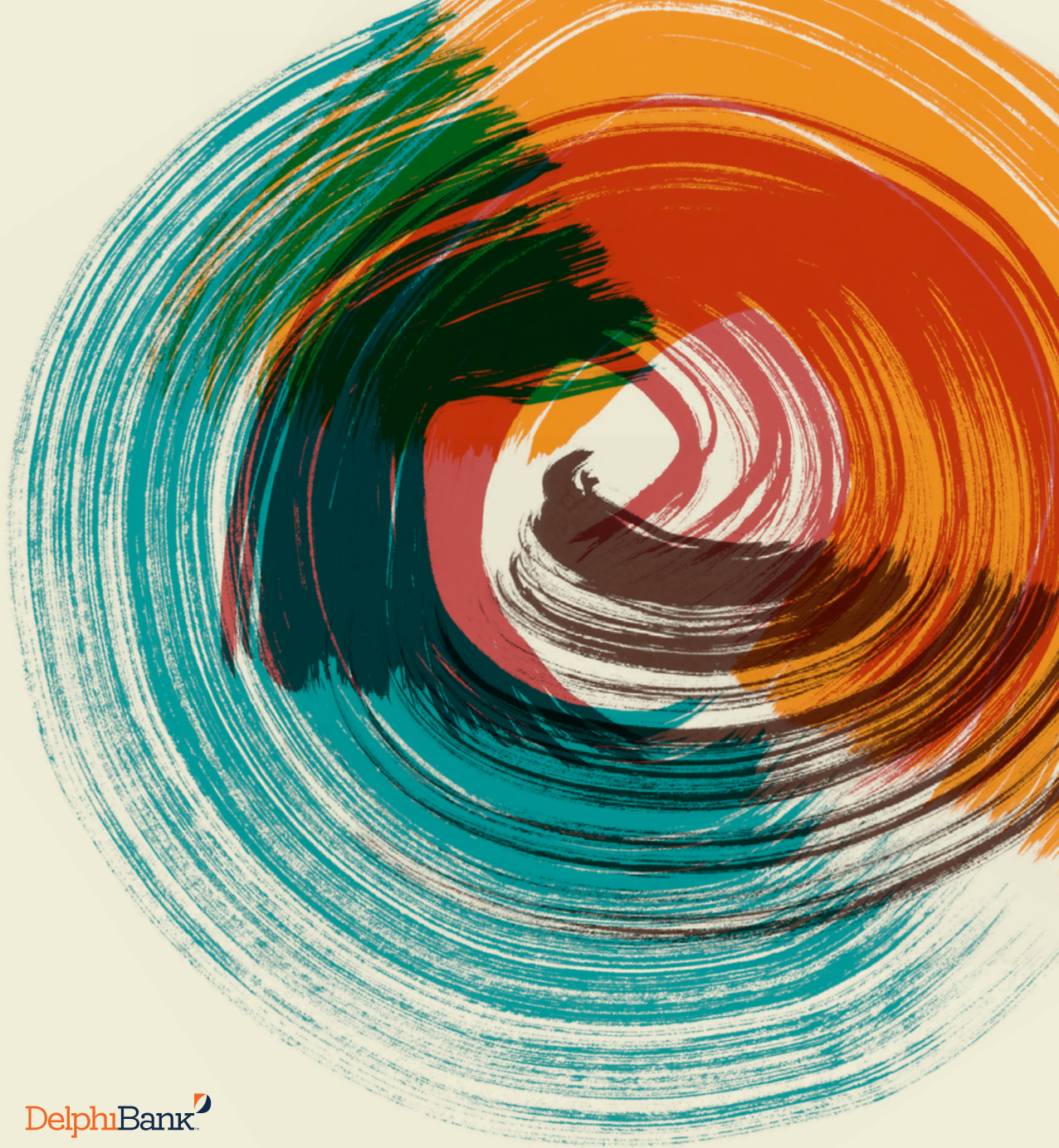
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Summer's on our Doorstep! Give your kids the gift of a lifetime...



Meet Vanilla Patron
Nik Stevenson-Smith, and
read on so we can introduce
you to his brilliant swim
school in Patterson Lakes.



With so many of us spending our long, hot summer days on our beautiful Melbourne beaches, it's important that our children know how to swim, and have we found the swim school for you!

With over 20 years of experience in the pool as a swim teacher, Nik has nailed the brief when it comes to what's important when teaching our children to swim. And his experiences aren't just here in Oz; he's even travelled the seas and taught kids of all ages in 13 pools around Edinburgh! An experience he says that really showed him how high our teaching standards are here in Oz – over there he wasn't even allowed in the pool while teaching!

But why would you travel to Patterson Lakes for swimming lessons, you ask? Because Nik has upped the game and promised a maximum of four kids per class, offers greater teacher impact and runs a saltwater pool that's heated to 33 degrees. Also, as someone who 'loves the learn to swim game,' he ensures his customer service levels are second to none and promises your child will not only learn valuable water safety skills but that they will move through the program quickly.

'Every child deserves the right to be safe in and around water. It's unfortunate that it takes a drowning to be reported on the 6pm news to prompt some parents to book lessons.

Drowning is the greatest cause of accidental death in children under five in Australia. Each week, on average, one child drowns,' Nik Stevenson-Smith.


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Stealing Bases – The Mighty Mariners

The Mighty Mighty Mariners – our very own little league baseball charter – have had a fantastic performance in the Senior League World Series.

The Southern Mariners played 22 games, won three championships, played in three different countries and only lost two games during that time. This team has so much to be proud of.

The Senior League World Series came to an end in Bangor, Maine USA with a 2–7 loss to worthy champions Central, Chicago. The Central team came to the final with their guns blazing, after the Southern Mariners had beaten them previously in their first game of the tournament. Chicago eventually prevailed in that game and were worthy winners in the final.

As the head of Little League Australia tournaments, Mat Sundstrom said in a message, *“this team is now folklore in Australian baseball history and proof that Australian baseball teams can match it with the rest of the world in this charter format of competition.”* What a great compliment!

Messages of support from all around Australia were much appreciated, as was the support from the local Bangor community, who were amazed at the fighting and never-say-die spirit of the Southern Mariners.



The team celebrated their triumphs throughout the series in memorable fashion – after knocking Maine’s team out of the semi-finals they celebrated on the bus trip back to their motel with a rousing rendition of “Sweet Caroline” – each of them sharing in that special feeling that only team sports can offer after a memorable win.

The players have had experiences that they may never have again and they should be commended for the way they represented themselves, their family and their country.




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A Picture of Health

Life for Griffin, a young scout from Dingley Village, has not always been smooth sailing – in fact for a 12-year-old he has faced more adversities in life than most people ever will.

At the age of three, Griffin was diagnosed with ODD (Oppositional Defiance Disorder); at age five, he was diagnosed with ADHD (Attention Deficit Hyperactivity Disorder); then at age 10, after years of searching for answers, he was finally diagnosed with High Functioning Autism, an anxiety disorder and a specific learning disability. Now, at age 12, his family have discovered that he has a whole host of underlying mental health issues, that can be all too often debilitating and the cause of immense distress for both Griffin and his family.

Mental health issues aside, Griffin is a caring, bright, quirky and eclectic young boy. He not only plays soccer and rides his bike, but he loves to garden, cook, collect coins and is into crystal healing. On top of this he has a stash of *National Geographic* magazines, dating back to the 1960's, which he loves to read. But these hobbies don't compare to his number one passion in life: photography.

Griffin discovered a creative outlet for his mental health issues quite by accident, back in 2013 on a family outing to

the Royal Botanic Gardens in Melbourne. He was handed a phone, set to camera by his mum, to keep him occupied while she fed his little brother. During that time, he captured the most incredible photos: bees on flowers and close ups of flowers – all completely stunning compositions. But most importantly, in an instant, Griff discovered a way to cope with the hurdles life would throw at him.



After that day at the Botanic Gardens Griffin continued his photography, having found something that he not only loves to do, but also something he excels at. For his 11th birthday his family bought him a bright blue Nixon Coolpix S33 point and shoot camera, and since then, he has continued to amaze his family with the stunning images he captures. He was recently generously gifted a DSLR camera through the power of sharing his images on the internet, and he now sells his work to save up for other camera equipment.

At just 12-years-old, this troubled young boy – who now aspires to be a *National Geographic* photographer – has captured the hearts and imaginations of many through his photography; and with it has come a beautiful form of therapy, and massive boost to his self-esteem.



GRIFFMAD PHOTOGRAPHY

Would you like to see more of Griff's amazing work? Check him out at the following places:

We've Gone Dippy on FB www.facebook.com/groups/LetsGoDippy

GriffMAD on FB www.facebook.com/griffmad/

Redbubble www.redbubble.com/people/griffmad

In Person – Dingley Village Shopping Centre – Centre Dandenong Road



Aiming high in all aspects of Hellenism and banking

As many Greek Australians return home from their annual summer trip to the motherland, they find themselves retracing the steps of their ancestors in their respective villages – feeling a connection in their heart to the land, the sea, the mountains and the culture that has shaped their lives from the other side of the world for many years.

Upon their return home, they often find themselves gravitating towards where you sit now, in the heart of ‘Little Athens’, for it’s not only our language that connects us to a country and cultural heritage, but the music we listen to, the food we eat and the traditions we share with others.

“To live in a country where you have limited ancestral history can be disjuncting for some. Delphi Bank represents a journey of growth and opportunity,

and proudly maintains a significant Hellenic link,” says current Head of Delphi Bank and a founding member of the Bank, Jim Sarris, who is responsible for driving strategy and performance excellence.

Delphi Bank is part of Australia’s largest community-connected bank, Bendigo and Adelaide Bank, and has undeniably gone from strength to strength since being acquired in 2012. Central to their growth strategy has been their ongoing commitment to the Hellenic-Australian community and ensuring their customer needs’ are always kept front of mind.

Under the guide of Jim Sarris, the Bank will continue to explore innovative, competitive new ways to service their customers and strengthen the communities around them, whilst keeping their cultural identity alive for future generations to enjoy.

“As Delphi Bank aims to reach new heights in banking, we will remain just as committed to capturing the true spirit of Hellenism. We will continue to build and foster the Hellenic-Australian community who have been with us at every step,” says Jim Sarris.

To support this vision, Delphi Bank aims to provide a rewarding customer banking experience alongside a refined and diverse community and cultural engagement program that extends across a vibrant array of festivals and events; all of which embrace and celebrate the true value of Hellenic-Australian culture.



Above: Jim Sarris, current Head of Delphi Bank and a founding member of the Bank.

Delphi Bank is well-recognised as a proud partner across many major festivals around the nation including the Lonsdale Street Greek Festival in Melbourne and the Greek Festival of Sydney. This October, the Bank will also proudly present the Delphi Bank 23rd Greek Film Festival, having successfully retained naming rights again in 2016.

Attracting thousands of locals each year, these festivals allow for a meeting place for friends and families to enjoy film, music, food and dance – and most importantly, continue to spread the importance of the Greek language and heritage whilst embracing both conventional and modern cultural influence.

“We’re very much focused on our customers and the future of our organisation, but as a Bank – it’s much bigger than that. Delphi Bank wouldn’t be where it is today without the loyal and ongoing support of our customers, communities and wider partners,” maintains Jim Sarris.

In line with their banking successes and the increasing prosperity of the communities around them, Delphi Bank will long-continue to support highlighted cultural events across the Hellenic-Australian calendar and will constantly look at new ways to engage with their growing community.

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On the Plains of Thessaly with Ararat's Private Felix Craig in 1941

JIM CLAVEN



Craig Family Memorial Window, Holy Trinity Anglican Church, Ararat. Photo: Alexandra Bryant 2015



The author (left), with David Craig (centre) and Fiona Craig (right) at Vanilla in Oakleigh, 2016. Photo: Paul Sougleris.



Fiona Craig. Photo: Jim Claven 2016

Recently I had the pleasure to meet up with two descendants of a digger who fought bravely in defence of Greece in 1941. And where else to meet them but in Melbourne's most famous Greek meeting place – Oakleigh's Vanilla!

Over a Greek coffee and bougatsa, David and Fiona Craig talked about their relative, Felix Craig, who defended Greece with the Anzacs in April 1941. They brought along many family photographs and research to share with me and Paul Sougleris, another researcher of the Anzac connection to Greece.

As we talked and shared notes, the pieces of a puzzle started to fall together. A puzzle connecting a small town in western Victoria and the stained glass window that stands to this day in one of the town's churches. This is the story of Ararat's Felix Craig and how he came to die in Greece – another symbol of the continuing connection between Greece and Australia through our Anzac tradition.



Craig Family Memorial window, Holy Trinity Anglican Church, Ararat. Photo: Alexandra Bryant 2015



Fiona Craig. Photo: Jim Claven 2016

A WINDOW IN ARARAT

Australia's Anzac story connects many towns and hamlets across Australia and Greece – Thessaly's Farsala is connected to Victoria's rural city of Ararat.

For me, this story began with the discovery of a *beautiful stained glass* window in Ararat's Holy Trinity Anglican Church. The window is the product of the devotion of a local family to the loss of their son, who died defending Greece on the other side of the world.

Along with his brother Neville, who died locally, the memorial honours Private Felix Craig. Erected by his father and dedicated in December 1944, the window features a crusader and the inscription for Felix "killed in action in Greece 18th April 1941". The inscription takes me back to my research on the battlefields of Greece and Crete.

THE PLAINS OF THESSALY

Today when one travels south from northern Greece or north from Delphi to Meteora, you will most likely pass Farsala as you move through Thessaly. It sits astride an ancient crossroad, where the trails of central Greece meet those to the east, to Volos and Platamon and the Aegean Sea.

Farsala has been one of Thessaly's major cities since classical times and its reputation stretches back into Greece's mythic tales. Homer's *Iliad* records Farsala as the home of Achilles' father Peleus and the famous warriors, the myrmidons, who Achilles led into battle at the siege of Troy. The people of Farsala were so proud of this connection that the Greek writer Pausanias recorded that they gifted to the Sanctuary of Delphi a great statue of Achilles on his horse, with Petroclus running along beside.

Odysseus visited Thessaly on his journeys and Jason and the Argonauts set sail from its shores in his boat made of wood from the forests of Thessaly. Thessaly contains the famed Byzantine monasteries of Meteora, with their vivid Christian murals.

Thessaly's geography ensures that its plains and valleys would be visited by war. After the Persians marched this way in 480 BC, Julius Ceaser fought at Farsala to defeat his rival Pompey in 48 BC. Thessaly took part in the Greek Wars of Independence, producing one of its leaders in Rigas Feraios. Joined to Greece in 1881, Farsala would be the site a major battle in the Greco-Turkish War of 1897.

ARARAT'S PRIVATE FELIX CRAIG COMES TO THESSALY

Felix came to Greece as one of the 17,000+ diggers who arrived in March and April 1941 to support Greece in its defence against the coming invasion by the Axis powers.



Private Felix Craig, with fellow digger Bill Williams (right), Middle East, 1940-41. Felix Craig Collection



Private Felix Craig, c1940. Felix Craig Family Collection



Plain of Thessaly below Meteora. Photo Jim Claven 2013



Some of the amazing artwork that covers the walls of the monasteries of Meteora. Photo: Jim Claven 2013



The front line on 15th April and the shorter line proposed by General Papagos.

Central Greece map, 15th April 1941. Source: Gavin Long, Australian Official History.

Born in Queensland, Felix was a 25-year-old accountant living with his family in Ararat when war broke out in 1939. Sitting in Oakleigh's Vanilla café, Felix's nephew David and great niece Fiona tell me how Felix was a keen sportsman and diligent student at school and university. They show me pre-war photos of Felix revealing a confident young man with all of the world ahead of him.

Like thousands of other Australians, Felix left his civilian life behind when he enlisted at the South Melbourne Recruitment Centre on 23rd October 1939. He served as a driver in the Australian Army Service Corps.

Drivers played a crucial role in ensuring the troops were transported to and from battle. And they were trained to fight. A photo taken in January 1941 shows Felix in the Middle East practising with an anti-aircraft gun alongside fellow digger Bill Williams. His skill with such weapons would soon earn Felix honour.

Like his fellow diggers, Felix arrived at Piraeus from Egypt and would have enjoyed a few days leave in Athens before he made his way to northern Greece.

The campaign would develop into a series of fierce rearguard actions as the Allies faced superior forces. The battles of Vevi, Elasson, Platamon and Tempe would be followed by withdrawal south through the pass at Farsala, and from there to Domokos and the new Thermopylae line beyond – just as the Persians had marched south through Tempe to Thermopylae in 480bc.

THESSALY, THE ANZACS AND THE DEATH OF A HEROIC DIGGER

As the Allied troops made their way south, some wondered at their surrounds. Passing the monasteries of Meteora, a young British soldier, Patrick Leigh Fermor, thought "how detached they looked, and how immune" to the war.

And so, on 18th April, Private Felix Craig drove to Farsala on the plains of Thessaly. As he drove through its towns and villages, I hope that he might have enjoyed some of the areas' famed dessert, Halva.

The roads around Farsala were congested with troops and civilians and under German air attack. As the rain abated and the skies cleared, these attacks continued across the long Allied line of retreat. Vehicles carrying weary fighting



Greek cavalry during the battle of Farsala (1897) by Georgios Roilos



Farsala countryside today. Photo: Fiona Craig 2016



The approach to Farsala bridge from the north, after German aircraft had scored a direct hit on a truck loaded with ammunition. Farsala, 18 April 1941. Photo S B Cann. AWM



New Zealand War Memorial at Farsala to those killed on 19 April 1941. Photo: Fiona Craig 2016



Private Felix Craig's grave at Phaleron War Cemetery, Athens. Photo: Liza Koutsaplis 2016

troops moving south were locked in traffic snarls with supply trucks heading north and fleeing civilians clutching the few belongings they could carry. All this tested the nerves of the army drivers.

On the morning of the 18th April, the road at Farsala was rocked by a great explosion. A German aircraft had hit a truck loaded with explosives, creating a massive crater and blocking the road south, up-rooting concrete and destroying heavy vehicles. Australian sappers and Cypriot pioneers set to repairing the road. Photographs from the time record the devastation of this explosion.

And it was on this very day at Farsala that Felix demonstrated the bravery that would earn him posthumous honour.

As over a dozen German dive bombers attacked the Allied column of trucks, Felix showed great courage in firing at the attacking planes with his 303 anti-aircraft guns. Shooting down a number of enemy planes, Felix's diversion allowed most of the convoy to escape. Drawing the enemy's fire made Felix a target. And so he was killed.

Felix's death can be seen as an echo from Greece's past. For it was during the battle fought at Farsala two millennia before that the Roman centurion Crastinus fell in a not dissimilar act of a solitary bravery.

Mentioned in dispatches for his bravery, many have argued that his recommendation for a Victoria Cross was more appropriate and should have been awarded. Without the dedication and courage of drivers like Felix, working to transport the Anzac's south, many thousands of diggers would certainly not have made it to the evacuation beaches.

The local Nambour newspaper recorded that Felix "...had gone out like the crusaders of old and had stayed by his gun until the end." He was buried nearby at Domokos and re-buried at Phaleron War Cemetery on 24th March 1945.

The bravery of Felix would be repeated by other Victorian diggers as they made the dangerous journey through Thessaly. Famously, three Victorian diggers from the 2/7th Battalion would save their rail convoy from air attack. Two of these former railway workers had been born in Scotland: Corporal "Jock" Taylor and Corporal Melville. Along with Private Naismith and other volunteers from their Victorian 2/7th Battalion, these diggers drove one train that had been abandoned by its crew near Larissa and successfully saved the

battalion's train from the dangers of a nearby ammunition-laden train north of Domokos. By the 19th April, most Allied troops had successfully retreated south of Larissa.

