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ISSUE 21



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2017

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EDITOR'S LETTER

Welcome to the 21st issue of Vanilla Magazine!



The place to be this summer, before or after you go to the beach, is Vanilla Cakes & Lounge and Vanilla Upstairs where you can chill out alone or with family and friends. And if you have an eski handy in your boot, you can even take Vanilla to the beach.

Because at the end of the day it's all about escaping and vitamin D!

So sit back, relax and enjoy your frappe as you browse through our jam-packed summer issue.

Gracing our cover is Manu who, I have to say, is a top bloke. He's even given us a glimpse into his home life in our feature story, answering all of those questions celebrity chefs are always asked.



Jay Kristoff, the *New York Times* Best Selling author, talks to us about the book series that changed his life – *The Illuminae Files*.

Then we take you on a vicarious armchair trip around the world with our travel feature. Check out the Lonely Planet's Best in Travel, join Maeve O'Meara and her Greek Islands' travel guide Liz Kaydos for a gourmet look at the Greek Islands, and see what's happening on the Melbourne food truck scene and at the Tomato Festival. Plus much more... Enjoy the read!

The entire Vanilla Family wishes to **thank you** for your love and support and is looking forward to serving you at Vanilla Cakes & Lounge and Vanilla Upstairs throughout summer.



Merry Christmas and Happy New Year!

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Meet Archie

Archie's face is synonymous with Vanilla's customer service team and the front of house. It feels like he's been here forever.

Come rain, hail, or shine, he's manned the outside service desk and catered to everyone's needs and desires, offering a welcoming smile to make you feel like you're greeting an old friend. And if you're a regular patron in our Eaton Mall outdoor area you can bet your bottom dollar he knows your favourite coffee by heart!

When we asked how he can stand working outside constantly through our wet, cold winters or scorching hot summer days he said he does it from a place of love. Every day his regulars come in, sit down, place their orders, and he loves that he can have a laugh and a joke with them, it's a great job, he tells us.

This year marks Archie's fifth year of service at Vanilla. It has also delivered him a brand-new baby girl, making him a proud father to three gorgeous children and living locally with his wife. It's obvious when you get him talking about family life it really is his happy place.

Originally from Turkey, Archie and his family have made Australia their home and couldn't imagine living anywhere else. We thought we'd take a look back over Archie's last five years at Vanilla – in photographs!

Celebrating 5 Years of Service at Vanilla





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'Life is an awesome ride, cherish every moment and live it to the fullest!' Shaun Miller. Follow on FB: The Shaun Miller Foundation



The Shaun Miller Foundation with Cameron Miller **Warriors with a Cause...**

"1 in 8 kids are born with congenital heart disease – and we need to find a cure!"
Cameron Miller. **This is the legacy of Heart Kid, Shaun Miller.**

You might have been one of the millions of people who watched a YouTube video over the years featuring a very young and strong Shaun Miller, sharing with the world his goodbye message. If you weren't, you should jump online and watch it.

Shaun's video inspired people from all over the world and from all walks of life, to make the most of every single minute they have on this earth. To embrace life and love, and to not take anything for granted.

And now it's his dad Cameron Miller's time to take the reins of the legacy Shaun created in his short life and take it to the next level. A job he is doing brilliantly with The Shaun Miller Foundation.

Shaun was born with a congenital heart rejection and spent most of his childhood in and out of hospital. He endured two heart transplants in the hope of a healthy, long life, but suffered from chronic heart rejection. But he never complained or asked his dad, 'why me?' His father Cameron told us, 'he just took it in his stride.'

Help Cameron Miller keep Shaun's dreams alive by donating through their website, attending one of their fun-filled events or becoming A Heart Warrior. You'll find all the details at www.theshaunmillerfoundation.org

Shaun was a strong-willed, caring, loving, and positive influence to every person he met, whether in person or online. His story has created an amazing legacy.

Shaun never quit. With his dedicated dad by his side he wrote a book at thirteen, which made the *New York Times* Bestseller List called *An Awesome Ride*, and created an online community that brought people from all over the world together, and offered hope to those without any.

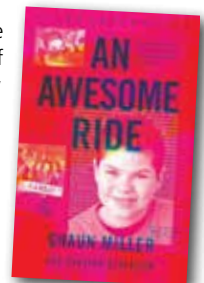
Cameron has endured what any parent dreads, and he is standing strong to bring an end to chronic heart disease (CHD) so that not a single child or parent ever has to suffer from chronic heart disease again.

'I didn't know how much work went into starting a foundation,' he said. 'It's taken a long time, there are strict guidelines – you need a board of directors, accountants, solicitors, but I want to find a cure for CHD. If I can leave this earth knowing that I've done some good then I'll be happy.'

When we spoke about Shaun's dedication to inspiring people to live life to the fullest, I asked him what Shaun would have thought about his namesake foundation.

'Shaun was like a boss! He would have jumped in there and taken control of everything. That was him, it was how he was.'

'Shaun was a public speaker in his own right, speaking to people inspired him, so now I will carry on that legacy, for him.'





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Katie Koullas'



Special Parties for *Special Girls* on the Spectrum

#Girls #Autism #Connect #Accept #Celebrate

These are five very important hash tags to Katie Koullas' cause, *Yellow Ladybugs* – a volunteer community group for girls with autism.

Because social acceptance and belonging is important

Founder of *Yellow Ladybugs* Katie Koullas is mum to seven-year-old Mia and nine-year-old Kikki. It took three years and ten doctors before a paediatrician referred Mia to be assessed for autism.

Frustrated by the lack of support available for girls on the spectrum, Katie founded *Yellow Ladybugs*.

Katie experienced first-hand how hard it is to watch your daughter being left out of friendship groups, play dates and birthday parties.

She watched on as Mia was left off the birthday party invite lists. 'It breaks a family's heart when their kids aren't invited to these parties,' Katie says. 'She's such a bright, intelligent and caring little girl.'

'Mia wanted to make friends with kids at her school and kinder, to connect with her peers, but it didn't come easily for her to approach these children and initiate the conversation.'

The diagnosis of boys with autism outnumber girls 7 to 1 because the characteristics of autism are much harder to spot in girls.

THE MISCONCEPTION

It's a common misconception that autism is a male condition. Females who are on the spectrum are often discovered later in life, with some slipping under the radar altogether due to the way their symptoms present.

Typically, diagnosis is based on the years of research that have gone into the male traits of autism. The problem with this outdated method is that girls present differently than boys, and this is why many females with autism are recognised later on.

Quite often the concerns parents raise about their daughters are dismissed as traits like shyness.

For the many girls with autism who attend mainstream schools, their verbal skills and their intelligence may mask their difficulties, and very often they are misunderstood. This also means that there is often no funding and they tend to get left behind and miss out on getting the specialist support that could help them throughout their school years.

They can also struggle socially because they don't have the confidence to interact with their peers and this can be perceived as unfriendliness or over-friendliness.

Many of these girls on the spectrum possess excellent language skills, which can become a problem in itself. 'They can often be misunderstood, because they are so direct when they speak and come across quite bossy or controlling,' Katie says.





THE YELLOW LADYBUGS EVENTS

Yellow Ladybugs organise monthly birthday party-type events so these young girls can connect with other girls on the spectrum and don't miss out on the experience and fun of being invited to another child's birthday party.

Katie is offering these little girls and their parents a network of friends and a safe, fun environment to gather and be accepted just the way they are by offering friendship and social opportunity.

Each girl receives a special *Yellow Ladybugs* birthday party invitation and if you sign up to their Birthday Card Club, your daughter will be sent a special birthday card around their birthday.

UPCOMING EVENT DATES FOR 2017

Arts & Crafts at Docklands – Jan 15th

To register for updates on future events, go to www.yellowladybugs.com.au

Yellow Ladybug parties help to bridge the social gap.

WHAT YELLOW LADYBUGS HOPE TO ACHIEVE

- Feelings of inclusion
- An opportunity for parents and children to network
- A feeling of acceptance and a focus on the girls' amazing traits and talents
- A safe environment where these girls can feel happy and confident just being themselves.
- And most importantly – FUN!

Typically diagnosis is based on the way boys present with autism, which can be very *different* to how girls present.

WANT TO GET INVOLVED?

Head over to the website and register to be a location leader.

If time is short in your life, they also have a Go-Fund-Me where you can donate much-needed funds.

www.gofundme.com/yellowladybugs

If you are a business, you can sponsor *Yellow Ladybugs*, or you can donate auction items for their fundraising ball. Email fundraising@yellowladybugs.com.au

Katie lives by the Ghandi motto, 'Be the change that you want to be'. And she believes every girl deserves to be included, that's why the *Yellow Ladybugs* was born.

Are you concerned your daughter isn't coping socially or emotionally?

Does she have anxiety or sensitivities to food, clothes or noise? Have you considered *autism*?

Girls often present differently to boys, and are often mis-diagnosed, mis-understood, or missed completely. But with better understanding we can change this. Learn more about the common traits in girls below:

Common traits in girls

- She may display **extreme focus** on her special interest [commonly animals, nature, books, art]
- She may be described as being either '**extremely shy**' or **not aware of 'social boundaries'**
- She may **withhold her anxiety** in public but then **melt-down** or **shut-down** once home
- She may be **overly dependent or reliant** on one friend and have trouble coping without them
- She may be **extremely interested in socialising, but unsure** how to approach making connections
- She may have **sensory sensitivities** [eg. noise, clothing, temperature]
- She may exhibit **extreme reactions**, compared to the size of the problem
- She may **interpret language literally**
- She may be more **fluid in her gender identity** [eg. prefers less 'girly' clothes or be extremely 'girly']
- She may be **extremely empathetic, nurturing and sensitive**

Find a clinician that understands the female presentation of autism. Go to www.yellowladybugs.com.au for more information.



Yellow Ladybugs is a volunteer community group who proudly create social events, similar to birthday parties, where autistic girls can come together and have the opportunity to meet and bond over their similar journey. Our vision is to foster a strong bond, which will ultimately create a network of friends outside of school.

For more information, or to register your interest for future events go to:

www.yellowladybugs.com.au



Time to Bring in the Young Guns...

At 24 years of age **Jami Klisaris** is the youngest female ever appointed as a Mayor in Victoria.

Meet 24-year-old Cr Jami Klisaris, Mayor of Stonnington. She may be the daughter of three-times-Mayor of Monash Cr Paul Klisaris, but she had to do all the work herself to get the title. Well actually, that may not be quite true, as her biggest supporter, her father, drove, encouraged, and pushed her hard to go where others feared. 'Put your hand up, demand it, make people know that you're serious, and how can they say no,' he told her.

While most Greek parents want their daughters to become lawyers or doctors, and others want them married to bear children, her parents encouraged her into politics.

Now let's face it, the most influential person in a Greek family is more often than not, yiayia (grandmother). And according to Cr Jami Klisaris, being the first grandchild, she is yiayia's favourite!

Her yiayia kept her close through manipulation of course – and what better way to manipulate than through the usual yiayia method – through her cooking. Yiayia would bake and her late papou would deliver. Now, as an independent woman, Jami still finds time to spend with her yiayia, who is currently teaching her to cook Greek food.

Like most Greek families, this extremely busy family, who also run a business, still managed to find the time to help her. Jami studied politics however, as she put it, 'it's nothing like it is in real life, nothing can prepare you.' Social media plays a huge role and everyone is involved.

She is beautiful, humble and has a passion that runs deep, and with her network and title she will ensure she delivers on her most passionate projects.

It was the first time she had been interviewed on radio, and it was an honour to have her live in the studio of Rythmos on The KK Factor show on White Ribbon Day.

In the studio, discussions became serious as we spoke about domestic violence and bullying. Jami is involved with White



Ribbon Australia – an organisation trying to prevent men's violence against women – and spoke about how society needs to change. She has full support when she goes out to the public and explains how local government has a role to play. She is confident she will contribute to make changes to help the community.

Many may wonder: what would she know? However, as she stated live, 'I was bullied once too.'

Behind her is a crazy Greek family who are loud, and she is Mayor of what is now a female dominated council; the first time in 10 years of Stonnington history! 'Not only is it exciting it also kind of changes the balance,' she says.

She comes from a family that doesn't hold back; a typical Greek family that loves their heritage.

Cr Jami Klisaris loves her family and wouldn't have it any other way.

I am Roula Krikellis the KkRock Chic and she has The KK Factor!





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The Future of Growth



Raising kids is a long journey and one that has a high impact on your financial situation. This journey should start with the simplest step and that step is to find some sound advice.

A financial advisor can help you work out how to pay for that journey, so you can help your kids achieve their dreams.

In the last 10 years the cost of living and education costs for our children's schooling has outpaced inflation. According to research it costs a middle income family \$812,000 to raise their two children, while the costs for lower income families are \$474,000 and \$1,097,000 for higher income families.

The question that is being asked is: what can be done to help deal with funding our children's education, not to mention the other expenses that are associated with raising knowledgeable children in their formative years, so they can achieve their dreams?

One possible option is to consider an Investment or Insurance Bond, or in some cases what is also known as an Education Fund for our kids.

Without a doubt, this is one of the best tax-effective ways to fund your children's education!

- An Investment Bond or Insurance Bond is a long-term investment with the features of a managed fund, but combined with an insurance policy.
- The tax benefits encourage the savings aspect of this investment.
- All you need to do is put as little as \$100 a month in regular savings. Withdrawals won't be taxed as long as you hold your investment for at least 10 years and you comply with the 125% contribution rule each year.

Want to be able to fund those school trips, uniforms, school fees, and even their university fees one day? The time to start planning is now, before those costs keep increasing.

Let me, John Calabro, help you with that journey of helping your kids achieve their dreams, and in turn help you, their parents, focus on your role of parenthood and the rewards that come with it.





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† <https://www.superannuation.asn.au/resources/retirement-standard>

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Left to right – Lew Amos, Chris Willmott, David Booth, Ray Spriggs, and Tony Birtwistle



LOCAL HEROES... **FIRE STATION 25** *Celebrating 30 Years of Service*

Oakleigh Fire Station – Fire Station 25 – is MFB's Southern and Eastern District's Office and Regional Office.

This November, Vanilla Magazine's Assistant Editor, Raquel Neofit, and Chief Photographer, Con Milonas, were invited to Oakleigh Fire Station for a special breakfast arranged by the Eastern District Operations Commander, Bruce Pickthall, to present a group of South Eastern Firefighters with recognition for the 30+ years of service and dedication they've given the Metropolitan Fire Brigade.

These men come from all over Melbourne to protect our families, our community, our properties, and us. Every day is a potential risk to their own safety as they work to protect the community.

The station runs with two crews of four firefighters. This means that there are always four firefighters on duty and four off duty, covering two night shifts and two day shifts – otherwise known as a tour of duty. The hours are long – a night shift is 14 hours and a day shift is 10 hours; unless of course they're called out for a job just before their shift ends – who knows how long they'll be on their feet for in this situation – this is called a two-er.



The Old and New – We couldn't resist lining up this 30+ years of service generation with the new generation of fireys. Meet the men who protect you everyday – it looks like these young guys have some fantastic fireys to look to for inspiration.

STANDING (from left to Right) LFF Lewis Amos, LFF David Booth, LFF Eric Houttuin, LFF Rod Dowell, LFF Lee Jackson, SO Evan Owen, SO Russell Christiansen, LFF Ray Spriggs, LFF Chris Willmott

KNEELING (Left to Right) FF Damien Hannon, LFF Jason Vaughan, LFF Paul Evans, FF David Munro

EMR – EMERGENCY MEDICAL RESPONSE

“There are still many members of the public that aren't aware that MFB also responds to time critical medical emergencies, such as heart attacks or strokes, and that we often get there before the ambulance arrives.”

“Many members of the public are still surprised when they open the door and see a firefighter standing there, when they've called for an ambulance because someone has had a heart attack.”

“We carry defibrillators and oxygen on every truck and we're highly trained. We're a level below a paramedic: we can't administer drugs, or transport patients, but we can keep the brain oxygenated until the ambos get there.”

RAY SPRIGGS – LEADING FIRE FIGHTER

“I think you can ask anyone of us whose been out to an EMR callout and that person has gotten up and walked away when they were otherwise dead, would pretty much all say that is the most memorable part of the job. After 42 years I still love working with these crews.”



LEW AMOS – LEADING FIRE FIGHTER

“I really appreciate this recognition, and I've really enjoyed my career, its been a great experience. The biggest asset the fire brigade has is us, and what goes on inside these walls is special. We go through some tough times and outside the job we have some problems, but we all band around and help each other out – when the kids give us grief we can sit around the mess table and talk it out, it's the greatest thing of all time. Then when we get a bad job we can come back and help each other over the line. I just think it's fantastic that we can all be here together and celebrate this occasion.”





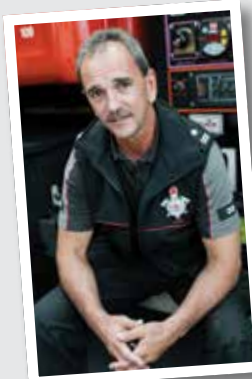
DAVID BOOTH – LEADING FIRE FIGHTER

"I just have to say I've enjoyed every day of this job, but I think when Bruce says our generation is the best, he's looking through rose coloured glasses. I think all of the young people coming through are doing a fantastic job and the MFB has done a great job of picking them in recent years.

But the best part of this job has been working with all of you people."



TONY BIRTWISTLE – LEADING FIRE FIGHTER



"It's strange to look back and think that it's been 32 years now, you might feel like it some mornings, but I just can't believe that 32 years have passed. We are a family, well and truly, we do our part within the station. Most of us celebrating thirty years came in through that massive recruitment phase back in the eighties that lasted into the early nineties so for the newer firefighters here keep in mind there could be the mass exodus of experience at some point."

CHRIS WILLMOTT – LEADING FIRE FIGHTER

"I'd also like to mention the guys who haven't quite made thirty years and who have gone off on injuries and other related things – we're lucky to get there.

Thanks very much Bruce. I have been very lucky to work with all of the people here today and all of the other people I've worked with over the years."



30 + Years of Service Speech

LED BY BRUCE PICKTHALL

A word from Bruce

'This generation of firefighters are among the best, they are first class. For newer firefighters here take every opportunity to learn from them. Pay attention to what they do, you won't see the number of fires these guys have. And look after yourself, so you can be this fit to be able to do this job this well after 30 years.'