REMEMBERING FELIX CRAIG

The story of Private Felix Craig, his brave stand at Farsala and his memorial in Ararat should remind us how the Anzac story connects communities across Greece and Australia. For me, it is appropriate that his tragic death in the valley of the monasteries of Meteora has been reflected in the stained glass window of his local church. And this window stands testimony to the Greek-Anzac connection.

Felix's death greatly saddened his family back in Australia, and they memorialised him with this window to him and the Greek campaign in their local church.

This year Fiona journeyed back to Greece on her own pilgrimage to visit the places where Felix served and where he died. She was welcomed by the local community. She visited the main road intersection where Felix was killed. Nearby is a memorial erected by New Zealand veterans to those killed here on 19th April 1941.

There is no plaque or memorial at Farsala honouring Felix's bravery. Maybe the time will come soon when a plaque might be placed at Farsala to honour this young Australian who came from Ararat to die defending Greece in its hour of need 75 years ago.

During this year of the 75th anniversary of the Greek and Crete campaigns, we should remember the sacrifice of Ararat's Felix Craig and all the Anzacs who came to Farsala and Thessaly in 1941.

Lest we forget.

Mr Jim Claven is a historian and freelance writer. He thanks David and Fiona Craig, as well as Ian Bryant from Ararat for the information about the Holy Trinity Church.



WELCOME Spring

Warm sunshine, magnificent flowers and picnics in the park, Victoria is always at its finest in Spring! It's the perfect time of year to enjoy 'The Garden State'.

It's also the best time of the year to present your beautiful home for sale, but there is also an energetic atmosphere that surrounds the spring property market. Buyers are keen to step out on a sunny Saturday to inspect homes.

Jellis Craig directors **PAUL POLYCHRONIADIS** and **JARED WEI** provide us with an update on the current state of the property market and some advice to prospective buyers and sellers.



Current interest rates

With the Reserve Bank of Australia leaving the official cash rate at 1.5%, interest rates are continuing along their record-low path. This level is designed to stimulate the economy, increase consumer confidence, and moderately lift inflation.

For home buyers and investors who have been sitting on the sidelines, this will be all the encouragement they need to take action. Investors especially will see an increased return on their investment, with reduced mortgage costs and rising rents.

This rate setting is also a big positive for first-timers who are far more sensitive to rate movements. Gaining confidence in affordability, they are now more likely to take that first step to home ownership.

The positive impact of new student visa rules

As of 1st July 2016, the Australian Government introduced a new student visa system. Now, students from the age of six are able to make visa applications for primary school admissions.

This is an exciting policy change for the real estate market. Creating this opportunity for young overseas students to be educated here guarantees a greater number of overseas buyers and tenants for many years to come.

This is especially true of our Chinese neighbours who are already impressed by the short, eight-hour flight, similar time zone, established Chinese communities, and larger luxury accommodation for their entire family. They can now add a quality primary school education to this list.

The \$2 million policy – will it impact the prestige market?

Following in the footsteps of Japan, Canada and the United States, the Australian Taxation Office has recently applied measures to stop tax revenue being lost overseas.

Home owners who sell a property for \$2 million or more must now provide a clearance certificate from the tax office, demonstrating that they are not foreign sellers.

If the vendor is a foreign resident taxpayer, then the purchaser must send 10 per cent of the sale proceeds to the tax office. This ensures that any capital gains tax obligations are paid to the Australian Government.



Since these measures were introduced on 1 July, we have not noticed any impact to our prestige buyers or sellers. Of course, home owners need to demonstrate that they are local residents and that their tax affairs are in order, but the majority of our vendors clear that hurdle easily. We suggest that purchasers of prestige homes seek advice from their agents before committing to a sale.

The importance of marketing properties for sale

A targeted and professional marketing campaign is the backbone of any outstanding sales result.

Tailored to tap into the desires of quality buyers, never underestimate the pulling-power of professional photography, copywriting and perfectly-placed magazine advertising. These tools establish a strong attraction, designed to connect with the right audience and compel them to inspect your home.

The ultimate goal is to encourage as many buyers to visit within a set time-frame. Clearly seeing the competition, buyers are motivated to take swift action, bidding with strength and confidence.

Spring cleaning – an absolute must!

You've probably watched super-fast property transformations on television and already know how different a home can look 'before' and 'after' a quick refresh. This may sound obvious, but the key to achieving a higher selling price is better presentation.

Don't go over the top. By investing a small amount of time and money you can create a style that is clean, contemporary, and desirable to more buyers.

Most importantly, ask an agent to appraise your home before you begin any work. Be guided by their expert opinion because they know what current buyers are looking for. Your agent will ensure that you don't over-capitalise, advising how to maximise your sale price for minimal money.

Jellis Craig



A portrait of Gareth Keegan, a young man with light brown hair, wearing a white t-shirt and a dark leather motorcycle jacket. He is standing in front of a dark brick wall. The image is framed by a blue and green border with a textured, crystalline appearance.

GARETH KEEGAN

THE KING OF QUEEN

ALEXIS MCLAREN

From his early days in *The Rocky Horror Picture Show* through to landing the lead role as Frankie Valli in *Jersey Boys*, **GARETH KEEGAN** has brought to life some of musical theatre's greatest characters.

And now, in Melbourne, he captures our hearts yet again as Galileo Figaro in Ben Elton's hit musical *We Will Rock You* – featuring 24 songs by the British band Queen.

So this issue we decided to have a chat to Gareth and talk to him about the musical, his career and being an ambassador for Queen and the Australian arts.



Let's talk first about the latest musical you're the lead performance in – *We Will Rock You*. It certainly is different to your traditional musical. How would you describe it?

They're actually calling it the anti-musical because it breaks all of the music theatre rules – which is really fun to do. But basically it's got twenty-four Queen songs in there and it's about a post-apocalyptic Orwellian world where live music and free-thinking is banned. My character, Galileo, who is a bit of an outcast and a dreamer, escapes with another outcast.

They then meet a bunch of bohemians and bring rock n' roll back to the 'iPlanet'.

***We Will Rock You* has gone to twenty-eight countries so far – what is it about this particular musical that makes it so popular?**

I think firstly it's the Queen songs, which are awesome. Ben Elton wrote the script so it is very funny and very relatable. Also, the characters have lots of flaws and faults, which I think people like to see on stage – no one likes to see someone who is perfect. Lastly, the show doesn't take itself too seriously; it is like a breath of fresh air for some people. When you come to see the musical the show starts, the band starts and then you're just in for a rockin' time.

How do you think the show will be received in Melbourne?

Last time it was there it just smashed it – it was there for over a year in Melbourne; we're only doing eleven weeks this time. I know a lot of people who are really excited who haven't seen it and people who did see it are excited for it to come back again. I think really it is just going to be a big party at The Regent each night.

It seems like such an enormous achievement from Ben Elton, to make a musical based around Queen's most popular songs – how well do you think the songs fit in with the plot?

With Queen's music it is very heightened and very theatrical – so just doing a bio-musical about the band Queen wouldn't really suit it. So the script and the story needed to be as outrageous as the songs are. I think Ben Elton has done a great job in finding something that works with it.

Is it true that there is a giant statue of Freddy Mercury on stage?

Yeah (laughs). So the bohemians live in this place called *The Hard Rock Café*, where old memorabilia, including the statue of Mercury, are treated as fragments of the past – a past that has been destroyed. They don't know who he is, all they know is that his name is Mercury and that he was the biggest rebel and a freedom fighter of the past, making him a symbol and legend throughout the story. But yes, the statue is enormous, which is pretty funny.





Why do you think Queen is such a timeless band?

I feel like it's because a lot of the themes in their songs are quite universal and they speak to a broad audience. What they talk about has never been specific, such as "I had a coffee today", or "I went down to the mall and went to Lowes". Their songs can last forever because there is nothing there holding them in a certain time space.

Also, there is nothing like live music. I remember a few people who heard Queen for the first time at the musical, and their eyes just lit up as if to say "woooooah!"

That's what I like about jukebox musicals – they keep the band relevant. When I was in the musical *Jersey Boys*, it brought back Frankie Valli and The Four Seasons and their songs, and now they'll live on forever. It's the same with Queen – they've kind of been immortalised in a show, which can always go on.

Do you find yourself singing Queen songs when you're at home? Do they get stuck in your head?

Luckily they don't. I think because I sing them so much that they're drained out of me by the end of the show. Because I have sung so much of them my brain can't really handle anymore Queen, so it just goes away and thinks about other things. But they are very catchy – you hear people coming out from the audience humming the songs from the show.

Tell us a bit about the character you play – is Galileo a fun role to play?

Yeh he is lots of fun. Before this I have been playing very serious, tragic roles. I think the last four leads that I have

played have either died or had a horrible life, which is really interesting to play but it is really nice to be able to go the opposite way.

Galileo is a bit of a rebel, who doesn't know where he fits in and sometimes says the wrong things, but when it comes down to it he has got the 'vibe' and he's got rock n' roll in him. So that's fun, and no one dies – actually that's not true – but I don't die. It's good to make an audience laugh and it is good to hear that laughter too. It can be hard to make people laugh but Ben Elton has done so well. Australians get his humour. Not to mention when you land that joke it can be very rewarding.

What has been your favourite role to play in your career to date?

I think playing Frankie Valli was my favourite. It was my first breakthrough role. Most lead roles are about love or about finding something, where Frankie was just a dude who was trying his hardest to create music and build his life – and there is something nice about playing a lead character that is not about love all the time. It was really fun to play that role, especially because you start off playing him at thirteen and then you end up playing him at forty-eight – it's a journey you never get bored of.

Your most recent performance was alongside Hugh Jackman in the *National Arena Tour of Hugh Jackman Broadway to Oz* – what was it like working with Hugh?

It was fantastic – I loved just watching him do his thing, on stage and off stage – how he treated everyone, and how he truly is an ambassador for this country and the arts. A lot of people look up to him and I now understand why, because he is very generous. He is a true professional and he is one of the hardest workers I have ever seen.





What is your most memorable moment from your career?

Probably the first time I ever went on for my professional debut, which was Gale Edward's *The Rocky Horror Picture Show*. I had finished uni the year before and I got called up one day – they needed another swing for the show, which is an off stage person who covers everyone. I said yes, got flown to Sydney on Monday, started rehearsals on Tuesday and went on that Friday. I remember jumping out during this one part and the adrenaline was pumping – I will never forget that first time I trod the board professionally.

So what does your future hold? What do you hope to be doing after *We Will Rock You*? Do you have any dream roles?

I have actually written a musical, which we will be doing our first proper reading of when I get back to Melbourne, while doing *We Will Rock You*.

As for my future, **my dream** role may not have been written yet.

I guess what I want are roles that open up a new skill of mine – I would love to do something with puppetry. But it is not about having my name in lights – yes that would be a nice by-product but I think I just want to keep working, doing new characters and just really stretching myself.

I just want to be a spearhead for Australian theatre and make sure people know how good Australian theatre is. That's important to me, I like being an ambassador – that's what I feel I am with this show, an ambassador for Queen, because they're not here. But it is the same for any show in Australia, I want to be an ambassador to the arts and Australia, I think that is really important.



***We Will Rock You* – Melbourne**

Venue: Regent Theatre

Season: Until 30 October, 2016

Performance Times: Tues 7pm, Wed–Sat 8pm, Sat matinee 2pm, Sunday 1pm & 6pm

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Madeline Cowe

**MISS WORLD
AUSTRALIA**

This spring we caught up with Miss World Australia, **MADELINE COWE**, and health and wellness guru, Andi Lew in Madeline's hometown of Cairns to talk about the Miss World Australia pageant, and Andi's role as their official pageant health and wellness coach. By Raquel Neofit



Why did you decide to run for Miss World Australia?

There are so many great things about Miss World Australia, but the main thing that sets it apart from other pageants is their 'Beauty with a Purpose' program they have with Variety, the Children's Charity. Variety travels to rural communities to provide children with the facilities and services that they need to ensure they have the best childhood possible. Growing up in a rural area myself, this is something that I am extremely passionate about.

What do you hope to achieve from the Miss World competition on a personal level?

As Miss World Australia I am now a role model to others and with my title I am given a platform which I can use to make a difference – whether that difference is on body image, bullying, or encouraging people to chase their dreams. As long as I am making a difference in people's lives, then I will feel like I have achieved something special as Miss World Australia.

And on a professional level?

Professionally, I am focused on being the **best** Miss World Australia that I can be.

I am still very passionate about my law career and am still enrolled this semester, continuing with the study that I believe I can handle. Due to having to study part-time I now hope to finish my degree mid-2017.

What prep did you do leading up to the event?

I began my preparation for the event a few months in advance because I wanted to make sure that I was as prepared as I could be for the week in Melbourne for the National Finals. With Miss World Australia there are so many different components you have to prepare for such as fitness, talent, top model, interview, social media and charity.

My favourite was definitely preparing for the charity component, with my fundraiser that I held in Tully for Variety, the Children's Charity. I held a fashion show which included youth from Murray Upper, Tully and Mission Beach, ranging from the ages of six through to 17 years old. I also had a Cent Sale, which all of the local Tully businesses kindly donated prizes to. With 300 guests attending on the night, I raised over \$6,000.00 for Variety the Children's Charity, which was so much more than I ever expected.

Do you have other pageant experience? Was modelling something you did or enjoyed as a child or teen?

Growing up it was always something that I was interested in, but never something that I thought I would do. It is different growing up in a small rural town – modelling isn't something that is considered a 'normal' career, as it is in larger cities. However, I was determined, and I was lucky enough to be chosen as a contestant on season eight of *Australia's Next Top Model*.

This is what started my modelling career and in turn led me to pageantry.

Girls everywhere will be watching you now, what kind of role model do you want to be to them?

I hope to be a role model that girls can relate to. I want to be as real as I can be. Growing up in Tully, everyone is very down to earth, kind and genuine. This is how I was raised and how I hope to stay. With social media being such a huge part of people's lives it can sometimes make people think that to be 'popular' on these platforms they have to look or act a certain way. I want to keep my feeds as real as possible to try to show that you should never have to change who you are.

Do you feel pressure to always look your best now when you leave the house? Does it make you think more about what you're wearing and how you're perceived etc.?

In a way, I suppose so, but that is because I am now representing Australia in the Miss World organisation, and I always want to be my best self.

However, I really believe how you are perceived is based much more on your personality and character rather than your appearance. Therefore I always make sure I remind myself every day just how lucky I am to have been given this amazing opportunity. I think it is so important to remain positive and always be grateful and thankful for the opportunities you are given.





Are you offered advice throughout the competition on how to handle yourself in public?

Yes, of course. It may sound like something you think would be easy but when you begin to receive so much more attention than usual you have to ensure you are always aware of your actions.

And you worked with Andi throughout the competition, how valuable is it to have someone like Andi working with you and offering health and wellness advice?

Andi has been amazing. Not only has she helped me with my health, but my wellness also. I am currently reading her book *Wellness Loading*, which is all about disconnecting from technology and reconnecting with yourself, nature and your community.

And what was the most valuable thing you all learnt from her?

Andi is so knowledgeable, every time I talk to her I learn so many new things! But I think what she has helped me through the most is keeping a positive mindset.

Andi has helped me to work out exactly what I want to achieve, why I want to achieve it, what's stopping me and the best plan on how to make

my goals a reality.

What kind of advice did you take away and implement from the sessions with Andi?

I love Andi's book *Wellness Loading*, which focuses on disconnecting from technology. As Miss World Australia I am constantly on my phone, whether it be for my social media platforms, preparing for Miss World or connecting with new people, so it has been harder than ever to 'disconnect' from this. Her novel has reiterated how important it is to ensure you do 'disconnect' from technology, even if it's just for 15 minutes a day and connect back to yourself and nature.





You're at university at the moment studying law – how do you think the degree and the Miss World titles will work in with each other for the near and long-term future? Do you have any plans?

Once I have completed my degree, I hope to work in the field of family law or child protection services. Miss World Australia enables me to work with children all around Australia, and hopefully the world.

Whether it be in law or through Miss World, working for and helping children is something that I have always been passionate about.

Now that I am Miss World Australia, I really want to see what I can achieve from this. However, I still hope to complete my law degree by mid-2017. Regardless, they are both a part of my life and I just hope I can make a positive difference through my career, whatever I choose to pursue.


And you're working with Novo now, how did that come about, are you a shoe fanatic?


I am definitely a shoe fanatic, so working with Novo is a dream come true! Novo is one of the sponsors for the Miss World Australia organisation and as Miss World Australia I am now lucky enough to be the new face of the brand. I am so excited for our upcoming campaign shoots, plus I now have a year's supply of Novo shoes!


What advice do you have for other girls considering a pageant like Miss World?


I say go for it! Miss World Australia is the largest and longest running pageant in the world and is such a wonderful organisation to be a part of. I have only been Miss World Australia for a month and I have already experienced so much that I would never have been able to experience without the title. As a national finalist, before I won the title, I learnt so much and met so many amazing young girls. I couldn't recommend it more.



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Andi Lew

Vanilla Magazine regular, **ANDI LEW**, has the desirable task of mentoring the girls competing in the Miss World Pageant. We caught up with her to discover exactly what it is that makes this pageant so appealing, and what her role entails.

Andi, tell us about your role with the Miss World Pageant and Madeline Cowe?

As a certified Food, Lifestyle and Wellness Coach, my training allows me to inspire Madeline to live a more balanced life. Wellness is such a broad term and means something different for everyone. But Madeline will be needing support and guidance in regards to her nutrition, fitness, work/life balance and helping her to find her purpose.

The Miss World pageant proudly owns the phrase #beautywithapurpose. Finding your purpose is my area of expertise and it's what I wrote about in my most recent book, *Wellness Loading, Disconnect to Reconnect*.

Your purpose needs to be **greater** than yourself. Miss World title holders are required to perform acts of service and charity, and Variety is one of the organisations.

How did you get involved with Miss World?

I've been working for Deborah Miller, the Pageant Director, for over ten years now. I started as the host and MC for many events, but at that point, I had been writing about health and wellness for seven years and had released six books.



On the release of *Real Fit Food*, we decided to implement wellness into the pageant course training, and the entrants and finalists were able to learn from me about nutrition and movement – especially because they need to know how to stay well and energetic while on the go and living out of a suitcase.

Entrants began participating in our program about 2-3 years ago, and I've travelled across Australia to inspire and educate a wide variety of young, impressionable women.

What kind of advice did you offer the girls and were they receptive to it?

They're so hungry for the information, pardon the pun! I remember having one student who was a doctor, and she just loved it all! I talk about the importance of eating good fats, especially from plants, because hormones are made up of fats and cholesterol and we must fuel our bodies with this in order for them to work well. Superfoods are a must for maximum nutrition and eating as close to nature as possible.





Many of us have intolerances now to certain foods, so we talk about all the healthy alternatives, and I offer a cooking demonstration to show them easy, healthy meal options.

Movement is key. Gone are the days of spending hours in a gym body-sculpting. High intensity training and functional fitness are the best ways to go because of the way our bodies are designed to move. We are all time poor, so 15-20 minutes of movements, such as squats and pull ups, are very healthy.

We believe Madeline has a really good chance of winning the world title – and the bikini component has been removed from the competition and fitness has replaced it.

I'm a role model because I walk my talk. I'm 43 and have been living a healthy lifestyle my whole life. I show the girls it's possible to have it all and live an inspired destiny so that they too can become a positive role model.

We are changing the way people view beauty as Australian representatives, and I think it would be a great message to take to the rest of the world.

And is it still common for girls to fad diet and live an unhealthy life to be skinny?

We hope to phase that out with this message.

What advice do you give to Madeline now? Do you keep in touch with her regularly?

She's been incredibly busy, which is wonderful that the public is taking a keen liking to her. Madeline is a smart woman – she is a law student – and we talk weekly to keep her focussed and prepared.

What advice would you like to offer young women who are considering entering a pageant like Miss World?