'It's always the crew that makes a station and always the stations that makes the district, and from where I stand we have an excellent district with great people.'



A NOTE FROM RAQUEL & CON

We were welcomed to the 'inner sanctum' as Bruce called it – and both Con and I were honored to not only be allowed inside their world, but to be so welcomed, to have these brave people who protect us everyday and risk their own lives to do so, speak so openly and warmly with us and to allow us to see the way they interact. It was moving to see the comradeship and the relationships these professionals have developed. You could feel it in the air.

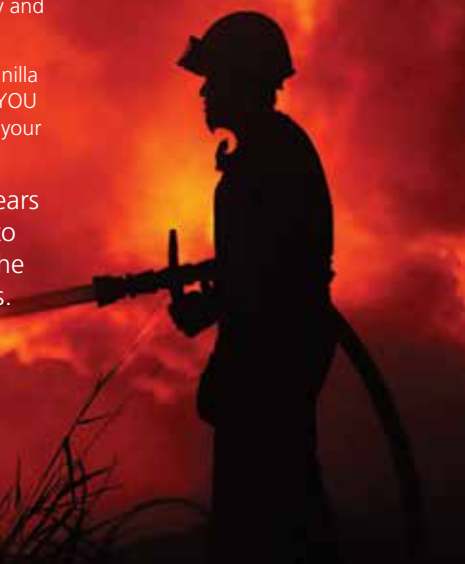
It was a very special morning for us and when they each spoke about their lives, the triumphs, the fun and

the struggles, we could feel what they went through. We'd like to say THANK YOU for your hospitality and your openness .

On behalf of everyone in the Vanilla Family we'd like to say THANK YOU to MFB for your protection and your dedication.

Here's to another thirty years of health and happiness to you, your crews all over the country, and your families.

Take Care and Be Safe, we need you!



Delphi Bank celebrates diversity with some of Australia's most influential women in business.

Aristotle once stated that “every community is established with a view to achieve some good.”

At Delphi Bank, our community presence extending across Victoria, New South Wales, South Australia and Queensland exists to help strengthen, support and increase the prosperity of those communities we live in, both now and in the future.

For this reason, we have long valued the importance of growth and opportunity in everything that we do – but as Australia's largest Hellenic bank, we're much bigger than that.

We aim to go beyond banking to meet the cultural needs of the community, “which is why Delphi Bank has long seen the value of sponsorship as part of our business strategy,” states Jim Sarris, Head of Delphi Bank.

“We're pleased to provide support to the Hellenic-Australian community in many diverse areas including sports, arts and culture, local business and events which promote diversity and inclusion,” adds Jim Sarris – the latter of which received concerted attention in 2016.

Delphi Bank, partnering with the Hellenic Australian Chamber of Commerce and Industry (HACCI), celebrated its inaugural *Women's Business Luncheon* in November of 2016 with the support of CEO, Kildonan UnitingCare, Stella Avramopoulos and eminent family law barrister, Olyvia Nikou QC.



Pictured left to right: Olyvia Nikou QC, Jim Sarris, Head of Delphi Bank and Stella Avramopoulos, CEO Kildonan UnitingCare

“I try to engage in collaborative events,” says keynote speaker, Olyvia Nikou QC; “I see that as a vehicle for improving and enriching all our communities.”

The keynote speakers, recognised as some of Australia's most influential Greek women in business after each reaching great heights in their respective careers, urged guests to push the boundaries and value the importance of heritage and legacy.

It's important for women to “remember that your individual journey is more like an odyssey. There'll be trials and tribulations, and you may know the destination point, but it's not always smooth sailing to get there. You'll get bumped off course, but that's what builds resilience and develops character. Enjoy the not knowing exactly what's going to happen next,” says Stella Avramopoulos.

“Your individual journey is more like an odyssey.”



*Inaugural Delphi Bank HACCI Women's Business Luncheon
Keynote Speaker Panel*

The luncheon, aimed at connecting likeminded business professionals from a variety of industries and backgrounds, comes after Delphi Bank's long history of supporting diversity and inclusion within its organisation and the wider community.

Women have long demonstrated the greatest of enterprise within the bank – fulfilling leadership roles in Operations, Marketing and International Business for well over a decade.

“We believe that only an organisation driven by strong values can deliver strong, sustainable returns,” remarks Jim Sarris on the topic of resourcing and supporting their diversity and inclusiveness function.



Inaugural Delphi Bank HACCI Women's Business Luncheon

As an equal opportunity provider, Delphi Bank is honoured to continue its ongoing dedication and commitment to these important values, not only internally but within other community groups who also share this vision.

“Engagement and commitment to our community will always be fundamental to Delphi Bank,” states Jim Sarris.

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AGAPI MOU

Love and the Anzacs in Greece

By Jim Claven

“Love shook my heart, like a mountain-wind
that falls upon the oak trees.”

Sappho, 600bc

Photo: Caryatids, The Erechtheum, Acropolis, Athens. Photo Jim Claven 2015

War uproots people and throws them together in unexpected ways. Families are torn apart as young men leave their civilian lives behind for the field of battle. Those left behind have only the memories of their loved ones to comfort them as they try to survive the shortages and pressures of the home front.

Yet the will to believe in the future, to experience the joys of life – even for a moment – is a strong one. And so it was across Greece in the Second World War. Amidst the threat of war, as well as the beauty of Greece’s classical past and natural environment, men and women would forge new friendships and even love.

*This is the story of some of
these men and women.*

FINDING LOVE IN ATHENS

As the Anzacs arrived in Greece, they were met with a rapturous welcome. Photos from the time show them being cheered through the streets of Athens and drinking in the kafenion of the capital, no doubt with the patriotic music of the beautiful Sofia Vembo urging them on in the background!



Photo: Classical sculpture, Archaeological Museum, Athens. Photo Jim Claven 2012



Photo: Classical sculpture, Archaeological Museum, Athens. Photo Jim Claven 2012



Photo: Images of war – part of the Classical frieze, Archaeological Museum, Delphi. Photo Jim Claven 2012



Photo: Natural beauty – Brallos Pass, Greece. Photo Jim Claven 2013



Photo: An inspiration to the troops defending Greece – Sofia Vembo.



Photo: Sofia Vembo – in uniform, from the display at the Thessaloniki War Museum. Photo Jim Claven 2013

For one digger the war reunited him with an old friend. Private Henry Murray came to Greece as the batman and driver of Australian war correspondent Kenneth Slessor. Before the war, Henry had met a young woman from Greece in his native Western Australia. Evangeline Papiounnou – ‘a dark-eyed Greek girl’ – had come to Australia to further her studies before returning to Greece to complete medical and dental degrees. While in Athens, they renewed their friendship.

As the Allies began their evacuation of Athens, Henry raced off in a car to find and save his friend. He drove ‘twenty-two miles in twenty-five minutes and killed three cats on the way.’ Grabbing whatever clothes she could carry, Evangeline and Henry escaped to Crete on the last Allied transport leaving Piraeus – the Greek freighter Elsie. Surviving a German air attack in Suda Bay, Henry discovered at Crete that the only way to get Evangeline to Egypt with him was if they were married.

With Evangeline accepting Henry’s proposal and the local Orthodox Priest waiving the required 21 days notice, the two were married in one of Chania’s Orthodox Churches! While outside smoke rose over the town, a crowd of villagers accompanied the bridal party and a choir of small boys sang bridal songs. Slessor was so moved by the romance that it

was a feature of one of his war dispatches entitled ‘Private Murray’s Marriage’. While Murray’s bridal nuptials would be interrupted by his arrest and later confinement to barracks, both bride and groom made it to Egypt where Evangeline worked as a medical officer with the Red Cross in Alexandria.

Another who made a rushed escape with his new lover was a young British officer named Ian Pirie. Ian had become captivated by ‘a devastating blonde’, Nicki Demertzi, a singer at Athens’ Argentine Club. Like Murray and Evangeline, they hurriedly married in Athens and enjoyed their honeymoon sailing in a Greek caique from Tourkolimano at Piraeus down the Peloponnese to Crete. The arrival of the Athenian beauty – now dressed in army khakis – on Crete ‘left the local Cretan women, young and old, speechless with amazement.’

Those soldiers who remembered Nicki as a night club singer were reminded that she was now ‘Mrs. Pirie’. They would both safely embark for Egypt at the end of the battle for Crete.



Photo: Australian and Greek soldiers fraternising in an Athenian café. Athens, 30 March 1941. Photo George Silk. AWM image



Photo: Australian soldiers and Greek Evzones meet on the Acropolis, Athens, 25 March 1941. Photo Damien Parer. AWM image



Photo: Henry Murray and his soon-to-be wife Evangeline Papiounnou could be part of this group of Allied troops and Greek civilians arriving at Suda Bay, Crete, April 1941. Photo George Silk. AWM



Photo: An example of Anzacs on the run with aid from local Greek villagers - New Zealand Lieutenant Skip Flavelle with the Greek family who aided him and other Anzacs on the south-east coast of Greece. April-May 1941. Photo by Australian Sergeant Ernest Haydock. AWM

LOVE ON THE RUN

After the fall of Greece, many soldiers escaped capture aided by the local villagers. While they waited for evacuation, hidden amongst the hills, valleys and small villages, some of them fell in love.

Helped by locals to escape from the Kokkinia POW Hospital near Athens, British Officer Roy Farran found himself the centre of attention at an impromptu party staged in his honour at his hideout. Amongst the music, singing and dancing, Roy was presented with a young woman who had lost her husband on the Albanian front. His guests pointed out all of *'the most attractive parts of her body'* and her parents were overjoyed at the prospect of a new member of the family. Roy then wrote how she *'rubbed both fingers together and pointed to the bed... wanting me to till the garden'*. In defiance of Zorba's famous dictum, Roy graciously declined as her parents wept.

Feelings were such that even when evacuation to safety was on hand, some diggers decided to stay! Two Australian Privates were momentarily startled by the arrival of a Royal Navy Officer in their hideout on Crete. Here they were – a drink in each hand and with their arms around their young lovers. As one historian records, these two diggers refused

their *'saviours'* request to leave *'in words that would be too offensive to print.'*

Of course, some proposed liaisons would be less successful. A young digger, Charles Jager, who had been captured on Crete and escaped to the safety of a Cretan village, found the attractions of one of the local Greek women – one Evangelina Dimitriakis – too hard to ignore. Telling another digger of his desire to introduce himself to Evangelina, Charles was overheard by her father, the village mayor, Yiorgo. With his hand on his Cretan dagger, the father told Charles that on Crete all brides must be virgins – otherwise the dagger! But then his glance softened and he smiled saying, *'Widows...?'* *'Spreading his hands eloquently and his voice trails off into a meaningful pause.'*

LOVE TRIUMPHANT

But two Anzacs would find their true soul mate while on the run. New Zealand Corporal, Ned Nathan, had escaped capture after the battle of Crete and made his way across the mountains to the villages of south-eastern Crete. Eventually, Ned and his comrades found their way to the village of Sklavopoula, where they were hidden and supported by the local villagers. It was here that Ned met a beautiful young teacher, Katina Toraki. It was love at first sight. As Ned said later:



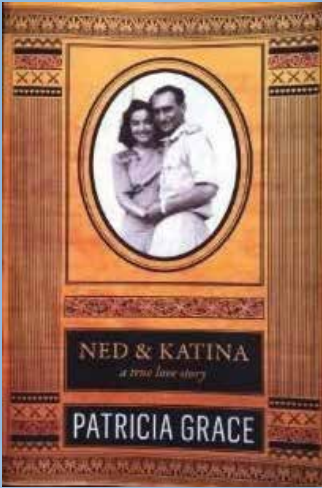
Photo: Warrant Officer T.A.M. Boulter, AWM



Photo: Katina Toraki, Nathan Family Collection. Reproduced from NZ Ministry of Culture and Heritage/Harper Collins, "A Unique sort of Battle" 2001



Photo: Katina and her school pupils at Selino, Crete, 1942. Nathan Family Collection. Reproduced from NZ Ministry of Culture and Heritage/Harper Collins, "A Unique sort of Battle" 2001



The book telling the story of Ned and Katina.



Photo: Xanthoula and Slim Wrigley, Melbourne, c. 1951. Source: The Shrine of Remembrance

The moment I saw her, I fell in love with her. She was just beautiful... Something passed between us; we were to discover later. But nothing then.'

Katina nursed the injured Anzac, feeding him milk and bread. Ned recovered, learnt Greek and joined the local andartes. Eventually, Ned was captured and saw out the war as a POW. But he returned to Crete in search of his beloved Katina. His return was 'very emotional' and they were married in the local village church in October 1945. Ned and Katina went on to make a new life together in New Zealand. Years later, their son would return to the village and erect a memorial plaque to the brave villagers of Sklavopoula.

Private Herbert 'Slim' Wrigley escaped from the Thessaloniki POW camp in September 1941, eventually finding safety in the remote village of Ritini to the west of Katerini. Here he was sheltered for more than six months by the family of the school teacher, Ioannis Papadopoulos. It was while he was hidden with the Papadopoulos family that Slim noticed Ioannis' beautiful daughter, Xanthoula.

Slim joined in with the local resistance, taking part in various military

operations in the Mount Olympus area. Sick with pneumonia and malaria, Slim was evacuated to the Middle East on Christmas Day 1943.

Ioannis Papadopoulos was not so lucky. While Slim was making his way to freedom, his protector was arrested and executed. After the war, Xanthoula – who had begun to learn English, and urged on by her mother – began a correspondence with the tall handsome Australian in Yarraville. They would be married in Melbourne's Greek Orthodox Church in 1951 and raise a family together.

The friendship between Greeks and Australians would continue as the war drew to a close. Those Australians – like RAAF Flying Officer Wray Kirk – who were able to make their way to Greece as the Germans fell back, would again experience the same hospitality as the first diggers had in March 1941 – and despite all the locals had suffered under the occupation.



A small vivacious girl who, in 1942 when only 15, helped to hide an Australian soldier from the enemy in Greece, arrived yesterday in the migrant ship, Cyrenia, to marry him.

The girl is Xanthoula Papadopoulos (top) — I above, 22, and her fiance, 24-year-old Mr. Herbert Wrigley, of Yarraville. He was then only 17.

The fact that they had not years ago brought a certain interest to their meeting yesterday.

However, soon they were chatting happily about Xanthoula's escape and of their plans to marry as soon as possible.

The romance began soon after Mr. Wrigley escaped from the Germans who had taken him prisoner while he was in a Greek hospital.

Later he fled to the tiny village of Katerini, where his father's family sheltered him for more than six months.

During this time Xanthoula was his constant companion. However, he joined the Greek guerrillas and, later, a British military mission, which had been dropped into Greece by parachute.

This "hot and spicy" romance gave him some time to think much about Xanthoula, and he developed proposals and was eventually to Australia by way of Turkey.

Then Herbert Wrigley remembered the little Greek girl and her family who had saved his life.

He began a correspondence with Xanthoula which reached its climax 12 months ago when he proposed to her in a letter and she accepted.

Now Xanthoula and Herbert were to forget those anxious war days.

Yesterday they were about to be married in the little Greek village of Katerini.

They were to be married in the little Greek village of Katerini.

Photo: Xanthoula Wrigley, The Age, 1951.

CONCLUSION

Evidence of the link between Australia and Greece through the Anzacs is not only to be found in the hundreds of graves of diggers buried in the war cemeteries of Greece. It is to be found in the solidarity that was expressed between the Greek people and the Anzacs who came to assist them in their hour of need. And it is to be found in the lives of those who found love in the midst of the horrors of war.



Photo: After the war is over – Australian RAAF Flying Officer Wray Kirk enjoys a tour of the Acropolis with two new Greek friends, Athens c. 1944. AWM



Photo: Phaleron War Cemetery, Athens. Photo Jim Claven 2015

The Cretan Glance

HOWARD F DOSSOR



Early one morning, after spending the night with an Irish lass in a small chapel on the top of Mount Psiloritis at the centre of Crete, a youthful Nikos Kazantzakis opened the door and stepped out. He trembled a little for he half expected God to strike him down for his behaviour in the chapel.

To his amazement, however, he was greeted with an extraordinary sight. His eyes were able to take in the entire coastline of Crete as if it were floating on an ocean of billowing waves. It seemed to him that he was standing on the bridge of a sailing ship in which God had sailed into history.

This experience was one of many that helped Kazantzakis formulate a view to which he gave the name the Cretan Glance.

At the core of his idea was the notion that if an individual did not have the power to change the world, he nonetheless had the ability to change the way in which he looked at the world.

SEEING THROUGH SPACE

For Kazantzakis, Crete was a special place. Located as it was, at a point where Asia, Europe and the continent of Africa almost touched each other, he saw it as a challenge to take in a vista larger than that limited by the immediate horizon. In modern parlance, we would say that he became aware of

the need to see globally.

The affairs of our immediate vicinity, the events that engage us every day and which we take for granted, are much more significant than we at first suspect. They occur within a global context. Seeing globally, seeing with the Cretan Glance, involves moving beyond national boundaries and localised matters, and realising that the entire human race is a spiritual collective, jointly engaged in a struggle to enrich and advance life itself to a higher level.

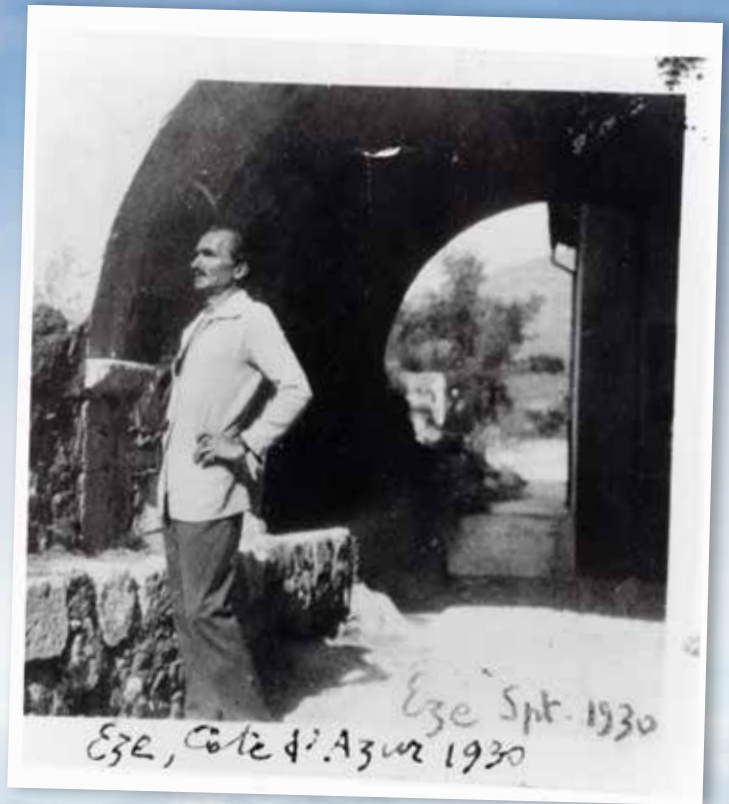
But there is more involved than escaping national borders. We live on an Earth revolving and rotating in space; we have our existence within an expanding cosmos. By penetrating deeply into that cosmos, the Cretan Glance increases the significance of our daily lives and gives them both an urgency and grandeur. We are guests of the cosmos, and we are called upon to play a part in its expansion and its refinement.

The Cretan Glance persuades us that we are more than robotic animals struggling our way through a meaningless existence. We are part of the exploding, expanding energy of the phenomenon of life.

SEEING THROUGH TIME

As Kazantzakis stood on Mount Psiloritis, he reflected on his activities in the present moment. Suddenly he realised that it, and every other moment, belongs in a continuum of moments. He looked back through his memory over several years and saw the connectedness of all moments. He stretched his imagination and looked back over a hundred years. Then a thousand. Eventually, his vision reached back so far that time itself disappeared, and he saw everything as having significance in a timeless world – he entered the world of eternity.

We live, simultaneously, in time and in timelessness. The Cretan Glance unveils the real world in which the two dimensions meet. It teaches us that what we do at any given moment, is done, and lasts forever. Nothing we do or are can ever be lost.



In our living, we can think of ourselves as performing actions in time or we can think of ourselves as making a vital contribution to the ongoing, endless unfolding of life as it surges through the cosmos. When we see with the Cretan Glance, we know we are valuable and that we are contributing to something vastly larger than ourselves.

SEEING THROUGH THE REAL SELF

When we look through the human eye alone and observe ourselves in a mirror, we think of the self as being a body enclosing a mind. But we are mistaken. What we see in the mirror is only that part of ourselves that we call our individuality.

The self is much larger than the individual. The truly personal is composed of individuality and sociality. We are not simply separate bodies: we are a corporate body. We are born, not into individual isolation but into a we-ness. We are each other. The Cretan Glance enables us to comprehend and enter into the fullness of being by keeping us mindful that we are never alone.

What we do with our individual lives becomes a part of the total human effort to extend and enrich life itself.

THE LIFEFORCE

Nikos Kazantzakis, the author of *Zorba the Greek*, understood and argued that the ability to apply the Cretan Glance was an instrument with which humanity could recognise and collaborate with the dynamic energy of life. Surging through chaos, life seeks ever newer forms and expressions in order to continue its existence. Fragile though it might be, yet it demonstrates remarkable resilience.

Life, the highest value we can experience, requires the human species to assist in its continuing advance. In its abundant generosity, it offers us, as Kazantzakis argues, the Cretan Glance as a means of refining the contribution we make to that advance.

Howard F Dossor, a freelance Melbourne writer, is the author of *Nikos: Readings in Kazantzakis, NK: A Kazantzakian Montage and Man Ascendant*. The three titles are available from [amazon.com](https://www.amazon.com)

Archival photographs of Nikos Kazantzakis courtesy of www.kazantzakispublications.org



2016... going, going, gone!

In a year where the Australian and US federal elections were a distraction to both financial and property markets, Melbourne's residential real estate continued to flourish. Over the past year the median house price rose by 9.1 per cent to \$773,669, compared to a 2.1 per cent increase in Sydney and 3.2 per cent increase in Brisbane (source: Domain Group).

Many vendors decided to delay the sale of their homes this year, creating a shortage of quality properties and an extremely strong seller's market. Across Australia's capital cities, house sales were down by 10.2 per cent in the 12 months to October 2016, with an estimated 197,108 homes sold during that period.

Spring auction clearance rates have been sitting between 70 and 80 per cent, which is a sign of confidence and a brilliant indication that 2017 will continue strongly and positively.

To help you on your home selling journey, we have compiled some regularly asked client questions for Jellis Craig Monash Directors, **PAUL POLYCHRONIADIS** and **JARED WEI**.

When is the best time of year to sell?

To put it simply, the best time to sell is when you are ready. However, in saying this, there are certainly times when the Melbourne real estate market takes a breather; for example, Christmas, summer holidays, the July school holiday period and Easter.

You may feel that your home is more appealing during the warm weather in February and March, especially if you have a swimming pool. Your garden may look its best during spring, but there are always buyers who spend many months intently looking for the right property, which could be yours no matter what time of year it is.

Timing is not necessarily crucial to achieving an outstanding sale price.



How long is a sales campaign?

The usual campaign length is four to five weeks. This includes a few days to organise professional photography, copywriting and floorplan services to create high-quality advertising content. Once the signboard is up and the internet advertising is published, the first open house takes place and the campaign begins in earnest.





How do I know if the campaign is going well?

This is where the most experienced and highly-professional real estate agents truly shine in comparison to their competition. A knowledgeable agent always captures detailed information to actively share with you during a campaign.

Every phone enquiry is noted with any useful information that a prospective buyer may impart. Face-to-face conversations at open houses are written down, providing invaluable information regarding the buyer's motivations, purchasing timelines, property feedback and price discussions.

Your agent will then talk to you soon after each open house or phone conversation and let you know exactly what is being said and whether the campaign is on track to succeed.

What if my property passes in at auction?

After the initial disappointment of not selling on auction day, vendors are often pleasantly surprised when their home sells soon after for more than the passed-in price. It is critical that vendors listen to an agent they trust, especially if the agent suggests that it is necessary to pass a property in.

Agents are immersed in the local property market and are always in touch with buyers. They may see a great opportunity to sell after the auction that will deliver you the very best possible outcome. It is crucial for buyers to remember that the last bid at an auction is an extremely important one to hold. If a property is passed-in, the last bidder is in an enviable and strong position to be the first to negotiate immediately after the auction.

Many young people in our community have been under massive exam pressure and are now anxious about their schooling or career choices. As strong supporters of Headspace, who provide mental health services to 12–25 year-olds, we hope to help improve the mental health of our young while raising awareness of their needs, especially during the Christmas period.

We wish you and your loved ones a Merry Christmas and a fun-filled summer holiday. Please stay safe during the break and we look forward to continuing to share our market knowledge and sales expertise with you in 2017.



Jellis Craig Monash staff showing their wristbands in support of Headspace Day.



Jellis Craig

CON MILONAS PHOTOGRAPHY

ILLUMINATING

Jay Kristoff

The series of books that changed his life





International bestselling author of science fiction and fantasy, **JAY KRISTOFF**, spent most of his formative years locked in his bedroom reading science fiction novels. When he grew up, he studied graphic design at university and then moved into the fast-paced world of advertising, working in a creative department where he learnt everything he needed about writing great plots.

The first series of books he published was the award winning *The Lotus War*; a fantasy trilogy set in a Japanese-inspired steampunk dystopia.

However, he is best known for *The Illuminae Files* – a series of sci-fi books that he has co-authored with the amazing **Amie Kaufman**, who we interviewed in the Summer 2016 issue. Both of them live in Melbourne, Australia, with two long-suffering spouses, two rescue dogs, and a plentiful supply of caffeine.

They met thanks to international taxation laws and together have created a high-octane trilogy for young adults, which has developed a huge cult-following worldwide.

So this issue, we've caught up with Jay to discuss his career, what it's like to co-author a book and, most importantly, all things *Illuminae* – the book series that changed his life.

Tell me, Jay, was there always a novel in the back of your mind?

No, writing was something that I did for fun. It wasn't really something I expected to do as a career, particularly in Australia – the odds of being able to pay your bills while being an artist are pretty long. I was always realistic in that sense.

So how did everything come together?

My first series was called *The Lotus War*, and the first book within the series was *Storm Dancer*. When I signed for that series I was still working my day job – I wrote all three books while I worked that job. I used to book out a meeting room and write during my lunch break for an hour. Then after work I would go home, walk the dog, spend an hour with my wife and then write until 2am. I did that every day for five years. I was essentially working two jobs and getting by on five hours of sleep a night for five years.

Once we signed *Illuminae*, both Amie and I got to quit our day jobs – but really, it all came down to luck: the right place, right book, right editor, right house.

How did you come up with the concept of *Illuminae*? How did you even think it was going to work?

Well, we didn't, that's the truth – we didn't think it would work.

It all started out because of a dream Amie had. She came into brunch one Sunday morning and said that she had a dream that we wrote a book together. She couldn't remember what the book was about but she could remember that it was a book written in email form. It was two people writing emails to each other, and we kind of had a laugh about it.

And then we started talking about it more and realised that there was something in that idea – it would be different at least – and having a different book in a very crowded and competitive marketplace had to be a very good start.

So we discussed this concept further and thought that if email communication is the main concept of the novel, then why aren't these two people just talking to each other? And the idea that we arrived at was they were separated, they were going to be on different spaceships, they couldn't actually meet and that was the genesis of the whole novel.

Everything in *Illuminae* fell out from that one idea – that the characters couldn't meet physically and have a typical conversation. Every thought within the novel, every obstacle, every point, came out of that one central concept that was through the whole book.

And what's it like writing a book with a partner? How do you influence each other?

In terms of how we mechanically go about writing the story... we sit in a room together and bounce ideas off each other. We usually meet at a pub, Amie doesn't drink, but I drink... ah... so Amie watches me drink, and it is around drink four or five when the magic starts to happen.

Gemina is the second book in the *Illuminae* series co-written with Amie Kaufman (Allen & Unwin) and *Never Night* is part of Jay's solo epic fantasy series



Jay with *Illuminae* co-author Amie Kaufman



We tend to plot about a hundred pages in advance. We then break up those hundred pages into scenes and decide which character is the best lens to see that scene through.

Let's talk about the audience of your books... Do you like to add things into your story to address social issues? Or do you prefer to focus on getting a good story out there?

I think writing for younger people you have to be really careful; teenagers have a really good bullshit detector. As soon as they get a hint that you're trying to teach them a lesson or speak to them on a deeper level they tend to recoil. There's an inherent distrust of authority, paternity and maternity in young people and that's healthy.

Young people should be questioning everyone and everything around them. So as an author you've got to be really careful not to be standing on a soapbox and trying to bring some lesson home.

Primarily our aim is to entertain, to write a compelling, interesting story with interesting characters – if at the end of that interesting story where you were entertained you also learn something or think about the world differently as a result of reading that story, that's great.

But it can't be a primary concern because as soon as you allow that to dominate your writing you stop being an author and you become a lecturer, and I don't want to be that.

So, how do you go at the end of a series when you're wrapping the entire story up and you have to let go of your characters?

We're writing book three now and, in terms of the writing, it is almost done and dusted and it is really sad. This experience, this partnership is something that we will remember for the rest of our lives. This series has certainly been the high point of our career so far, so saying goodbye to it is tough.



The characters to us have become kind of real – we do hear them in our heads. It sounds like something a crazy person would say but it's true. Sometimes our characters even surprise us with the things that they want to do in the story, and sometimes the directions they take the story are completely unplanned.

When you've created a character that is that real in your head, who is having semi-independent thoughts, saying goodbye and walking away is kind of sad. I guess it's like seeing your kids leave home.

And now the *Illuminae* series are being turned into movies! That's exciting – were you expecting it?

Yeah, it's great. It's something that you always hope for but it's not something you should rely on or expect.

VANILLA



@vanillaoakleigh

Vanilla Anytime



Anywhere



@vanillaoakleigh

A man with a beard and slicked-back hair, wearing a white t-shirt and dark jeans, stands with his hands on his hips, smiling. He is wearing a necklace with a pendant and has a tattoo on his right arm. The background is a blurred indoor setting with large windows.

Manu
MORE PLEASE!



Raquel Neofit caught up with **MANU FEILDEL** at the height of his television career, with a new family-friendly cookbook under his arm, and at a great time in his life where he's enjoying spending time with his wife Clarissa, and his two beautiful children, Jonti and Charlee.

Congratulations on the new book, Manu!

Thank you, we're very happy. It's nice to put some different recipes on the page. I've written three books before this one and they were all about French cooking, so with this book we decided to go a different way.

Well, it's really what people want and need these days, isn't it? Everybody is more into cooking at home for family and friends.

That's right, and I think most Australians are always curious about what we do at home – and when I say we, I mean all of those guys who cook on TV. So I thought, well, I'll share my recipes with you and since I'm not the only one who cooks at home, Clarissa also cooks – she's a great cook, we thought, why don't we just write a book together.

Now that I've got more time on my hands, since I'm not running a restaurant as such, and with a bigger family – Jonti and now our little daughter – we found we were cooking so much more. That's why we decided to put it all together.

So cooking at home with your family is a happy place that you enjoy?

That's right, definitely. It's just so different cooking in a restaurant and cooking for your family. There's passion in both but it's a different passion.

And was Clarissa a confident cook around you when you first met?

Oh, definitely. Actually, the first time we met a friend said to me, you know she can cook better than you? And I said okay, perhaps! And in some ways she can, you know, within her style of cooking. She's definitely a confident cook.

I think you need a lot of skill to get Asian-style food right.

Yeah, but you know what the difference is? I cook through my knowledge of being taught by professionals and through schools, learning the methods behind everything.

Clarissa cooks from what she's learnt from her mother and it's a different style of cooking in many ways. She cooks with smell, and taste, and the eye, which we do as professionals but we've got certain orders to follow.

You can't jump steps as a chef, but Clarissa can do the same recipe twice and it can be slightly different but still just as good as the last time.

I think this is the thing with so many amateur cooks – when you watch amateur cooks they never try the food often enough, they never taste it as they are cooking. Then you look at Clarissa cooking and she constantly has a finger in the pot and keeps on tasting it. Then she'll say, "Oh, I'm missing a bit of sugar, or maybe fish sauce, or I think a bit more chilli would make it better," and that's how the recipe is created.

It's fantastic how these women taste and add more. **Home cooked** meals are the best.

Which is the best way, isn't it?

It is the best way! And that's why it was a difficult thing for Clarissa to put these recipes down on paper, because she adjusts them as she goes. She had to cook these recipes more than once to get the quantities down and actually take notes as she went.

Was there a lot of going forward and backward when it came to choosing the recipes that went into the book?

Very much so. For me, it was a little bit more difficult in a way because I'd already written about 300 recipes from previous books, and some of these recipes were things we already cooked at home anyway, so I had to dig back to things that maybe we'd only cooked a few times.

But for Clarissa she had a lot more to write down than me so it took more time and effort on that side of things.

And one of the things that I love in the book is that you say it's okay to use a bought curry paste and that Clarissa's family use them too because there are so many good ones.

Yeah, so basically, for example, I was talking to my mother-in-law Valli, she used to make her own curry paste, and it took a lot of work, and it can result in slightly different tastes each time, depending on the spices that you buy and so on.

So they've realised, to be honest with you, that it's a lot of work for nothing when today you've got some really good brands that are offering something that's pretty good.



Images and recipes from *More Please!* by Manu Feildel and Clarissa Weerasena (Murdoch Books RRP \$39.99)



So your advice would be to pick a good one and go with it and put your time and effort into choosing and preparing the fresh produce?

Correct! I'm not talking about cooking 2 minute-noodles you know, I think if you go to places like India and so on, then home cooks would buy it from a shop also.

And Jonti turns twelve in January, is he in the kitchen a lot? Does he have your taste in food?

No and it really drives me nuts because until the age of about nine he would eat anything I put on his plate and all of a sudden he just turned, and he's very fussy now. I promise you, for a chef, it's not nice. All I hope is that one day he'll realise what he's missing out on.





And how are you all coping with the age difference between the kids?

Oh, it's wonderful. Jonti's more of an advantage than a disadvantage because I've got a free babysitter! He loves her to bits, and he would do anything for Charlee. Every night he picks her toys up and puts them in the box – every night! It's wicked really!

So... really, that can kind of make up for not eating everything that you cook him?

Ha! Yes, yes it can.

You know, I reached the back of your book and found the photo of you holding Charlee up in the air, and I noticed the look on Jonti's face, it was like, OMG DAD – DON'T DROP HER!

Ha, ha, he's very, very protective of her, so very protective. It's wonderful.

But she looks like she doesn't have a care in the world, she looked like she loved it!

Oh yeah, that's her favourite place! She loves it, she flies.

You've learnt a lot from your own family, but it also looks like you've learnt a lot from Clarissa's family too?

Definitely, I go to Malaysia once a year with Clarissa, and I always cook with mum. At home I do all the prep, that's my job, and Clarissa does all the stir-frying.

And the book is not only about feeding your family but your friends also.

Yes, it's cooking every day, and cooking is about feeding your family, but also on Friday nights, and Saturday and Sunday afternoons, it's about cooking for your mates as well.

Now and then you might want to invite your boss over so you'll need something a little more complicated. There are a couple of recipes that are a bit more for 'king cooks', but most of the recipes are achievable.

One day, if you've got time, you should cook **grandma's laksa**, and I guarantee you, you'll be impressed. Nothing beats a good laksa!

So what do your friends expect from a dinner at your house?

When people come for dinner, everyone is excited, not just about me cooking but about what's going to be on the table. They never know if it's going to be my cooking style or Clarissa's, but there's always great food on the table, always.

And it doesn't have to be expensive either, we do all the prep we can through the day so we can really relax and be stress-free. Then we put things together at the last minute.

Everyone comes and picks herbs and they get in and help. All my friends are keen gourmants, and they love eating and drinking good wine, so it's easy to get them to give us a hand in the kitchen as well.

We just moved to a new house about 14 months ago, and the reason we moved is because the kitchen, living and dining is all in the same room. When we entertain, it's big enough for twenty people to be in there and the kitchen has an island so everyone can be around it helping out. It's pretty cool.

Jump online and check out Manu's new website, he's put lots of work in to it lately and it's a great resource for all things Manu, news and recipes!
www.manufeildel.com.au

You can also catch Manu on *Around The World With Manu* and, of course, the 2017 season of *MKR* airs soon too.



Summer Escape

@vanillaoakleigh

Inside the Fire

JOHNNY DI FRANCESCO

Your summer pizza parties will never be the same again!