I get very emotional lately about girls who've had the opportunity to experience the pageant. I've had contestants come up to me at the end of the finals and tell me what I had taught them had really shaped their confidence and that they'd learned so much.

Pageantry creates a connection amongst women to support each other and leave feeling more purposeful.

Go for it!

You'll have so much fun and everything to gain.





Fast Food

The Season of Change...

Spring is the season of change, so this spring, we've shaken up the usual format to bring you our Fast Five! What is our fast five you ask? It's five of our favourite chefs, and their books, in a fast read format, to bring you up to speed on what's happening in their kitchens this season.

First, we cross the Bass Straight to the Apple Isle and visit one of our favourite seasonal chefs, *Gourmet Traveller's* Contributing Food Editor, and the brainchild behind the Agrarian Kitchen, Rodney Dunn. He takes us through his ultimate guide to choosing and using the fragrant truffle – the hero of his new book ***The Truffle Cookbook***.

Next, we journey over greater seas to France, where Gabriel Gate shares, in his book ***Delicieux***, a little about his life growing up in the Loire Valley region.

Aussie wonder kid, Matt Stone, takes some time out in the Yarra Valley to chat with us about his food philosophies and encourages us to stop wasting food and start growing it – which is the essence of his book, ***The Natural Cook***.

Stylist Amandip Uppal shares her love of traditional Indian food and brings simplicity to our lives with ***Indian Made Easy***.

And how could we not finish on a delectable note? The very delicious Kirsten Tibballs shares her ***Chocolate*** story so that we can Savour every mouthful!

Enjoy the ride...

Truffle-icious

Rodney Dunn



For the last seven and a half years Rodney and his crew at the Agrarian Kitchen in Tasmania have celebrated the truffle season with classes and special dishes. We caught up with Rodney, smack bang in the middle of truffle season, to pick his brains on choosing the right truffle – every time!

Rodney, truffles are so expensive; can you tell us the best methods for choosing and storing them?

See, what you just said there, about them being so expensive, is a bit of a myth. Even though they're around two thousand dollars a kilo, a kilo is a lot of truffle – you could feed fifty to one hundred people with a kilo. You really only use five or six grams per person in a dish, which costs around ten dollars. That is still a significant amount of money, but they are something special – something to be celebrated; just like someone would buy a special piece of meat or seafood or a special bottle of wine, it's the same sort of thing.

Rodney, what advice can you offer people who have never ventured out to buy a truffle before. Where do they start?

This is an interesting question because what you're actually buying is the perfume. So, the first thing is to smell the truffle, has it got a strong perfume? Always buy the one with the strongest scent and it should be nice and clean.

Ideally, you'd want to use it within a couple of weeks. You need to keep it in the fridge and, because it's giving off moisture, wrap them in a piece of paper towel. Pop them in a jar and keep them in the fridge, then each day change the paper towel. It's a myth to keep them in rice; the rice will dry them out so that's not a good idea.

And you should always put some eggs in with them too because the eggs are going to soak up the flavour of the truffle and give you free truffle flavour.

I don't have any qualms buying truffles that have been cut either; the look of the truffle is probably the least important thing. If I smelt a truffle that was amazing and blew my head off and it had a little bit of a nick out of it or a little tooth mark, I really couldn't care less.

For all the tricks and tips on truffles, pick up a copy of Rodney's new book, *The Truffle Cookbook*.
Published by Penguin **RRP 59.99**



MEET *Matt Stone* *The Natural Cook*



Enjoying the best of both worlds, Matt Stone is one of those lucky people who lives in Melbourne but works in the Yarra Valley – at Oakridge Winery nonetheless, where he’s not only head chef in their busy restaurant but is living his sustainability dream on their expansive grounds.



Matt’s philosophy of ‘eat well and you live well’ is a theory we would all do well to live by. But he also encourages us to understand the effects the food we eat (and waste!) has on the environment.

Apart from sustainability, Matt’s food philosophy is one of knowledge in where our food comes from and having an appreciation of the work that goes into growing the food we eat.

‘I guess the biggest thing for me in the last few years has been realising the whole loop of food. Watching farmers and understanding how they grow food and the challenges they face, like getting a fair price – that’s a real challenge in Australia,’ he said.

‘And then looking at things further than that... So obviously I want the most delicious food that I can get, but if that comes to me in a polystyrene box is it really good for the world? I don’t think so!

So I look at the whole system of food; how it’s grown and produced, how it’s transported, how far it’s come, the actual deliciousness of the produce, and then also the after effects - the wastage or emissions that come along with that.’

It’s something he writes about in his new book, *The Natural Cook*, along with the impact of food waste. And his book is full of great ideas to avoid said waste.

It features techniques and recipes for fermenting and pickling, and even making herb and fruit dust! And you don’t even need a dehydrator! Matt runs through all the tricks of making them in your home oven – strawberry dust for your next pavlova anyone?

Matt’s spent the last few years slowly convincing the people around him that a sustainable life is the way we need to live, but he’s also found that change takes time. He set up a rudimentary aquaponics system at home, which now resides at Oakridge Winery, growing enough watercress to sustain the restaurant. He grows herbs and vegetables in his small Fitzroy garden and, on a much larger scale, in the Oakridge grounds.

‘Some people question the sustainability of a winery, which is fair enough, but we grow lots of food, and we operate a busy restaurant, and I feel that we do it in the most ethical way we can, so it’s all going really well.’

Images from *The Natural Cook* by Matt Stone (Murdoch Books)
Photography by Mark Roper

RRP \$39.99 available now in all good bookstores and online.



Délicieux by Gabriel Gaté

This is an edited extract from *Délicieux* published by Hardie Grant Books RRP \$49.99 and is available in stores nationally.



I was born in the picturesque and fertile Loire Valley region of France. Our family home was situated next to a large park surrounding a medieval château inhabited by a Duke and his family.

We had a small vineyard planted with red grape vines and an orchard of mixed stone fruits and pear trees. My parents grew all the vegetables we needed for the eight of us, and my beautiful maternal grandmother, Pascaline, who lived with us, was the family cook. This was a real privilege as in her youth she had been the personal chef to a well-established local miller. We ate very well. It was a village cuisine and it inspired me to become a chef.

I became apprenticed to the extremely talented and charismatic Loire Valley chef, Albert Augereau who owned a Michelin-starred restaurant, and it was he who ignited my passion for fine French cuisine. Nowadays I live with my family in Australia, but my work as a television chef, author, and leading gourmet tours of France takes me back twice a year. Every visit is an inspiration and a source of epicurean pleasure. I have toured and sampled food in every corner of France, from Normandy with its delicate Channel fish and seafood, fine butter and cream, to Provence in the south with its Mediterranean vegetables and olive oil, to Bordeaux with its illustrious red wines and renowned lamb, and to Alsace with its great charcuterie and white wines.

I often stay in picturesque historic villages of which there are hundreds in France. After a leisurely start on the terrace of a brasserie enjoying a café au lait and croissant, I often visit a local farmers' market. French markets are very atmospheric and the food is local, fresh and seasonal. Some farmers sell their home-made produce, as previous generations have done for hundreds of years. Villagers loaded up with full baskets return home with a smile.

Making gâteaux and pâtisseries is a culinary art in which France is a leader and I never fail to visit the local pâtisseries. Each region boasts its own local creations. In the Ardèche region you find chestnuts in cakes, mousses and ice-cream. In Provence almonds are used in many cakes, in Normandy you find pears and apples, in the south west it's Armagnac, and in the Alps wild berries.

Of course I taste and enjoy in moderation naturellement! I must leave room for dinner to taste the local specialities. I discover new chefs, new flavours, new and classic dishes – the possibilities are endless.

Délicieux: The recipes of France presents a broad selection of wonderful dishes resulting from my experience as a chef, cookery teacher and lover of French food and travel. I have written and tested all the recipes and adapted them for the home cook, who can feel confident in preparing them successfully.

Happy cooking and bon appetit!

Gabriel Gaté



It's a Chocolate Love Affair

Kirsten Tibballs

Savour Chocolate & Patisserie School...



Chocolate fanatics rejoice! If you're a lover of chocolate, then you've probably heard of Kirsten Tibballs. And if you're a fan of cooking shows, like *Masterchef* or *Everyday Gourmet*, then you would certainly know of her intricate chocolate creations – especially if you're up on the best chocolatier competitions in the world.

For the rest of you not in the know, Kirsten is a chocolate goddess! In fact, she's a patisserie goddess too! So are the people who work for her!

After years of training in Australia and Europe, Kirsten opened one of the most elite chocolate and patisserie schools in Australia, Savour Chocolate & Patisserie School, and it's not just for the pros!

Situated in Brunswick, it is a dessert lover's heaven where you can learn all of the intricate details of the best chocolatiers in the land, in a hands-on, easy to digest, commercial style cooking school – any day of the week.

Avid chocolate lovers dedicated to learning the tricks of the trade come from all over the world to learn the art and science of petit fours, petit gateaux, éclairs, tarts, choux pastry, macarons, croissants and Danish pastries.

If hands-on classes isn't your thing, or you prefer a slower rate of learning in your own home, Savour even has online classes! Sign up for a monthly or yearly membership and Kirsten and her team will be by your side in your kitchen with all the video know-how you'll ever need.

For those of us who like the smell and feel of a hardcover book Kirsten's newest achievement,

Chocolate – Luscious recipes and expert know-how for biscuits, cakes, sweet treats and desserts is packed with a brand new collection of recipes that she's developed over the last twelve months.

Kirsten, how much time went into writing your book *Chocolate*?

It took me about a year to write and test each recipe until I was happy with them because none of them were existing recipes that we've used before. It was time-consuming, but they aren't complex recipes.

So even though the images look amazing, we can easily re-create them at home?

Yes absolutely, they are pretty simple recipes in many ways.

And what inspired you to open Savour in 2002?

I felt there was real a lack of education in Australia; you really had to go to Europe, and obviously when I opened the school fourteen years ago people didn't travel as much, and we didn't have social media back then. Social media really allows people to learn and to see fashions and trends, but we didn't have that then. I was fortunate enough to work in Paris and Belgium, and I wanted to bring those skills back to Australia to train Australians who wanted to up-skill whether it was at home or in a professional environment.

Savour Chocolate & Patisserie School is open seven days a week. Find them at in all of their deliciousness savourschool.com.au

Chocolate by Kirstin Tibballs (Murdoch Books) **RRP 49.99**



Indian Made Easy

Amandip Uppal



Amandip Uppal's new book, *Indian Made Easy*, draws on her experience as a stylist and a journalist. She began cooking at just nine years old in her family kitchen, encouraged by her father to trust her instincts and connect to food through sight and smell.

Now she teaches others the joy of Indian cooking and runs one of London's most fashionable catering companies, Lotus Events.

You grew up cooking by your mother's side – what are some of the most important things she taught you? Can you share some of your memories from her kitchen?

She had a fabulous way of setting the foundations and then building upon them by adding layers and exposing wonderful techniques such as 'the conveyor belt system'. Before any cooking would take place, she would line up all the chopped fresh ingredients and next to them the spices in teaspoons – these would be in a running order so there was no time to flap or get confused, and it helped enormously to be in control. This story/mood board attitude and display is what excited me – and of course, the final taste sensations once it all came together.

Tell us about your take on modern Indian food, what does Indian cuisine and food culture say to you?

Modern Indian cooking is about playing with your food and playing with your spices. My take on all cooking is to be borderless and multi-layered. We now have more of an eclectic mindset towards the way we live, eat and cook... Indian spices should be embraced in the same way.

How much culture and history is there in Indian cuisine?

As a country, India has a rich tapestry of exquisite culture and history, and it certainly shows through its cuisine. A melting pot of past foreign invasions – by France, Portugal, the Middle East, Africa, South East Asia, Fiji, the Caribbean and of course Great Britain – has made up and shaped India's diverse attitude towards eating and cooking.

You've had a wonderfully varied career, what are some of your highlights?

I am seduced by creativity with a borderless attitude and for me London has it all – I have been fortunate enough to have been exposed to working alongside the best: I was continually thrilled at covering the London and Paris Fashion Shows and honoured to have been able to cover Yves Saint Laurent's last show in Paris – such a precious moment; then to see the genius Alexander McQueen and the contents of his mind come alive was mind-blowing. Through London events, I have cooked for fashion, media and arts cognoscente and in some of the most prestigious and coolest venues that London has to offer.

On a personal level, I have had an adventure never to be forgotten with my longtime and dearest friend, journalist Lisa Grainger – on an eating/drinking road trip through the whole of Puglia, south of Italy, commissioned by Condé Nast Traveler.

Images from *Indian Made Easy* by Amandip Uppal (Murdoch Books)
RRP \$39.99 available now in all good bookstores and online.



Online is where it's at when comes to sourcing the best and freshest recipes and food – so we've found a few of the best websites and apps for the foodies amongst us...

Eat Your Books

www.eatyourbooks.com

Eat Your Books is a brilliant website if your bookshelf is weighed down with cookbooks and magazines and you want to know exactly which book to turn to for an exact recipe – they do all of the virtual 'page flicking' for you!

Simply enter the ISBN, located on the back of the book, then when you want to find a particular recipe or recipe idea just type the recipe name or a specific ingredient into the search bar and EYB will tell you which of the cookbooks you own is home to the recipe you're after!

It's brilliant! They also log popular magazines, blogs and food-related websites.

Cost: they do have free memberships, but to really take advantage of the site you will need to pay a monthly fee. \$3.00 per month for a premium membership.

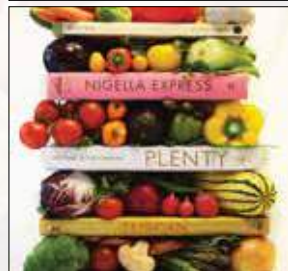
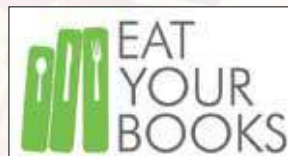


Photo: Eat Your Books

My Food Bag

www.myfoodbag.com.au

Having trouble coming up with interesting dinner ideas night after night? Can't stand the relentless weekly shopping routine? Then you need My Food Bag!

Their produce is super fresh, extremely well-packaged, and exciting to open up and explore. Everything is measured and comes with a recipe card for each meal, and a folder to hold them all in. The recipes are easy to follow and delicious!

They also have a new cookbook developed by their in-house chef, Nadia Lim.

Delivery times are flexible, and you can stop and start your weekly order as you like.

Food Bag options are My Classic Food Bag, My Family Food Bag, My Gourmet Food Bag, and My Own Food Bag. They take all of the planning and shopping for dinner out of your busy day, offering healthy and delicious meals that are seasonal and easy to prepare.

Cost: \$159.00 including delivery for a family bag – check out their website for other bag costs and keep an eye on FB as they often feature special offers to get you started!



Urban Walkabout

www.urbanwalkabout.com

In almost every city in Australia, you'll find an Urban Walkabout website dedicated to the sniffing-out of everything that's happening in that town.

With reviews on restaurants, bars, cafés, entertainment, short-distance travel destinations, health and well-being, home & design and everything in between, there's something for everyone at Urban Walkabout's impressive website.

Destinations include Melbourne, Sydney, Adelaide, Canberra, Brisbane, Hobart, Newcastle, Perth, Wollongong and London.

Keep an eye out for their print city guides in 4 & 5-star hotels!

Cost: Free website access.



Cooked

www.cooked.com

The very clever crew over at Hardie Grant Books have developed a one-stop shop for the cookbook obsessed!

There's plenty of information on chefs and food floating around for free, but the real gold lies in becoming a member.

It opens up the digital pages of hundreds of Hardie's super-star cookbooks and gives you access to recipes, food advice and some of the world's best chefs, all at your fingertips!

Cost: Sign up for your first month as a free trial. If you love it, it will cost \$49.95 per year.



Cooked.

Uber Eats

www.ubereats.com

They're not just a person delivery service anymore. Uber has now launched Uber Eats – simply find a participating restaurant on the Uber app, order your food, and the price quoted includes the Uber delivery fee!

Cost: Prices vary depending on where you order from and where you live.



UBER
EATS

Zomato

www.zomato.com

Find all of the best restaurants, cafés and bars in town right at your fingertips with Zomato – complete with menus, opening hours, services and reviews! Conveniently check out what's trending and what's not via your phone, and then book yourself a table!

Cost: Free app



zomato

Savour Online Cooking School

www.savourschool.com.au

Struggling to master choux pastry with just a recipe to read? Prefer an expert in your ear, talking you through the process via an in-depth video, showing you exactly how to beat those eggs into your dough to form the aforementioned pastry?

Then Savour Online Chocolate and Patisserie School is for you!

The brainchild of the brilliantly delicious Kirsten Tibballs, her team of professionals will walk you through over one hundred recipes, as many times as it takes you to master it!

Cost: Monthly \$12.95 – yearly \$99.95.



Savour
ONLINE CLASSES

Broadsheet

www.broadsheet.com.au

If you haven't already signed up for Broadsheet's newsletter, then you should click your way over there now!

Broadsheet also reviews and writes about great things happening in your area including restaurant reviews, arts and entertainment, shopping and fashion.

Cost: Free website access.



● BROADSHEET

More than Just Desserts with **ADRIANO ZUMBO!**

By Raquel Neofit

August saw the debut of Channel Seven's newest reality cooking show, *Zumbo's Just Desserts*, where Australia's very own Willy Wonka, **ADRIANO ZUMBO** and UK pastry chef Rachel Khoo went in search of Australia's sweetest home cooks – and watched as amateur dessert makers put their sweet baking skills to the test, battling it out to be the Zumbo Dessert Champion.

So we decided it was time to get the inside ice-cream scoop on this show, by talking to Zumbo himself about *Just Desserts*, his co-hosts Rachel Khoo and Gigi Falanga, being on television, hospitality and what he looks for in a pastry chef.

Contestants on *Just Desserts* really need to have a creative flair, don't they?

Definitely. I think to come on the show, or any competition that offer cash prizes, they need to be as creative as possible. But then again, it also has to taste good. Sometimes it doesn't matter how good it looks, if it doesn't taste good it's a massive downfall – it always comes back to taste.

I look at it like this: as a customer, if you bought something that looks amazing and you take it home and it tastes awful, you're going to be pretty disappointed. But if something looks ordinary and tastes amazing, you can leave on a great note!

And you get to play with Rachel Khoo on the show! Is she good fun?

Yes, she's amazing and awesome. We've really got a great crew to work with in Rachel and Gigi. We're all different in our own ways and we all mould together really well, get along great and have a good time. We are all very passionate, we all bring our food knowledge and we all have a great love of food.

Lots of people that I've spoken to have said how great it is that we have Rachel on the show as co-host, and they're really excited that she's here for it. It's great that people have that connection with her.



*I love
being
at work
and I
love to
work!*



And you've had your guest appearances on *Masterchef*, a few other TV appearances here and there, and now your own show... is being on television something you're really enjoying doing?

Yes, I think TV is amazing. Originally I didn't get into this industry to get on TV but it has been a bonus that it has come along and it has been amazing. Obviously with a lot of food shows on TV now it's good to be a part of it.

It's a lot of work and a lot of time away with the business but that's okay. You've just got to enjoy the moment while it's there and make the most of it, and if that means working seven days and long hours, then that's what you do. The industry that we work in is hospitality – it's a sacrifice of your time and is an intense industry, but there's a lot of passion in it. Cooking is intuitive and requires a lot of work and passion. I've got a great team behind me that allows me to be able to step away a little bit and pursue these other projects that I enjoy – although I'm still there every week!

I love being at work and I love to work, so when we had break days in filming, I'd be there, working with my team. I know that I've always got my job to go to so I'm just enjoying every moment of the TV opportunity now.

So what do you look for personally in a brilliant pastry chef? What are some of the characteristic they need?

For me, it is all about their attitude, their drive and their willingness to give anything a go. It doesn't matter how much skill they have – because I know I can train them. They need to have an attitude of 'yes, I'm just going to do it!' And they're here because they want to be, they want to grow and be someone who's good at what they do, and they want to strive as much as I do every day.