Ever wondered how the pros make those amazing, crispy-but-doughy-at-the-same-time pizza bases that set your taste buds alight as you eat them?

Well wonder no more pizza lovers! Just book yourself into a Neapolitan Pizza Making Master Class at Johnny Di Francesco's 400 Gradi on Lygon Street!

Your tastebuds will thank you. Your friends and family will thank you, and my Lord, even your pizza oven will thank you!

Johnny is well known through our great city as Mr Pizza. He was named the best in the world at the 2014 World Pizza Championship in Parma. His reputation has grown from strength to strength in the two years since he picked up this title.

'Life has certainly changed for the better', he said when I asked if business had picked up since he won the covered title.

As the Australian Principal of the AVPN (*Associazione Verace Pizza Napoletana*), an international association based in Naples that protects and promotes authentic Neapolitan pizza and its techniques, it's Johnny's job to educate the population about the traditions of Neapolitan pizza making. A job he willingly accepted and holds a great passion for – alas these monthly pizza master classes!

So, we rocked up on a sunny Melbourne Saturday morning, settled into a seat and enjoyed a coffee while we waited for 10am to roll around – yes, pretty much everyone was early!

We were fully equipped with a bowl, live yeast, a bag of Johnny's very own imported flour, some COLD(!) water and wet chux (which it turns out is not to clean your hands on!)

It was at this point that we realised we needed to throw everything we knew about making pizza dough out the window!

And what was the best thing about this masterclass with Johnny? It didn't matter where we were at with our pizza making journey, he catered for every level, skill and interest. If you wanted the scientific facts about the temperature of the oven, or how yeast actually works, then he'd tell you! Or if you couldn't care less about that in-depth science stuff (besides the basics), and just wanted to know the best way to kneed your dough, don't worry, he'd have you covered.

This masterclass was a great way to spend a Saturday morning. And the next best thing about it – and there were a lot of 'next best things' about this morning – was that we, as pizza making apprentices, got to head into his kitchen and one of his very well-trained, Italian-accented pizza chefs guided us through topping our very own pizza! We then slid it into the custom built Italian, 400 Gradi pizza oven, while we impatiently waited the 90 seconds for our pizza to hit the plate and enter our stomachs!

It's a pizza lovers dream!

So, I'm not going to give everything away here because you need to go and take the class, but here are a few things I learnt along the way...



DO NOT, under any circumstances, defile your flour with crazy amounts of yeast! Especially dried yeast. You only need a small amount and you should let the dough rise for at least 24 hours.

Fast rising dough is not great dough! Like a good Sangiovese from Por Villa Puccini (yes, that was what we sipped while our fellow pizza apprentices had their turn at the oven) your dough needs time to rise and mature – not this wham-bam-thank-you-ma'am attitude we Aussies have!

Next, never ever 'throw your dough in the air like a circus clown.' Your dough needs to be treated with respect and gently pushed and prodded out from the centre until it reaches the desired size. And never, ever use a rolling pin to roll your dough!

If your house is hotter than 18 degrees pop your dough in the fridge. You can keep your dough in the fridge! Yes, the rising process will stop but your dough will still mature. Maturing is important if you want to avoid that yucky tummy feeling the next day that some people get from eating pizza. See, if the dough doesn't mature outside of your tummy, (that means it has to get rid of all the gas in it), it will mature inside your tummy! Not cool!

And – this is the bit that surprised me – cover your resting dough with a damp cloth. This is where that wet chux comes back into the equation.

This will stop that dry-ish crust forming on the top of it.

'Many people say that anywhere between 60 to 90 seconds is the right amount of time for a pizza to cook, I prefer to cook it closer to the 90 second mark.'

'A real Neapolitan pizza should be a bit wet, that way you can mop the juices up with the crust.'

Lastly, after this amazing pizza class, do yourself the biggest favour you will ever do in your whole food-related life other than jumping on a plane and heading off to Italy. Two doors down you'll find Zero Gradi Gelato – this is the best sorbet and gelato I've ever eaten – as good as the gelato we ate in Rome! It's all made on the premises and Johnny has a master gelato maker who taught him the techniques to extract the natural flavours from the ingredients he uses; this means many of these icy delights don't have added sugar. OMG! (That translates to Oh My Gelato BTW).

400 Gradi restaurants are located in Lygon Street, Crown Casino, Eastland Shopping Centre and Keilor Rd, Essendon and Zero Gradi Gelato is located on Lygon Street. All masterclasses are held in the Lygon Street restaurant.



Masterclass Pizza Recipe



PIZZA MARGHERITA

- San Marzano Tomato – Tinned and crushed by hand one large spoonful.
- 100g buffalo mozzarella
- fresh basil – 4 leaves
- extra virgin olive oil – 20ml
- 220g pizza dough



METHOD

1. Stretch out a 220g pizza dough.
2. Spread the San Marzano tomato over the dough
3. Top with buffalo mozzarella, place 4 basil leaves on top and drizzle some extra virgin olive oil.

For a domestic oven; cook at 250-280c for 10 minutes

Woodfire oven; 90 seconds at 400c

PIZZA DOUGH

- 1 kilogram "00" flour sieved
- 30 grams fine sea salt
- 1 gram fresh yeast
- 600 millilitres water

METHOD

1. In a bowl combine water and salt. Allow to dissolve.
2. Add 10% of the flour and mix well; add more flour and the yeast.
3. Continue to add the remaining flour and mix well until combined.
4. Turn dough onto a lightly floured surface, knead until smooth and elastic – this can take up to 10 mins.
5. Place the dough into a lightly floured bowl, cover with a damp cloth and set aside.
6. Let the dough rest for half an hour, then divide into 4-5 round balls.
7. Cover with a damp tea towel and allow the dough balls to rise – this can take up to 10-12 hours.
8. Once the dough has doubled in size place on a lightly floured bench, stretch the dough by hand.

CALZONE ALLA NUTELLA

- 220g pizza dough
- Nutella – as much as you want!
- Sprinkle of icing sugar

METHOD

1. Preheat the oven to 220C.
2. Roll out a piece of dough into a 3mm thick disc, ensure the bottom of the dough is floured enough preventing it from sticking to the surface. On half of the dough piece spread the Nutella (as much as you desire).
3. To make the calzone, carefully lift the far edge of the pizza dough and pull it over the top of the ingredients towards you, folding it in half. Crimp the edges so none of the filling can spill out.
4. Place the calzone onto a baking tray, pizza stone or granite slab.
5. Cook for 10—15 minutes on the bottom of the preheated oven until the dough becomes puffed up, golden on top and the filling is hot.





Sweet!

CELEBRATIONS

Australia's Social Media Sensation –
MY CUPCAKE ADDICTION...

ELISE STRACHAN has come a long way since her first YouTube video when she shared with the world her guide to creating *The Cookie Monster Cupcake*.

In fact, since I hadn't seen it before she pulled the clip up so we could watch it together. It was a nice moment to share with her and her 'tech guy' husband, Alex as they reminisced on those early days.

Now, Elise has over 10 million followers worldwide! It's a mind-blowing figure and a following she well and truly deserves. Together, her and Alex have really put in the hard yards to build an online empire that teaches people from all over the world how to bake, decorate and create with *My Cupcake Addiction*.

And now, with the help of Murdoch Books, she has a real life, a tangible tribute to that empire and the creative outlet that she still loves to this day. And it all began from baking cupcakes to sell at the local market.

We asked Elise to share a few of her favourite recipes with us and here's what she came back with.

Images and recipes from *Sweet! Celebrations* by Elise Strachan (Murdoch Books). Photography by Lauren Bamford. **RRP \$39.99**



CHOCOLATE SPRINKLE ICE CREAM BOWLS

MAKES 12 BOWLS

YOU'LL NEED:

12 (13 cm) water balloons
550 g white compound chocolate
1 cup rainbow sprinkles
A small tub (about 500 ml) vanilla ice cream
¼ cup mini confetti sprinkles

1. Inflate and tie the water balloons, wash, dry and set aside.
2. Melt the chocolate (see page 220) to dipping consistency. Make sure your melted chocolate is not hot.
3. Dip a balloon into the melted chocolate until it comes one-third of the way up the sides of the balloon. Allow the excess to drip off and then hold the balloon over a piece of baking parchment before sprinkling with rainbow sprinkles, continually turning the balloon so the melted chocolate doesn't pool. Place the balloon standing up, not on its side, on a clean parchment-lined baking tray.
4. Prepare four bowls and immediately place in the freezer to set before continuing to make all 12 bowls in sets of four.
5. Once the balloon bowls have set, remove them from the freezer. Burst each balloon with a pin, toothpick or skewer, removing any balloon membrane that may remain stuck to the melted chocolate.



6. To serve, fill each bowl with scoops of ice cream and top with 1 teaspoon of confetti sprinkles.

Note: While latex allergies are not very common, it pays to mention to your guests if you're using latex; or use latex-free balloons if you know someone with allergies is attending your event.

Money Saver: Spread any leftover melted chocolate thinly on baking parchment and scatter with sprinkles. Set in the fridge, break into shards and use to top cakes, cupcakes or more ice-cream bowls!

STRAWBERRY CHEESECAKE ICE POPS

MAKES 10 FROZEN POPS

YOU'LL NEED:

900 g coarsely chopped strawberries
2 tablespoons white sugar
225 g cream cheese, at room temperature
60 g icing sugar
Pink food colouring (optional)
125 ml thick (heavy) cream
100 g crushed shortbread biscuits
2 tablespoons salted butter, melted
10 wooden popsicle sticks

1. Place the strawberries in a medium bowl and sprinkle with the sugar. Allow to sit for 15 minutes at room temperature.
2. In a medium bowl, combine the cream cheese and icing sugar and beat until very well combined. Pour the strawberries and any accumulated juices into the cream cheese mixture and gently fold in. For an enhanced strawberry-looking pop, add a little pink food colouring.
3. Fold in the cream using large sweeping motions. Do not overbeat.



4. In a medium bowl, stir the shortbread crumbs and butter together. The mixture should resemble wet sand.
5. Spoon the cheesecake mixture into a popsicle mould with ten 90 ml capacity cavities, filling each three-quarters full. Bang the mould on the counter to compact the mixture.
6. Spoon in the biscuit crumb mixture and press down gently to compact, add the wooden sticks, and freeze for 6 hours (overnight is best).

CAFFE LATTE MOUSSE CUPS

Makes 10 Servings

YOU'LL NEED:

1 tablespoon instant coffee
60 ml boiling water
100 g milk chocolate, chopped
600 ml thickened (whipping) cream
10 (90 ml capacity) espresso glasses
Coffee beans and cocoa powder

1. In a small bowl, stir the coffee and boiling water together until the coffee has dissolved. Refrigerate until cold.
2. Melt the milk chocolate with 60 ml of the cream and stir to form a ganache.
3. Using an electric mixer, whip the remaining cream until soft peaks start to form. Be careful not to overwhip. Set aside and refrigerate half of the whipped cream.
4. Using a spatula and large sweeping motions, gently fold the ganache and cooled coffee into the remaining whipped cream, until combined.



5. Divide the mousse mixture among the espresso glasses, leaving a 1 cm gap at the top of each glass. Refrigerate for 1 hour.
6. Once the mousse is set, spoon the reserved whipped cream on top, filling to just below the rim of each glass.
7. Decorate the top of the mousse with a coffee bean and a sprinkling of cocoa powder.



FOOD TRUCK FEVER HITS MELBOURNE

Do you have a hankering for some tacos? Or perhaps you can't satisfy that sweet tooth of yours and need some gelato? Or maybe you're in the mood for a smorgasbord of international cuisine because your mind can't seem to settle on just one delectable treat.

Then look no further than The Food Truck Park – where your taste buds can be spoiled for choice.

The Food Truck Park offers some of Melbourne's favourite food trucks on rotation – all in a funky and vibrant space that was once a car yard – and is now paying tribute to its history by throwing a hip block-party each weekend.

Best of all, it's fully licensed thanks to Barry's Bar, who serves craft beer and cider on tap, wine and pre-mixed spirits.

So, get ready to put your eating pants on – because here is the scoop on the upcoming delicious festivities being held this summer at The Food Truck Park on High Street in Preston.

THE FOOD TRUCK PARK

WHERE: 518 High Street, Preston

ENTRY: Free

OPENING HOURS:

- Friday - 5pm to 10pm
- Saturday - 12pm to 10pm
- Sunday - 12pm to 9pm

OTHER INFO: ATM onsite, licensed venue



GLOBAL FOOD TRUCK FEAST

WHEN: 6-8 January, 2017

Do you find yourself asking the age old question: burger or dumplings? Then start 2017 the right way and get yourself both at the Global Food Truck Feast! Enjoy a range of food trucks from all corners of the world at Preston's summer staple. Delight in street food from South East Asia, UK, Cyprus, USA plus more all in one spot.

BURGER BASH

WHEN: 13-15 January, 2017

This weekend will see The Food Truck Park playing host to Melbourne's favourite burger food trucks. Traditionalists can get their hands on a classic beef burger, but if you're feeling a little more adventurous, why not try a crab burger!

ICE CREAM FESTIVAL

WHEN: 20-22 January, 2017

Your sweet tooth will be in heaven when it enters the Food Truck Park this weekend – they're bringing together Melbourne's finest ice-cream trucks for one huge sweet weekend! Don't just stop at the ice-cream – lash out for some gelato, waffles, crepes and donuts as well!

AUSSIE BBQ AND BEERS PARTY

WHEN: 27-29 January, 2017

Celebrate being Aussie this weekend and check out the Aussie BBQ and Beers Party. They're converting Preston into a beer hall over three epic days with BBQ food trucks, craft beer specials and pub anthems playing all weekend.

TACO AND TEQUILA FIESTA

WHEN: 3-5 February, 2017

You may need to have a siesta before you join this fiesta. This event will be showcasing the best in street cuisine from Brazil to Cuba – there will be a Latin DJ set up, plus all the food truck favourites. And let's not forget there will be a Tequila Pop-Up from Barry's Bar!

VALENTINE'S WEEKEND

WHEN: 10-12 February, 2017

Embrace the love this week – that is your love for food! The Food Truck Park will be loaded with all the romantic cuisine – from France through to Italy and New York. The food trucks will serve up some delicious Valentine sharing platters – perfect to have with that plus one... or maybe just yourself.

GET YOUR GREEK ON!

Are you just itching to get your hands on some amazing Greek food, fresh from the streets? Check out these great food trucks that are serving up some delicious cuisine from the motherland.



THE GREEK TROJAN YIROS

Currently trolling the streets of Thornbury, Preston and Berwick as well as 80 Collins Street Pop-Up, is this truck serving food of the Gods! They serve some great souvlakis for \$13.00, and you can also have it as a meal/box. With row after row of succulent, marinated lamb and chicken constantly rotating throughout the day and night, your nose won't be able to resist the enticing aromas emanating from this 'new kid on the block.'

All food is homemade with love. Follow the Yiros army!
Facebook: @TheGreekTrojanYiros

GREEK STREET FOOD

This food truck serves up traditional Greek Food – souvlakis ranging from lamb and pork through to chicken and falafel. And if you're really hungry, you can treat yourself to 'The Legend', which is a souvlaki with three different types of fillings!

Facebook: @gsfoodau

HONEY DEE

Do you have a particular soft-spot for sweet goods? Then look no further than Honey Dee. This family owned food truck business creates mouth-watering Loukoumades with a fresh contemporary spin, served on the streets of Melbourne and Greater Geelong. Honey Dee Greek donuts are topped with honey, walnuts & cinnamon and are always a crowd pleaser. Not only that but they have carefully paired other flavours, including caramel with artisan salts, citrus blueberry cheesecake and lime and coconut – they're sure to leave you smiling for days on end.

Facebook: @honeydeeloukoumades



WHAT'S ON Summer 2017

As the weather heats up, we've found a line-up of great events here in Melbourne and her surrounds to help you get out and about, and Love Life...

Make sure you check out the Melbourne Tomato Festival held by the Grossi family on page **68** and our Food Truck Guide on page **48**.

YAK ALES MELBOURNE BARBECUE FESTIVAL 2017

Feb 4th & 5th

The Nursery, Flemington Racecourse

www.bbqfest.com.au

For the third year, competitive teams from around the country will compete in an American-style cook-off for the Southern Hemisphere's first Kansas Barbeque Society sanctioned event.

The festival will feature stalls from some of Melbourne's best BBQ pitmasters, cooking demos by local and international experts, exhibits, live entertainment, and DJs.



CIRCUS 1903 – THE GOLDEN AGE OF THE CIRCUS

Tickets through SHOWBIZ

Adults from \$79.90 | Children from \$49.90.

Jan 3rd - 12th at the Regent Theatre Melbourne.

www.circus1903.com

The producers of the world's biggest magic show, The Illusionists, have teamed up with the award-winning puppeteers from War Horse to present a thrilling turn of the century circus spectacular full of amazing and dangerous acts from around the world. The show includes strongmen, contortionists, acrobats and knife throwers.



KITKAT CHOCOLATORY

Melbourne Central

melbournecentral@kitkat.com.au | kitkat.com.au

Enjoy the delights of the world's first permanent Kit Kat 'Chocolatory' shop. This is a store dedicated to handcrafted premium Kit Kat chocolate wafer bars.

Explore your creativity and discover amazing combinations. Try the 'Caramelising the Streets' bar – covered in a lucky dip of popcorn, potato chips and caramel fudge.

Or choose the 'Create Your Break' bar, where you can create your own edible art by customising your Kit Kat by using a selection of toppings. And it won't cost the earth – Kit Kat chocolate is made using sustainably-farmed cocoa.

WHITE NIGHT

WHITE NIGHT is an all-night, free, cultural event from dusk till dawn where local, national and international artists, musicians and performers weave a spell over the city in a celebration of culture and creativity.

For one night only the city is transformed with installations, lighting, exhibitions, street performances, film, music, dance and interactive events. This year marks the first regional White Night in the town of Ballarat due to the success of four critically-acclaimed White Night Melbourne events from 2013-2016. White Night is Australia's contribution to the world-renowned phenomenon, Nuit Blanche, where cities transform into all-night galleries.

White Night Melbourne:
7pm 18th Feb – 7am 19th Feb

White Night Ballarat:
7pm 4th March – 7am 5th March



SMURF'S VILLAGE

Until the 24th Dec

Harbour Town Melbourne

www.harbourtownmelbourne.com.au

The Smurfs touchdown in Australia for the very first time when they land at Harbour Town, where they'll set up an exhibition and build The Smurfs Village, full of fun activities and attractions.

You'll find the exhibition showcasing artwork and characters throughout history in Event's Plaza, and Smurf Village is located in the Play Area next to Le Cirque.



CHRISTMAS IN MELBOURNE CITY

Dec till sometime in Jan!

All over our great city!

From City Square's Magical Forest to the Gingerbread Village in Melbourne Town Hall. After dark is when the lights come on and Town Hall is lit up with magical Christmas projections at 9pm, or head over to Federation Square for their new light show.

As always, the Myer windows aren't to be missed along with the David Jones' Christmas Cave, Crown Casino's light show in the atrium, Santa Land, and the Santa Christmas Spectacular at Docklands.



ROOM ON THE BROOM

Jan 4th – 15th

Melbourne Arts Centre

www.artscentremelbourne.com.au

Adapted from the award-winning picture book by JULIA DONALDSON & AXEL SCHEFFLER.

'The witch and her cat are flying happily on their broomstick – until a stormy wind blows away the witch's hat, bow and wand.'

There's lots more happening at the Arts Centre this summer, head over to their website to check it all out.



Summer



Escape



Join Us @

Harvey Bay Scallops

GRILLED WITH A HOT TOMATO,
DILL & HALLOUMI SALSA



Vanilla Upstairs



VANILLA BAKEHOUSE

Small Yoyo



Strawberry Paste





Flourless Orange



Kormo

Black Forest





KATERINA BALLAS

Kaba Cakes

Vanilla Special Occasion Cakes

Katerina's passion for specialty cakes that impress shines through in every project she devotes her time to. She excels in the contemporary to the avant-garde, classic white-on-white with elegant embellishments or modern day glam. Perhaps a lace embroidered tiered cake, reminiscent of a vintage lace-bodied wedding gown is more your style, or a uniquely textured rosette design made from sugar roses.

Is this the year of landmark birthdays? Perhaps a new baby has joined your family? From eye catching Christening cakes to bright and bold birthday cakes, Katarina's commitment to perfection and her passion for stylish design ensures your cake for your next special occasion will be a stand-out feature.

Contact Vanilla Cakes Consultant Vicki on **0419 553 979** to plan your Special Occasion Cake.





VANILLA CAKES

elegance harmony artistry

DESIGNS BY *Kaba*

love







Pommes d'amour the love apple

'Knowledge is knowing a tomato is a fruit; wisdom is knowing not to put it in a fruit salad.' – Miles Kington

The love apple, otherwise known as the tomato, is a beautiful, brightly coloured, voluptuous fruit packed with flavour and nutrients. Tomatoes are considered to be a vegetable but are actually a fruit – a berry, in fact. They belong to the nightshade family and come in a variety of sizes and colours.



The French believed the exotic tomato had aphrodisiac-like powers and thus called it 'pommes d'amour' or the 'love apple'. According to ancient myths, it was believed that tomatoes resembled the human heart, which was otherwise known as the seat of love. This wasn't always the case; in fact, once upon a time tomatoes were considered a poison because they were related to the belladonna and nightshade, two deadly plants.

Today, tomatoes are one of the most popular home-grown garden vegetables around Melbourne and are prized in Mediterranean homes.

Tomatoes love a warm climate and in Melbourne, Victoria they grow best in the spring/summer months. Always plant them in a sunny spot – they need at least 8 hours of sunlight per day. They can be grown in pots or garden beds and are the perfect plant to grow hydroponically. If you want to extend the season, try growing them in a small hothouse. Tomatoes need lots of TLC so remember to feed and water them well. Soil must always be kept moist. They can take up to 10–14 weeks to mature from seedling to fruit. Being a vine fruit, they will need to be supported by trellis – bamboo sticks make great trellis. As the tomato plant grows, train the plant's stem to weave around the bamboo trellis.

There are over **20,000** different varieties of tomatoes in the world.



TOMATOES AND THE HEART



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

HEALTH BENEFITS OF TOMATOES:

1. Excellent source of vitamin C
2. Packed with antioxidants, which help boost immunity
3. Rich in lycopene and beta carotene, which may support eye health, and reduce the risk of developing cataracts and macula regeneration
4. High water content and fibre, helping you stay regular
5. Folic acid, which may help with depression
6. Help to maintain strong bones
7. Good for your skin
8. Protects your heart
9. Regulates blood sugar
10. Help lower cholesterol
11. May help prevent many forms of cancer



DID YOU KNOW:
Regularly drinking tomato juice may help improve the health and texture of your hair.

Organically grown tomatoes have the highest source of vitamin and mineral content and are more flavoursome making them superior to conventional tomatoes.



HEIRLOOM TOMATOES:

Heirloom or heritage tomatoes are beautiful and intriguing in their shape, colour and flavour. They're packed with history and each one has a story. There are over 3,000 varieties of heirloom tomatoes, which are named after their place of origin. There is the Black Russian, Golden Cherry, Red Pear, Red Grape, Roma Tomato – just to name a few.



Heirloom tomatoes have become increasingly popular of late and can often be found at your local gourmet produce store or farmers market during tomato season.

If you'd like to grow your own heirloom tomatoes try the Diggers Club on the Mornington Peninsula for speciality seeds.

Tomatoes are very versatile – eat them straight up, add them to a salad or sandwich, tasty soup or casserole. They are a popular choice for canapés and antipasto platters. They can

also be used to make delicious homemade tomato sauce and sauces. The round, bite-size cherry tomatoes make a great snack and are perfect in salads. The larger tomatoes are great for adding flavour to casseroles, baking and for making traditional Greek Yemista – stuffed tomatoes and peppers! Tomatoes are best stored at room temperature and enjoyed when ripe; keeping them in the fridge decreases their flavour.

Be tempted by the love apple. Eat them any way you can and reap the benefits.



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.



RECIPE: Tomato and Basil salad with bocconcini cheese. Tomatoes of your choice, add bocconcini cheese, drizzle cold pressed olive oil, sprinkle Himalayan pink salt, basil, and add some apple cider vinegar to give it a zing.



RECIPE: Horiatikí Salata / Greek Salad. Combine tomatoes, onion, cucumbers, green peppers, olives and feta cheese, dress with olive oil and sprinkle with oregano.



2017



The Melbourne Tomato Festival is a gathering of local farmers selling produce, speakers, agriculture, cooking demonstrations, Italian food, artisan producers, special guests, history, workshops, entertainment and, of course, passata making.

We caught up with **Liz Rodriguez** from the Grossi family to discover what the event has in store for Melbourne foodies at this year's event.

Liz, what can we expect from a day out at Melbourne's Tomato Festival in 2017?

The Melbourne Tomato Festival has lots to do from opening to close. It starts with an opening ceremony and traditional welcome to the land, which pays its respects to the original custodians.

This is an event that celebrates the multiculturalism and cohesion that is Australia.

You can come along and enjoy some of the cooking demonstrations by some of Australia's well-known chefs including Karen Martini, Guy Grossi, Colin Fasnidje, Frank Camorra and Massimo Mele.

There are also workshops including how to build your own pizza oven, gnocchi and mozzarella making, and informative talks about bees and farming.

On the day, you can come along and purchase beautiful farm produce from the farmers market, curated by Melbourne Farmers Markets. Picnic with some of Melbourne's great Italian street food including Saluministi, That's Amore, Tippo 00, Bar Id Estelle by Scott Pickett, Capi water, and enjoy a glass of wine, cider or beer from the Punt Road bar. This year we will also have a folk band and many children's activities, but most importantly almost 2 tonne of tomatoes for people to have a chance to come together to make their own passata with the help of the crew from Home Make It. This is the main reason why we come together on the 19th March.

How did this festival come to fruition and how is the Grossi family involved?

The Melbourne Tomato Festival is founded and delivered by the Grossi Family.





Guy Grossi's wife Melissa with Liz's children



Liz's children planning out the field



Guy Grossi

We have fond childhood memories of the family coming together to harvest the tomatoes that dad grew in the backyard, and squash and bottle them so that we had the passata for the following winter.

It was always hard work at the time but looking back we realise the beauty in the processes of growing your own food, and being involved in its preservation and cooking as a way to be more connected, not only with the origins of what we eat but also the social importance of being a part of this process together.

It is a cultural tradition that we feel is important to maintain in future generations despite the fact that products are readily available to buy.

These traditions help bring people together, and we wanted to expand this into the broader community and allow people to experience the same atmosphere and joy of the Italian passata making day, surrounded by friends, food and fun.

What were some of your favourite events at last year's festival?

The passata making is definitely a highlight, seeing endless boxes of tomatoes being turned into people's passata and

watching strangers come together as if they were best friends to work through the process.

The children's activities also impressed me as there were many creative and fun things to do.

One of my favourite workshops was how to build your own pizza oven in the backyard, because every good Italian family has a few spare bricks lying around to be able to do this.

The cooking demonstrations were very entertaining, but some of my personal favourites thing were walking through the food market looking at all the produce and enjoying some of the delicious street food with a glass of Punt Road cider.

Are there hands-on demos and classes people can get involved in?

Yes, the passata making is completely hands on. There are other workshops on the day that people can come along to, and watch and listen, which will also have some audience participation.



Melbourne Tomato Festival 2017 will be in its third year.

This year it will be held on the **19th of March** from 10am to 6pm at All Nations Park in Northcote.

The tickets are **\$25** for adults
 And **\$10** for children 5 to 15 years
 Family ticket is **\$65** (2 adults, 2 children)
www.melbournetomatofestival.com
 Tickets are available through Eventbrite.





4 ways to work out outdoors this summer

BY MELANIE KATZ

Make the most of the sunshine with our favourite outdoor fitness activities. Who knew working up a sweat could be so much fun!

Kayaking

Could there be anything more beautiful than gliding across the shimmering sea as the sun sets on another perfect summer's day? Take your upper-body workout outdoors to explore the best nature has to offer with kayaking. Go solo and paddle out to find some serenity; or hire a tandem craft for the ultimate buddy workout.

FEEL THE BURN:

Your back, shoulders, arms, hands, abs and chest muscles will all get a thorough workout while you take in the surrounding views.

PREP YOURSELF:

Resistance training will give you the strength you need to pull yourself through the water. Think lat pull downs, bicep curls, single arm rows, tricep extensions and chest presses. Try a Body Pump class, or book yourself into CXWORX; this 30-minute core workout uses resistance bands to strengthen and tone all the muscles you'll need when you hit the water.



Stand-up paddle boarding

It's easier than it looks – no really! Stand-up paddle boarding, or SUP, continues to grow in popularity because even novices can get the hang of it in a single session. Beginner boards are designed to be stable and are difficult to fall off, so you'll spend more time on the board rather than in the water wondering when the fun bit is meant to kick in.

FEEL THE BURN:

You'll feel your upper body and core muscles engage straight away as you grow accustomed to holding the paddle, activating muscles for stability and learning to change direction. As you progress to changing direction and moving from flat water to small waves, your lower body kicks into gear as your legs help you to stay stable and glide through the water.

PREP YOURSELF:

If you want to prep in the gym, aim for core stabilisation and total body activation – think planks, pilates, yoga, and BOSU ball work combined with high-intensity interval training to improve overall balance and strength.



Running

It's the exercise you can take anywhere with you – all you need is a pair of runners and you're good to go. Summer's long daylight hours give you a chance to squeeze in a morning run before work while the weather is still cool.



FEEL THE BURN:

As well as being one of the greatest cardiovascular workouts going around, running tones the legs and butt and engages the core muscles to improve your posture. Switching from flat roads to hills or soft-sand surfaces will engage even more muscles in your glutes, hamies and calves – making sure you get the good kind of burn this summer.

PREP YOURSELF:

Boost your running fitness from the comfort of the treadmill before you venture into the great outdoors. Set your treadmill to a slight incline to mimic outdoor terrain and add some intervals to improve your cardio fitness. We suggest alternating between 30 seconds of sprinting and 30 seconds of light jogging.

Swimming

When it's too hot to work up a sweat, you can still get a great all-over toning and cardiovascular workout while staying cool in the pool.

FEEL THE BURN:

Working out in the water provides constant resistance while taking the stress off your joints. It's gentle enough for anyone to do, even those with injuries.

PREP YOURSELF:

Boosting your upper back strength will help you pull yourself through the water. Try a plank renegade row: set yourself up in a plank position balanced on two dumbbells. Lean your body weight onto the left arm and lift the right dumbbell off the floor. Use a 'row' motion to pull the dumbbell up to the side of your body. Keep your torso still and your chest facing the floor. Slowly lower the dumbbell, transfer your body weight, and repeat with the other arm.



Make the most of summer by feeling fit and fabulous with Fernwood Fitness Clayton. Call us on **9544 5779** to get started with a **free 7-day trial membership** today.

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NAPOLEON

Summer Colours

This summer, we're loving the new season's colours and who better to turn to than Napoleon Perdis' Global Makeup Artist, **SHEV KELLY**, for her picks of the hottest techniques, colours and must-have products...



Summer Colour

What are the best tips for bronzing?

When it comes to achieving a golden skin tone, it's best to fake it, don't bake it. Whether your skin is porcelain perfection or you're a naturally bronzed beauty, a matte bronzer is a staple sun-kisser for any makeup bag.

For a natural result, don't apply bronzer all over your face but apply to the areas of the face that the sun would naturally hit, like the top of the forehead, chin, nose, cheekbones and décolletage.

Post bronzing, if your neck looks a shade lighter than your face and décolletage, be sure to also warm up your neck as well.

Pro Tip: For the best results, apply your bronzer using a large, fluffy round brush. Smaller brushes can create lines during application and make achieving a natural, seamless application more difficult.



How do you apply your makeup differently in summer than winter?

A hot summer means trips to the beach, BBQs and longer days in the outdoors, so keep your makeup look simple. The sun and sweat can play havoc on your makeup look: the more you have on, the more it tends to move. Great colours to wear are neutrals, as they look great on all skin tones, require little to no touch ups and look flattering in the outdoors. Think warm golds, browns and rose coloured shades.

What steps can we take to keep our look on all day and night?

Cleanse, prime, base-up. To ensure your makeup lasts the distance, you want to apply it to the cleanest surface possible, so always give your skin a good cleanse before jumping into your makeup routine.

Next, not to prime is a crime! Primers act as a bridge between skin care and makeup to create a barrier, which smooths the texture of your skin and prevents your skin from absorbing your makeup. This essentially means that your foundation doesn't need to work as hard and you'll wear less makeup.

Next, choose a foundation that helps to show off your skin yet disguises any concerns; gone are the days of thicker equaling long lasting. If your skin is on the oily/shiny side, try a matte liquid foundation to keep shine at bay. For those with dry/dehydrated skin, a great choice is a liquid foundation with a dewy, fresh finish as it can help you look younger and glow.

What are the top three trends for spring/summer?

I love spring/summer as it means sunshine, colour and a really carefree attitude. The s/s must-wear colours are: pastel pink on the cheeks for a soft flushed look; for the eyes keep it neutral and warm with chestnut and chocolate brown hues; and for the lips add a splash of colour with bold and bright shades of pink, orange, coral and cherry red.

The next big trend is matte lip gloss. It's time to get noticed and matte lip gloss is the best way to do it. I am a big fan as the formula is creamy and hydrates the lips, yet sets to a velvety matte, modern finish.

THE **TOP THREE** ESSENTIALS FOR NEXT SEASON ARE:

1 A neutral brown eyeshadow palette

Eye Palette Day Play **\$62**

Every woman needs a neutral eye shadow palette, they flatter all eye colours and can be worn day and night. Most nude palettes will also contain shades that will double as a brow definer or eyeliner.



2

Pastel pink blush

Total Bae Blush It! Cheeky Blush Powder **\$29**

Matte blushes are my favourite as they help to soften the look of uneven skin texture and are fool-proof to apply.



3

A matte lip gloss or lipstick in either pink or coral.

Mattetastic Lipstick Lucille **\$38**

I love products that transform and matte lip gloss and lipstick do that and more. After applying the creamy formula it takes just seconds to set to a smooth and velvety matte finish. With a high pigment pay off and no chance of flakiness, it's the perfect choice to take your pout to the next level.



Bright Eyes



Ever wondered which colours suit which eye colour best? Well, wonder no more!

To make your eyes pop, opt for a complimentary colour. On the colour wheel, shades that sit opposite from each other will bring each other out: red/green, purple/yellow, blue/orange. Find a hue that your eye colour stems from and choose shades with the opposite, underlying colour to compliment.

Blue Eyes – try warmer tones in bronze, copper, brown, peach and pink.

Green Eyes – look fantastic in shades of plum, purple, red-browns and copper.

Brown Eyes – should embrace their fun side with blues, purple and greens.

Hazel Eyes – are very lucky as many shades look amazing, try purple, green, coppers and plum.



Christmas & Summer Must Have Gift Packs

Available in store and online for a limited time.



Lip Art **\$55.00**



Brush Me Up 8 Piece Set **\$125.00**



Cottesloe Bronze Collection **\$65.00**



Lip Contour Star Light Pack **\$59.00**

Summer Holiday Hair

With hours spent languishing poolside or on the beach, and flitting between attractions and cafés, the last thing you really want to do is spend hours on your hair while on holidays... So this summer we've joined forces with hairdresser Charles Worthington to discover the best ways to care and prep our hair for the summer holidays.

HOW TO LOOK AFTER HOLIDAY HAIR



Do your prep: Start preparing your hair before you go on holiday. If you make your hair really supple and healthy it will stand up to the elements far better. Use a **Charles Worthington Strength & Repair Longer Stronger Hair Masque** twice a week in the lead-up to your trip. It makes hair less porous, so it won't soak up all the chlorine in the swimming pool. When hair is dry it acts like a sponge.



A trim before take-off: Just before you go away have a trim to remove split ends, which are much more susceptible to damage. The sun will just make the ends split further up the hair shaft. Make sure you pack **Charles Worthington Moisture Seal Shampoo and Conditioner**, even if it is not what you use at home! Change your regime and look for nourishing products instead. **Charles Worthington Strength & Repair Split Ends Binder** is perfect for if you can't get to the salon in time.



Reviews



REDKEN Braid Aid 03 Braid Defining Lotion RRP \$29.50

Braid Aid 03 is the perfect potion for holding that braid in place all day and giving your hair better grab to pull it into place. It even smells like summer! Use it to hold your braid and also to add volume to your roots!