They also need common sense to be able to work things out. It's really not always about knowledge – they also need to be able to look at something and go 'okay, well, that's split, it's not good, so I'm not going to use it', rather than just use it because it's a motion.

I want people who are intuitive and pick up on little things that others might not. These are the sorts of people who are really trainable because they have a natural instinct, they're driven, and they want to learn.

And it is also someone who is humble. I love humble people and people with a can-do attitude.

I want to be around that energy; it is infectious.

BOOKS FOR COOKS, TRAVELLERS AND LIFESTYLE LOVERS...

THE LOVE & LEMONS COOKBOOK

JEANIE DONOFRIO & JACK MATHEWS

Penguin, Viking | RRP 39.99

Husband and wife team Jeanie and Jack set out for an Italian adventure that sparked a love of food – and *Love & Lemons* is the result of their award-winning blog!

Spreading the word of seasonal produce and re-invigorating left-overs, *The Love & Lemons Cookbook* is all about throwing out the weekly plan and embracing the joy of impromptu cooking. It's a gorgeous, clean and enticing book full of everyday recipes that will make the everyday a little special.



BEEF & POTATOES

JEAN-FRANCOIS MALLET

Murdoch | RRP 49.95

This one has my name all over it! This book is about taking the old meat-and-potatoes stock-standard dinner and pushing it to the next level!

He talks us through different cuts for different dishes, from all over the world. And you just know you'll be drooling over the photographs when they're by a chef-turned-food photographer! This better be on your Christmas list! There are so many great recipes in here I couldn't narrow them down to a list to include.



SHREDDED BEEF SALAD

Serves 4-6

- 1 handful dill
- 1 handful coriander (cilantro)
- 150 g cherry tomatoes
- 1 small Lebanese (short) cucumber
- 1 onion
- 700 g cooked beef, such as leftover pot-au-feu
- 120 ml sunflower oil
- 4 tablespoons white wine vinegar

Special equipment: Toaster

Preparation time: 25 minutes

Wash and chop the dill and coriander leaves. Halve the cherry tomatoes and cut the cucumber into small chunks. Peel and finely chop the onion. Shred the meat and place on a platter with the herbs, tomatoes and cucumber.

Make a vinaigrette by whisking together the oil, vinegar and some salt and pepper in a small bowl or cup. Drizzle over the beef salad and gently combine.

Suggestion: Serve with toasted country-style bread.

SUPER FOOD FAMILY CLASSICS

JAMIE OLIVER

Penguin | RRP 55.00

It's no surprise that the great J.O is back again with another cookbook, and this time it's devoted to old classics and family favourites, stepped up a notch on the health side of things – turning them into everyday superfood heroes.

It includes a bonus chapter filled with kitchen hacks to make those weekday dinnertimes a little less crazy and a bunch of info on health and wellbeing!

Featuring healthy recipes for frittatas, green pastas, beef kebabs, crunchy salads, a lighter take on curries and some gorgeous, time-saving one-tray bakes, sure keep the whole family happy!



THE DINNER LADIES FILL YOUR FRIDGE AND FREEZER

**SOPHIE GILLIATT &
KATHERINE WESTWOOD**

Murdoch | RRP 39.99

Mid-week meals can be a nightmare – a drain, not only on your time, but your little remaining energy and patience.

Well, not any more!

The Dinner Ladies have been fuelling freeze-able dinner for years, and now you can bring them into your home!

'If you can find half an hour, a couple of times a week, you can prepare a few dishes and stick them in the fridge or freezer!'

As the Dinner Ladies say, 'every time you pull out one of your delicious, home-made dinners you will congratulate yourself on your foresight and wow everyone you know with efficiency.'

They give you all the know-how to pack your family fridge with quick and delicious meals and desserts. From crowd pleasers to thinner dinners, cozy kitchen suppers to spice and fire – all of the recipes are approachable and easy to prepare!



A SPOT AT THE BAR

**MICHAEL MADRUSAN &
ZARA YOUNG**

Hardie Grant Books | RRP 45.00

Welcome to The Everleigh – The Art of Good Drinking in Three Hundred Recipes.

Wow... Who knew ice was so important to a great drink! This crew did! Full of fabulous photography, brilliantly clever recipes and antidotes, *A Spot at the Bar* covers garnishes, methods, techniques, syrups and modifiers, and a bunch of quirky quotes! And did I mention ice... They really love their ice...



THE SAFFRON TALES

YASMIN KHAN

Bloomsbury | RRP 49.99

The Saffron Tales is a beautiful story of a side of a country we don't offer hear about. It's full of enticing recipes of Iran and Persia, and Yasmin's interesting stories along the way share the little known history. The recipes and images share their cultural hospitality and feature the modern and the traditional side of Persian cuisine. It's a story I will read again and again.



SPAIN FROM THE SOURCE

Lonely Planet Food | RRP 34.95

From the people who know the best places to eat throughout the world comes the delicious new title from Lonely Planet Food. They've compiled recipes and info from Spain's best chefs and foodies, offering up an education in Spanish cuisine like no other!



JAPAN – FROM THE SOURCE

Lonely Planet Food | RRP 34.95

Japan and its cuisine is one of the hottest topics around, and *Japan from the Source* shows us why! Full of authentic recipes from the best chefs going, it's full of great recipes, tips and knowledge for the ultimate Japanese experience at home!



JANE LAWSON

Milkbar Memories

By Raquel Neofit

If you're a cookbook fanatic, then you'll no doubt be well aware of the great **Jane Lawson**. In her latest tales of food (and let's face it, that's what is at the heart and soul of all of Jane's books - a story), she takes us back to the days of sprinklers and ice blocks on a hot day, independence in childhood and a sense of freedom, safety, adventure and a simpler life.



We had a great laugh reminiscing about our childhood memories and the mischief children of the seventies and eighties could find themselves in on a hot, summer day: our feet burning from the sand as we ran from the water to the local milkbar; a twenty cent coin clutched tightly in our hand, to take our fill of ice-cold milkshakes and frozen ice-blocks, all to find some relief from the scolding sun. Or perhaps a bag of mixed lollies was more up your alley, plucked one-by-one from a wall or a counter of what seemed like hundreds of sugary treats, and dropped into a white paper bag.

Milkbar Memories has the exact effect Jane was hoping it would, the story of her father driving all over town to find the best pie or milkshake, of her and her brother or best friend running to the local milkbar, to come home and share their haul of lollies with their dad.

It evokes childhood memories through food and recipes (albeit much healthier recipes than back then!) of days long gone, perhaps only experienced on the odd family holiday now.

So, grab a copy, harness your own memories from within these pages, and head out into our wonderful world to create new memories with your children and loved ones. You might not stumble upon an old-school milkbar, but you just never know. One thing is for sure, this book will have you reminiscing about where you came from and what you loved from your childhood – and I bet there are some wonderful milkbar memories in there that you can tell your children. Hopefully with an over-flowing, icy-cold spider (perhaps even with a home-made flavoured syrup?) while the sun shines and the sand burns your bare feet at the seaside this summer...



Jane, *Milkbar Memories* has taken me back to the seaside at Rosebud West where I grew up!

That's the point of it really, and that's the sort of response I'm getting from most people as well. It does take you back to a time when things were just a little bit easier and a little bit more fun, and we were a lot younger. It takes us back to memories of a happier and more frivolous time.

It makes me look back and think it's a little sad that it has changed so much – my kids don't have what we had back then.

Exactly. One of the stories in the book is simply about being able to go up to the shop unescorted – my brother and I would walk on our own up to the shop without any drama. It was safe to do that in those days, your parents let you – not to mention the fact we played in the streets and walked to school on our own. Like all the other kids.

You know, we were able to have that little bit of independence. You could not only walk up to the shops on your own, but decide what you were going to spend your twenty cents on and then you came home and enjoyed it in your own time. Kids just don't get that these days, and it's such a small, but important thing.

And the twenty cents! Twenty cents would buy you a whole package of chips from the fish & chip shop!

That's right! God, don't get me started! I remember jumping on the local bus and riding a couple of stops to Manly for five cents, and now it's about five bucks!

What kind of feeling do you get when you're travelling back down this memory lane? How did it make you feel researching it all?

For me, a huge part of it was my dad. He was the instigator of all this really. He loved his food and was the person who got me interested in eating and cooking in the first place. He hasn't been with us for about 17 years now – coincidentally the anniversary of his death was the same day the book came out – so there's a little bit of sadness there for me because he was such an important part of those memories.



But it's also really beautiful as well because I have those memories of a time when we connected over a gorgeous custard tart or a meat pie or fish and chips. Dad would go out of his way to find the best burger on a Friday night when no one could be stuffed cooking. He was a salesman on the road so he was always sourcing the best cake shops and he would often bring us home a little treat.

I remember when there weren't any shops open on the weekend, and then when weekend trading eventually started the milkbar was the one place we knew we could go and get something on a hot summer's day – grab an ice cream or an ice block or a cold drink and then come home and run off the sugar blast under the sprinkler.

Oh and the flavours, say if you go out to get a milkshake today it generally isn't the same as it used to be – you know, getting that hit of really cold fresh whole milk and a scoop of real ice cream – I wanted to recreate the flavours of my memories for the book. A milkshake might seem like a simple recipe, but by making your own ice cream and syrups, well it takes a little more effort than going to the shop and buying one but the taste is incredible.

No, you're right – let's not forget the old stainless steel cup that was freezing cold and dripping with condensation...

Exactly, you can remember that coldness right? It used to freeze your hands and then there was the condensation on the metal when it hit the warm air, it was the overall experience.

It's a wonderful memory to go back to. After I read your book I went out and bought some of those tall, old-school footed milkshake glasses, and I said to the kids, 'right, you're getting a milkshake old-school!' I topped it with whipped cream and sat there for half an hour with them, chatting and laughing. Generally it's just: 'Here's your drink, off you go!'

Yeah... that's right! And really, it's so easy. I think by slowing things down a bit you are spending more quality time with your family. The kids are going to love it of course because they get the stuff that they don't get to eat all of the time.

My best friend's kids put post-it notes throughout the whole book and tagged every page with the things they wanted to cook. Their nine-year-old has already cooked the nenish tarts herself, with a little bit of help from mum, and they proudly sent me a photo of them – it was fantastic! By sharing these moments with their mum or dad or grandmother or whoever, they're really engaging with each other. And, you're not just cooking together, you're talking together, you're connecting, and you get this wonderful opportunity to talk about your childhood as well. I think we just don't make the time to sit down and do this as much these days.

Butterflied Prawn Cutlets

Makes 24

- 24 raw king prawns (shrimp)
- 75 g plain (all-purpose) flour
- 2 eggs, lightly beaten
- 90 g breadcrumbs, made from two-day-old bread
- vegetable or peanut oil, for deep-frying
- fine sea salt, for sprinkling
- lemon wedges, to serve

Peel the prawns, leaving the tails attached. Take a small sharp knife and cut a line along the back of each prawn, where you can see the digestive tract — from the tail end to the head end. Make sure you don't cut right through the prawn — just three-quarters of the way. Remove the digestive tract and discard.

Use your fingers to open the prawns up from the incision and flatten them down. Now use a rolling pin or the back of a heavy knife to gently beat the prawns out a little more, so that they lay flat, but don't beat them to the point of ripping the flesh.

Prepare three bowls, one of well-seasoned flour, one with beaten eggs and one with breadcrumbs. Individually dip the prawns in the flour, shaking off any excess. Dip into the egg, allowing any excess egg to drip back into the bowl, then cover with the breadcrumbs, pressing down lightly to help them adhere. Place on a tray lined with baking paper.

Repeat with all the prawns, then cover with plastic wrap and chill for at least 1 hour.

When ready to cook, one-third fill a deep-fryer or large heavy-based saucepan with oil and heat to 170°C (325°F), or until a cube of bread dropped into the oil turns golden brown in 20 seconds. Cook the prawns in batches for 2 minutes, or until golden and just cooked through. Drain on paper towel and sprinkle with fine sea salt. Serve with lemon wedges, and a dipping sauce if desired.





You mention that the first milkbar that popped up in the thirties was opened by Greek immigrants! How did you discover that info?

Through a lot of research and talking to people. I went back and looked through some historical documentation, and a lot of it was quite dry, but I just pieced it together to make it easy to read and understand.

And it was such a Greek pastime wasn't it?

Yes! I think Greeks are traditionally really hard-working people who are really into their food. Even just doing something simple like a hamburger, just getting that right – nailing that really excellent burger – was a big deal.

I had Greek friends whose parents ran milkbars when I was growing up, I have really fond memories of hanging out with them at the milkbar. I always enjoyed talking to them about their own memories of working behind the scenes – peeling the potatoes or stocking the fridges – and I remember how strict the parents were! Most of the kids were made to work in the milkbar. The whole family was involved from a very young age. There was always that really strong work ethic.

It really was fantastic to share this trip down memory lane with you Jane, but I think we've talked as much about me as we have about you!

That's what this book is all about, I want people to connect over it and share their stories, I want to hear them!

You can connect with Jane and share your milkbar memories with her on [f](#), [@](#) and [v](#).

Jane also runs annual cuisine and culture tours to Japan and you can go with her! Head over to www.zenbutours.com for more details.



23RD GREEK FILM FESTIVAL

The **Delphi Bank 23rd Greek Film Festival**, presented by the Greek Community of Melbourne, is set to open at The Astor with the internationally-cast feature film from Christopher Papakaliatis, *Worlds Apart*. After smashing Greek box office records with his spirited debut film, *What If...* (GFF, 2013), Papakaliatis returns with this deeply tender tale of cross-continental love. As the official Opening Night Gala at The Astor now approaches sell-out, the Festival has announced a second Opening Night Event at Palace Como. Tickets to the Palace Cinema Como Celebration include pre-drinks and entertainment before a screening of the film.

The **Delphi Bank 23rd Greek Film Festival** presents a jam-packed program of local and international contemporary dramas, documentaries, the 7th Greek-Australian Short Film Festival, the Student Film Festival, a spotlight on cult filmmaker Yorgos Lanthimos, and a tribute to one of Greece's most treasured comedic actors, Thanasis Veggos.

Tickets from greekfilmfestival.com.au

WORLDS APART

Director:

Christopher Papakaliatis

"As a director, Christopher Papakaliatis has the gift to present a different Greece, a Greece larger-than-life, like a cinemascoped dream."
Cinepivates.



After smashing Greek box office records with his spirited debut film, *What if...*, Christopher Papakaliatis returns to tackle the three pillars of writing, directing and acting with this deeply moving love story.

Papakaliatis consolidates his canny ability to interweave narratives by presenting a trio of totally incongruent stories, all set in modern Greece and all involving romance between a Greek and a foreigner. With an abundance of affection, humour and gravitas, each story climbs its climactic mountain

before shifting to the next. Somehow, all three come together at the end in a way we never anticipate.

Despite their rocky roads to love and the complications of today, *Worlds Apart* serves as a poetic reminder that truth, beauty and humanity exist even in our darkest hours.

Winner of the Hellenic Film Academy Award for Best Supporting Actor (the late Minas Hatzisavvas), and starring the winner of the Oscar for Best Supporting Actor, J.K. Simmons (*Whiplash*, 2015).

12 Oct – 23 Oct,
Palace Cinema Como
22 Oct – 27 Nov,
The Astor Theatre

ONE BREATH

Director: Christian Zübert

"A Trojan Horse of social commentary disguised as a fraught kidnap thriller."
The Hollywood Reporter.



Today's toxic Greco-German relations are played out against a parent's worst nightmare in Christian Zübert's at once stunning and disarming, *One Breath*.

The heart-stopping drama begins with a young Greek immigrant, Elena, arriving in Frankfurt, discovering she is in the early stages of pregnancy and then accepting a job as a nanny for a well-heeled couple, Tessa and Jan, and their cherubic daughter, Lotte. Given Tessa's neuroses, the job is anything but easy for Elena, yet nothing can prepare her for that instant when she turns her back on Lotte's stroller only for her to disappear.

Just as we hit this point of maximum suspense, Christian Zübert changes storytelling tack and regresses back in time so we can see things differently from Tessa's perspective. What follows is a kaleidoscope of raw, jagged emotion and a brutal wake-up call for making rash decisions at moments of peak stress.

BLIND SUN (Kafonas)

Dir. Joyce A. Nashawati

"It's not a new idea that war might be for water..."

Filmmaker Joyce A. Nashawati.



Stampeding onto the film festival circuit and taking audiences by surprise is newcomer Joyce A. Nashawati with her pre-apocalyptic slow-burn, *Blind Sun* – “a mystery film in daylight,” as she chooses to describe it.

It is the near future in Greece, and it is hot. Damn hot. A foreigner in his 40s looks after a French expat's seaside villa on a desolate stretch of coastline on the Mediterranean Sea. A policeman takes his resident's permit, the unbearable heat results in water shortages and the locals eye him with distrust in a pressure-cooker environment that looks set to explode.

With this extraordinary debut, Nashawati washes us in an evocative wave of juxtaposing imagery, drawing on the cinematographic expertise of veteran Yorgos Arvanitis (a regular collaborator with Theo Angelopoulos). The result is an unsettling and claustrophobic story about psychological and environmental collapse.

"Impressively juggles genre contrivances and a dense personal drama on social dynamics." Cineuropa.

HIGHWAY TO HELLAS

Dir. Aron Lehmann

"The most-watched European relationship of 2015 was the one between Germany and Greece. What to do? Laugh, of course, so as to not cry," Miami Film Festival.

In this inspired culture-clash comedy, filmmaker Aron Lehman makes light of the stereotypical distrust of Greeks by Germans when he sends Joerg Geissner, an employee of the Munich AVA Bank, to the island of Paladiki to check on a loan granted years ago.

The registered securities used for this loan – a hospital and power-generating plant – appear not to exist. Not that anyone will admit that. Geissner gets sent on a wild goose chase as the locals do all they can to continue the charade and save their already destitute island, even trying to pass a decrepit sheep-pen for a power plant.

The closer Geissner gets to the truth, the fonder he becomes of the island, and soon he has to make an important decision: the bank or the people of Paladiki.

Interestingly, *Highway to Hellas* tickled the fancy of Asian cinemagoers, taking out the Audience Award at Busan International Film Festival 2015.



THE GOOD FELLA OF GREECE: THANASIS VEGGOS

"I work instinctively, I have no talent, just this face. Here is imprinted all the misery, all the adversity, all the pain of the insignificant Greek." Thanasis Veggos



One of the best comedic actors of all time – the ‘Greek Charlie Chaplin’ – made a living out of playing the every man, putting so much of himself into his roles that his characters often bore his name: Thanasis.

Having starred in over 50 films and roles from klutz to anti-hero, Thanasis Veggos defined the masculinity of a generation and represented everything Greece had to smile about during the ‘50s and ‘60s Golden Age of Cinema. He never studied acting; he was a natural from the school of slapstick and became renowned for performing his own stunts, even the insanely dangerous ones.

Exiled to Makronisos from 1948 to 1950 during the Greek Civil War because of his political beliefs, Veggos fortuitously met fellow exile, filmmaker Nikos Koundouros, which led to his break in Koundouros’ film, *Magiki Polis* (1955). It was not until 1962, however, that he would secure his first major role in the anti-war comedy, *Hands Up Hitler*, and then his star would meteorically rise.

In 1995, Veggos appeared alongside Harvey Keitel in Theo Angelopoulos’ *Ulysses Gaze*. In 2008, the Greek President appointed him Commander of the Order of the Phoenix.

In 2011, the whole of Greece mourned when Thanasis Veggos’ died aged 84 after suffering a severe stroke. This year’s Greek Film Festival pays tribute to the little big man with five classic films very seldom screened outside of Greece in a special retrospective, from the subversively political to the outright ridiculously hilarious.