Guido Palau Tip for using Braid Aid 03 Side Braid – Blow-dry hair upside down for volume, then work Braid Aid 03 through the lengths. Gather hair to the side and work into a loose braid.



MATRIX Total Results Miracle Creator RRP \$25.00

With 20 hair care benefits including protection against external aggressors, this is a great product to keep in your beach bag to keep hair hydrated and conditioned. It moisturises and tames fly-aways too!



PUREOLOGY Colour Fanatic Multi-Tasking Hair Beautifier RRP \$41.50

A multi-tasking hair treatment that provides 21 benefits to prime, protect and perfect colour-treated hair. Offering the full spectrum of UVA and UVB sunscreens.



muk Vivid Colour Lock Shampoo (RRP \$24.95) and Conditioner (RRP \$23.95)

Protect your hair from colour fade and damage with Vivid muk.



muk head muk 20 in 1 miracle treatment RRP \$25.95

This lightweight leave-in treatment fights everyday stress that damages our hair while protecting against the sun, salt water and chlorine without weighing it down.

Essentials

Tie it back: Where possible, keep your hair tied back. If it is free and swishing about, more of it is exposed to the sun. I see many women who tie their hair in a bun on the tops of their heads, but all they are doing is exposing the end of the hair to the elements. Most hair is going to fade a little, so at least if your hair is tied at the nape of your neck you will get an even colour fade.

Give it a good soak: Before you go into a pool, make sure to drench your hair well under a shower, because if it is already wet it will be less likely to soak up the chemicals. If you are going to the beach, take **Charles Worthington Sunshine Protector Leave In Spray**. When you come out of the pool rinse your hair straightaway. Don't sit in the sunshine baking it when there is still chlorine in it. If you have expensive hair colour it is essential to wear a swimming cap.

Charles Worthington Style Setter Styling Wax is a good barrier too. Warm a little in your palms and rake your fingers through your hair.



Schwarzkopf PROFESSIONAL Bonacure Repair Rescue Spray Conditioner RRP \$26.95

If it's too late and your hair is suffering from sun and surf damage, give BC Repair Rescue a go, it starts treating hair at the cellular level with a high concentration of proteolipid technology.



Schwarzkopf PROFESSIONAL OSIS+ SESSION LABEL Salt Spray RRP \$29.95

Everyone needs a fab salt spray for that effortless just-left-the-beach-tousled look when you haven't been near the beach in a week!



KEVIN.MURPHY RE.STORE RRP \$54.95

This divinely scented repair and cleansing treatment is the perfect indulgence for damaged hair if you've already spent too much time in the sun and surf! It replaces your shampoo and conditioner on the day of use and reconstructs to help restore dry, damaged hair.



Schwarzkopf PROFESSIONAL OSIS+ FLATLINER Heat Protection Spray RRP \$28.95

It's a serum in spray form, brilliant! Protected from all angles including your straightener!



Schwarzkopf PROFESSIONAL BLONDE ME Instant Blush RRP \$24.95

Find your fun side this summer with these brilliant pastel colour beautifiers that wash out after two or three shampoos. Great fun for the blondes amongst us!



FUDGE URBAN Iced Tropical Cocktail Miracle Ends RRP \$19.99

Protect again heat styling and outdoor humidity with Fudge's Cocktail scented smooth conditioning seal.

Summer Glow



@ Home



If you're considering entering the wonderful but often overwhelming world of self-tanning at home, then do we have some tips for you!



We caught up with the expert in self-tanning, St Tropez Skin Finishing Expert, **MICHAEL BROWN**, to learn his **TOP 4 TIPS** for achieving the ultimate, flawless self-tan this summer.

So, here's the low-down on avoiding that orange tinge this summer...

1. PLAN AHEAD

Skin prep prior to tanning is absolutely vital. This helps to restore moisture and remove dead skin cells, which results in a more even application and greater longevity of your tan.

TRY: St. Tropez Tan Enhancing Body Polish \$19.99

2. START AT YOUR FEET

For optimal results, always start from the feet and work upwards when applying a self-tan. This avoids any creasing and streaks that may occur when bending down to reach lower areas once tan has been applied. For a seamless application, always apply with a mitt.

TRY: St. Tropez Applicator Mitt \$11.99



3. KEEP SKIN HYDRATED

It is essential to keep skin hydrated after applying self-tan. Moisturising daily helps to ensure the tan lasts longer and fades evenly. To enhance your glow, apply a tanning oil, such as Luxe Dry Tanning Oil, on frontal bones where light hits naturally.

TRY: St. Tropez Self Tan Luxe Dry Oil \$49.99



4. TOP UP YOUR TAN

Enhance your tan with a gradual tint. This acts like a BB cream for the body and will help to conceal any blemishes to ensure you are beach ready.

TRY: St. Tropez Gradual Tan Tinted \$33.99

For more expert tips and tricks visit:

www.sttropeztan.com.au



Reviews

St. Tropez Bronzing Mousse

RRP \$39.99

This mousse gives a deep tan, fast! It blends easily with their mitt and develops quickly into a natural looking tan. The technology in St. Tropez is second to none, and the moisture boost this tan gives your skin makes it feel soft and beautiful.



Napoleon Perdis Whipped Dream Tan Enhancer

RRP \$40.00

Love the deep colour and the ease in application of this product. It blends beautifully and gives your skin a boost of moisture making it feel healthy as well as tanned.



Napoleon Perdis Summer Sun Tan Self Tanning Spray

RRP \$30.00

Another great Napoleon product that goes on easy and develops into a beautiful bronze tan that dries fairly fast with a natural looking colour and glow.



Per-fekt Liquid Gold Illuminating Perfector

RRP \$69.00

This is a gorgeous, easy to apply illuminator that has a nice light texture and is great for those on-the-go moments. It blurs imperfection and makes your skin look like it has a natural glow. Just watch your whites if you want to head straight out the door.

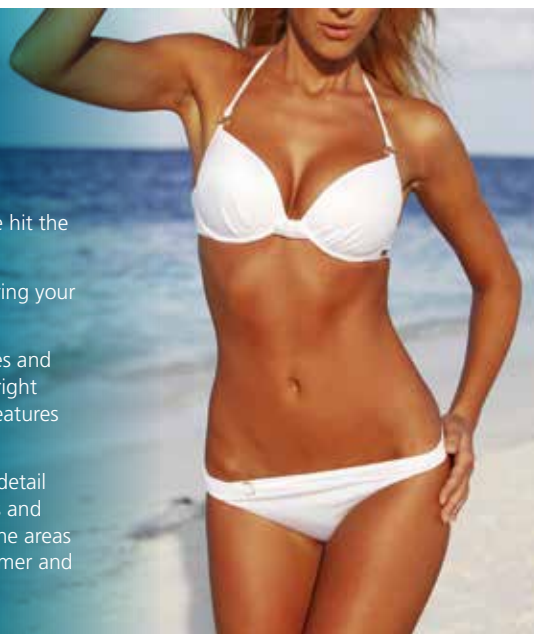
Summer Glow Body Contouring @ Home

We all have areas of our body we want to hide away when we hit the beach or slip into that somewhat revealing summer dress.

Up the anti this summer (well, all year round really) by contouring your body with different shades of self-tan.

Applying a self tan all over will certainly help disguise blemishes and even cover cellulite while giving you an all-over glow, but the right product, applied to the right body part, can enhance certain features and distract attention from others.

There are some great tutorials online so we won't go into full detail here, but think enhancement of cleavage, legs, buttocks, arms and stomach. The idea is to build coverage and add highlights to the areas your want to conceal or enhance, making your body look slimmer and more toned.





Dimitria Papafotiou



DIIDA

www.diida.com.au

By CHRISTINA PANAGIOTOPOULOS

When celebrities like Rebecca Madden from Channel Nine's *The Footy Show* and *Neighbours* star Olympia Valance are wearing your designs, you know you've made it.

That's the case with Melbourne designer **DIMITRIA PAPAFOTIU**. Her Chapel Street store demands attention and that's exactly what Dimitria Papafotiou gives her customers, by empowering them with her "Desk to Dinner" and "Beach to Bar" designs, to embrace all women. In this interview, Dimitria tells us where it all began and her plans for the future.

Dimitria, take us back to where it all began.

It all began in my one bedroom apartment. I was at the height of my career as Creative Director for a boutique fashion label, yet I was still not content or happy.

I knew I had more to offer the fashion savvy women of the world. I felt that there was a gap in the market for a luxury women's label, which offered classic, yet fashion forward clothing for the modern day woman.

DIIDA was born February 2015.

How did you become involved in the fashion industry in the first place, what age were you?

I worked in retail for many years and completed a Business Degree, and studied fashion as well. It has taken over 12 years working in the fashion industry, from starting as a Design Assistant to becoming a Creative Director, and now owning my own Australian high-end fashion label.

How about as a child, were you the kind of kid who dressed up all the time and changed your clothes all the time?

I have always been surrounded by fashion. I always remember my mother spending lots of money on clothes and I would love watching her get dressed to go with my father. My aunty was a high-end shoe designer and imported designer label shoes from Italy, so you can imagine the shoe collection my mother has! My sisters and I would try these on when we were younger and couldn't wait till we were old enough to wear them.





Dimitria with Olympia Valance and George Calombaris at the DIIDA flagship store launch.

Tell us about your concept and your influences.

DIIDA embodies a contradiction of elements – its styling is sexy and strong but remains beautiful and feminine; with a balance of luxury and utility. It is chic and timeless.

DIIDA is strongly influenced by my Greek heritage, which is the key aesthetic of the brand and this resonates throughout all of my collections.

DIIDA has **two key silhouettes**: soft draping, pleating and gathering, and structured, sharp edges and form-fitting.

Both are linked to Grecian influence and design print. Prints are ethnic and Mediterranean inspired; geometric tiles, paisley, Greek architectural design, traditional animal print, and European florals: geraniums, Florentine irises, bougainvillea, Valencia rose and hyacinths.

The fabrics are opulent floral and paisley lace, crochet knit, structured cotton sateen, pontis, luxurious silk crepe de chines, chiffons and georgettes.

How long does it take you to get from an initial idea to a finished garment?

It generally takes 6-8 months from concept stage. It starts with researching, brainstorming ideas, sketching, sourcing prints, trims and fabrics, followed by implementing my designs into patterns and then product samples, before a final decision is made to proceed with the collections in my boutique.

You're living your passion, what advice would you give to people who wish to pursue their dream?

I absolutely am! When you love what you do it makes all the difference. It's not all roses and rainbows. It has been a life commitment and the work never ends. You have to be ready to give it your all and be committed. It's long hours, no social life and stressful moments, but it is all worth it! However, the feeling I get when I see a woman feeling and looking amazing in my clothing is unexplainable. It is pure satisfaction and pleasure.

What's next?

DIIDA will look at expanding into another five boutiques in Australia and entering into the European and US markets. I am opening in the Melbourne CBD in Spring 2017, and then Sydney is next.

We have exciting times ahead.



Christina Panagiotopoulos is a Producer and Blogger and works as a freelance writer. Christina was so inspired by people who live with passion and purpose that she created the web page www.christinasway.com

For enquires please contact Christina via her web page.



Dimitria with her parents Mr and Mrs Papafotiou



Dimitria with all four siblings, left Katherine, Georgina, Kostandino, and Joanna



THIS **SUMMER**
BRING OUT THE
Goddess in You...





DIIDA's exciting high-summer holiday ranges – Aphrodite, Sofia and Changing of the Guards – call for sumptuous fabrics and prints that epitomize “the perfect outfit” for a dreamy Mediterranean holiday.

Our Aphrodite range brings out the inner goddess in every woman with our vibrant silk satin emerald green and sultry blush colorways.

The collection showcases elegant strapless styles that skim the body, emphasizing the classic hourglass figure.

The Sofia range introduces our digitally printed Palm Print. It correlates with our Aphrodite green, as the palm print is infused with bright emerald tones. A Flawless style for that holiday look.

The Changing of the Guards collection draws inspiration from the Hellenic traditional soldiers otherwise known as Tsolia's, who guard the monument of the unknown soldier in front of the parliament house.

Luscious silk fabric paired with crochet ladder detailing all in white on white, imitating the traditional attire worn by the Tsolias.

All items available from DIIDA,
www.diida.com.au



Tips for Turning Your Bedroom into a Personal Retreat this Summer

Your bedroom should be the one room in your house that is yours and yours alone, a haven to escape the world and the woes of the day, somewhere to relax and reinvigorate your senses, and a space where you can truly express your own personal style with confidence.

This summer we help you take back your personal space with these bedroom makeover tips from interior designer, **Natasha Dunstan**...



'Create your own tranquil haven that represents your personal style – whether that's linen or leather – and invest in a quality bed that will last a lifetime. Add your personality through side tables, cushions and throws.'



COASTAL

This coastal themed bedroom features soft, beach inspired décor with natural organic textures.

Baby blues and soft linen finishes evoke a calming and tranquil environment.

Think sand dunes, seawater, the coast and driftwood, all teamed with soft pastel shades including grey blue, beige, white and pale aqua.

Team with textured cushions in beige and white, and add some relaxed free flowing sheer window coverings – layers work well within a coastal environment.

These white-washed driftwood garland and buoy garland add great atmosphere.

Sisal or madrasas rugs add new textures and think about adding a well-placed ottoman and bedroom accent chair.

BOHEMIAN

This is a pastel version of a boho inspired bedroom that evokes a relaxed mode as you rest your body at the end of the day.

It is teamed with mint greens, white and off-white, with Aztec prints on cushions. The Jute rug gives a point of interest, while the copper accessories add a hint of metallic edge.

Boho is a free form, eclectic mix that results in a relaxed style.



Consider the size of your bed in comparison to the size of the room and remember that bed ends can make a room appear smaller, so if you have limited space just stick with a bedhead.



LUXE GLAM

Consider buying a high-end, black leather bedhead to add a luxe look to your bedroom.

Think dynamic, bold, dramatic and team this luxe leather with marble or glass accessories.

Combine with bold, dark shades to add a dynamic element, then add a few lighter accent colours and throw in some metallic gold for high-end glamour with a chic edge.

'Your bedroom is your own personal haven, so design it to suit your taste. It's the one room that isn't on show to everyone who comes into your home, so don't be nervous about taking risks.'

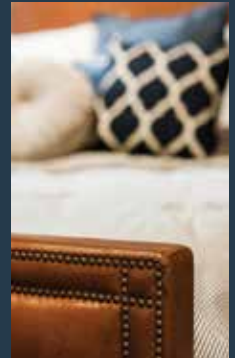
TRADITIONAL LEATHER

A traditional classic leather retreat combines high-end natural leather, finished off with grand studding.

Add quality linen of greys, blues, navy and beige and team these colours with royal blue and classic stripes.

Think structured placement! And big structured bedheads and bed ends.

Team with knits and crocheted throws, distressed metal mirrored finishes and old world images – sepia toned prints work wonders in this more traditional environment.



'Freshen up your bedroom with a new bedhead or consider an ottoman as a bed end.'

BAY Leather Republic™

Leather is our middle name.

Shop online and in store at Bay Leather Republic
Homeplus Homemaker Centre, 675-685 Warrigal Rd, Chadstone

www.bayleather.com.au

MAEVE O'MEARA'S *Greek Islands Gourmet Safari* With Liz Kaydos...



How can we compile a travel issue without sharing Vanilla's homeland of Greece with you? Raquel Neofit chatted to Liz Kaydos, **Maeve O'Meara's** Gourmet Safari tour guide, for the inside brief on what you can expect from a Greek Islands Gourmet Safari.

Meet **Liz Kaydos**. Hailing from Lemnos, Liz is the perfect Greek Islands' tour guide! How do I know this? Because Maeve O'Meara has trusted her to lead over 7,000 people on her Sydney Gourmet Safaris through Marrickville over the last 15 years, and for the last 10 years she has flown to the Greek Islands to guide the dedicated Gourmet Safari guests around these idyllic parts of the world.



Liz, Maeve & Johanna

She leads groups of 20 people at a time through the culinary delights of four Greek Islands and along the way teaches guests traditional Greek dancing, in particular on her home island of Lemnos where she arranges the bouzouki players to come and play under the big plane tree in her village as the lamb slowly turns on the spit. On each island she translates, cajoles, charms and makes Greece come alive for everyone.

Between Liz, Maeve, and the Gourmet Safari team they've spent all the time in the world planning and sniffing out the best hidden places in the Greek Islands, making each day a beautiful jewel of an experience... but as they say in the world of Gourmet Safari, some things are beyond the best planning in the world, especially in Greece! And you can be sure that if

an opportunity arises that Liz thinks you shouldn't miss, you'll be in for the treat of your life – an experience the average traveller just won't have the opportunity to enjoy!

As Maeve said to me when we planned this interview, Liz really needs an award! "What Liz does is something quite remarkable – she is so proud of her heritage and really works hard to create beautiful experiences for our guests – every day they connect with inspiring people and get to see the 'real' Greece. I'm so thankful for all the time and care she has put in".

Picture this if you will, before we really get into it... An entire Greek village descends on the taverna where, not for the first time on this trip, Liz is teaching us Aussie skippies to dance Greek style; the Aegean in the background, and the language barrier is melting away through food, dance and music, as new and old friends dance the night away while the sun sets over the magical ocean...

*Have I got you now?
Then let's go! Pame!*



The diary of a *Greek Guide* – as told by Liz Kaydos

“This is where we jump on the bus and head northeast to the island of Evia where we go into a history-filled private estate, set in the pine forests of central Evia, which has been there since the 1830s.

Evia is where the group bonds because we have this beautiful estate to ourselves – it is just so different to the other places we go to, and so different from the rest of Greece. It’s laid back, people can cook if they want to cook, eat if they want to eat, or just wander off and explore.

This is where I teach people to dance – that way they are prepared when we’re in the villages and they can participate. And I know that when they get to Lemnos they will be happy they’ve learnt.

We go to markets, and see how people grow and sell their produce. We go to a nunnery that’s like *The Sound of Music*. We take in all of what the area has to offer, not just food, but also culture, history and people.

And this is followed by three days of *amazing* food!

We then pack up and head to Athens and onto the other islands.

In Lesbos we stay in a beautiful medieval town called Molyvos and we visit a woman’s co-op (a Greek version of the CWA) that was started by a famous Greek actress, Melina Mercouri.