This is our small Greek-Australian way of saluting the great Thanasis Veggos, *Καλέ μου άνθρωπε*" (my good man).

THANASIS VEGGOS MINI-RETROSPECTIVE:

HOLIDAYS IN VIETNAM (1971)

THE CARELESS IDIOT (1971)

DICTATOR CALLS THANASIS (1973)

THE CHARLATAN (1973)

THANASIS IN THE LAND OF SLAPS (1975)



DelphiBank

**23RD GREEK
FILM FESTIVAL**

12 — 23 OCT 2016

greekfilmfestival.com.au



WORLDS APART



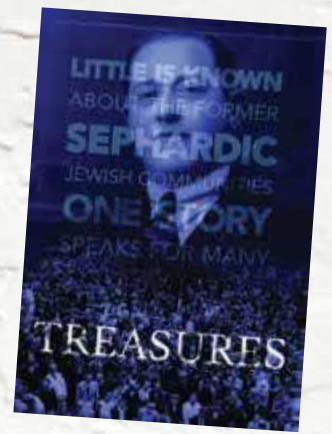
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Larry Russo

and his treasure of a documentary...



It's time to grab your popcorn and your tickets to this year's Jewish International Film Festival! It has an amazing line-up of films, including one particular Greek film that we just couldn't go past – *Trezoros: The Lost Jews of Kastoria*.

This poignant documentary illuminates the lives of a Sephardic community that lived in the idyllic city of Kastoria, Greece – where Jews and Christians lived in harmony for over two millennia. But this Jewish community was all destroyed in October of 1940, after the invasion of Greece by the Axis forces.

This story had us hooked, so Vanilla Magazine's own Alexis McLaren caught up with the director of *Trezoros* (Ladino for treasures), Larry Russo, and talked to him about this documentary, his mother's recollections of growing up in the beautiful Greek town of Kastoria, and all things love and war.

Larry, *Trezoros* – based around the Greek town of Kastoria – sounds like an amazing documentary and something we would love to know more about! Tell us a little bit about it and how it came about...

Back in 1996, in Kastoria, they dedicated a monument to the former Jewish community. We all went – my mum, my aunts and uncles. It was at this ceremony that the seeds were planted for this documentary. We recorded it on video, photographed it and took a couple of interviews with the idea that we would use them later on in some kind of documentary. And, as the years went by, we got some additional interviews.

Also, growing up, whenever people would hear that my parents were from Greece they would ask which church we belonged to. I would respond that I was Jewish, and they would look at me and say "A Jew? From Greece?" Ha!

I said the same thing! Those two cultures did not connect for me – a Greek Jew – I have never heard of it!

Exactly, and that's why we made the film, because we have heard that so many times. So we decided that we had to get the word out!

Your documentary is being screened at this year's Jewish International Film Festival across six cities here in Australia – what does it mean to you, to have your documentary screened at this event?

It's wonderful! The people at the festival have been great, and they have supported us from the very first time they saw the film.

In the meantime, we've got word that we're going to have the world premiere at The Raindance Film Festival on September 27, and we're preparing all the elements to put that together now as well.

The research into this untold story would have been enormous – what did this entail?

It's interesting really. It all came about when we went to the dedication of the monument in the town. My mum showed up, and there were people from the town that remembered my mum, even when it had been over 30 years since they had seen her. So she was in touch with all the different people. Growing up she relayed a lot of these stories for me, and so I was able to get in touch with the people that were in these stories. They confirmed these stories and helped point me in the right direction of where to get the elements.

But the fact is that apparently, my parents had a well-known place in the community and people respected them – in particular they respected my mother's father very much. He actually plays a central role in the documentary because he was the president of the community at the time.

What are your mum's recollections of her time spent in Kastoria before and during the war?

Before the war, she loved it. In the documentary she describes it saying that they were young, they were happy, they were carefree, and Kastoria was such a beautiful place they had no reason not to be happy – they had everything you could ask for. They got along wonderfully with the Christian community and there was no real distinction between the two. When the war broke out it just turned everything upside-down.





At first, the Italians tried to take over the town, but they weren't able to do it. Then the German military came in and took over the town, and they gave it back to the Italians to manage. The Italians were kind-hearted people, they had nothing against Jews, and so for a little while they were able to go on relatively normal to a large extent – although there was still a lot of fighting and killing going on. But towards the end, when Italy left the Axis powers after the fall of Mussolini, the Germans went into Kastoria to police the town and that's where everything changed.

And that's when everyone got shipped off to concentration camps. Was your mother sent to Auschwitz?

Yes, both my parents were. They were in Auschwitz when they first arrived for about 3–4 weeks, and from there they were shipped off to different camps. My mum and my father, who weren't together at the time – they were teenagers, they were young – were separated from their respective families.

Does your mum talk about her experiences in the concentration camps?

Growing up our parents never talked about it. I remember seeing the numbers on their arms and asking them about it, and they would reply with: 'It's nothing, a bad man put that there years ago.'

But then, as the years passed – after my father passed away – the movie *Schindler's List* was released and people were able to start understanding what had happened. It made people a little more comfortable to talk about it.

I actually remember my mother saying that they never talked about what happened, because they didn't think anyone would believe it – it was such a horror.

And I hear that there is a beautiful love story in *Trezoros*, about how your parents got together...

Yes – my mum, after going through other countries in Europe, finally emigrated to the United States through cousins she had in New York. She was working in a garment factory at a sewing machine, and there was another Sephardic relative working there who was trying to read a message from her cousin in Greece. That message was from my father. They asked my mum to translate it because the cousin couldn't speak Greek. So my mum translated the letter and wrote back to my father – who, at the time, she was not close with, she just knew him by name. After she had translated a few more letters she wrote to my father saying that her name was Lena and that she had been helping out with translating. My father then said he was going to take a trip to Italy, where he was doing business, and invited my mother. She accepted, they met up in Italy and six days later they were engaged.

I also heard that the film uses some never-seen-before archival footage – how did you manage to get such footage?

There were people from the town before the war began, around 1938, who emigrated from Kastoria to New York. When they would come back to the old country they would bring their 16mm camera with them. So this footage lived in different relatives' houses and apartments, degrading over time – they had vinegar syndrome – and then one cousin, an executive producer on the film, discovered the footage and told me about it. So we went to the lab and we were able to restore it.

So, after the creation of this amazing film *Trezoros*, do you have plans for any more documentaries?

More documentaries? Perhaps. The people from Greece have been wonderfully supportive and they're very happy with the film – they want to put a Jewish museum in the town and they have been honouring the community in wonderful ways – however, after so many years of working on this particular documentary, I think that my next project is going to be a comedy.



The 2016

Jewish International Film Festival!

By Alexis McLaren

After speaking with Larry about his documentary *Trezoros* and its screening at the Jewish International Film Festival (JIFF) here in Australia, we thought we needed to know more about this fantastic event.

So we went straight to the source and spoke with the Festival Director himself, Eddie Tamir, about how this film festival came about, this year's amazing line-up of films and, most importantly, the relationship between Jewish and Greek communities here in Australia.

Let's start at the beginning – Eddie, tell me, how did JIFF start and how long has it been running for?

We're going into 26 years of Jewish film festivals in Australia, which, interestingly, is on par with how long the French film festivals have been going. Back in those days there weren't really many national or ethnic film festivals – and now there are about 48 in Australia. So things have gotten a bit out of hand, in a good way! Obviously, there is a big demand for getting a sense of everyone's culture.

This is JIFF's fifth year of being in charge – and we've really chosen to expand the festival with more films, a wider perspective, and holding it in more states and more venues.

Image from Cloudy Sunday



Image from Arthur Miller – *Man of the Century*



Image from *Cloudy Sunday*

Ok, let's talk about the 2016 program. I know it must be hard to narrow this down, but tell me, what are the must-sees?

We've got some very interesting documentaries that would have wide appeal, one of which is about the famous comedian Jerry Lewis, his life and his creativity. The other interesting, more Hollywood film is a film about Arthur Miller – the playwright who wrote *The Crucible*, *Death of a Salesman*, etc. – and his story. He was an amazing Jewish playwright in America who married Marilyn Monroe and, a little-known fact, as part of their wedding plans, Marilyn converted to Judaism, so she was Jewish for a while.

And then there is the film *Sandstorm*, which won the Grand Jury Prize at The Sundance Festival this year. It is about a semi-Bedouin culture in Israel and dealing with the drama of a second wife coming into a Bedouin family and her dramatic experience with that choice, and the reality of it all.



Image from *Sandstorm*

And there are two Greek films at JIFF this year! *Trezoros* and *Cloudy Sunday*!

I think what's interesting, even from my own personal experience, is the whole affinity that exists between the Jewish community and the Greek community, even in Australia. I think there is a real rapport there. I've got a couple of great friends in the Greek community, and I really feel a connection with my Greek friends and their perspective on life and their family life. Given the size of the Greek community in Australia, it is a very important connection for us.

The two films, *Cloudy Sunday* and *Trezoros*, I think they feature that affinity. Larry's film *Trezoros*, which is set in Kastoria, really speaks to the great relationship there was between the Greek-Jews and the general Greek population in the pre-war years. How there's an idyllic community life, and the shared experience and cross-cultural appreciation, which really comes through in his film.

The film *Cloudy Sunday* is a true, untold story about a non-Jewish star of cabaret who writes a song (called *Cloudy Sunday*) at a time when the Jews were being rounded up and murdered in Thessaloniki. It is beautifully done; it's very fresh and a very interesting film – it won three major awards this year at The Hellenic Awards.

Lastly, tell me about the relationship between Greek and Jewish communities in Australia – what do your cultures share?

There is that whole crazy, noisy, family tradition of big meals and lots of arguments. But we also share the same tensions – how do you keep the Jewish and Greek traditions going and still live in a modern society? What happens if your kids marry outside of your culture? How do you keep things going in a positive way and deal with modernity? These tensions cross a lot of cultures, but from my experience particularly in the Greek and Jewish cultures.

JIFF is running in Melbourne this year from 27 Oct – 3 Nov. Head to their website to get all the information www.jiff.com.au



Image from *The Diary of Anne Frank*



Festive Season

Melbourne Cup Eve

Open 7am 'til 1am

Melbourne Cup Day

(PH) Open 7am 'til 1am

Christmas Eve

Open 7am 'til 1am

Christmas Day

CLOSED

Boxing Day

(PH) Open 7am 'til 1am

Christmas Tuesday

(PH) Open 7am 'til 1am

New Year's Eve

Open 7am 'til 6pm

New Year's Day Sunday

CLOSED

New Year's Monday

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Spring is for Sharing

MEET OUR TEAM



Marco Liberatoscioli

VANILLA BAKEHOUSE...

We simply couldn't give you a food feature without sharing one of Vanilla's very own great chefs. And where would a bakehouse be without a brilliantly talented pastry chef to lead our amazing team!



After 25 years in the industry Marco is still full of passion, has years of delicious patisserie knowledge and is still inspired to create the delicious desserts you enjoy at Vanilla – so we headed into the Vanilla Bakehouse to find out a thing or two from the man himself!

It seems for Marco, baking has always been a natural instinct. At 2-years-old Marco remembers making mud pies in the backyard with the cherries he pinched from the neighbour's tree.

When he turned 14, he started working at the local bakery on the weekends, and it was this part-time job that really ignited his passion for baking – a passion that soon saw him up the ante and move into the technical and creative world of patisserie.

After a few years working on the acclaimed food strip – Acland Street – Marco found himself in the right place at the right time and was able to start a new level of training when the first Laurent Patisserie was opened at The Como Centre in Melbourne.

Marco worked and trained alongside Laurent and some of the best French pastry chefs from Europe – he was there when Laurent embarked on his mission to increase the Australian standards in patisserie bakehouses.

Now, 25 years on, trained by French master bakers, Marco has lead Vanilla's team of pastry chef's for just over five years, and he is still as passionate now as he was then about pushing the boundaries and producing the best flavours and highest quality desserts possible.

Marco, what's at the heart of the Vanilla Bakehouse?

Multicultural flavours – Italian, French, Greek, we have a strong European flavour. We embrace techniques and flavours from all over the world and bring them all together here in Oakleigh.

The amount of production we turn out now is incredible; I never thought we'd produce so much, and it's at such a high quality. Oakleigh is changing, it's a real lifestyle here. People are embracing new flavours and we have the opportunity to introduce them to an entire world of flavour and culture through the desserts we bake, all right here in Oakleigh!

Tell us about your philosophies, what thoughts do you take into the bakehouse every morning?

I want to set a high standard in what we bake for our customers – to always make things better. I believe there's always room to make things better!

We're forever learning and improving our products – we're always creating and trying out new ideas. I'm about making sure we're always stepping up the quality and the creativeness of our products, ensuring that we're on the ball and that we stay on top of our game.

Where do you draw your inspiration?

I look to Europe quite a lot and also at what new flavours are being developed by our suppliers. Inspiration can come from anywhere: conversations in the bakehouse, books, magazines, other cakes I've eaten, television, Europe, people I talk to and others whose food I eat.

We're so fortunate now to have all of these flavours from Europe readily available to us that there is no excuse not to create a quality product that tastes amazing. I also look to other chef's who are pushing the boundaries: Marco Pierre White and Pierre Hermès, leaders in the industry – it's about finding ways to create wonderful desserts with new and interesting flavours.



VANILLA *Bakehouse*



PROFITEROL

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Vanilla is an exhibitor at the 2016 Melbourne Bridal Expo and we have a limited number of complimentary



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DESIGNS BY *Kaba*



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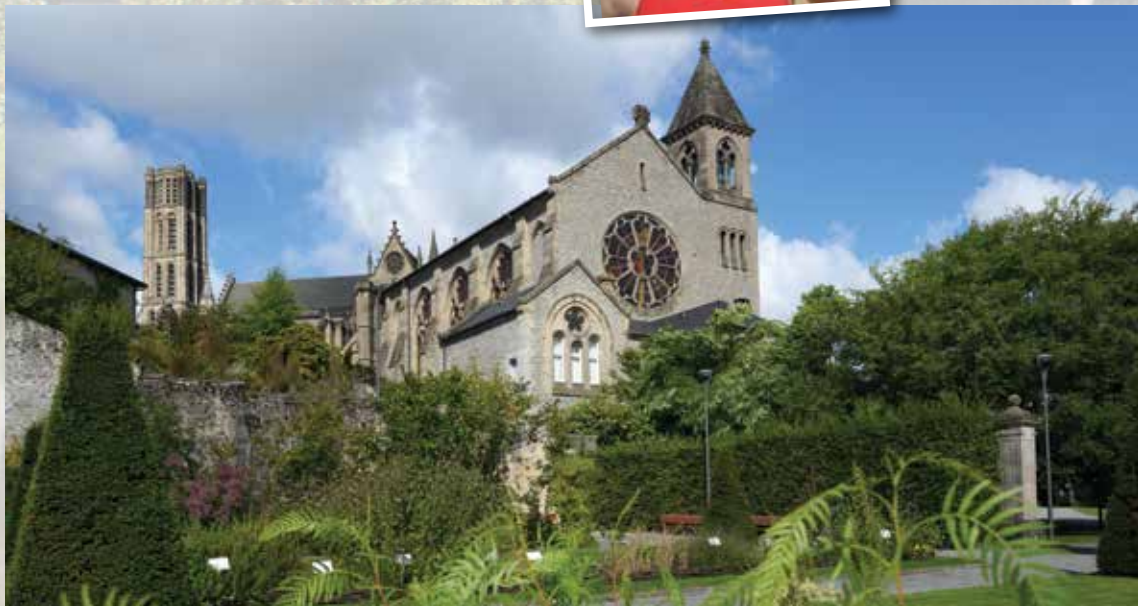


French My Table

By RAQUEL NEOFIT

BABUSHKA FERENCZI

You might remember Babushka's face from our Bay Watch Fotoromanzo – head over to our website and check out the Summer 2015 issue to relive our Bay Watch love story – it was a favourite here at Vanilla!



Babushka comes from the picturesque, medieval town of Limoges in west-central France, and when asked if she misses her hometown she replies, “not really, apart from the mountains, and the food! Food is a very big part of our culture, and I believe quite a hard one to experience in foreign countries like Australia.”

French cuisine is steeped in tradition and time-honoured practices, and it is quite common in Europe for each region to be known for their own specialities.

“One of the strongest memories I have of feeling at home throughout my childhood is the sound, and the smell, of delicious dishes being cooked for a couple of hours until meal times.”

So what is the perfect vessel for deliciously cooked secondary cuts of meat in French cuisine?

“Back in France, we use a **pressure cooker** all of the time, which I haven't seen here – the one with the spinning device at the top. The sound of the device spinning – which gradually releases the steam – and the steam itself, rushing out until it makes that high pitch whistle is, for me, the ultimate sound of home.”

Limoges is well known for its ceramic industry – it produces some of the finest porcelain serving-ware in the world. However, before that, it was butchery that made them famous, and that industry is still as strong and exceptional today as it was in the past. The quality of beef raised in their hills is some of the best in the world, and the skill levels of butchery and charcuterie are still coveted today.

France is also known as the home of patisserie, and Babushka's hometown is no exception. Where would the world be without the mille-feuille, the eclair or the macaron? And I haven't found a country yet who has been able to come close to the texture and melt-in-your-mouth delightfulness that can only come from a still-warm croissant.

Being the home of haute cuisine, France is also famous for cassoulet, terrine, foie gras, and bisque (all of which are dishes not commonly found in Australia). And, of course, who could pass up the lure of a true French baguette – its enticing scent wafting from the oven, cooked throughout the day in France.

We also can't look past the delights of their protected destination-of-origin-produce! Camembert cheese can, after all, only really be a true Camembert, if it's aged in the caves of Camembert, Normandy, in France's north-west. And champagne... need I say more?



BOEUF BOURGUIGNON

"This is my all-time favourite French dish. I especially enjoy it on cold winter nights. For me, it's made up of what makes a typical French meal: it's a satisfying meal because of how filling it is, and so full of flavour."



INGREDIENTS

- Butter
- Bacon lardons
- 2 onions – sliced into rings
- 2 large carrots – cut into big chunks
- A large handful of button mushrooms
- 1 kg chuck steak – cut into large cubes
- Red wine
- Bouquet garni of your favourite herbs
- Bay Leaves
- Parsley
- Melt a decent piece of full cream butter in a pan, add lardons (small pieces of bacon) and fry.
- Put this aside and repeat the step with onion rings, thickly sliced carrots and mushrooms (preferably whole, small, button mushrooms). Each ingredient is in a different batch, cooking separately from the others.
- Repeat the step with large cubes of beef chuck-steak – make sure you have the fire on high at all times so

that you don't cook the cubes but just make the outside of them turn golden. Remove as soon as the meat is brown and the outer layer has hardened.

- Fill 2/3 of a large pressure cooker with red wine. Add all the previous elements along with a bouquet garni and other herbs (such as extra parsley, bay leaves etc.).
- Put on high fire until it simmers, then bring it to a very low fire to keep it just simmering. Leave it on for a couple of hours then let it rest on the stove (off the fire) for a few hours. Repeat as many times as you wish. The longer it cooks, the nicer it tastes! Personally, I usually cook it a couple of times, then have one meal, and after that put it back on the fire for an hour every time I want to have another meal. The last meal is the best!
- It tastes amazing with a nice, thick mashed potato and great, true French bread with a high density (to dip in to the flavoursome sauce!)

MYTILENE

The World of Ouzo

“Nowhere, in any other part of the world, can the sun reign with the moon in such harmony, nor can they share their majesty so fairly, than upon this land.”

This famous quote by **ODYSSEAS ELYTIS** was referring to the island of Lesbos, Mytilene. This beautiful island is a humble treasure located in the north-eastern Aegean Sea, founded in the 11th century B.C. It is the third largest Greek island and considered the home and birthplace of ouzo, also known as anise liqueur.





I visited this magical place earlier this year. Driving around this island, you are greeted by thousands of olive groves and pine forests, crystal clear beaches, natural hot springs and traditional tavernas, ready to serve you a variety of fresh seafood, locally made cheeses and other delicacies.

Also during my travels around this island, I had the opportunity to visit some of the local ouzo distilleries and sample their famous OUZO!

Ouzo is a colourless, unsweetened liqueur flavoured with aniseed. It has a pleasant and intense liquorice flavour and, almost always, accompanies traditional locally caught seafood (such as the famous sardines from Kalloni or Skala or the salt-preserved fish of Lesvos), fried zucchinis, fava beans and a variety of *mezedes* (tapas).

It is also a wonderful drink that can be enjoyed slowly – straight up or on the rocks. According to some of the locals, ouzo is not just a drink to enjoy in happy times but also to commemorate and honour sad moments as well.

The key herb that gives ouzo its distinct aroma and flavour is aniseed. This aromatic plant has origins dating back 3000 years. It begins its transformation into the eternal fragrant liquor known as ouzo when it is combined with alcohol and passed through an ancient still called the *Amyka*.

I'm told that the aniseed variety, as well as the *Amyka*, is the secret to the texture and flavour of ouzo.



GASTRONOMY – Food Art

*“Ouzo loves the sun,
tasteful meze and good company.”*

eva-distillery.gr



Gastronomy is the art of good food and eating well, it's about the relationship between food and culture, and appreciating the style of cooking in a particular country or region.

Gastronomy is a part of life for the locals in Lesvos, and for Hellenes all around the world, and is always combined with locally made *krasi* (wine), spirits or liqueur that hold significance and tradition to that region.

Tsikoudia and Rakomelo are two unique spirits that are deeply connected to the island of Crete, where I come from. On Lesvos island, the beloved ouzo has been embraced in much the same way.

The island of Lesvos boasts the most ouzeries (places where one can enjoy ouzo with *mezedes* (appetisers)), as well as the most ouzo distilleries that produce some of the most famous

labels of ouzo in Greece. Two distilleries that stood out for me were Barbayianni, located in the town of Plomari on the south side of the island, which also has a museum dedicated to ouzo, and on the northern part of the island in Petra, there is Kouroumichali's Ouzo Distillery.

KOUROUMICHALI'S OUZO DISTILLERY – PETRA, LESVOS.

Kouroumichali's Ouzo Distillery is a small, family owned and run distillery founded by Vasilis Kouroumichalis in the 1800's. Four generations later, his vision and passion for ouzo and brandy was handed down to granddaughter Ourania Kouroumichalis and her husband, Nicko Papadellis. In 2011, this honour was bestowed on their son Vaggelis Papadellis, the great grandson of Vasilis Kouroumichalis.



Vaggelis Kouroumichalis says that his great-grandfather, Vasilis Kouroumichalis, learned artisanal distilling when he spent time in Turkey under the guidance of famous teachers of the art and then returned to Petra, Lesvos where he started his own distillery producing both ouzo and brandy.

Nicko Papadellis, the father of Vaggelis, explains their ouzo recipe is unique to them and has been passed down from generation to generation. After sampling their ouzo, I have to say that Kouroumichali's ouzo is deliciously refined with a gentle aniseed aroma and is smooth on the pallet.



OUZO WITH TRADITION:

Ouzo is part of the local life in Lesvos, Mytilene, so much so that they celebrate by dedicating an annual event known as the famous Ouzo Festival. This festival is considered to be one of the most important gastronomical events of both Lesvos and Greece. It is held over 3–5 days every July and people from all over the world come to enjoy the different varieties and flavours, *mezedes* (tapas), live entertainment and traditional dancing.

Melbourne hosts the third largest Hellenic population outside of Greece. The Greek diaspora in Melbourne is made up of many Hellenic clubs from all over Greece, and each one maintains its cultural traditions, music and dancing, and organises annual festivals for the wider community to participate in and enjoy.

Lesvos may be the birthplace of ouzo, but its tradition of celebrating this unique drink has planted its roots in Melbourne. A humble Hellenic community known as the Palesviaki Enosi in Melbourne continues this tradition hosting an Ouzo Festival on their farm in Bayswater every February.

This family-friendly festival is held outdoors under the umbrella of pine trees. There is live music and Greek dancing, delicious Greek food, meze and of-course, the most important element – ouzo tasting! Upon arrival you receive a friendly welcome and a glass for your ouzo. The Ouzo Festival is a must to experience both in Melbourne and in Lesvos.

Without a doubt ouzo is Greek, but it is my belief that it epitomises Mytilene! Ouzo is a unique drink with a never-ending variety of flavours to enjoy with family and friends.

So when preparing to travel to Greece make sure you visit the beautiful island of Lesvos and experience *the world of ouzo*.

Pame Gia
Ena Ouzo!
OPA!



BY JOANNA PSARAKIS – Melbourne based wholefood advocate, social worker, writer and founder of Natures Intentions organic products. She shares her experiences of good health – the natural way.



Adrenal Fatigue

A few years ago, my adrenals packed it in. It brought about a wild swag of symptoms including headaches, nausea, very painful legs and very sore eyeballs – the kind of pain behind the eyes that felt as if they were being pulled back like a slingshot.



So how do you know if your adrenals are okay? One of the most commonly unidentified health problems our modern world is facing is adrenal fatigue. Adrenal fatigue, or exhaustion, is marked by a total state of depletion – that feeling of being completely spent.

It's most likely triggered by high levels of stress. Additionally, exposure to certain foods can set off sensitive responses. High consumption of carbohydrates and exposure to electromagnetic fields (EMF) – think mobile and cordless phones, Wi-Fi and electric signals – will affect your blood sugar levels. And from a clinical perspective, I'd say adrenal fatigue is one of the most common issues affecting women's hormones and fertility.

- Now we've all been exposed to stress, EMF and possibly have food allergies. For some of us, our bodies can go along for a while before they tucker out. Quite often, it's not until we start to get on top of stress that the crash hits.

THE **MOST COMMON** SYMPTOMS OF ADRENAL FATIGUE INCLUDE:

- Difficulty staying asleep
- Finding it hard to get up in the morning
- Mid-afternoon tiredness
- General malaise
- A feeling of being overwhelmed, or things being 'out of control'
- Food cravings – especially sweet and salty
- Postural dizziness (upon standing)
- Afternoon fuzziness and headaches – and headaches with stress or exertion.

When the adrenals are totalled, we don't just experience fatigue; in some instances we can see hyper-function, which eventually leads to exhaustion too. The symptoms that mark hyper-function are very similar to those of adrenal fatigue: sleep disturbance, the feeling of always being stressed, anxiety, high blood sugar, you get the picture.

It's not that the adrenals aren't working properly – in fact quite the contrary. The problem is that they never switch off. The adrenals are supposed to release adrenaline as a normal body's response to stress – something that, once upon a time, wasn't an every-waking-minute occurrence.

Nowadays, stress is so much more than our bodies can keep up with. So if we are in a constant state of stress, we are constantly releasing adrenaline, which may be okay if our body was able to effectively deal with it.

Let's not forget the way our bodies are designed; we are either in **fight** or **flight** mode or rest and digest mode. However, we can't do both.

As adrenaline is released, it mobilises the blood sugar to help the body cope with danger and act in an emergency. This fight or flight mode also sees the pupils dilate, and it shuts off digestion and all the other non-essential, non-survival orientated bodily functions, constricting blood vessels to raise the blood pressure and increase the heart rate. This is the point that our bodies automatically tell us – get out of danger.

Cortisol – the blood sugar management hormone – is also released (depending on the level of stress) with adrenaline. The body deals with cortisol by high activity – telling us to run as far away from danger as humanly possible. But for those of us who are stressed, sitting at a desk all day, or in a situation that is constantly causing stress (e.g. a torturous relationship or stresses about baby-making), and not able to effectively move cortisol out of the body, it will cause huge health problems.



Being in a dangerous position isn't typically something we are experiencing each and every day – often it is just a one-off event, and your body is able to deal with the responses accordingly. However, these same hormones are released in any stress response, and if you are in a constant state of stress, your body is not able to effectively deal with the hormones being released.

Our body knows that rapid movement in times of this kind of stress is a good way to move cortisol out of the body, however when you're in the thick of it (with a pile of work, a deadline, or no time to eat or sleep), running is not generally our normal response.

The biggest problem is that it sets about a cycle which, is difficult to break. If you're constantly in a state of 'flight' you're more likely to: have unbalanced sugar levels (which

sees you craving all the wrong food); have a strong need for stimulants (hello coffee); have high exposure to EMFs; experience food sensitivities and have inadequate sleep and; are more likely to see chronic infections arise.

It is also important to note that food sensitivities may also be linked to adrenal fatigue. If you are sensitive to certain foods, this will automatically create a stress response that your body has to deal with.

I know you're ready to learn how to fix this. Firstly, you must identify the triggers and start to create change.

HERE ARE A FEW OF MY TIPS TO BEGIN HEALING YOUR BODY:

- Identify stressor
- Cleanse the body – I outline how to do this in *Cleanse Yourself*. After you are cleansed, switch your diet so you are eating to support your hormones, as I outline in my book *Well & Good*
- Get back to three well-balanced meals per day
- Pinpoint what your body lacks nutritionally – get a blood test and, if needed, supplement accordingly
- Exercise gently and regularly every other day
- Meditate – this is hands down the best start!



In such instances, adding acupuncture or spinal care is also my recommendation to really get things kicking along.

Above all – get back in tune with your body. It is always telling you what it needs. In a state of adrenal exhaustion, it can be difficult to identify its needs, which is why I recommend seeking the advice of a health care practitioner to scout out the issues and devise a plan that is specific for your individual needs.



DR NAT KRINGOUDIS
www.natkringoudis.com.au

FITNESS



Absolute Essentials

WANT WASHBOARD ABS THIS **SUMMER**? HERE ARE SOME TIPS FROM THE TEAM AT FERNWOOD CLAYTON

It's around this time of year, when the first wisps of warm air remind us that summer days are on their way, that we become increasingly aware of the soft expanse of skin just above the top button of our jeans.

If, like the average Australian, you've gained a couple of snuggly kilos over the winter months, you'll probably be looking for a quick solution to streamline your midsection before we wave goodbye to coats and jackets altogether.

As they say in the health and fitness industry, there are no shortcuts. But, with the right diet and exercise regimen, you'll be able to make noticeable changes before beach weather officially kicks into gear.

Here's what you can do now...

Exercise



Newsflash: sit-ups alone will not give you washboard abs. Your core consists of a network of muscles that wrap around your body like a corset from your spine to your stomach. Sit-ups only work the rectus abdominus, the superficial muscles at the front of your stomach. To strengthen and tone your entire core, you'll need to focus on all four layers of abdominal muscles:

- The transversus abdominus, the deepest layer, stabilises your body.
- The rectus abdominus, or six-pack muscle, forms the upper layer, which aids movement between your ribs and pelvis.
- The external obliques, located on either side of the rectus abdominus, support your trunk (the middle part of your body) when twisting. The internal obliques sit beneath the external obliques and also help your body to turn.
- Beyond the abs, back muscles such as the erector spinae, which run from your neck to lower back, and the multifidus, which assists spine rotation, also make up the core network.

Try these five exercises to get you ab-ready:



1. PLANKS

The mother of all core exercises, the plank activates all four layers of your central muscles. Lie face down on your elbows and knees and progress to your hands and toes, holding a straight line from your head to your toes. From here you can challenge yourself further by taking one foot off the ground at a time and stretching it out behind you. Hold each position for about 30 seconds.



2. SIDE PLANKS

While still working your entire core, side planks shift the focus to your oblique muscles, or as we affectionately call them, your 'love-handles'. Lie on your side with your elbow bent under your shoulder and your legs stretched out in a straight line. Place your top leg in front of your bottom leg so that the heel of your top leg meets the toes of your bottom leg. Activate your core and lift your hips off the ground. Hold for 30 seconds and repeat on the other side.

3. BRIDGE

This exercise has the added benefit of toning your glutes at the same time. Lie on your back with your arms beside you, knees bent and feet flat on the floor, hip distance apart. Engage your core, then initiate the movement with a pelvic tilt and roll your spine up off the ground one vertebra at a time from your tailbone until you're resting on your shoulders. Roll down from the top of your spine to your tailbone. To progress this exercise, you can balance your legs on a Swiss ball.



If you're looking for a fun and social way to work your core, try these group fitness classes at your local gym:



4. PILATES

Pilates is a low-impact practice suitable for all fitness levels that emphasises the importance of alignment and breathing to develop a strong core and improve coordination and balance. Exercises can be done on the floor (mat Pilates) or on a custom-made apparatus known as a reformer bed.

5. CXWORX

CXWORX is a fun, 30-minute core training workout that uses body weight, resistance tubing and free weights to tighten and tone your midsection. Like all of fitness class developer Les Mills' offerings, the pre-choreographed class is set to high-energy music and each release follows a similar format so you know exactly what to expect each time.

Nutrition

Now that you know how to activate your central muscles, let's take a moment to think about the food you eat. If you're holding onto a few extra kilograms, you'll need to rethink your diet if you want your hard work on the gym floor to pay off.

Switch to a veggie-centric diet. Make vegetables the star of every meal, with smaller servings of lean protein, fruit, low-fat dairy, low-GI grains, and small amounts of good quality plant fats like avocados and nuts.

Avoid bloating foods. Your hard work at the gym will go unnoticed if your digestive system is out of whack. Avoid foods that are known to cause bloating, like dried fruit, artificial sweeteners and chewing gum. Salty foods will also increase your water retention – so steer clear of processed foods and avoid adding salt to your meals.

Drink lots of water. Even mild dehydration (around five per cent) can significantly affect your metabolism, causing it to fall by 20 to 30 per cent. Drinking plenty of water will ensure your metabolism continues to fire on all cylinders and help keep your digestive system working smoothly for a flatter stomach.

Words by **MELANIE KATZ**, Fernwood Fitness' health and fitness writer.



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NAPOLEON'S BEST Lips



As the sun begins to shine we move away from dark, dramatic lip colours in favour of a more natural nude lip featuring lighter shades.

And an essential element of a natural lip is healthy, soft and subtle skin. Napoleon's **Shev Kelly** shares Napoleon's best tricks to a sexy pout with on-trend styles and colours...

Lip Tips

How do you keep your lips hydrated in the cooler months?

Lip treatments and balms are the key to keeping your lips feeling fabulous and looking smooth. Lip balms are ideal if you don't want to add an obvious shiny look and are great to apply just before bed to nourish your lips while you sleep. Lip treatments are a little shinier, mimic the look of clear lip gloss and provide intense hydration, making them perfect for day wear, or under or over lipstick.

What are the three lip colours (or textures) that are going to be big this season?

One of the top lipstick shades to invest in this season, and is trending across the catwalks to Instagram, is a 90's brown. To keep things modern and fresh opt for a creamy texture as opposed to matte. A creamy texture will also assist in hydrating your lips and make your pout appear fuller.

A shade to liven up dull and dehydrated skin is none other than hot pink. It's an instant pick-me-up and is so fun to wear. It's a shade that's always rocking the red carpet and style icons like Katy Perry, Kate Bosworth, Olivia Palermo and the unstoppable Beyoncé (she seriously can do no wrong) can't get enough of. Nail the look at home by teaming your lipstick with a couple of coats of mascara and a fresh base to keep your look on point.



A definite must-have all year-round is a creamy nude shade and this season it's all about peachy shades. It's flattering to all skin tones, makes your lips look fuller and requires minimal touch-up.



Which lip finish is best: matte, creamy or glossy?

The texture of lipstick you choose to wear should really reflect your style and mood as well as the occasion. Creamy or glossy textures are great for those who have a drier or dehydrated pout as they will hydrate, condition and disguise the look of dry/flaky skin. Matte finishes are great if you wish to create a classic look and don't have time for touch-ups as it lasts all day.

What is the best-kept lipstick secret?

To prevent lipstick from bleeding always line your lips last! Lining your lips last ensures your lipstick lasts longer and helps to create a crisp and clean edge that can't be achieved just by applying lipstick on its own.





What is the best application method?

Whether you like to apply lipstick directly onto the lips or prefer to use a brush, there is no wrong or right method. There are, however, some great benefits of using a brush to assist in a precise application and an opaque finish.

How do you complement a bold lip?

When rocking a bold lip keep it fresh by sticking to a minimal eye look. A simple sweep of black mascara and a hint of eyeliner is the perfect combination.



How do you make your pout pop?

The best way to make your lips appear bigger is by highlighting. It sounds trickier than it is. First, apply a rose lip pencil all over the lip for incredible longevity. Next, add a creamy/shiny rose coloured lipstick over the entire lip using a lip brush. This will mimic the natural colour of the lips and work with any eye makeup combination. Then, add a light-coloured gloss on the centre of the lips (make sure you do not blend to the edges of the mouth). The light will hit the gloss and really make your pout pop! Finally, line the outer edge of the lips last to prevent your lipstick from smudging and bleeding.

Luscious Lips

Fun

Napoleon Perdis Auto Pilot pH Lip Shine RRP 28.00

This brilliant little Napoleon pH Lip Shine goes on clear and changes to a different shade of crystal-like pink depending on the pH of your skin – brilliant!



Exfoliate

The Body Shop Lip Scuff RRP 17.95

The ultimate in lip exfoliation, it offers a moisture boost with a peppermint twist!



Revive

Li'tya Australian Native Lip Balm RRP 19.50

Divinely rich in Shea butter and avocado oil with a hint of eucalyptus, Li'tya pride themselves offering only the most natural Australian Native products



Repair

Bare Body Care – Lip Moisturiser RRP 15.00 A brilliant, moisture-rich product that seeps into your skin and repairs the delicate skin – brilliant as an overnight treatment. Then for daytime sheen and protection **Bare Body Care Lip Balm – Kimmidoll tin RRP 10.00** is a lightweight gloss in a cute little tin.

Love a Local! **Angelique's Bare Body Care** products are local to the area. Make sure you check out their magnesium rich products, their champagne bath salts and magnesium oil spray. They fade all the strains of the day away – all natural and made with ethical devotion! www.barebodycare.com.au



Long Lasting Volume



Those in the know are all about volume this season!

JOEY SCANDIZZO,

Co-Creative Director of Eleven Australia and three-time Hairdresser of the Year talks big volume and how to keep it that way all day!



ELEVEN AUSTRALIA



REDKEN VOLUME
Amber Le Bon

Joey what are the best techniques we can use when seeking volume in our styling?

The key to big, voluminous hairstyles is always in the prep. By using a volumising shampoo and conditioner, you will create thicker, fuller hair before you begin styling. Try I Want Body Volume Shampoo & Conditioner – a blend of protein and active ingredients that boosts body and volume.

The next step is drying the hair. To add body, tip your head upside down when blowdrying hair. When hair is dry, apply a volumising powder, such as I Want Body Volume Powder, through the roots to provide extra body. This simple step provides great voluminous results whether you're wearing your hair up or down.



A ELEVEN AUSTRALIA - I Want Body Volume Spray RRP 24.95, A first of its kind product that combines powder and liquid, designed not just to add volume to your roots, but also thicker texture to your mid-length. **B** Muk – Fat Muk Volumiser RRP 24.95 For ultimate volume that adds shine. It's a gel that easy absorbs into your hair and even helps fight humidity! Use with Fat Muk Volumising Shampoo (RRP 24.95) and Fat Muk Volumising Conditioner (RRP 24.95) **C** Redken High Rise Volume Lifting Shampoo (RRP 26.95) & High Rise Volume Lifting Conditioner (RRP 26.95) High Rise offers mountains of volume while taming flyways and frizz, leaving hair soft, full and easily manageable. **D** Schwarzkopf Professional OSiS+ Dust It (RRP 23.95) Great for light control and volume. **E** Charles Worthington Volume & Bounce Root Lift Backcomb Powder (RRP) Easy to brush in this little bottle of powder which really does offer great root lift. **F** Fudge Raise The Roots Lifting Crème (RRP 19.95)

THE ULTIMATE VOLUMINOUS PONY

ELEVEN AUSTRALIA



The final step is in the styling. For a voluminous ponytail, separate the top section from the bottom. Take the top section and push into your desired shape. Secure with pins at the back. Then, take the remaining hair and pull together to make a ponytail and securing with an elastic. Secure your look with a strong hairspray, like **Give Me Hold Strong Hairspray**.