We then go to the thermal waters and we have this quirky, therapeutic bathing experience. Firstly, we go into the sea and get cold, and then we enter the 42 degree thermal waters that are naturally volcanically heated. We go in and out six times and it makes our skin all tingly.



View from Molyvos castle on island Lesbos Greece



Then we head to Lemnos, my parents home island. The people there are very proud that the Australians come and visit – in fact, the first trips we took they would meet us at the airport and clap. I was so proud that the people in my parent's place of birth were so excited to welcome me with a group of strangers by my side every year.

We learn so much on these trips. One day, while on Lemnos, I was confronted with something that I didn't even know about. When I told the Lemnians I was bringing Australians they told me I needed to take them to the local ANZAC cemeteries. I remember thinking to myself: Are you people on drugs? What ANZAC cemeteries?

So I went and had a look. There are two Commonwealth cemeteries and there are 148 graves from World War I. It is now a part of our tour because no one really knows about the soldiers buried there, and it's a very moving experience – we pay homage to those buried Australian soldiers.

It is at this point in our journey that we do something very different... we go into people's homes and they cook for us. We go to one house and we learn to make filo pastry and they make a distilled spirit called tsiporo, which to me is the grappa of Greece – they even have a beautiful distil built into their kitchen.

Then we go to a farm where they make their own cheese that they wash in the sea. If they're around, we pick figs, and we eat beautiful baked lamb from a 300-year-old oven – we crowd into their kitchen and lounge rooms, or sit outside in the summer sun, enjoying the day and receiving little gifts like fig chutney or a little bottle of tsiporo.





Then I organise for the best musicians on the island to come to the taverna and we have dancing and music. Everybody comes to see the Australians because in these villages a lot of Greeks have relatives in Australia so they feel a connection. There's an 85-year-old man who comes every year and dances like you wouldn't believe! Everyone loves it and he really gets everyone in the mood.

The whole thing about this experience is that the Greeks love people who try to enjoy their culture, so it doesn't matter if you can dance or not. The fact that you're up there enjoying the music and the singing is what matters. Being Greek means having lots of food and a great meal – and then getting up and dancing.

This is when people always say they feel like they've had the real Greek experience because you hear music everywhere. If you walk the streets of Athens in the summer, you can join a big circle of dancers; on a balmy summer night, under the Acropolis, with a live Greek band, and you can just dance to this beautiful folk music.

And that's what they do in these little Greek villages. Music is the Greek *heart* and the Greek *soul*. And that's what I share with the guests on my safaris.

So, what can you expect from a *Gourmet Safari to Greece?*

A delightful mix of authenticity, luxury and insight into Greek food, culture and Greek island lifestyle. So as they say, take a deep breath, relax and move into Greek time...

Joining a Gourmet Safari guided tour means you are invited into the secret lifestyle of inner Greece, avoiding the tourist traps along the way.

You'll start your gourmet adventure in Evia visiting a grand rustic estate on the edge of a mountain village where you'll awaken to the sounds of church bells tolling below, visit an important Greek Orthodox church (complete with their own embalmed saint!), a 10th century monastery built over the ancient Temple of Poseidon, a blooming veggie garden where you can forage, and enjoy a picturesque picnic high up in the olive groves. Finally, you can wander over and enjoy the first cooking class.

Lesvos is next, home to so many Greek myths and legends, and also the birthplace of poet Sappho and home to the healing mineral baths. Lose yourself in ouzo and olive trees, the cobblestone streets of Molyvos and the anticipation of your next cooking class where you'll learn the secrets of recipes passed down through generations of Greek women.

Then you'll continue in the North Aegean, to Liz's off the beaten track hometown, Lemnos, where you'll indulge in secret bakeries that serve the most flakey, crunchy, golden bougatsa; enjoy lamb roasted in an old wood-fired oven, and indulge in the local figs and famous Lemnian muscat.

This is where Liz introduces you to restaurants and home cooked classics like you'll never experience again. Don your dancing shoes my friends because the locals know Liz is on her way with a group of Aussies, and she's the first person up and dancing, teaching everyone to dance the dance of the ages.

And finally, Santorini, the idyllic island where the adventure ends... to traditional views of white-washed buildings perched on the cliffs of the Mediterranean, you'll indulge in local Greek wines – the grape harvest is in full swing right about now. Watch your final Gourmet Safari sunset in 5 star luxury suites hollowed out from the rock face in Oia.

www.gourmetsafaris.com.au





BEST IN TRAVEL 2017

Lonely Planet has released their **2017 best in travel** list and we've picked their writer's brains, and their pages, to share with you their Top 5 Regions to Visit.

So pack your bags and get get ready for an adventure, Lonely Planet style...

*Lonely Planet's Top Five Regions
to Visit in 2017*



For five millennia, llamas have been bred by Andean people for their wool and meat, and as beasts of burden. Volanthevist © Getty Images



1. CHOQUEQUIRAO, PERU

Choquequirao, hidden across the deep Apurimac Valley, was the last Inca refuge from the conquistadors, and there's a growing traveller buzz to see it ASAP. A cable car will squeal into life in 2017 (or later; bureaucratic feet are dragging), gliding up to 3000 visitors a day to the ruins in just 15 minutes. Visit in the early days, or take the four-day trek in Inca footsteps, and have a taste of Machu Picchu all to yourself. You'll only encounter a couple of visitors – plus the archaeologists who continue to peel back the jungle, which still cloaks two-thirds of the spectacular site.

Imagine exploring Machu Picchu before the hordes and mass commerce. A visit to Choquequirao gets you as close as possible to doing exactly that. Sit alone and watch woolly

clouds unravel around the fingers of the Andes peaks; watch condors ride invisible currents above the ancient Inca residences; admire the roaring Apurimac River as it makes serpentine twists through the sharp, snowcapped teeth of the mountains; and breathe in the green scent of bromeliads and cacti – this might be your last chance to see an Inca citadel in peace.

Roughly 20 Inca families built Choquequirao where no Spanish conquistadors could find it. If hiking, expect a descent to the Apurimac River, followed by a punishing ascent to the ruins. The reward is seeing Choquequirao carved out of the mountains. The expanse of terraces and temples so far cleared of its plumage of trees is already as large as Machu Picchu.



Mount Taranaki is the high point of the Pouakai Crossing hike in Egmont National Park. Spencer Clubb © Getty Images



2. TARANAKI, NEW ZEALAND

The joke goes that most travellers who reach Taranaki have just taken a wrong turn, a gag backed by stats that show that just 2% of New Zealand's international visitors venture out this way. But a new motto – 'A Little Bit Out There' – offsets the region's remote location with a deliciously offbeat new gallery dedicated to effervescent kinetic artist, filmmaker, painter and poet, Len Lye. In nearby Egmont National Park, meanwhile, a magnificent hiking trail is emerging from the shadows to challenge the Tongariro Alpine Crossing as the country's finest one-day walk.

The region's geographical and spiritual heart is Mt Taranaki in Egmont National Park. The volcanic cone is so damn picture-perfect it stood in for Mt Fuji in *The Last Samurai*. Surrounding

it are lush plains and a series of small rural towns, serviced by New Plymouth city (population 74,184). Off Taranaki's wild surf coast are the oil and gas fields largely responsible for the region's perennially buoyant economy.

From dairy farms to legendary surf breaks, the region's natural assets have long been envied. But in recent years a powerful arts and cultural set has elbowed its way to the fore, sustaining New Plymouth's notable Puke Ariki Museum and Govett-Brewster Art Gallery, and one of the world's finest music festivals – WOMAD – held in pretty Pukekura Park. Now that New Plymouth has its own answer to the Guggenheim – the hard-won and community-funded Len Lye Centre – the stage is set for Taranaki's star to shine.



Poço da Alagoinha on Flores, an island named for its rich plant life. Cinoby © Getty Images



3. THE AZORES, PORTUGAL

Blending amazing nature and supercool Iberian culture, the Azores offer accessibility from North America and Europe without the abundance of travellers who have discovered Iceland in recent years. The ‘next Iceland’ analogy extends beyond the archipelago’s positioning as a fascinating cross-the-pond pit stop. Its natural assets resemble an array of superlative sights pulled from other destinations: lush Hawaiian volcanoes, medieval Portuguese villages, gurgling Scandinavian hot springs, towering Irish cliffs and rugged Patagonian craters. But the secret won’t last: the Azores have seen a 31% increase in tourism over the last 12 months, so visit in the 2017 sweet spot before things really take off.

Settled by the Portuguese around the time of Columbus, the Azores are best conceived of as nine siblings: collectively they feel like a family with many similar traits, but each isle possesses its own character and strength. Big brother São Miguel has all the trappings of big-city living; little Pico proudly pokes its head up to show off a vegetation-furred volcano; long, flat São Jorge lazily unfurls its arable pastures; and Terceira adds a cultural twist, its UNESCO-protected villages stocked with chilled-out cafes and independent bookstores. And the long-standing Portuguese influence goes beyond the Iberian charm: Portuguese prices stack up very favourably against those of other Western European countries, and the food-focused culture cherishes all of life’s finest: wine, cheese and fresh seafood.

4. NORTH WALES, UK

On the site of an aluminium factory in the Conwy Valley, Surf Snowdonia is perhaps the most headline-stealing example of the region’s reinvention: the machinery of this inland lagoon generates the world’s longest surfable human-made waves. Not to be outdone, Zip World at Penrhyn Quarry boasts the world’s fastest (and Europe’s longest) zip line. The same folks run Bounce Below: giant trampolines strung in the caverns beneath Blaenau Ffestiniog, one-time capital of Wales’ slate-mining industry. Capping things off, Snowdonia National Park – Wales’ largest – has been designated a ‘dark-sky reserve’ thanks to its lack of light pollution. Telescopes out, people (if you still have the energy)!

Once upon a time the mountains and valleys of North Wales gave up a bounty of slate, copper and even gold; now this

Llanddwyn Island Lighthouse marks the entrance to the Menai Strait, the strip of sea separating Anglesey island from mainland Wales. Ray Wise © Getty Images

landscape, ringed with hills and rich with mythology, is a playground for hikers, mountain bikers and rock climbers. However you get your kicks, you’ll work up an appetite – and that’s not a problem, as North Wales has also become a haunt of in-the-know foodies. The opening of the Bodnant Welsh Food Centre in 2012 kick-started something special here: gourmet-pleasing annual festivals include the Gwledd Conwy Feast, the Menai Seafood Festival, the Beaumaris Food Festival and more. At Menai Bridge, cult restaurant Sosban and The Old Butchers has such a following that the waiting list runs to months. And a few miles down the Anglesey coast, Halen Môn – ‘salt maker to the stars’ – has gained protected food status from the European Commission, joining the likes of Parma ham and Champagne.



SA's diverse geography and climate lets it produce a range of wines, from dry Clare Valley Riesling to big Barossa Shiraz. © Getty Images



5. SOUTH AUSTRALIA

Its climate may be hot, but South Australia offers the coolest mix of brilliant wine country, abundant produce festivals, stark and stunning tracts of picturesque Aussie outback and crowd-free beaches that could make even the Bahamas jealous. The Queen Mary 2 is putting South Australia on her travel list in 2017, choosing to dock not only in its artistic capital, Adelaide, but also taking in the rustic charms of Kangaroo Island. South Australia is a delicious feast suitable to anyone's taste.

It's not just the abundant wine country that makes SA great. The state contains some of Australia's most breathtaking landscapes and offers a gateway to the quintessential outback experience. Take in the epic vistas of the Flinders

Ranges, where the ruins of pioneer homesteads host flocks of exploring emus, marvel at the ever-changing inland water catchment of Kati Thanda–Lake Eyre or have some barefoot fun sampling the Yorke Peninsula's 700km of unspoilt sandy-white beaches.

Adelaide's best dining experience, Orana, is often described as Australia's answer to Copenhagen's Noma, with a degustation menu unafraid to proffer fare such as kangaroo tendon or green ants. Too crazy for your taste buds? Don't worry: South Australia's bounty also includes mouth-watering Coffin Bay oysters, juicy king prawns from the Spencer Gulf, a smorgasbord of cheeses and meats from Adelaide Hills' towns, and fragrant honey and honey mead from Kangaroo Island.



This is an edited extract from
Lonely Planet's Best in Travel 2017,
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In stores now, **RRP \$24.99**
(www.lonelyplanet.com/best-in-travel)



Summer Books

BOOKS FOR COOKS, TRAVELLERS AND LIFESTYLE LOVERS...

This year's Christmas and summer new releases has something for everyone – the connoisseur, the big name-droppers, the health nuts and the hardcore foodie traveller...



ORGANUM

PETER GILMORE

Murdoch Books | **RRP \$100.00**

Nature, texture, intensity, and purity – these are words from Peter Gilmore that describe his book **ORGANUM**, republished for Christmas for the first-class foodie in your life that loves a little luxury.

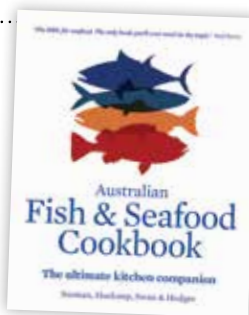
AUSTRALIAN FISH & SEAFOOD COOKBOOK:

THE ULTIMATE KITCHEN COMPANION

SUSMAN, HUCKSTEP, SWAN & HODGES

Murdoch Books | **RRP \$79.99**

This book has caused some upheaval in our house! As someone who is very allergic to seafood I don't cook a lot of it. But when the kind folk at Murdoch sent an encyclopaedic foray into Aussie seafood, the kids found and devised a list of all the fishy offerings they say 'looks so amazing' from its pages! The index is 10 pages long for crying out loud! You'll never need another fishy themed book in your life! On the upside, the Ling burger was on the list – that's easy to accommodate!



LIVE A BEAUTIFUL LIFE

JESINTA CAMPBELL

Hachette | **RRP \$35.00**

This is a great little book for any woman in your life, especially the younger ones; she covers it all with a healthy positive outlook. Food, beauty, lifestyle, exercise, and even advice for achieving your goals.



CHINA: THE COOKBOOK

KEI LUM CHAN & DIORA FONG CHAN

Phaidon | **RRP \$59.95**

It's hard to pass up a Phaidon book for the food connoisseur in your life and **CHINA** offers an in-depth look at the food and culture of Chinese cuisine, some dating back to the early Chinese dynasties. Dotted through some familiar sounding recipes are some quite bizarre forays into the unknown. It's an enticing collection!



APPETITES: A COOKBOOK

ANTHONY BOURDAIN

Bloomsbury | **RRP \$49.99**

What can I say about a new Bourdain book other than, brilliant! Those who love him love him, that's that! No one writes or eats the way he does! But this book is a little different.

He shares a great look into family life, sharing anecdotes on fatherhood and becoming a parent at 50 in the intro. This is the food of his family life, the stuff he feeds his family and their friends. He says 'there is nothing remotely innovative about the recipes in this book.' I say 'YUM'.



DELICIOUS AT OUR TABLE

ABC | **RRP \$49.99**

No Christmas is complete without a delicious publication to set you on your way! The newest member of the published family covers all the recipes they've loved over the last year, complete with drinks!



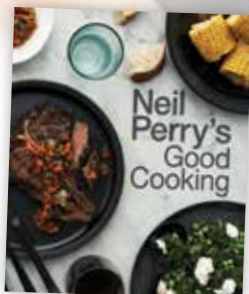
NEIL PERRY'S GOOD COOKING

NEIL PERRY

Murdoch | **RRP \$49.99**

Neil Perry takes us on a trip around the world then delivers us back to our kitchens to cook up a storm – just like he does at home!

Neil says, 'we have to eat to survive, so best to turn it into a joy and have fun with it.' I totally agree and I can tell you now his recipes for Turkish bread pockets and huevos rancheros, poached chicken and lamb pilaf, and crumbed pork with lemon and raspberry yoghurt mousse cake sure send me to my happy place.



WILL AND STEVE HOME COOK, ASPIRING CHEF

WILL STEWART & STEVE FLOOD

Harlequin | **RRP \$39.99**

2015 MKR winners Will & Steve have designed their first cookbook around reinventing the classics with a few great cheats along the way! The photos are light and bright and the recipes are super inviting. After watching their cooking demo at Westfield, I'm hooked! You must try the Coronation chicken and cumin-spiced cheat flatbread!



FOOD AS MEDICINE: COOKING FOR YOUR BEST HEALTH

SUE RADD

Signs Publishing | **RRP \$55.00**

We all have at least one health-nut friend and this is the book for them. In fact, it's the book for anyone who eats, breathes and lives that want to bring a little therapeutic food love into their life. And not only is it healthy, but it looks delicious!



ISTANBUL CULT RECIPES

POMME LARMOYER

Murdoch | **RRP 49.99**

Turkish recipes get me every time – I love Turkish food when it's done well, and this book does it well, very well – all the while taking you on an armchair journey through Istanbul. It's full of breakfasts, mezze, kebabs, and sweet, sweet desserts – from the home kitchen, the restaurants and the food carts of Istanbul.



MADE WITH LOVE

Echo Publishing |

RRP \$49.95

100 of the World's Best Chefs, Cooks & Food Artisans & the food they make for the people they love.



This book is full of wonderful recipes from some of the world's favourite foodies – it offers an insight into what these foodies love to feed their loved ones. I couldn't possibly name names in the fear of leaving out a favourite. However, the recipes cover everything from a simple beef stew to a chocolate, quince and almond tart (one guess who the Aussie using quince is!), burgers, ginger crunch, Korean chicken soup and pikelets. I love this book. To bring these people together in this one great book is amazing, and all for a good cause!

All royalties from this book go to the Nelson Mandela Foundation.

JAMIE OLIVER'S CHRISTMAS COOKBOOK

JAMIE OLIVER –

Penguin | **RRP \$55.00**

Jamie has done it again and made Christmas easy, delicious and super fun with his new book that features his years and years of cooking a Christmas dinner. And he hasn't forgotten our Aussie heatwaves! Another Jamie essential to add to your bookshelf! The book is worth buying, especially for the photos that are dated back years ago.©



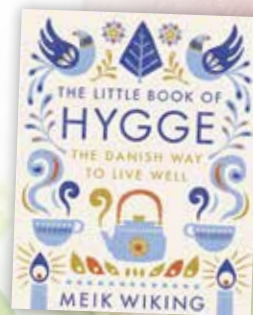
THE LITTLE BOOK OF HYGGE

MEIK WIKING

Penguin | **RRP \$24.99**

From the CEO of The Happiness Research Centre in Denmark (it makes me happier just knowing that exists) comes a little book of happiness, which, Meik says, is the perfect sprinkle of magic with Christmas just around the corner. HYGGE is basically happiness and this little book covers all the best things to bring you hygge everyday – it's my new bed-side-table book!