VOLUME ON THE DOWN LOW



If you prefer wearing your hair down, try spraying **I Want Body Volume Spray** where extra volume is required. The mix of volume powder and liquid provides amazing volume wherever body and texture is desired.

ELEVEN AUSTRALIA

Is it better to have well-moisturised hair to get ultimate texture or should we lay off the conditioning a bit?

It is always better to start with healthy, hydrated hair. By keeping hair healthy, it will be much easier to style and to achieve better results. Textured looks are no exception!

To keep hair nourished, make sure you are using a good quality shampoo and conditioner. The ELEVEN Australia range of shampoos and conditioners contain things like avocado oil and protein to keep hair hydrated and easy to manage.

Adding a leave-in treatment into your daily regimen will dramatically reduce the time it takes to style your hair. Whenever I am prepping hair for styling, the first product I always use is Miracle Hair Treatment. This one product provides UVA/UVB filters, heat protection and keeps flyaways in check! It's the perfect prep for any style.

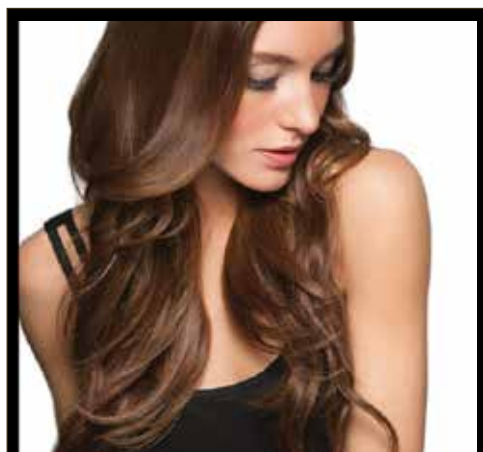
Tell us about the difference between a powder and a spray volumising product – which do you prefer?

Good quality volume powders, like I Want Body Volume Powder, are a styling multi-tasker. Not only do they build volume but they add texture, create root lift and even remove excess oil from the hair. To use, simply apply to dry hair wherever volume is needed and disperse with fingertips. When using, remember to apply in small doses and build up to get your desired effect.

Volume sprays typically don't offer the same results that volume powders can achieve. At ELEVEN Australia, we just created I Want Body Volume Spray, which combines volume powder and liquid. By mixing the two ingredients, the product can be applied to damp or dry hair and dispersed much more effectively through the hair. The end result – more voluminous hairstyles from roots to ends. To use, simply spray wherever volume is needed. Just like volume powder, a little can go a long way, so apply in small amounts.



G Schwarzkopf Professional Bonacure Volume Boost Refresher (RRP 26.95) This is a spray-in detangler and root-lifter that smells amazing! **H** Schwarzkopf Professional OSiS+ Volume Up (RRP 28.95) Medium Control **I** Charles Worthington Volume & Bounce Texturising Spray (RRP 15.99) **J** Fudge Professional Push-It-Up Blow Dry Spray (RRP 19.95) **K** Pureology Pure Volume Style + Care Infusion (RRP 51.95) A dual cream and gel-like concoction that adds amazing volume and a beautiful silky finish.



If you don't have the patience to work with products that add volume over time there's always the good old extension path! And I am loving the hairdo HOOP! It's an invisible, clip free halo hair extension that adds length and volume – instantly! It's easy to blend into your own hair and each piece is made up of 7 – 11 shades so the colour easily blends into your own hair colour. And they are heat friendly! RRP 99.95



CLASSIC – *Design + Recycled*

Save yourself some cash this spring and check out these brilliant tips to win when buying second hand designer fashions by **CLAIRE GREGO** of Revoir.



'Classic pieces' is a term thrown around regularly when it comes to fashion, but when the warmer weather hits, so does the phrase 'new season'. So how do you get the best of both worlds? High-end, second hand shopping is one way to do this. And then there is learning how to incorporate classics into your wardrobe – this helps create a base of staples that, when mixed with the season's latest trends, will update your look and ensure your choices never go out of style.

Even if you're just adding a few key pieces to update your spring wardrobe, classic designer fashion can be daunting – and expensive – which is why pre-loved, high-end shopping can be such a great way to buy. When you look at a few of the key trends rolling out for Australia's spring/summer, it's easy to spot ways to update your look through second hand shopping. Vibrant sunset tones and metallics are back in fashion, and with so many structured pieces hitting the runways, sourcing new fashion from days yonder is easier than you'd think.

A well-cut, structured blazer is trans-seasonal and can be worked into your wardrobe regardless of temperature or occasion – and lucky for us, structure is on trend for the upcoming warmer months. Purchasing a well-crafted designer jacket is a big investment, which makes a second hand piece such a great option. You'll save hundreds, but you'll still end up with a classic item that will last you years, and work in perfectly with changing trends. And when you work out its 'cost per wear', you'll have no shopping regrets.

Accessories are another great way to instantly change up an outfit, and if there's one thing that designers are coveted for, it's their handbags and scarves. Throwing a Hermes scarf around your neck will always ensure you are on trend, plus it will instantly add a touch of class to a new fast-fashion spring outfit. Similarly, a timeless tote or classic bag is an easy and practical way to work lasting fashion into a current trend and ensures that investment purchases aren't suitable for one season only.

When it comes to buying designer fashion, second hand is most certainly not second choice.

The metallic trend of last year has stayed strong into the new season, and luckily for savvy shoppers and lovers of designer shopping, metallics have long played a role in high-end fashion. Most of us love something shiny, but it has to be done right. Second hand shopping is perfect for this, and from bags to dresses to shoes, quality pre-loved pieces with staying power can be added to your spring and summer style without breaking the bank, or rendering you stuck with a gaudy jacket that needs to be burnt as soon as the season changes.

When you're investing in designer goods, the price tag is high – even when you're shopping second hand – and that's because the price reflects the quality. High-end purchases tend to be treated very well, which means that even second hand items will often look and feel new, and they will last you much longer than high-street shopping. In fact, consigned shoes have often been worn for fewer hours than the display shoes you'll find in department stores!

So where to buy amazing pre-loved fashion? Purely by nature the vast majority of designer goods reside – i.e. Europe. However, for those of us in the southern hemisphere, some of the best high-end second hand shopping can be done online. Revoir.com.au is, of course, my top pick, but the likes of Vestiaire Collective has a large selection of pre-owned high-end goods, and the size of its online shopping community means that thousands of new listings are posted each week. Regardless of where you choose to shop for your pre-loved fashion and designer goods, be vigilant when it comes to authenticity. If you're paying for designer, make sure you're getting designer – and any pre-loved store worth its Chanel should be providing you with an authentication guarantee.

Another great thing about pre-loved? If you do go hard investing in the new season collection from your favourite brand, designer consignment stores such as Revoir are a great way to lighten your wardrobe – and make you some money to spend on your next fashion purchase...

HAPPY SHOPPING!



ABOUT
Claire

Claire Grego is Co-Founder of Revoir, Australia's newest online marketplace for second hand high-end style. Bringing you a premium shopping and selling experience, Revoir is the ultimate destination for pre-owned style from the world's top fashion houses. Hailing from France, and a true Parisian, Claire has always been a keen follower of fashion, with a strong sense of personal style and a firm belief in investing in quality over 'disposable' fashion. Claire runs Revoir with the core beliefs that style and quality are timeless; that Australians deserve a premium shopping experience for premium goods, even when second hand; and that reuse is key to a sustainable future and to preserving the quality of eternally stylish pieces.

www.revoir.com.au



Kidz Fashion Week

MELBOURNE 2016

Kidz Fashion Week launches in Melbourne this September and showcases the most sought-after trends in kids' fashion, along with some of the coolest kids in the country!

But, this event isn't just for trained models! This year the casting directors called an open casting call for kids all over the country to get involved. In its third year, it's the only kid's fashion festival in Australia, and the directors are excited to meet children from all backgrounds and be able to offer them the exciting chance to walk the catwalk.

The festival offers kids the opportunity to build their confidence, in a fun, high-energy environment and will feature trendy styles from swimwear to formal wear. The kids will experience what it's like to work with stylists, make-up artists, photographers and choreographers.

NICKY BUCKLEY hosts this year's event along with a bunch of fun-loving kids you'll recognise from Aussie television shows such as *Offspring* and *House Husbands*.

Nicky



'As an MC and a host, I am lucky enough to work with a variety of organisations and industries. When you throw in fashion, I get really excited – couple that with kids and I'm in my element. It suffices to say I am super excited to host Kidz Fashion Week 2016.

I can't wait!



Kidz Fashion Week always has an amazing line-up of celebrity kids, and this year's event includes three little divas from Channel 9's *House Husbands*: Miss Lily Jones, Miss Madison Tores-Davy and Miss Allegra Volange. This year the show will also feature Mr Chance Charles, the latest cast member from Channel 10's *Offspring*.

"I Like meeting all the nice people, I like trying on all the cool clothes and most of all I like doing it for charities – and I love that I'm doing it again this year."

ALLEGRA VOLANGE
(Triple Talent Management
– *House Husbands*)



Allegra





"I'm really excited about performing at KFW16. It's so exciting to be part of such a great event that supports kids' talents, and I've never performed on a catwalk before, so I'll be strutting my stuff."

Aydan

AYDAN is a 15-year-old Melbourne boy who has been performing since the age of 10. He was cast as the youngest team member on Channel 10's *Young Talent Time* at the age of 11. He continued to audition for *Australia's Got Talent* where he proceeded to become a finalist on the hit show for Channel 9. He is currently busy collaborating with a music producer in Los Angeles where he is working closely on his original music, expected to be out in 2017.



"I am very excited about Kidz Fashion Week because it's something I haven't done before and it's different than filming for *Offspring* because everyone will be watching in real life, not on TV."

Chance

CHANCE CHARLES
(Showkidz Management – *Offspring*)

"Everyone at Kidz Fashion Week is so nice, and they make you feel special. I love Kidz Fashion Week because it's such a positive, exciting and fun event that supports charities."

MADISON TORES-DAVY
(Catherine Poulton Management – *House Husbands*)



Madison



TICKETS:
30 September
The Amora Riverwalk
649 Bridge Road
Richmond Victoria.

If you have fun-loving, high-energy kids aged between 5–17, then keep an eye on their Facebook page for the open casting announcement next year for the 2017 Kidz Fashion Week festival.

/kidzfashionweek



"I have loved every moment of all the shows I have done. The clothes, the costumes, the runway, it's hard for me to pick a favourite, they have all been amazing! And all the kids, and the adults, and Terri have been so kind and friendly to me. I love being part of Kidz Fashion Week."

Lily

LILY JONES
(Catherine Poulton Management – *House Husbands*)





1



2



3



4



5



6



7

1. alessandra jacket \$69.95, dom short \$44.95, california sunglasses \$16.95. 2. cancun tee \$29.95, brooklyn short \$44.95, ny82 cap \$18.95, pvmt sneaker \$49.95. 3. estella dress \$69.96, paris sunglasses \$16.95, floral kitty ears \$12.95, butterfly sandal \$29.95. 4. dip dye tee \$29.95, brooklyn short \$44.95, 82 cap \$16.95, pvmt sneaker \$49.95. 5. brigittie top \$44.95, elise overalls \$59.95, california sunglasses \$16.95, star studded slide \$29.95. 6. nikita playsuit \$49.95, patent party sandal \$29.95, california sunglasses \$16.96. 7. (L-R) palm moon tee \$19.95, storm boardshort \$34.95, aviator sunglasses \$16.95 // colette bather \$29.95, lace slide \$29.95 // alix tankini \$39.95

KIDS FASHION

Shell Yardage
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\$39.95



Novelty Puppy
Jumpsuit
\$39.95



Denim Terry
Onesie
\$39.95



Broderie
Playsuit
\$59.95



Cat Coin Purse
\$16.95



Slim Ankle
Grazer Jean
\$49.95



Glitter Runner \$59.95



Print
Skort
\$39.95



Check Runner
\$39.95



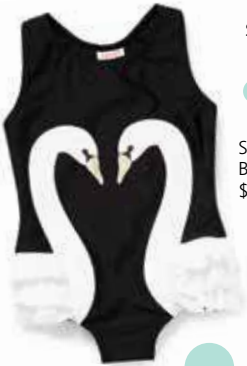
Trending

This season we've turned our attention to the mini-me's in your life. Here's a few **hot items** for spring/summer from our friends at Seed Heritage.

Mermaid
Curved
Hem Tee
\$29.95



Swan
Bather
\$29.95



Pretty Face Bag
\$34.95



Colour Block Runner \$39.95



Melon Coin
Purse \$14.95



Image courtesy of Seed Heritage

THE *Art of* SIMPLE LUXURY

This spring Raquel spoke to Darren Palmer and thought it was a must to delve into his brilliant mind and ask him for some tips to achieving simple luxury in your home.

Images from *Homespace* by Darren Palmer (Murdoch Books)

Photography by Felix Forest

RRP \$39.99 available now in all good bookstores and online

Contrast. A symphony of beige is safe but dull. Magic happens where two things collide, whether it's texture, contrast between light and shade, contrast of scale, or differences between colour, materials or patterns – you need to find opportunities for variation and contrast.

Careful Curation. Finding things in your travels, buying the right piece at the right time, upcycling something old or treasured, and blending the whole lot together, really adds a feeling that you've considered and curated your space.

Art. A brilliant, centre-piece artwork speaks volumes about who you are and what you love. Don't worry about whether it works with your cushions, just buy pieces that make you light up and you will light up your interiors with them.

Sensory Consideration. Think about all of your senses, how things look, how they feel emotionally, how they feel physically, what sounds you want to make and what you want to make your home feel like. And then think about the quality and care in which you deliver them throughout your home and what sort of smells you can add into your spaces – be it from candles, flowers, outdoors or room fragrances. Thinking about the senses of sight, sound, feel and smell will make sure the experience of your home is balanced and rich. Taste, of course, is personal.

Focal points. Whether it's a staircase, a fireplace, a dramatic arrangement, a beautiful sculpture or an opening to a view, you need to consider a focal point for each space and how you can create a hierarchy of focus, from most interesting to least interesting, so that your feature elements don't compete with each other and cancel each other out.







SPRING CLEAN YOUR HOME WORK SPACE

With so many of us working from home these days we thought it was high time to look at how you can spring clean and revamp your home office or study area.

Expert home decorator, Darren Palmer, shares his top five tips to making the most of your workspace!

1. Organise yourself and your stuff. Get containers, folders and trays – or whatever else it is you need to get organised – and then use them.
2. Give yourself a comfortable place to work – this means a good chair, a good mouse, a comfortable mouse pad, good light and good ventilation.
3. Install some shelving on your blank wall. Not only does this give you storage, but also an opportunity to decorate – a plant and some favourite items will really liven up your space.
4. Look at the actual furniture itself; if your desk is not befitting a good workspace then upgrade it, if it's okay but has seen better days, then maybe a lick of paint, a few new handles or even a leather desk mat could give your workspace the appropriate lift.
5. Colour and texture are the friends of any good space. The smaller the space, the more impact you can add, so think about adding artwork, wallpaper or even just some coloured paint as the backdrop of your home office.



Here's our pick of this *season's hottest* new office supplies to give your home office a lift.



Image supplied by Notemaker.com



Beyond Object Penpo Desk Organiser RRP **\$169.95**
notemaker.com.au



Fabriano Boutique Spiral Paperclips RRP **\$16.95**
notemaker.com.au



Jstory Undated Desk Scheduler RRP **\$14.95**
notemaker.com.au



Kate Spade Note Holder – RRP **\$74.95** notemaker.com.au



Kate Spade Pencil Pouch & Stationery Set RRP **\$59.95** notemaker.com.au



Nomess Spring Scissors Large RRP **\$69.95**
notemaker.com.au



Nomess Spring Scissors Small RRP **\$49.95**
notemaker.com.au



Beyond Object Cantili Tape Dispenser RRP **\$179.95**
notemaker.com.au



Cancun-Desk White-Wash RRP **\$1,199**
freedom.com



Kate Spade Sticky Note Set RRP **\$32.95** notemaker.com.au



Kaweco Elegance Ballpoint Pen RRP **\$119.95**
notemaker.com.au



Mi Goals Bianca Cash Goals Book 'Dream A Little Dream' & 'Goal Digger' RRP **\$24.95ea** notemaker.com.au



Hazel Desk 140x50cm RRP **\$799** freedom.com (in store October)



Telegram Dark & Stormy Collection The Wilde Desk Lamp RRP **\$199**
notemaker.com.au



Telegram Dark & Stormy Collection The Woolfe Desk Lamp RRP **\$199**
notemaker.com.au



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STERLING SILVER



London



This issue we cross the Thames and head on over to London with travel writer, Fiona McCarthy as she shares an extract from her new book, *London Precincts* and her idea of **A PERFECT LONDON DAY**.

There's too much to do in a day in London, so if I could eulogise over the perfect day in this beautiful city, I would break it down into dream scenarios. On a sunny day, I would start with a long walk from home, venturing along the leafy-lined Grand Western Canal to the basin at Little Venice (it's the spot to catch the London Waterbus for an idyllic cruise down Regent's Canal with stop-offs at London Zoo and Camden Lock).

From here, walking via the Westway underpass to Paddington, I'd keep heading south, in the direction of Hyde Park but then detour left to Connaught Street for coffee and delicious cake, served on pretty plates at Cocomaya; a window browse of the gems at De Roemer; the sweet indie-label fashions in Viola; and glittery heels at Lucy Choi, Jimmy Choo's niece. From here it's a quick walk, via the fountains at Marble Arch, to Mayfair and the West End.

There's always a great exhibition at the Royal Academy or the National Portrait Gallery or indulge in a pedicure (complete with head massage) at Cowshed Carnaby. I'd finish with a window shop through Liberty and Cos next door.

Alternatively, I might head south-west across Hyde Park and down Exhibition Road to the V&A for the latest exhibition, a visit to the ceramics and fashion departments, coffee by the outdoor reflective pool and browse around the addictive gift shop.

If I were feeling glam, a late afternoon glass of bubbles at either Claridge's or The Connaught would do the trick; or if I were in a slightly more laidback mood, I'd head for sliders and great wines by the glass at Ham Yard Hotel. Later, I'd meet friends for dinner at Quo Vadis or Hix for generous, delicious British classics and a relaxed atmosphere; or The Wolseley for satisfying staples like its chicken soup with dumplings.

For a special occasion, I'd book Skye Gyngell's Spring; or Simon Rogan's Michelin-starred farm-to-fork take on British seasonality at Fera (and for a real treat, a spot at Aulis, his six-seater experimental kitchen); or Koffmann's for delicious updated French classics. More often, though, I love to head to the theatre – my favourites include the Hampstead, National or Royal Court – or a gig at the Roundhouse in Camden or the Eventim Apollo in Hammersmith.





If I was staying local, I love to meet friends for breakfast at The Electric or Snaps + Rye in Notting Hill followed by a little mooch around the markets on Portobello Road and Golborne Road. I'd look in Temperley London (I'm addicted to Alice's embroidered scarves) and have coffee and cake at Granger & Co on Westbourne Grove. Or I'd meet friends at Melrose and Morgan in Primrose Hill for delicious coffee, pastries and bowls of salads. I'd pop in for a look at the fashions at Anna and the homewares in Graham & Green; then a walk through the park to the top of Primrose Hill for spectacular views of London. It's not too far to walk over the railway bridge (past gorgeous lifestyle store Tann Rokka), down Chalk Farm Road to Camden Stables Market for its eclectic mix of food stalls and vintage dealers.

Sunday mornings are family time. We might head to Tate Modern for the latest exhibition, followed by a good pub lunch at The Founders Arms. While I love to look at the watercolours, lincocuts and screenprints at Bankside Gallery, my husband and kids go down to forage on the Thames foreshore by the pub when the tide's out. Columbia Road market is fun too. I always have a squizz in Nelly Duff for emerging British artists, followed by lunch at The Marksman.

Or we'd head to any of the glorious royal parks for a lazy picnic: Hyde Park, near the Serpentine (lake and gallery) and Princess Diana Memorial Fountain; Regent's Park for the playgrounds and exquisite rose gardens when in bloom; St James's Park for its beautiful landscaping. For an adventure further afield, nothing beats driving very slowly (maximum speed 20 miles per hour) through Richmond Park, to admire the herds of deer, followed by a kitchen garden lunch at heavenly Petersham Nurseries, with tables set in Victorian greenhouses. Or have a good romp across Hampstead Heath, followed by lunch at the 16th century Spaniards Inn.

And if I wanted to escape for the weekend, there's nowhere better than Babington House in Somerset (I could disappear into its walled garden spa, never to be seen again) or The Pig on the Beach, overlooking Studland Bay, in Dorset.

About the Author

Journalist and contributing editor Fiona McCarthy has been based in London from her native Perth since 1993. As a penniless wannabe journalist, the cheapest and easiest way to get around was by foot – serendipitously providing the perfect opportunity to discover every nook and cranny of such a big, higgledy-piggledy city.



With a keen passion for seeking out unusual and intriguing places, particularly those off the beaten track, and a love of telling people's stories, Fiona has divided her time between writing on fashion, beauty, design, interiors, food and travel for all the British major newspapers and lifestyle glossies (including Living Etc, Elle Decoration, House & Garden and Red). Fiona is the London Editor for *Vogue Living* and regularly contributes to *The Australian's WISH* magazine. She has also co-authored *A Living Space* and *Every Room Tells A Story* with interior designer and hotelier Kit Kemp.

This is an edited extract from *London Precincts* by Fiona McCarthy published by Hardie Grant Travel, **RRP 39.99**, and is available in store nationally.

Lonely Planet isn't just for the big travellers of the world – kids are catered for too, and this year's collection of mini traveller books are jam-packed full of fun, colour and big adventures! Here's a few of our favourites to keep your kids entertained, and, dare we say it out loud... just a little bit educated!

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This really is 'The ultimate money-saving travel guide!' Featuring countries from the world over, Australia is still well represented and includes Brisbane, Melbourne and Sydney. If you loved our London article, be sure to grab a copy of this to add value to your next trip!

Not travelling? Doesn't matter, it's a great read, and I love the little maps on each destination!



POP-UP LONDON POP-UP NEW YORK POP-UP PARIS

Andy Mansfield **RRP** 16.99 each

This fab little collection of pop-ups takes kids to the major landmarks of these popular cities along with facts to make them feel like smart little travellers.

BOREDOM BUSTER – GAMES FOR THE ROAD

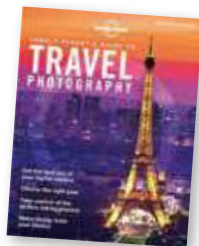
RRP 14.99



Road trips can be a blast, except maybe for the road trip bit... Full of everything required to, well, bust boredom!

LONELY PLANET'S GUIDE TO **TRAVEL** **PHOTOGRAPHY**

RRP 29.99 | By Richard I'Anson



I couldn't resist sharing this little nugget of gold with you! And I dare you to find a company with consistently better travel photography than LP! So it makes sense for you to get your travel photography tips directly from the experts – they've even kept in line with the twenty-first century and included phone cameras for you!

With thirty years of experience under his belt Richard shares his inspiration, knowledge, advice and tips on everything from his personal choice of equipment, composition, image sizing, light and exposure – the list goes on and on. It's in-depth, descriptive and brilliant for anyone seeking an all-in-one photography guide.

MY FAMILY TRAVEL MAP

RRP 19.99



Track your journey and adventures in this bold and fun map! Did I mention it has heaps of stickers?

MY TRAVEL JOURNAL

RRP 14.99



This brilliant little travel journal is perfect for the little travel writer in your family and will keep those precious memories safe for years to come.

EPIC BIKE RIDES OF THE WORLD

RRP 44.99



As we have come to expect from Lonely Planet, the images and trails in these books are so enticing you'll be ready to book a ticket to an exotic location before you've even hit the back cover!

Discover the best bike rides in Adelaide, Tasmania and The Atherton Tablelands, and in Victoria the Yarra Ranges National Park and Warburton.

With over 300 pages of scenic inspiration, this book makes a brilliant planning tool for any outdoor traveller or cyclist!



LET'S EXPLORE...JUNGLE, LET'S EXPLORE... OCEAN, LET'S EXPLORE... SAFARI

RRP 12.99 each

Getting back to those all important stickers, these activity books take your kids into the heart of the jungle, the ocean, or on safari for hours of entertaining. Living vicariously through Amelia and Marco's grand adventures.



WHAT'S ON Spring 2016

For the 6th consecutive year, Melbournian's have taken the bragging rights in hand to the title of the World's Most Liveable City!

So... what are you waiting for?

Slip, slop, slap and get out and about in this great city of ours!
You can't brag if you haven't experienced!

MELBOURNE FRINGE FESTIVAL

www.melbournefringe.com.au
15th Sep – 20th Oct

Melbourne Fringe is a celebration of cultural democracy and art for everyone. By embracing diversity and a spirit of independence, we create a unique space for artistic self-expression linked to the life of our great city. This festival is here to challenge perceptions and shake up the hierarchy, to be brave and unafraid, to explore the boundaries of what art is and can be. And what's more, everyone's invited.

Not sure what to see? Let the Fringe Fortune Teller guide you! It's an online Q&A that tells you what to see! Good fun at any rate.



DANDENONG FESTIVAL OF LIGHTS

26th Aug – 9th Oct
www.lightfestival.com.au

The Festival of Lights will feature over 500 interactive and beautiful silk lanterns. The festival covers 10,000 square metres at the Dandenong Showground in Greaves Reserve and is a sight to be seen.



THE HEALTH & FITNESS EXPO

Melbourne Convention and Exhibition Centre
13th Oct – 15th Oct | www.fitnessexpo.com.au/melbourne

Hey, why not! Learn all there is to health and fitness, the latest fads (hmmm), the head-fast fitness rules and old school health laws – all under the one roof! There's a Les Mills area, a 'Spartans Warrior Challenge', a celebrity arena, power lifting championships, F45 playoffs, and the INBA Southern Cross Championships – just to name a few things happening in this venue of health!



MELBOURNE FESTIVAL

6th Oct – 23rd Oct | www.festival.melbourne/2016

Melbourne Festival is one of Australia's leading international arts festivals and has an outstanding reputation for presenting unique international and Australian events in the fields of dance, theatre, music, visual arts and multimedia – free and outdoor events over 17 days in October.

The opening night is one of many free events, so get down and find out what's happening!

ALEXANDER THE GREAT CONCERT

26th Oct at 8:00pm
Melbourne Recital Centre, 31 Sturt St, Melbourne, Victoria

The Australian Institute of Macedonian Studies in Collaboration with the Greek Orthodox Community of Melbourne and the Pan-Macedonian Association of Melbourne Present Alexander the Great – Pioneering Multiculturalism Concert

Tickets: \$90 (A reserve) and \$70 (B reserve), available on sale on the website of the Melbourne Recital Centre of by contacting info@aims.edu.au or by email info@greekcommunity.com.au



Fun For The Kids!



SNUGGLEPOT & CUDDLEPIE

The Arts Centre
17th Sep – 25th Sep
www.artscentremelbourne.com.au

Head to the Arts Centre to introduce your little ones to the joys of Snugglepot and Cuddlepie.



THE NEXT STEP – DISNEY CHANNEL LIVE SHOW, WILD RHYTHM TOUR

Hammer Hall | 18th September | www.ticketmaster.com.au

The cast of Disney Channel / ABC 3 hit series, The Next Step, have announced that The Next Step - Wild Rhythm Tour will tour Australia and New Zealand for the first time during the September school holidays.



MATILDA THE MUSICAL

Princess Theatre
Finishes in November
www.ticketmaster.com.au

If you haven't ventured out to Matilda yet, do so! Not only will the children love it, but you will too! Don't miss out! See our autumn musical issue for more details.



GET ANIMATED

State Library of Victoria, Swanston Street, Melbourne

If you have an animation movie buff on your hands, head to the city and get them involved with making their own animation movie!



MP CREW SKATEBOARDING SCHOOL

Starting 19th Sep | www.mpcrew.com.au

The MP Crew are sending their coaches out these school holidays to teach kids the ins and outs of skateboarding. Whether they're beginners or looking to learn a few tricks, these fun-filled days are open to all levels and genders.

Calenders Of Events!

MELBOURNE MARATHON:
16TH OCTOBER

VICTORIAN SENIORS FESTIVAL:
2ND – 9TH OCTOBER

MELBOURNE CUP CARNIVAL:
29TH OCT – 5TH NOV

MELBOURNE MUSIC WEEK:
11TH – 19TH NOV



ANCIENT GREEK GODS 101

Mount Olympus is situated in northern Greece, south-west of Thessaloniki and is legendary through Greek mythology and its association to the twelve gods of Olympus [the Dodekatheon].

The following six male and six female gods were very important to ancient Greeks – they were worshipped, revered as rulers, and represented a council that was highly respected.

All of these gods seem to be related in some way and all have their own unique position in mythology – most well-known is the god Zeus, often described as the ‘sky father’, who looked down from the peak of Mount Olympus.

There are many legends and stories related to the twelve gods of Olympus who are known to have ruled following the downfall of the titans. Each unique in their own way, they are known for their character and the realms of life they each ruled, and a lot of their ancient symbolic meaning has found its way into modern times.

FAMOUS MYTHICAL GODS OF MOUNT OLYMPUS

1. ZEUS [GREEK] – JUPITER [ROMAN]

KING OF THE GODS

SYMBOL: THUNDERBOLT, EAGLE, OAK TREE



Zeus was the son of the titan Cronus. Legend has it that his mother, Rhea, tricked Cronus to ensure that her son survived death from his father. Zeus, who was raised on Crete, won a battle with his father and thus became the king of gods.

He commands the clouds and the rain, and is the bringer of storms.

He married Hera and lived a life rife with affairs, although he is often associated with law and justice, hospitality and friendship.

It's believed Zeus is the only one who could foresee the future and was associated to prophecy through Apollo at Delphi.

2. POSEIDON [GREEK] – NEPTUNE [ROMAN]

GOD OF THE SEA

SYMBOL: THE SEA, TRIDENT, HORSE, DOLPHIN



Son of Cronus – brother of Zeus.

Amongst the gods he was second only to Zeus in power and is known as the ruler of the ocean, and the Earth shaker due to his involvement in many earthquakes.

He is often described as a greedy character.

3. APOLLO [GREEK] – APOLLO [ROMAN]

GOD OF LIGHT, MUSIC AND PROPHECY

SYMBOL: LYRE, SUN, MICE, LAUREL TREE



Son of Zeus and Leto and brother of Artemis (twins).

Believed to be the ‘most Greek of the gods’ – as he signifies the values of Greek civilisation.

He's known for his oracle at Delphi and is considered the god of youth, sickness and healing, music and also an archer god.

The stories about the Greek Gods are being taught in Greek schools in Australia. Vanilla magazine visited Pythagoras Greek School during a recent class presentation by 3rd generation Greek-Australian students.



4. HADES [GREEK] – PLUTO [ROMAN]
 GOD OF THE UNDERWORLD
SYMBOL: POMEGRANATE, CAP OF INVISIBILITY



Brother of Zeus.

King of the dead he is known as the god of the underworld, death and the ruling of the dead.

5. ARES [GREEK] – MARS [ROMAN]
 GOD OF WAR
SYMBOL: DOG, WILD BOAR, VULTURE



Son of Zeus and Hera, although he was disliked by them both.

He's associated with war, however not violence and combat as he was known as a coward despite being considered murderous.

He was in love with Aphrodite.

6. HERMES [GREEK] – MERCURY [ROMAN]
 GOD OF MESSENGER AND DIVINE HERALD
SYMBOL: CADUCEUS, CRANE



Son of Zeus and Maia.

As Zeus' messenger he is known as the fastest god.

He was also the god of thieves, liars of the roads, travellers and merchants.

7. HEPHAESTUS [GREEK] – VULCAN [ROMAN]
 GOD OF FIRE AND FORGE
SYMBOL: HAMMER, QUAIL



Son of Hera and Zeus, legend has it that Hera alone produced him and that he has no father.

Married to Aphrodite, he was described as kind and peace loving.

8. HERA [GREEK] – JUNO [ROMAN]
 QUEEN OF THE GODS
SYMBOL: PEACOCK, COW, WEDDING RING



Hera is Zeus' wife and sister and known as the protector of marriage and for taking care of married women.

Legend has it that her brother (Zeus) was in love with her. He tricked her, raped her and as a result of shame she married him. Most accounts of Hera's life have to do with revenge for Zeus.

9. HESTIA [GREEK] – VESTA [ROMAN]
 GOD OF HEARTH OR HOME
SYMBOL: FIREPLACE



Zeus' sister – known as the virgin goddess. She does not have any real part in ancient myths.

10. ATHENA [GREEK] – MINERVA [ROMAN]
 GOD OF WISDOM AND WAR
SYMBOL: OWL, OLIVE TREE, LOOM



Daughter of Zeus and known to be his favourite child, legend says she does not have a mother, but that she sprung from Zeus' head, grown and dressed.

Known as fierce and brave and as the goddess of the city (Athens), she's associated with wisdom, reason and purity.

11. APHRODITE [GREEK] – VENUS [ROMAN]
 GOD OF LOVE AND BEAUTY
SYMBOL: DOVE, SWAN, ROSES



The goddess of love, desire and beauty, there are two accounts of her birth – firstly as the daughter of Zeus and Dione, and secondly that she rose from the sea and walked to the shore of Cyprus.

She married Hephaestus.

12. ARTEMIS [GREEK] – DIANA [ROMAN]
 GOD OF MOON HUNT
SYMBOL: MOON, DEER, SILVER BOW AND ARROWS



Daughter of Zeus and Leto, her twin brother is Apollo.

Like her brother, she is known as a huntsman of gods, and hunts with silver arrows.

She is known as a virgin goddess and protector of the young.

By **MARIA IRINI AVGOULAS**

PhD Candidate – Deakin University

Associate Lecturer – La Trobe University

University





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Memory Lane

VANILLA MAGAZINE

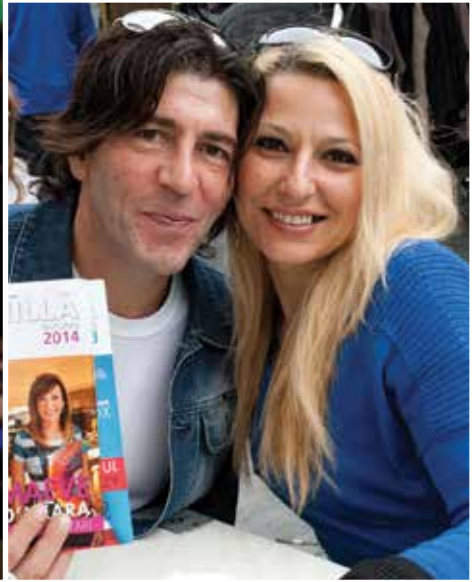
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well done guys, keep up the great work”*
John

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it's like going back home”*
Nick

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favorite radio station now”*
Katerina

*“Απο που έμαθα τον Rythmo,
laptop και κινητό δεν αλλάζει!
Σας ευχαριστώ για την παρέα που προσφέρετε!”*
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δεν τα γράφουμε εμείς....



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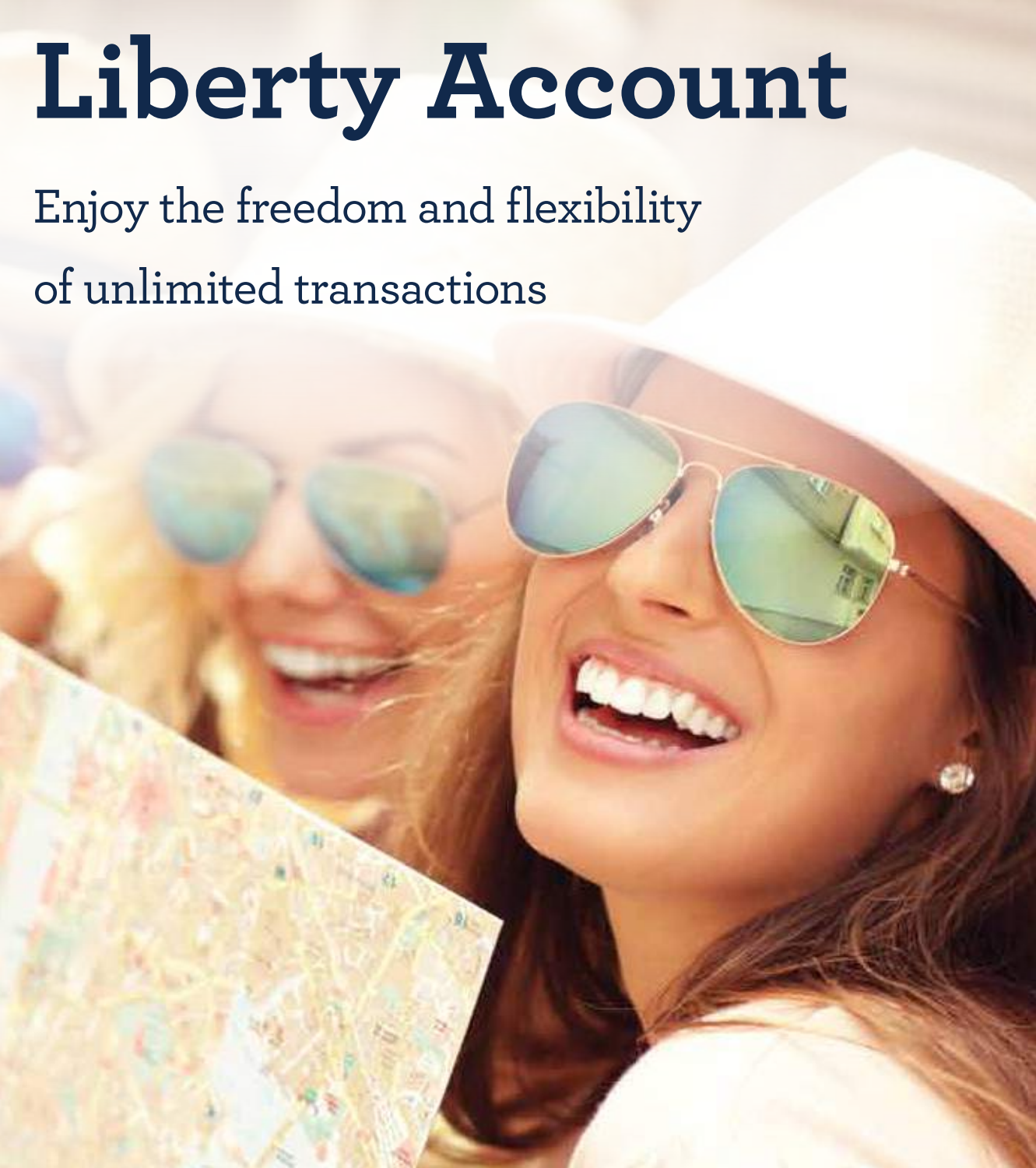
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