Anyone who opens a paragraph with 'I have the best job in the world' wins my attention every time!





There are in fact two things, science and opinion; the former begets knowledge, the latter ignorance.



HIPPOCRATES

(Ιπποκράτης)

Hippocrates: founder of both medicine and ethics; admired as both a physician and teacher.

Hippocrates was born c.460BC on the island of Kos in Ancient Greece. The Greek island of Kos is situated in the southeastern Aegean Sea (the Dodecanese island chain). My μπαμπά [dad] was born in Kos, and I recall the stories that he would tell me as a child of Hippocrates and the famous 'plane' tree [or platane]. It was through these stories that my passion for health and teaching emerged, as well as my wish to visit Kos and the famous Hippocrates tree – that I have been fortunate to have travelled to and seen.

The exact date and even year that Hippocrates died is debated, however, it is believed that it was c.370BC [Larissa, Ancient Greece].

Not much is known of his death, and there are many accounts associated with Hippocrates' age when he died that vary from 83 years, 85 years, 90 years, or others say that he even lived beyond 100.

His parents were Praxitheia and Heracleides, and his family's wealth allowed him to have a good education – something that records show he enjoyed, particularly learning about medicine from his father who was a physician and others that surrounded them. The cycle of learning medicine from father to son continued as Hippocrates was a teacher of medicine to his own sons, Draco and Thessalus.







Cure sometimes, treat often, comfort always.

Hippocrates' writing is well quoted throughout the world. His most popular being...

Let food
be thy medicine
and medicine
be thy food.
Hippocrates

In the total of his 60+ works, in the Hippocratic Corpus, there is not even one mention or reference to any form of mythical conditions. In the Hippocratic Corpus, reference has been made to the four bodily humors and how these seemed to be linked with the four calendar seasons. From these, we see how Hippocrates associated them with specific illness.

Four bodily humors	Bodily humors matched with season	Some examples of Hippocratic diseases matched with seasons
YELLOW BILE	 Summer	Ear pain; diarrhoea; ophthalmic illnesses; ulcerations of the mouth
BLACK BILE	 Autumn	Asthma; back problems; enlarged spleen; epilepsy
PHLEGM	 Winter	Pneumonia; cough; headache; vertigo; chest pain
BLOOD	 Spring	Melancholic; hoarseness; cough; leprosy; tubercles; arthritis



Make a habit of two things; to help, or at least to do no harm.

There are many documented times in history of where Hippocrates was known to heal – the most prominent being the Peloponnesian War (341-404BC)

Hippocrates is well known from the classical Greek era (Age of Pericles) to modern times as the father of medicine, founder of the Hippocratic School of Medicine, and for the vital role that he played in both developing and transforming medicine, and establishing the medical practice.

His formal name (Hippocrates Asclepiades) has a very interesting meaning and is something that has fascinated me as it simply echoes that he is the descendant Asclepius, known as the doctor-god. So it is apt that in 400BC he started the school of medicine on the island of Kos.

Hippocrates is also known as being the pioneer and discoverer of disease having natural causes (such as the environment and diet) and disassociated it from religion, the supernatural, superstitions, and its association with being a punishment of some form.

Healing is a matter of time, but sometimes also a matter of opportunity.

The philosophy of Hippocratic medicine documented a very therapeutic approach where nature was seen to have healing properties, and in a sense, the body having the ability to heal itself.

The work of the father of medicine was only the foundation of Greek medicine as history has shown that this was further developed by other physicians and philosophers, among them being Plato and Aristotle.

In modern day, Hippocrates is best known for the 'Hippocratic Oath', which physicians still take at the beginning of their

medical careers. This oath is a promise made to uphold ethics and high moral standards. In general terms, Hippocrates spoke of doctors holding attributes of honesty, calm nature and understanding.

The famous Tree of Hippocrates (or at least the current one) can still be found in Kos. It's believed that the 500-year-old tree is actually a descendant of the ancient plane tree from 2400 years ago. According to legend, under the branches of this humble tree is where he taught his students, and medicine and theory were philosophised.

The legend of Hippocrates has withstood the test of time – not only for new graduates of medicine but also through the way he conceptualised health, illness and wellbeing, and this too has been transferred to modern times.

When we think about health and the promotion of wellbeing, it's important to look back to ancient Greek history and to those basic principles that show that in order to maintain good health, factors such as natural causes need to be taken into account and these cannot be separated from the physical or social environment, and individual behaviour.

Finally, I would like to echo something that the ancient Greeks valued highly – education and skill development in the context of health and overall wellbeing.

By **DR MARIA-IRINI AVGOULAS**

Associate Lecturer La Trobe University
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Consultancy
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CHRIS GINDIDIS, from **Protypo Greek Centre**, tackles head-on the topic of learning Greek as a second language in multicultural Australia.



How many years have you been teaching Greek to Greek-Australian students? What has changed?

Over the 36 years that I have taught, many things have changed. In the eighties and nineties the main challenge was that Greek teachers did not have formal teacher training. The teaching methodology reflected a transmissive methodology. Juxtaposed to this were mainstream schools where teachers used methodologies that were student centred. Students faced the dilemma of “liking English school” and “not liking Greek school” due to these differences in school and classroom culture.

The language spoken at home during the eighties and nineties was mostly Greek and sometimes ONLY Greek. Students had higher levels of verbal and therefore vocabulary and literacy skills. Students attending Greek school today experience new challenges. Digital technology is now an important part of their life, their teachers use digital technology, integrating it with knowledge, skills, teaching and learning. Students attending Greek school where teachers do not use these new technologies are faced, like students in the eighties and nineties, with experiencing a juxtaposed and “different” learning space, one that often does not engage them.

Greek is still “different”.



Do you have any students from mixed marriages or non-Greek background students?

In the Greek school I am teaching at, there are approximately 13%, of over 340 families, where one parent is of non-Greek background. Our current kindergarten of 70 students all have grandparents born in Australia. We have a growing number of children learning Greek with diverse transnational hybrid identities – Greek-Chinese, Greek-Thai, Greek-Filipino and Greek-Lebanese/Armenian. We still, however, do not have one student whose parents are both of non-Greek background.

Why should parents, Greek or non-Greek, encourage their children to learn Greek?

Learning a second language assists children in their cognitive development.

- Research studies have found that the brains of bilinguals operate differently than monolingual speakers, and these differences offer what we call cognitive benefits. Greek bilingual children are skilled at switching between two systems of speech, writing, and structure. According to studies, this “juggling” skill makes them good multi-taskers because they easily switch between different structures, referred to as mental juggling.
- Teachers often liken the brain to a muscle, learning a language like Greek involves memorising rules and vocabulary, this strengthens that mental “muscle”. Overall memory improves and our students, as Greek language speakers, are better at remembering lists or sequences.
- Learning Greek highlights an understanding of language mechanics, grammar, conjugations, and sentence structure. Our Greek students become more aware of language, and the ways it can be structured and manipulated.

How can parents motivate their children to learn Greek?

Parents can motivate their children by creating and simulating a “Greek environment”. If one or both parents speak Greek it requires a disciplined and valued plan of action, for example:

- Speak only Greek on Wednesdays or at dinner, or in the car.
- Encourage children to answer ONLY in the language they are spoken to in.
- In mixed marriages, or when a parent does not know how to speak the language, let children teach their non-Greek speaking parent one Greek word a day. Switch roles – let the young Greek learner become the teacher!
- Once the commitment of going to Greek school has been made, be consistent, do not become a part-time learner. Greek is a cumulative learning experience, like maths or music, you need to build foundations to acquire a deeper and skillful application of the language. If your child is absent consistently, frustration and disappointment is attached to their Greek language experience.

The most effective motivation strategy is to lead by example. If parents demonstrate effort in using the language themselves, children become motivated.

How do the aspirations and expectations of our second, third and fourth generation parents differ respectively?

The expectations of ‘second language’ learners are the same as those of any other language learned in a Victorian school. We know from the Victorian curriculum the standards for our children’s Greek language learning. At the present time, however, there is only one VCE Greek exam accessed by all students with differing levels of Greek language exposure, experience and skills.



The reality is that all parents should be aware that other languages like Chinese, Korean and Vietnamese have different levels of 'expectations'. These languages have two, and in the case of Chinese four, different VCE examinations. The Chinese example is important – The first level VCE exam 'Chinese First Language' is for the students who have studied the language in countries where Chinese is the main medium of instruction.

The second VCE exam called Chinese as 'a second language' is open to students learning Chinese in Australia and a student is NOT eligible for Chinese Second Language if they have had either: 12 months or more education in a school where Chinese is the medium of instruction, or 3 years or more residence in nominated countries such as China, Taiwan, Hong Kong or Macau.

The third VCE level is 'Chinese Second Language Advanced'. Students are eligible for this if they have had no more than 7 years of education in a school where Chinese is the medium of instruction; and the highest level of education attained in a school where Chinese is no greater than the equivalent of Year 7 in a Victorian school.

The fourth: Chinese for students who have NO Chinese heritage.

As a Greek community we need more than one level of expectation for our children learning Greek. It is clearly a case of access and equity and a level playing field for all students studying the Greek language.

How many levels of expectation in VCE do you think we should have for our children studying Greek as a second language today?

It's not what I think. We should look to what other languages are doing to maintain and sustain their future. My ideal situation would be three levels of expectations linked to three VCE examinations.

1. **First Level:** similar to Chinese, Vietnamese and Korean, this level should be for the students who have studied the Greek language for more than seven years in a country where the Greek language is the main medium of instruction i.e. Greece or Cyprus.
2. **Second level:** similar to Chinese, Vietnamese and Korean, this level should be for students who have only studied the Greek language in Australia.
3. **Third level:** to promote the Greek language this level should be for students who have NO Greek heritage at all. This will develop a generation of Philhellenes.





How do you manage a classroom of students who have different levels of fluency?

As professionally trained teachers, we cater for more than one level in any subject in any class. The practice is called 'differentiation' – you differentiate content, process and task or assessment. Technology, and in the case my current Greek classes BYOD (Bring Your Own Device), has revolutionised point of need learning. We utilise apps linked to extension and revision skills for children at different points of Greek learning. It is like an individualised learning plan. Differentiation in the Greek classroom is not an option, it is not a choice, it is a necessity.

Over the years there has been a steady decline in the number of students opting for Greek as a VCE subject. What are the main reasons?

The Greek language is considered to be a 'community language' and therefore really only relevant to the Greek diaspora. It is argued that the Greek language cannot play a critical role in the current discussions and engagement with the world anymore. This is something that needs to be addressed. This must change – by creating a third VCE exam for non-Greek children we will challenge this view and create Philhellenes who in the future will support Greek language learning in the diverse fields of endeavour.

We also need to remove the inequity of students from varying, and at times extreme, Greek language abilities all competing in one Greek VCE examination. This will revitalise the second language learners who are turning away because of this inequity and fear they cannot compete, while creating a first language examination that will maintain the native proficiency of newly arrived Greek students. Such a move can only rebuild and grow our numbers opting for Greek as a VCE subject.

What can we learn from the direction taken by other languages being taught on VCE level?

Learn from their statistically growing numbers aligned to initiatives that created two and up to four different VCE language exams. This will open floodgates to a greater number of students learning their language.

We can reflect and learn from their examples, demand the same and raise our expectations for equity for Greek learning!

How can Greek language as a VCE subject survive in the years ahead? Why does it matter, and can Greek culture come to the rescue of Greek language for 3rd generation Greek-Australians and beyond?

With English as the dominant global language, the lingua franca, it is evident that we are dealing with a crisis in the teaching of languages in Australia and in Greek in particular. We cannot remain complacent without thinking and carefully planning for the future. We need to develop effective strategies such as ensuring three VCE examinations and allowing non-Greek heritage students to study Greek to VCE level.

We need to ensure our second language learners are examined on a level playing field with students who have equivalent levels and experiences and developing a first language examination to maintain the language levels of our newly arrived students as they settle in Australia. We need a commitment that demonstrates great readiness, vigilance and support for this initiative. As one of the most revered Philhellenes noted: Opinions are made to be changed – or how is truth to be got at? Lord Byron.



KICK-ASS KIDZ

Introducing...

BELLA-MIA BORTOLIN **-SINGER**

Bella-Mia's first hit made it onto our radar at the 2016 *Kidz Fashion Week* events.

This ten-year-old young lady has a powerhouse voice that's big and bold.

Bella-Mia hasn't had any formal training, but she has an attention-grabbing voice that makes you stop and listen. It's unique and different – think old-school Supremes with a modern twist!

She's always loved singing and has naturally gravitated towards music since she was a toddler. I couldn't help but smile when she told me she only started singing professionally when she turned seven and that was when she started taking it much more seriously.

Heading over to the US to compete in the iPOP Convention was when her world opened up, and her whole life changed. Since then, Bella-Mia has performed in competitions throughout Australia and the US, *Kidz Fashion Week*, charity events, and also the *Le Petit Circus* in the US – and she's been invited back to perform in their Christmas Special.

Michael Jackson songs are Bella-Mia's favourite songs to sing, along with a little pop. The goal is to learn some R&B this year. Her current favourites are *Who's Loving You* by Michael Jackson, *Mamma Knows Best* by Jessie J, *Me Too* by Megan Trainer, *Amazing Grace*, *Hallelujah* and *Ave Maria*.

Just before *Kidz Fashion Week*, she spent nine weeks in America with her mum Luisa, where she did a Nick Cooper Academy Boot Camp and sang at CBS.

Bella-Mia & Isaac are represented by Showkidz Management – connect on social media and show your support @bella_miamusic

Michael Jackson songs are Bella-Mia's favourite songs to sing



Australia is full of talented kids, and we've found a couple from right here in Melbourne that we just know you'll fall in love with! And they're brother and sister!

So what else could we do but invite them out to Oakleigh for the day and bring along our number one photographer to catch these kids in action!

Isaac puts in hours of training, learning how to perform back-flips, flares, buttercups, bri, and bri whips to wow the judges in these packed competitions around Australia.

ISAAC BORTOLIN - SCOOTER CHAMPION

Surprisingly, eleven-year-old Isaac has only been riding a scooter for around three years, and he is also mostly self-taught.

Naturally talented, Isaac had to place in three of four state level competitions to be eligible to compete in the finals in Queensland under his age group.

He placed 1st in the New Port competition, 1st in Braeside Park, 1st in Noble Park and 3rd in Hastings. When he travelled to QLD to compete in the titles, he came 5th out of a huge group of kids from around the country.

Once Isaac discovered his passion for scooter riding, he started gymnastics and acro to help his agility with performing the tricks needed to compete at this level.

He practices at the local skate park for hours and hours and joins in on boot camps whenever he can. Luckily, there are a few world scooter champions like his heroes Dakota and Hunter Shultz, who often hold these events for our up-and-coming champion kids to get some hands-on training from world-class pros.

In Melbourne and Sydney he's a part of Monster Camp, a five-day intensive camp where kids learn different tricks and techniques from the pros, run by another scooter hero and world champion scooter rider, Wazzaah.

Isaac is in the process of trying to land a sponsorship and it all comes down to how many followers you have on social platforms like Instagram – so get behind him @Isaac.bortolin05

The last word from Isaac,
**'NEVER GIVE UP AND
HUCK IT!'**

(To us lame-o's, in the scooter world that means throw it, or just go for it!)

Alex from Scooter Hut Melbourne, has given Isaac this scooter for the events he competes in. Each scooter can cost upwards of \$900 and generally only last for a year if you change the wheels every three months.

Isaac's mum Luisa is currently trying to build support for scooting kids in Australia. It's tough to get them sponsorships, regardless of how talented they are. She even holds a sausage sizzle every weekend to raise money.







VANILLA DAY AND NIGHT

















*“αγόρασα ένα καινούριο αμάξι...
όταν άκουσα ότι έχει digital ελληνικό σταθμό...ξέχασε τα!
Κάθε φορά που το οδηγώ ο Rythmos είναι σταθερά στο ράδιο”
Ηλίας*

*“so happy to hear Greek music on digital radio.
well done guys, keep up the great work”
John*

*“I listen to your radio channel is very good,
it's like going back home”
Nick*

*“keep up the great job, Rythmos is my all time
favorite radio station now”
Katerina*

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

•

δεν τα γράφουμε εμείς....



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DJ KRAZY KON

RELEASES NUMBER 18

By Billy Cotsis

Kon has been wowing audiences for a long time. His career has taken him all over Australia, New Zealand, America and the world. With the 18th instalment of his famous GREECE mix series just released, we check in to find out what else is happening in the world of Krazy Kon.

I recall watching you play in 1995, my first year as a university student. It has been two decades. Did you ever think you would last this long?

I have worked very hard to get where I am today. I am still doing what I love and that is to entertain people through my CD releases, performances and events. We have written a great story in this time.

Tell me about the GREECE CD series. How did the series come about and what can you tell us about the latest offering, GR2016 Summer Sessions?

The series came about 13 years ago. I wanted to be the first DJ/producer outside of Greece, anywhere in the world, to



have my own mix series. I worked for a year on the project to get it off the ground. The rest is history, as they say. The new CD features 22 big, banger summer tracks, a strong track listing and an awesome mix.

I remember reading about your first tour to North America. How often do you tour. Any highlights?

I love the States. Just being recognised and asked to perform over there has been a major highlight of my career. I have now played 12 shows in six different cities with shows in Los Angeles, San Francisco, New York, Chicago, Boston and Tampa. I head over there just about every year now.

What was it like the first time your album entered the Top 40 ARIA Compilation Charts?

Exciting! To enter the charts is a major statement for the CD series and for Greek music in general. I am very proud to say that I now have two albums (Greece 2004 & Greece 2016), which have made the ARIA charts.

As a promoter, you have staged around 300 events in the past 20 years. How do you manage to juggle your music, club nights and touring artists?

When you love your work, it can be done. I have been promoting club nights in Sydney's elite venues for many years now. In the last six years I have enjoyed organising Australian tours for artists such as Konstantinos Koufos, Master Tempo, Vegas, Stavento, Nikos Ganos, Maria Iakovou and Sarbel, just to name a few.

Billy Cotsis is a freelance writer and short film director.





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